



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved Electronic City, Bengaluru - 100

Reaccredited by NAAC with 'B++' Grade || Recognised under section 2(f) & 12(b) of the UGC Act || An ISO 9001: 2015 Certified Institution

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

“Capacity Building Program; A session on Yoga”,

Title	“Capacity Building Program; A session on Yoga”,
Date of Event(s)	15/03/2023
Department/Association/ Cell/Committee	PG - Commerce
Venue	Seminar hall - 4th floor
Number of Participants	
Target Audience	PG-M.com and Economics students

Resource Person(s) with qualification	Christina & Pratheeksha Saini
Event Co-ordinator	Dr. Siny Philip

The objective of the Program:

Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. Briefly the aims and objectives of Yoga education are:

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

REPORT

A Yoga workshop was organized PG – Department of Commerce from 15th March, 2023 for the students of the commerce and economics department. Under the title of “Capacity Building Program; A session on Yoga”, the workshop included three sessions of: 1. Yoga for All 2. Strengthen your Core Muscles 3. Yoga for healthy living. Christina -The physical
Electronics City P.O., Bengaluru - 560 100

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www.sfscollege.in



education director of the college delivered inaugural speech regarding the importance of yoga and Pranayam and explained that how the yoga is a key of a healthy life.

She also said Yoga education can enhance all the activities of the students, be it academic or sport or social. Yoga techniques provide improved attention in studies, better stamina and co-ordination for sports and a heightened awareness and balanced attitude for social activity. The session was later handed over to Pratheeksha Saini, a quite known and qualified yoga trainer and student of SFS college . She discussed importance & benefit of yoga in our daily life. She demonstrated pranayama & yoga techniques and the students & faculties followed quite enthusiastically.

Prepared By:

D.S. Desai
Faculty

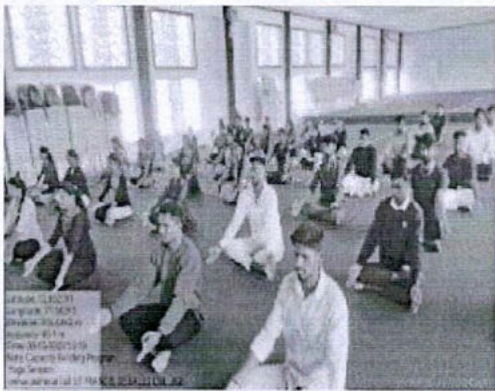
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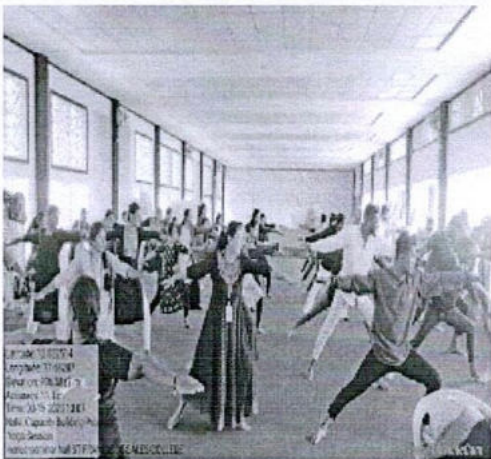
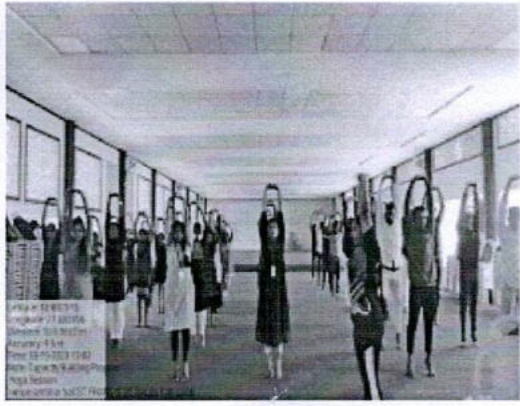

COORDINATOR
Desalite Skill Development Cell
St. Francis de Sales College
Bengaluru - 560100

Report Approved by:

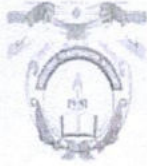

PRINCIPAL
St. Francis de Sales College
Electronics City Post, Bangalore - 560 100.

Geo- Tagged Photos





ATTENDANCE



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ATTENDANCE SHEET

DEPARTMENT OF ECONOMICS (IIISEM AND I SEM)

SL NO	REG NO	NAME	CLASS	SIGNATURE
01	21AEC003C	VINAY HV	III SEM MAECO	
02	21AEC004C	VIDYA D B	III SEM MAECO	
03	21AEC005M	LEO DELUSTRICO CIASICO	III SEM MAECO	
04	21AEC006M	DHARMAPPA M S	III SEM MAECO	
05	22AEC0001M	PADMINI M	I SEM MAECO	
06	22AEC0002M	MANOJ KUMAR	I SEM MAECO	

Prepared By:

Dr. Siny Philip
PG- Commerce

Report Verified by:
(HOD/Criteria Coordinators)