



SAINTGITS

LEARN.GROW.EXCEL

SAINTGITS COLLEGE OF APPLIED SCIENCES
KOTTAYAM, KERALA

HEALTH & YOGA CLUB

CERTIFICATE OF PARTICIPATION

This is to certify that **Nikil Viju Eapen** has participated in the
'Energies PUSHUP CHALLENGE' organized by the Health
& Yoga Club as part of **World Heart Day** on 29th September
2020.

Asst.Prof. Reshma Shyna Shajan
Coordinator

Dr. K K John
Principal





SAINTGITS

LEARN.GROW.EXCEL

SAINTGITS COLLEGE OF APPLIED SCIENCES
KOTTAYAM, KERALA

HEALTH & YOGA CLUB

CERTIFICATE OF PARTICIPATION

This is to certify that **George Mathew** has participated in the
'Energies PUSHUP CHALLENGE' organized by the Health
& Yoga Club as part of **World Heart Day** on 29th September
2020.

Asst.Prof. Reshma Shyna Shajan
Coordinator

Dr. K K John
Principal





SAINTGITS
LEARN.GROW.EXCEL

SAINTGITS COLLEGE OF APPLIED SCIENCES
KOTTAYAM, KERALA

HEALTH & YOGA CLUB

CERTIFICATE OF PARTICIPATION

This is to certify that **Praveen Kuriakose Mathew** has participated in the '**Energies PUSHUP CHALLENGE**' organized by the Health & Yoga Club as part of **World Heart Day** on 29th September 2020.

Asst.Prof. Reshma Shyna Shajan
Coordinator

Dr. K K John
Principal





SAINTGITS

LEARN.GROW.EXCEL

SAINTGITS COLLEGE OF APPLIED SCIENCES
KOTTAYAM, KERALA

HEALTH & YOGA CLUB

CERTIFICATE OF PARTICIPATION

This is to certify that **Akash Manoj** has participated in the
'Energies PUSHUP CHALLENGE' organized by the Health
& Yoga Club as part of **World Heart Day** on 29th September
2020.

Asst.Prof. Reshma Shyna Shajan
Coordinator

Dr. K K John
Principal

