



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 AWARENESS

Date: 2nd October, 2019

Organized By: St Francis De
Sales College

Venue: Hebbagodi





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Date: 2nd October, 2019
Venue: Hebbagodi
Conducted By: CSA, St. Francis De Sales College
Attended By: 250
Organized By: St. Francis De Sales College.

FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioral changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives:

- To promote fitness as easy, fun and free
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns
- To encourage indigenous sports
- To make fitness reach every school, college/university, panchayat/village, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories

It is a perfect product that is fun, useful as well as sustainable to help children recognize and realize the ill effects of being healthy. It's an enjoyable medium for them to learn significant life-long lessons that will empower future generations on the knowledge of healthy.

Today we will be telling about something unique and innovative. We all talk about being healthy and how running or form of exercises can reduce stress and obesity. But when it comes to applying the same thing in practical life most of us fail miserably. We all are aware of the fact that especially children in today's generation are not very much concerned about anything

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[Signature]
DISHA
Desalite Initiatives for Social & Holistic Activities
St. Francis de Sales College
Bengaluru - 560100

healthy. This campaign is again an awareness of how to be healthy. This new academic season let us all pledge to be healthy and be a fit nation.

Fitness, both physical and mental, is very important for overall well-being. Fit people are healthy and more active. It improves quality of life and increases longevity. All you need to do is make a few lifestyle changes. Just 30 minutes of your day is enough to change your level of fitness. Exercise daily, take up a sport, eat healthy, avoid junk food and carbonated drinks, and sleep well.

Try to spend some time outdoor in the midst of nature. Go for a walk or take up a sport. There are so many ways to be fit. Just choose to do something that interests you. You will be surprised at the positivity that comes along with it. You will not only maintain good health but also improve your overall quality of life. Let us take a look at a few benefits of regular physical activity. All these benefits demonstrate the importance of physical fitness.

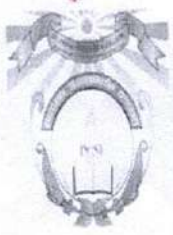
The Fit India programme aims to encourage people to take up fitness activities such as running and sports in their daily lives and get freedom from obesity, laziness, stress, anxiety, diseases, etc., to put in effect St. Francis de Sales College was conducted Fit India Freedom Run programme on 2nd October 2019. We thought Gandhi Jayanthi day is a perfect day to implement this event. We can proudly say, it is an approbation to bestow to Mahathma Gandhi by introduced this event on this day.



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



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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

EVENT NAME : FIT INDIA AWARENESS

DATE : 2ND OCTOBER 2019

SL.NO	NAMES	REGESITER NO	SIGNATURE
1	ALBERT JOES FRANCY	19NCAEC001	
2	BALAPUSHA B	19NCAEC002	Balapusha
3	KARIANGAILIU GONMEI	19NCAEC003	Kariangailiu
4	MANASA K C	19NCAEC004	Manasa
5	ABIMAIL MURMU	19NCAEC005	Abimail
6	ANAPARTHI PRAVEEN	18NCA80002	Anaparthi
7	BRENDAN TITUS DOSIK ARENGH	18NCA80007	Brendan
8	ANIL KUMAR N	18NCA80003	Anil Kumar N
9	ARUNKUMAR K	18NCA80004	Arunkumar
10	BABU RAJENDRAPRASAD M R	18NCA80005	Babu
11	DHAYAL A	18NCA80008	Dhayal A
12	DILEEP KUMAR M	18NCA80009	Dileep
13	FERNANDES SHAWN EDWIG	18NCA80010	Fernandes
14	FRANCIS MURMU	18NCA80011	Francis
15	HARIPRIYA SHAJI	18NCA80012	Haripriya
16	JOHN JOSEPH VICTOR M	18NCA80013	John
17	KAVIPRIYA S	18NCA80014	Kavipriya S
18	LUGUN BINAY	18NCA80015	Lugun
19	KAVIPRIYA S	18NCA80014	Kavipriya
20	LUGUN BINAY	18NCA80015	Lugun Binay
21	MARSHEL KUJUR	18NCA80016	Marshel
22	MAYANGLAMBAM ROCK SINGH	18NCA80017	Mayan
23	MICHEL MARDI	18NCA80018	Michel
24	MR EMLUS BARLA	18NCA80019	Mr Emlus
25	MR VIBIZO THEPA	18NCA80020	Mr Vibizo
26	MR WANPHRANGSNGI SOHSHANG	18NCA80021	Mr Wanphrangsngi
27	NEERAJ EKKA	18NCA80022	Neeraj
28	NEPUNI ADAPHRO	18NCA80023	Nepuni
29	NISHA FRANCIS LOBO	18NCA80024	Nisha
30	PASQUINUCCI RAFFAELE	18NCA80025	Pasquinucci
31	DEEKSHITH S	18NCA80001	Deekshitha
32	DEEKSHITHA C	18NCA80002	Deekshitha C
33	DEEPAK KUMAR R	18NCA80003	Deepak Kumar R..
34	DENIS NASKAR	18NCA80004	Denis
35	DEVARAJ M	18NCA80005	Devaraj
36	DHANUSH R	18NCA80006	Dhanush
37	DILIP M	18NCA80007	Dilip
38	DIVAKAR J	18NCA80008	Divakar
39	DIVYA A	18NCA80009	Divya
40	DIVYA B	18NCA80010	Divya



41	DIVYA M	18NCA80011	Divya M
42	DIVYA N	18NCA80012	Divya
43	DIVYA R	18NCA80013	Divya
44	EPZIBHA S	18NCA80014	Divya R
45	GAGANA V	18NCA80015	Gagana V
46	GANGADHAR M	18NCA80016	G
47	GAYATHRI M	18NCA80017	Gayathri
48	GIRIDHAR N	18NCA80018	Giridhar
49	GOWTHAM S	18NCA80019	Gowtham S
50	GUNAVATHI S	18NCA80020	Gunavathi
51	HARISH C	18NCA80021	Harish
52	HARSHITHA G	18NCA80022	Harshitha
53	HARSHITHA M	18NCSB7022	Harshitha
54	HARSHITHA S	18NCSB7023	Harshitha S
55	HEMANTH C	18NCSB7024	Hemant C
56	HITESH J S	18NCSB7025	Hemant
57	HONEST RAJ G	18NCSB7026	Honest Raj
58	INDU S	18NCSB7027	Indu S
59	SUMANTH P	18NCSB7034	Sumant
60	VINAY H V	18NCSB7035	Vinay
61	ANUSHA M	18NCSB7036	Anusha
62	ANUSHA RACHEL J	18NCSB7037	Anusha
63	DEEKSHA K N	18NCSB7038	Deeksha K N
64	JOPHIN T J	18NCSB7039	Jophin
65	LALREM RUATA	18NCSB7040	Lalrem Ruata
66	MAHESH N JAVEJAR	17NCC42012	Mahesh
67	SHASHIKUMARA G	17NCC42013	Shashi
68	SHWETHA C R	17NCC42014	Shwetha
69	SOBY THOMAS	17NCC42015	Soby
70	SREEJA S PRAKASH	17NCC42016	Sreeja
71	VIJISHA VARGHESE	17NCC42017	Vijisha
72	ABHILESH LAKRA	17NCC42018	Abhilesh
73	ABIDA BABU	17NCC42019	Abida
74	ADARSH BABU M	17NCC42020	Adarsh
75	AJIN MATHEW	17NCC42021	Ajin
76	AKHIL P. A	16NCC26023	Akhil P A
77	ALBERT CHARLES J	16NCC26024	Albert
78	ALBIN FRANCIS	16NCC26026	Albin
79	ANTONY YESU RAJ A	16NCC26032	Antony
80	ARUN KURIAKOSE	16NCC26033	Arun
81	ATEET MINJ	16NCC26034	Ateet
82	AUGUSTIN TUDU	16NCC26035	Augustin
83	BAPTIST MILTON G	16NCA81053	Baptist
84	BIBIN T. S	16NCA81055	Bibin
85	DEEPTHI M	16NCA81057	Deepti
86	DIMPLE PAUL	16NCA81058	Dimple
87	DUPEE JOSPHINE TAIPODIA	16NCA81060	Dupe
88	EKKA ROHIT PAUL	16NCA81061	Ekka Rohit
89	JENIFER P	16NCA81062	Jenifer
90	JESTIN RICHARD J	16NCA81063	Jestin Richard



91	JOEL P JAISON	16NCA81064	Joel
92	JOYEL P B	16NCA81065	Joyel
93	KAMBREKAR MARIO RUJAY	16NCA81067	Kambrekar
94	KANDULNA MORIS	16NCA81068	Kandulna
95	KERKETTA AZAD	16NCA81069	Kerketta
96	KIRO PRABIN	16NCA81070	Kiro
97	LAZAR PALTASINGH	16NCC26003	Lazar
98	LOVETT MARY ANN B	16NCC26004	Lovette
99	MICHAEL V	16NCC26006	Michael
100	MONISH REDDY S	16NCC26007	Monish Reddy S
101	MR ARNON PANYAI	16NCC26008	Arnon
102	MR CHAKRIT UDOMDET	16NCC26009	Chakrit
103	MR CHATPONG YAWONG	16NCC26010	Mr chatpong
104	MR MONTHON PANYATHANUNCHAI	16NCC26011	Monthon
105	MR NATTANON UDOMDECH	16NCC26013	Nattanon
106	MR PAOPHONG NANSING	16NCC26015	Paophong
107	MR PATIPHAN JEKOKKRUAD	16NCC26016	Patthi Phan
108	MR PAVIN POOLTA	16NCC26017	Pavin
109	MR PUWARIN YOONPRAYONG	16NCC26018	Nakirikanti puwarin.
110	NAKIRIKANTI KRUPAKAR	16NCC26019	Nakirikanti
111	NOOTHALAPATI BALA TEJA	16NCC26020	Noothalapati
112	PRATHEESHA R	17NCC42019	Pratheesh
113	RAKSHITA SUBRAY HEGDE	17NCC42020	Rakshita
114	RICHARD ANTONY	17NCC42021	Richard
115	SACHIN K J	17NCC42022	Sachin K J
116	SAMUEL A	17NCC42023	Samuel
117	SELVAPRAKASH. A	17NCC42024	Selvaprakash
118	SHALINI Y	17NCC42025	Shalini
119	STEPHEN RAJ Y	17NCC42026	Stephen
120	STEPHENRAJ D	17NCC42027	Stephenraj
121	SUMAGAYSAY JUNDIE C	17NCC42028	Sumagaysay
122	SWAHA SWARNALI	17NCC42029	Swaha
123	THARUN B	17NCC42030	Tharun
124	THOMAS AMBROSE J	17NCC42031	Thomas
125	VAISHNAVI A	17NCC42032	Vaishnavi
126	XESS SAMEER	17NCSB7064	XESS sameer.
127	AISHWARYA R	17NCCOM002	Aishwarya
128	ALEX A	17NCCOM003	Alex
129	ANUSHA A M	17NCCOM004	Anusha
130	ASGHAR ALI A	17NCCOM005	Asghar
131	AVINASH M	17NCCOM006	Avinash
132	BHARATH V	17NCCOM007	Bharath V
133	BHAVANI R	17NCCOM008	Bhavani
134	BHUVANESH S V	17NCCOM009	Bhuvanesh
135	BUDHRAJ M	17NCCOM010	Budhraj
136	CHANDANA M	17NCCOM011	Chandana
137	CHARANYA K	17NCCOM012	Charanya
138	DEEP R	17NCCOM018	Deep
139	DEEPASHREE R	17NCCOM019	Deepashree
140	DEEPT KUMAR EKKA	17NCCOM020	Deept Kumar Ekka



141	DHAMODHRAN K	17NCCOM021	Dhamodharan
142	DHANUSH S	17NCCOM022	Dhanush.
143	DHARSHAN V	17NCCOM023	Dharshan.
144	DILIP KUMAR G	17NCCOM024	Dilip
145	DIVYASHREE S	17NCCOM025	Divyashree.
146	DURAI SHANKAR S	17NCCOM026	Durai
147	EDWIN ANTONY	17NCCOM027	Edwin.
148	FAIZ KHAN	17NCCOM028	Faiz
149	GANESH A R	17NCCOM029	Ganesh
150	HARSHITHA B	17NCCOM030	Harshitha.
151	MANJUNATH S	17NCA800024	Manjunath
152	MANOJ KUMAR L	16 KLC41258	Manoj
153	MANOJ S	16NCC41001	Manoj
154	MARY SHALINI A	16NCC41002	Mary Shalini
156	MOHAMMED HUZAIFA V K	16NCC41003	Mohammed
157	MOHAMMED SAHIL	16NCC41004	Mohammed Sahil.
158	MOHAMMED SULTAN	16NCC41005	Sultan.
159	MONISHA S	16NCC41006	Monisha
160	NANDINI M	16NCC41007	Nandini
161	NAVEEN SINGH B	16NCC41008	Naveen
162	NIKHIL JOY	16NCC41010	Nikhil Joy
163	NISHANTHI J	16NCC41011	Nishanthi.
164	PALLIPATTU AKHIL VARGHESE	16NCC41013	Akhil
165	PAVAN N	16NCC41014	Pavan
166	POTTI JASWANATH	16NCC41015	Potti
167	PRASANTH KUMAR S	16NCC41016	Prasanth
168	PRASHANTH RAJ S	16NCC41017	Prashanth Raj.
169	PREETHI K	16NCC41018	Preethi.
170	PREM CHANDU K	16NCC41019	Prem
171	RANJITH KUMAR L	16NCC41020	Ranjith
172	RESHMA R NAIR	16NCC41021	Reshma.
173	ROHITH HULIKOPPE	16NCC41022	Rohith
174	SAHANA S	16NCC41024	Sahana S
175	SANDHYA N	16NCC41026	Sandhya
176	SANJANA SONI.S	16NCC41027	Sanjana
178	SATHWIK SHASTRY K	16NCC41028	Sathwik.
179	SUDARSHAN P	16NCC41055	Sudarshan
180	ABHISHEK GOURAV	16NCC41057	Abhishek.
181	ANANDHAPRABHU S	16NCC41058	Anandhaprabhu.
182	ANIJA JOHNSON	16NCC41060	Anija
183	ANITHA M	16NCC41061	Anitha M
184	ANTONY S	16NCC41062	Antony
185	CLARANCE PRAVEEN KUMAR R	16NCC41063	Clarence
186	DIVYA M	16NCC41064	Divya.
187	DIVYASHREE R	16NCC41065	Divyashree
188	EBENEZER L	16NCC41066	Ebenezer.
189	FATHIMATH SHASLIYA P K	16NCC41067	Fathimath
190	GANESH M	16NCC41068	Ganesh
191	HARSHITHA R	16NCC41069	Harshitha
192	IMRAN A F	16NCC41070	Imran



193	JAIKUMAR R	16NCC41071	Jaikumar
194	JAYAKIRUBALAN K.P	16NCC41072	Jayakirubalan
195	KALYANKUMAR G V	16NCC41073	Kalyankumar
196	KARTHIK ABHISHEK S	16NCC41075	Karthik
197	KARTHIK G	16NCC41076	Karthik
198	KEERTHANA N	16NCC41077	Keerthana
199	KIRANMATHEW F	16NCC41078	Kiranmathew
200	KISHOR D	16NCC41079	Kishor
201	MAHESH G	16NCC41084	Mahesh
202	MANJUNATH N	16NCC41086	Manjunath
203	MANJUNATH P	16NCC41087	Manjunath
204	MANU S	16NCC41088	Manu
205	MD ASHRAF	16NCC41090	Ashraf
206	MERVIN KINGS C M	16NCC41091	Mervin
207	MOHAN K	16NCC41092	Mohan K
208	MOIRANGRHEM MANORANJAN MEI	16NCC41093	Moirangrhem
209	MUKUL K	16NCC41095	Mukul
211	N L MADHU MOHAN	16NCC41096	Madhu
212	NARASHIMAN R	16NCC41097	Narashiman
213	NAVEED PASHA	16NCC41098	Naveed
214	NAVEEN KUMAR A	16NCC41099	Naveen A
215	NAVEEN KUMAR S	16NCC41100	Naveen
216	PERIYARAJ S	16NCC41101	Periyaraj
217	PRASHANTH M	16NCC41103	Prashanth
218	PRATAP H C	16NCC41104	Pratap
219	PREM KUMAR REDDY S	16NCC41105	Prem Kumar
220	PUSHPA M	16NCC41107	Pushpa
221	RAGHAVENDRA G.K	16NCC41108	Raghavendra
222	SANDEEP.R	16NCC41117	Sandeep
223	SARATH KUMAR G	16NCC41118	Sarath
224	SATHISH M	16NCC41119	Sathish
225	SATHISHKUMAR D S	16NCC41122	Sathish
226	SATISH NAYAK G	16NCC41123	Satish Nayak
227	SHASHIDHAR.S	16NCC41124	Shashidhar
228	SHIBANI.A	16NCC41125	Shibani
229	SHRINIK.B.K	16NCC41126	Shrinik
230	SNEHA THOMAS	16NCC41127	Sneha
231	SOUNDARYA .V	16NCC41128	Soundarya
232	SUNIL.S	16NCC41129	Sunil
233	SURYA.S	16NCC41130	Surya
234	SUSHIDHARAN.R	16NCC41131	Sushidharan
235	TEJAS KUMAR S G	16NCC41132	Tejas
236	TEJASWINI.SN	16NCC41133	Tejaswini
237	THILAK.R	16NCC41134	Thilak
238	UDAY KUMAR.K	16NCC41135	Uday
239	VIMALNATH.V	16NCC41138	Vimal Nath
240	VISHAL DNYNESHWAR KADAM	16NCC41139	Vishal
241	YESUPADAM	16NCC41140	Yesupadam
242	ADEEP KADAPS	16NCC41149	Adeep Kadaps
243	AFSHAN FIRDOUS	16NCC41150	Afshan



244	AGASSI AUGUSTINE MATHEW	16NCC41152	Agassi.
245	AJAY R	16NCC41153	Ajay
246	AKASH B	16NCC41155	Akash.
247	AKASH K B	16NCC41156	Akash K.B.
248	AKASH R	16NCC41158	Akash. R.
249	AKILA BAI M	16NCC41160	Akila Bai
250	AKSHAY G KULKARNI	16NCC42001	Akshay G Kulkarni

