



ST FRANCIS DE SALES COLLEGE

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

Accredited with NAAC "A" Grade || Recognised under 2(f) & 12(b) of the UGC Act

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

FIT INDIA LAUNCH

Date: 15-08-2020

Organized By: SAMPATH KUMAR

Venue: Hebbagodi

INDIA



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FIT INDIA LAUNCH- FITNESS AWARENESS DRIVE FOR CADETS AND THEIR PARENTS

On 15th August 2020, under the guidance of our ANO Lt.Sampath Kumar.R and as per the instructions laid down by the battalion, FIT INDIA CAMPAIGN was launched virtually due to COVID 19 pandemic. The activity took place from 15th August to 14th September 2020, where all the cadets and parents participated virtually and contributed to the FIT INDIA CAMPAIGN.

The raising awareness about the importance of health and fitness during this global pandemic was concentrated. The aim of Fit India is to draw people of the country together by imbibing fun filled, easy and inexpensive ways through which people can remain fit and healthy.

The cadets and parents performed in various activities like Exercise, Yoga, Stretches, Skipping, Aerobics, Kite flying, cleaning their surroundings and other activities and took pictures and videos of them and uploaded in social media to create awareness about the importance of health and fitness through these simple activities and posted it with hash tags FIT INDIA MOVEMENT which was followed on daily basis. Along with this the cadets and parents also made several digital posters and videos on Fit India, Aerobics, Skipping, Cleaning, Yoga, Meditation, Indoor games, Kite flying and uploaded the pictures and videos to spread awareness among the people. Throughout the campaign the cadets with their parents participated enthusiastically with great attentiveness.

We would like to thank our Commanding Officer, Adam Officer, Principal, Vice-Principal and our ANO Lt.Sampath Kumar R for providing the cadets and parents opportunity to participate and contribute to the fit India movement

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Electronics City Post, Bangalore - 560 100.

DISHA
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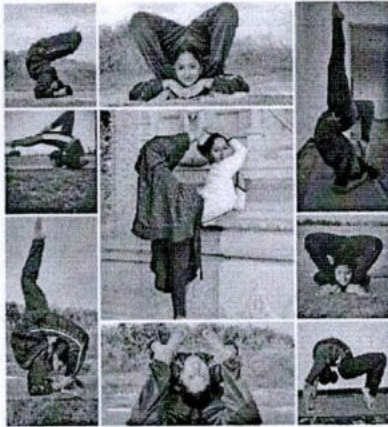
STUDENTS PARTICIPATION LIST

SL.NO	NAME	SIGNATURE	SL. NO	NAME	SIGNATURE
1.	AKASH K.B	Aakash K.B	33	LAVANYA M	Lavanya
2.	CLARANCE PRAVEEN KUMAR R	Clarence Praveen Kumar R	34	MARINA THOMAS	Marina Thomas
3.	GANGADHAR. M	Gangadhar M	35	POOJA K.C	Pooja K.C
4.	INDHARJEETH SINGH	Indharjeeth	36	POOJA M	Pooja M
5.	KARTHIK.S	Karthik S	37	POOJA P R	Pooja P R
6.	KAUSHIK .N	Kaushik .N	38	PRAVEENA SHREE THANUJA	Praveena Shree Thanuja
7.	MADHUMOHAN N.L	Madhumohan N.L	39	PRIYANKA KUMARI	Priyanka Kumari
8.	MANOJ M.R	Manoj M.R	40	SHRUTHI M.M	Shruthi M.M
9.	NARENDRA.V	Narendra V	41	YAMUNA NC	Yamuna NC
10.	PRAVIN .M	Pravin .M	42	ABHISHEK S	Abhishek S
11.	RAJ KUMAR R.H	Raj Kumar R.H	43	ADIL IMTIAZ	Adil Imtiaz
12.	SACHIN SINGH	Sachin Singh	44	ANIKET GANESH SINGH	Aniket Ganesh Singh
13.	SHABAZ KHAN .A	Shabaz Khan .A	45	ARJUNRAJ K	Arjunraj K
14.	SURAJ CHIKKARADDY	Suraj Chikkaraddy	46	ARUN M	Arun M
15.	VIGNESH.T	Vignesh T	47	BALARAMAN E	Balaraman E
16.	HARISH.S	Harish .S	48	DARSHAN A	Darshan A
17.	DIVYA SHREE S	Divya Shree S	49	DINESH K	Dinesh K
18.	GANGA LAKSHMI .D	Gangalakshmi .D	50	GOWTHAM H S	Gowtham H S
19.	JASHWANTH L	Jashwanth L	51	HARIPRASAD R	Hariprasad R
20.	JAYASHEELAN A	Jayasheelan A	52	MAHALAKSHMI R	Mahalakshmi R
21.	KARTHIK V	Karthik V	53	MAMATHA V	Mamatha V
22.	KIRAN K	Kiran K	54	NANDINI M	Nandini M
23.	MADHAN KUMAR V	Madhan Kumar V	55	PAVITHRA R	Pavithra R
24.	MANI KANTA J	Manikanta J	56	POOJA N	Pooja N
25.	NASHVIN PINTO	Nashvin Pinto	57	POOJA RT	Pooja RT
26.	NIKHIL T P	Nikhil T P	58	PRATIKSHA SAINI R	Pratiksha Saini R
27.	NITHIN KUMAR N	Nithin Kumar N	59	SABITHA S K	Sabitha S K
28.	PRADEEP MARUTHI GURAV	Pradeep Maruthi Gurav	60	SHALINI S	Shalini S
29.	PRAVEEN P APPUGOL	Praveen P Appugol	61	SUNANDA KARJEE	Sunanda Karjee


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30	RAVICHANDRA MR	<i>Ravi</i>	62	ASHWIN DEV. V	<i>Ashwin</i>
31	SAHIL SUBBA	<i>Sahil Subba</i>	63	BALAJI. K	<i>Balaji</i>
32	V BOOPATHY	<i>V Boopathy</i>	64	BENITTO PRAKASH. M	<i>Benito - Prakash</i>
65	VIKAS DS	<i>Vikas DS</i>	87	CHANDAN. M	<i>Chandan. m</i>
66	VISHAL KUMAR R	<i>Vishal</i>	88	DARSHAN G.H	<i>Darshan G.H</i>
67	ARCHANA H	<i>Archana H</i>	89	DIVAKAR. K	<i>Divakar</i>
68	DAISY D	<i>Daisy D</i>	90	GOWTHAM. S. N	<i>Gowtham S.N</i>
69	DEEPA R	<i>Deepa R</i>	91	HARSHAVARDHAN. V	<i>Harshavardhan</i>
70	HARINI G	<i>Harini G</i>	92	HARSHITH. S	<i>Harshith. S</i>
71	HARINI R	<i>Harini R</i>	93	JAVAGAR. S	<i>Javagar</i>
72	HEMASHREE G	<i>Hemashree G</i>	94	JAYAKUMAR. S	<i>Jayakar. S</i>
73	KAVIYA R	<i>Kaviya R</i>	95	JOEL JOSE	<i>Joel Jose</i>
74	KOKILAVANI S	<i>Kokilavani S</i>	96	KARTHIK. A	<i>Karthik. A</i>
75	LASYA C R	<i>Lasya. CR</i>	97	PRINCE KUMAR. M	<i>Prince</i>
76	MANOJ. V	<i>Manoj V</i>	98	SHREYAS. M	<i>Shreyas. M</i>
77	PAVAN KUMAR. M	<i>Pavan K</i>	99	SUDARSHAN NAIDU. V	<i>Shreyas</i>
78	SUMAN. G	<i>Suman. G</i>	100	PRADEEPA M	<i>Pradeepa</i>
79	BHAIRAVI. S	<i>Bhairavi</i>	101	RAMYA. D	<i>Ramya</i>
80	CHAITHANYA. B S	<i>Chaithanya</i>	102	SANDHYA K	<i>Sandhya K</i>
81	DIVYA B S	<i>Divya</i>	103	SHAMALA R	<i>Shamala</i>
82	GAGANA .K	<i>Gagana K</i>	104	SHREYA S TRIKANNAD	<i>Shreya S</i>
83	KAVYA. Y	<i>Kavya</i>	105	NEHA N REDDY	<i>Neha</i>
84	KSHMA MISHRA .C	<i>Kshma</i>	106	VAISHNAVI. V	<i>Vaishnavi</i>
85	SUBHASHREE ROUT	<i>Subhashree</i>	107	MANIKANTA. R	<i>Manikanta</i>
86	TEJASWINI. M R	<i>Tejaswini</i>	108	KEVIN. M	<i>Kevin</i>

PHOTOS OF THE EVENT



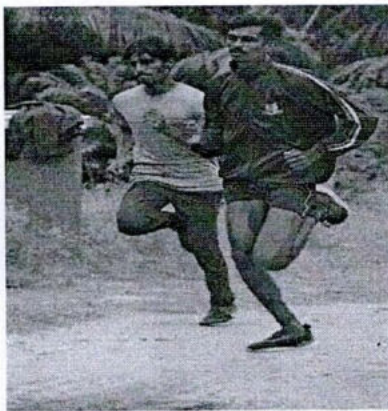
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1 KAR BN NCC

FIT INDIA

YOGA AND MEDITATION

Yoga is the journey of the self, through the self, to the self.

CADET POOJA N
 KAR/19/SWA/10022
 BANGALORE 'A' GROUP
 KARNATAKA AND GOA
 DIRECTORATE



St Francis De Sales College
National Cadet Corps
1 KAR BN NCC | Bangalore 'A' group

FIT INDIA

Skipping

CDT KAVYA.R
 KAR/19/SWA/10004
 KAR & GOA DIRECTORATE

Swachh Bharat Mission

CDT Vikas. Ds
1 Kar bn ncc
Bangalore A group
ST Fransis de sales college
Hebbagodi

Rayle

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(Signature)

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