



ST. FRANCIS DE SALES COLLEGE

A FRANSALIAN INSTITUTE OF HIGHER EDUCATION

NAAC ACCREDITED • PERMANENTLY AFFILIATED TO BANGALORE UNIVERSITY • AICTE APPROVED • RECOGNISED UNDER SECTION 25F) & 12 (B) OF THE UGC ACT • ISO 9001:2015 CERTIFIED



INTERNATIONAL YOGA DAY

Title	INTERNATIONAL YOGA DAY
Date of Event(s)	21/06/2023
Department/Association/ Cell/Committee	KARNATAKA CIVIL DEFENCE
Venue (Mention the platform if it is online)	ST. FRANCIS DE SALES COLLEGE, HEBBAGODI
Number of Participants	10
Target Audience	120

Resource Person(s) with qualification (if applicable):	UNDER THE GUIDANCE OF NOBAL OFFICER CAPT.SAMPATH KUMAR R
Place of visit/ details of Industrial Visit place (if applicable):	ST. FRANCIS DE SALES COLLEGE, HEBBAGODI
Event Coordinator	CAPT. SAMPATH KUMAR R

On 21st June 2023, under the guidance of Divisional Warden Capt. Sampath R wherein Wardens actively participated in International Yoga Day held at St Francis De Sales College.

The session was started by warm up, stretching exercise and continued by all the asanas and various types of exercises.

After this session we all the wardens collaborated with the Central Industrial Security Force and energetically participated in the yoga session and learnt different types of yoga asanas, surya namaskara and other exercises. Later after the yoga session we had the refreshments and headed to our college.

We would like to thank our Principal Rev Fr Dr Binu, Vice Principal Rev Fr Jijo Jose and Divisional Warden Capt. Sampath Kumar R for their constant support and guidance.

Report Prepared by:

(Event Coordinator)

CAPT. SAMPATH KUMAR R

Digitally signed by BINU
EDATHUMPARAMBIL KURIACHEN
Date: 2024.12.20 12:32:03

Principal



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YOGA DAY

VENUE: SFS HEBBAGODI

DATE: 21/06/2023

TIMINGS: 06:00 A.M

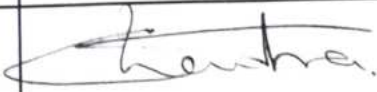
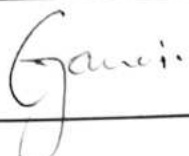
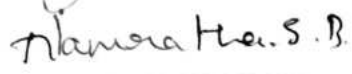


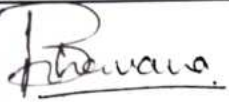

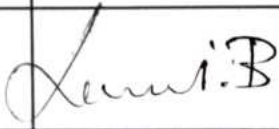
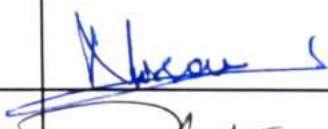
TO

10:00 AM





YOGA DAY

SI NO	NAMES	SIGN
1	CHAITHRA S	
2	GAVAVIR	
3	NAMRATHA S B	
4	RITHIKA R	
5	VARNTHA M	
6	BHAVANA D	
7	DEVI PRIYA R	
8	LOGESHWARI B	
9	NISARGA G D	
10	RUKASR KHATOON	