



ST. FRANCIS DE SALES COLLEGE

A FRANSALIAN INSTITUTE OF HIGHER EDUCATION

NAAC ACCREDITED • PERMANENTLY AFFILIATED TO BANGALORE UNIVERSITY • AICTE APPROVED • RECOGNISED UNDER SECTION 2(F) & 12 (B) OF THE UGC ACT • ISO 9001:2015 CERTIFIED

Report on Women Empowerment Cell activity- Yoga Session

Title	Yoga Session for final year girl students
Date of Event(s)	02/12/2023
Department/Association/Cell/Committee	Desalite Women Empowerment Cell
Venue <i>(Mention the platform if it is online)</i>	New Auditorium
Number of Participants	152
Target Audience	Final-year girl students
Resource Person(s) with qualification(if applicable):	Ms. Pratiksha Saini
Place of visit/ details of Industrial Visit place(if applicable):	
Event Coordinator	Prof. Vanitha

The objective of the Program is to create awareness among students about the advantages of practicing yoga daily. It is an exercise that we perform by balancing the elements of our bodies. In addition, it helps us meditate and relax. Moreover, yoga helps us keep control of our bodies as well as our mind. It is a great channel for releasing our stress and anxiety.

Report:

On 2nd December 2023, a Yoga Session was organized especially for final-year girl students of SFS. The resource person was Ms. Pratiksha, a Yoga master. The Programme was organized to enlighten students about the goodness of



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doing yoga daily. Yoga is safe and is practiced even by kids and older people. There is no use of hard equipment, but only movements of the body for the extension. Yoga gives relaxation to not only the mind but also flexibility to the body.

Benefits of Yoga

As mentioned above, yoga offers flexibility to the body and relaxation to the mind. There are different asanas practiced by people, and each asana has its benefits for the mind and body. Yoga is designed to sharpen our minds and to improve our intelligence. Regular practice of yoga can help in control our emotions and promote well-being.

Some Other Benefits of Practising Regular Yoga are -

- It helps to develop self-discipline and self-awareness if practiced regularly.
- It helps to strengthen our flexibility and posture.
- It increases muscle strength, and tone and balances metabolism.
- You will gain a sense of power as yoga helps to lead to a healthy life free of cost!

The outcome of the program:

The session was worthy and motivated the students. Also gave good awareness to the students on the importance of Yoga.

Report Prepared by:
(Event Coordinator)

Prof. Vanitha

Digitally signed by BINU
EDATHUMPARAMBIL KURIACHEN
Date: 2024.12.20 12:23:01

Principal



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Desalite Women Empowerment Cell

YOGA SESSION

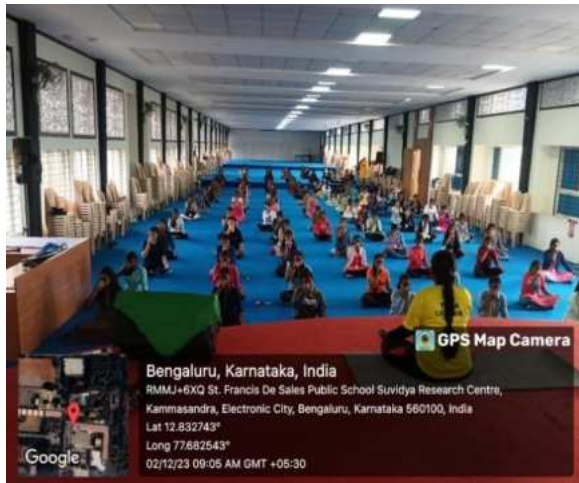
For UG girl Students

2nd December 2023

Venue:
New Auditorium

Time :
9:30 to 10:30 am





GPS Map Camera

Bengaluru, Karnataka, India
RMMJ+6XQ St. Francis De Sales Public School Suvidya Research Centre,
Kammasandra, Electronic City, Bengaluru, Karnataka 560100, India
Lat 12.832743°
Long 77.682543°
02/12/23 09:05 AM GMT +05:30



GPS Map Camera

Bengaluru, Karnataka, India
RMMM+MQR, Kammasandra Village Rd, Ananth Nagar, Phase 1, Kammasandra,
Electronic City, Bengaluru, Karnataka 560100, India
Lat 12.834271°
Long 77.68429°
02/12/23 08:57 AM GMT +05:30



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St. Francis De Sales Degree College, 24, NH 44, Veer Sandra, Hebbagodi,
Bengaluru, Karnataka 560100, India
Lat 12.832543°
Long 77.682438°
02/12/23 09:01 AM GMT +05:30



GPS Map Camera

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Bengaluru, Karnataka 560100, India
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YOGA SESSION

Swathi	SHALINI R	Sangeetha	Pooja
Nagamani	Vandana	Monisha	AKHILA
Nagar	Gayathri	Pooja R	Pradya
Keerthana	Deepa	Selathi	Aksha
Prabha	Monika &	Manasa	Bhavana
Ruhika	Alfiya	Salma	Calin Shreya
Phenish	Aashu	Tejasmini	Chauhan
Keerthika	Bhoomika	Keerthi	Deishya
Vishnitha	Fidias	Vema	Haini
Nithya	Hemalatha	Hema	Jaya three
Nandini	Jeewitha	Kavana	Kavitha
Chandana	Kavitha	Shakuntala	Keerthi
Jeewitha	Kanmani	Haini	Likhiha
Nethra	Keerthana	Bhoomika	MAMATHA
Nithya	Lakshmi	Shalini	Monica Sharma
Alzhiha	Likhiha	Nandini &	Arthy
Aishwarya	Monisha	Rashithi	Bhumi
Sindhu	Melvin	Arshwara	Chamie
Vanshika	Prathiksha	Ans pury	Chaitra
Sabana	Rukana	Nanya	Chandani Kumari
Jeni	Pooja	Pooja	Devi
Nandini MS	Neethu	Pooja	Divya
Sho	Shreeni	Pranavi	Monika
Roshni	Pratiksha	Kavitha	Manisha
Rakshitha	Pooja Mallin	Shardul	Pratiabha
Sabika	Rukana	Sreedha	Varnitha
Suji	Roshani	Seemathi	Vidya
Sandya Sabu	Sowandya	Sathya	Bhumi
	Sangeetha		Alak
			Damone
			Ann Lenu
			Archana