



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University | Electronics City, Bengaluru - 100

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

A REPORT ON YOGA DAY

Date: 04/02/2019

Venue: Open Auditorium

Conducted By: NSS UNIT

Attended By: Faculty Members and UG students

Organised By: St. Francis de Sales College, Electronic city, Bengaluru

An ultimate goal of Yoga is to know one's self within and bring union between the individual self and Universal Consciousness, to attain liberation from cares and anxieties, pains and sufferings of worldly life and enjoy Truth-Knowledge-Bliss-Absolute. To celebrate the international yoga day, on 4th February 2019, by our NCC cadets, Civil Defence wardens and NSS students of SFS College gathered in the college campus open auditorium for yoga session. The objective of the programme was to impart the physical and mental health among the blooming graduates.

The chief guest of the day was from the NSS cell and ministry of sports and youth affairs, Government of Karnataka. The event was conducted in association with the Parivarthana Yoga foundation. The session was a one day yoga work shop for all the NSS volunteers and students of the college. More than 180 students participated. Mr. Prasad and Mr. Patil from the Parivarthana Yoga foundation conducted a two hour Yoga session in the morning.

The chief guest disseminated information about the benefits and uses of yoga. After the Yoga session Mr. Ramakrishna and Dr. P. Vishwanath, a scientist conducted a session on evolution, belief vs science. The next session was conducted by Mr. N. Prathap Simha, district president CITU and also an advocate. He spoke about freedom

Electronics City P.O., Bengaluru - 560 100

Tel: 080-27836065 / 27834611, Fax: 080-27832299, Email: sfscollege.ecity@gmail.com | sfscollege@rediffmail.com

www.sfscollege.in



fighter Bhagath Singh and also his struggle to gain independence for our country. His speech inspired the students and cadets to serve the country.

The next session was conducted by Miss. Geetha S.K from LIC and Mr. Lingaraj, a member of 'SAMUDAYA'. He spoke about current socio-economic and political situations in the country. They also spoke about the drawbacks and the way we could improve on them. The last session was taken by Mr. K. Prakash, SFI former state secretary spoke about better society and youth responsibilities. He encouraged the youth to take up the responsibilities and serve the society. Overall, the one day workshop was a great success.

The Yoga session started exactly at 7 am with Prayer, and systematic practice of different 'ASANAS' of standing, sitting and laying positions (both lying on back and reverse) smoothly changing in succession under the instructions of Yoga teacher and supervision of trained Volunteers. During the course of "Yogabhyas", the Yoga teacher also narrated the usefulness of different "Asanas" as a precautionary measure, in curing many Diseases and the usefulness of Yoga in the overall wellbeing of a human being.

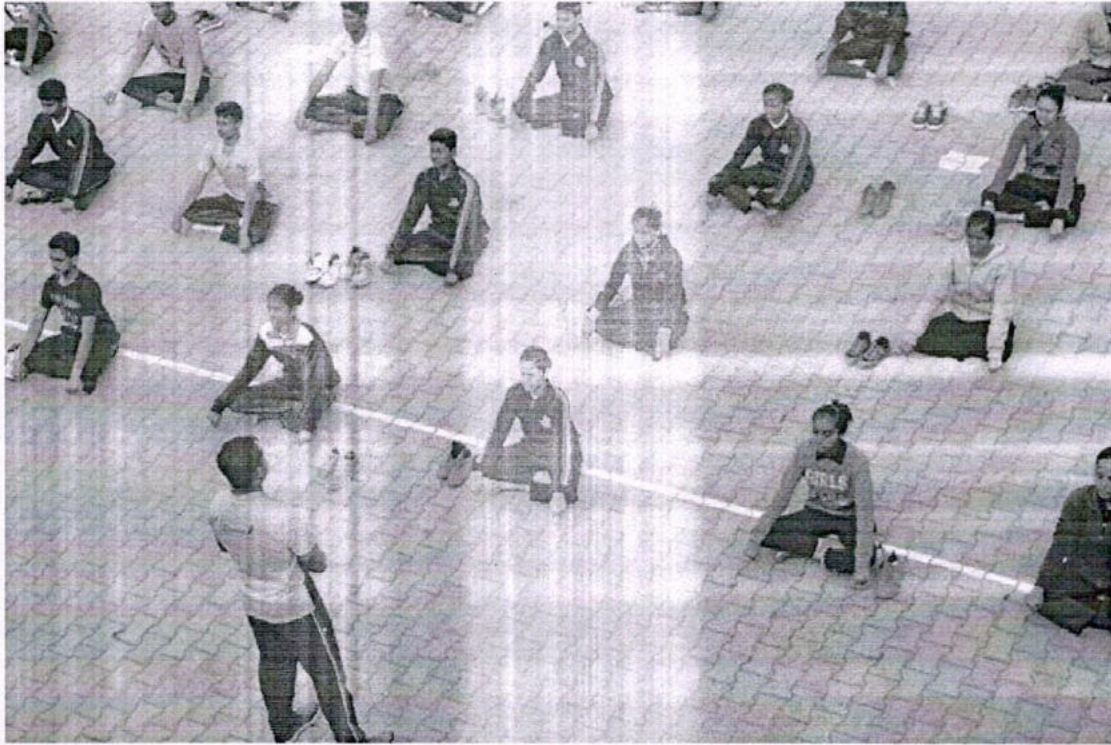
He also added Yoga brings balance between body, soul and mind. It helps us to understand the purpose of life and how to survive in the changing environment. "PM NarendraModi at Jharkhand capital Ranchi urged people "We should make efforts to take yoga from cities to villages and tribal areas. Yoga is above religion, caste, colour, gender and region, it is above everything,"

The entire "YOGABHYAS" lasted for an hour and ended at 8 am with a "Sanskrit Shloka" and Oath by all the participants that they will continue to practice Yoga for keeping their Body and mind in healthy, stress-free and cheerful condition. After the Yoga session appropriate refreshments were served to all the participants.

The college encourages the NSS unit to organise various activities to create awareness on body fitness and mental health.


Co-ordinator
Internal Quality Assessment Cell
St Francis de Sales College
Electronics City Post Bangalore - 560 100.


PRINCIPAL
St. Francis de Sales College
Electronics City Post, Bangalore - 560 100.



Students enthusiastically participating in yoga activity held on Yoga Day.


Co-ordinator
Internal Quality Assurance Cell (IQAC)
St Francis de Sales College
Electronics City Post, Bangalore - 560 100


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