



ST FRANCIS DE SALES COLLEGE

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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

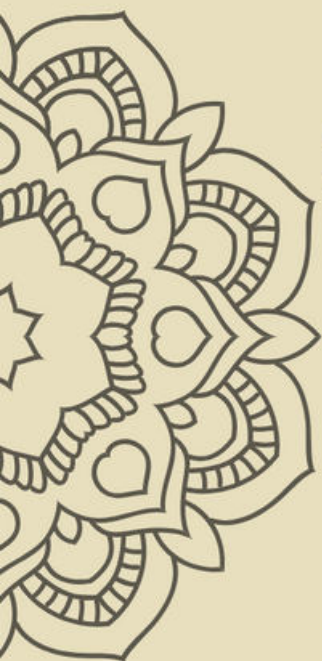
HEALTH CLUB

PRESENTS

SESSION ON

Yoga

FOR HUMANITY



DATE: 27/06/2022
VENUE: BUISNESS LAB
RESOURCE PERSON:
MAHESHA R





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REPORT ON WEBINAR ON YOGA FOR HUMANITY

Title	YOGA FOR HUMANITY
Date of Event(s)	27 th JUNE 2022
Department/Association/ Cell/Committee	HEALTH CLUB
Venue	Business lab
Number of Participants	140 students
Target Audience	1 st and 2 nd year BCOM "A, E, F" section students

Resource Person(s) with qualification (if applicable):	Mr. Mahesha R Head Department of Tourism studies Govt First Grade Collage KOLAR
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Place of visit/ details of Industrial Visit place (if applicable):	-
Event Coordinator	Asst. Prof. Priya E & Asst. Prof. Mouseme


COORDINATOR
Best Practices Cell
St. Francis de Sales College
Bengaluru - 560100


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


COORDINATOR
Health Club
St. Francis de Sales College
Bengaluru - 560100

Electronics City P.O., Bengaluru - 560 100
Tel.: 080-27836065 / 27834611, Fax: 080-27832299, Email: principal@sfscollege.in
www.sfscollege.in



Objective

The objective of the webinar conducted on the theme “Yoga for Humanity” is to know amazing health benefits of yoga, and to reduce health problems that may arise for young Generation and to spread peace or helps the students to maintain stability of mind through Yoga and through various Mudra's. Yoga promotes good mental and physical health of people.

Introduction

The resource Person Mr. Mahesha R, started the session by an introductory line “Yoga For Humanity”. International yoga day is celebrated every year on 21st June. “Yoga is the journey of the self, through the self, to the self” the resource person has given a detailed view to the students regarding the above statement. International Yoga Day was celebrated with welcome speech by Ms. Dhanushree a student from 4th bcom C section on virtual platform with great zeal and enthusiasm. Mr. Mahesha R (Yoga Instructor, Head Department of Tourism studies) was invited to conduct virtual yoga session through Google meet platform.

The resource person explained that The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body, which is necessary for the students to come out from all the stress and depression. Mr. Mahesha R not only gave the information regarding the yoga for mental wellness but also gave the information regarding the health and health benefits of Yoga, he told that Yoga Improves brain function Lower stress levels Alters gene expression Increases flexibility Lowers blood pressure Improves lung capacity. Most importantly the resource person has also concentrated on food habits of the young generation and gave the insightful knowledge on healthy food habits and dietary food that should be included in everyday life of a normal human being.

At last The resource person has taught the students about various mudras and its benefit. Mudras are a set of subtle hands gestures or bodily motions that can change one's emotion, mindset, or experience. Thus, the resource person told that mudras helps to increase focus, and which also helps in excelling the of the students.

Conclusion

The webinar on Yoga has helped the students to know the importance of Yoga in their life, and the students are able to learn how yoga is beneficial in their both physical and mental health. Students also gained the knowledge on Various mudras in Yoga and its benefits.





NAME

CLASS & SECTION

SIGNATURE.

01	Mithun	Bcom - C	Mithun
02	Deepika	Bcom - C	Deep
03	Likitha	BBA - 'A'	Likitha
04	Divya	BBA - A	Divya
05	Monisha	BSC - 'B'	Monisha
06	Jerwin	BSC - B	Jerwin
07	Suraj	BSC - B	Suraj
08	Ajith	BSC - B	Ajith
09	Manoj	Bcom - A	Manoj
10	Ananya	Bcom A	Ananya
11	Harsitha	Bcom - D	Harsitha
12	Kaviya	Bcom - D	Kaviya
13	Ravichandra	B.com - D	Ravichandra
14	Yashwanth	B.com - A	Yashwanth
15	Shadrak	BBA - B	Shadrak
16	Rithik	BBA - B	Rithik
17	Anupama	BSC - A	Anupama
18	Prem kumar	BSC - A	Premkumar
19	Shamili	Bcom - B	Shamili
20	Sowmiya	Bcom - B	Sowmiya
21	Jeevitha	BSC - B	Jeevitha
22	Soundarya	BSC - B	Soundarya
23	Kaviya	Bcom - E	Kaviya
24	Meghana	BSC - A	Meghana
25	Nandhini	BCA - A	Nandhini



26	Rahul D	BSC - B	Ref
27	Dhannsh	BCA - A	Ref
28	Tharun	BCA - A	Tharun
29	Kiran	BCA - A	Kunde
30	Sathya	BBA - C	Santhya
31	Aruna	BBC - C	Ref
32	Varun	BBC - C	Ref
33	Rajalakshmi	BSC - B	Ref
34	Sowmiya	BSC - B	Ref
35	Ashwin	BSC - B	Ref
36	Chethan	Bcom - C	Ref
37	Mageshwari	Bcom - C	Mageshwari
38	Ravi kiran	Bcom - C	Ravikiran
39	Indhumathi	BSC - B	Indhu
40	Sam kumar	BSC - B	Ref
41	Faizan	BSC - A	Ref
42	Kuchi	BBA - C	Ref
43	Vedha	BBC - C	Ref
44	Indhuja	Bcom - B	Indhuja
45	Shalini	Bcom - B	Ref
46	Nisha Gopika	BSC - A	Nisha Gopika
47	Mamtha	Bcom - B	Mamf
48	Snawanthi	BSC - B	Snanthi
49	Arjun	BSC - B	Arjun
50	Mythri	BSC - B	Mythri



Name.	Class/combination	Signature
Chethan V	Bsc 'B'	Chethan
Jacob B	Bsc 'B'	Jacob
Jerwin Andro. S	Bsc 'B'	Jerwin
Harinath	Bsc 'B'	Harinath.
Rahul D	Bsc 'B'	Rahul D
Veeresh. S	Bsc 'A'	Veeresh
Megaraj	Bsc 'A'	Megaraj
Veeresh. B	Bsc 'B'	Veeresh
Gowtham Veer	Bsc 'B'	Gowtham
Chethan Kumar	B.Com. 'B'	Chethan
Chethan N	B.Com 'A'	Chethan
Anith.	BBA 'A'	Anith
Gajendra	BBA 'A'	Gajendra
Budeep	BBA 'B'	Budeep
Akash.	BBA 'B'	Akash.
Dhanush	B.Com 'B'	Dhanush.
Adharsh	B.Com 'B'	adharsh.
Girish.	B.Com 'C'	Girish
Towseef.	B.Com 'D'	Towseef
Harath	B.Sc 'A'	Harath.
Sharath	B.Sc 'A'	Sharath.
Sudharsh	B.Sc 'B'	Sudharsh
Sunilveer	B.Sc 'B'	Sunilveer.
Rahul S	B.Sc 'B'	Rahul



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Jerwin Andro. S	BSc 'B'	Jerwin
Harinath	BSc 'B'	Harinath
Rahul D	BSc 'B'	Rahul D
Veeresh S	BSc 'A'	Veeresh
Megaraj	BSc 'A'	Megaraj
Veeresh B	BSc 'B'	Veeresh
Gowtham Veer	BSc 'B'	Gowtham
Chethan Kumar	B.Com. 'B'	Chethan
Chethan N	B.Com 'A'	Chethan
Anish	BBA 'A'	Anish
Gajendra	BBA 'A'	Gajendra
Deeep	BBA 'B'	Deeep
Akash	BBA 'B'	Akash
Dhanush	B.Com 'B'	Dhanush
Adharsh	B.Com 'B'	Adharsh
Spish	B.Com 'C'	Spish
Towseef	B.Com 'D'	Towseef
Harshith	B.Sc 'A'	Harshith
Sharath	B.Sc 'A'	Sharath
Sudharsh	B.Sc 'B'	Sudharsh
Sunilveer	B.Sc 'B'	Sunilveer
Rahul S	B.Sc 'B'	Rahul



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Rahul. D	Bsc 'B'	<u>Rahul. D</u>
Jerwin Andro. S	Bsc 'B'	<u>Jerwin</u>
Chethan. V	Bsc 'B'	<u>Chethan</u>
Harinath	Bsc 'B'	<u>Harinath</u>
Jacob	Bsc 'B'	<u>Jacob</u>
Veeresh	Bsc 'A'	<u>Veeresh</u>
Megaraaj	Bsc 'A'	<u>Megaraaj</u>
sachin	BCA	<u>Sachin</u>
Santhosh	BCA	<u>Santhosh</u>
Eric Anton	B.com 'A'	<u>Eric</u>
Chethan Kumar. K	B.com 'B'	<u>Chethan</u>
Amith	BBA 'A'	<u>Amith</u>
Sudheep	BBA 'B'	<u>Sudheep</u>
Gajendra	BBB 'A'	<u>Gajendra</u>
Chethan. N	B.com 'D'	<u>Chethan</u>
Akash	BBA 'B'	<u>Akash</u>
Dhanush	B.com 'B'	<u>Dhanush</u>
Adhresh	B.com 'B'	<u>Adhresh</u>
Gurish	B.com 'C'	<u>Gurish</u>
Harish. P. K	BCA	<u>Harish</u>
Rakshit.	BBA	<u>Rakshit</u>
Thomasee f	B.com 'D'	<u>Thomasee</u>
Manoj	B.com 'B'	<u>Manoj</u>
Sharath	Bsc 'A'	<u>Sharath</u>
Karthik	Bsc 'A'	<u>Karthik</u>



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Rahul.D	Bsc 'B'	<u>Rahul.D</u>
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Harinath	Bsc 'B'	<u>Harinath</u>
Jacob	Bsc 'B'	<u>Jacob</u>
Veeresh	Bsc 'A'	<u>Veeresh</u>
Megaraj	Bsc 'A'	<u>Megaraj</u>
Sachin	BCA	<u>Sachin</u>
Santhosh	BCA	<u>Santhosh</u>
Eric Anton	B.com 'A'	<u>Eric</u>
Chethan Kumar. K	B.com 'B'	<u>Chethan</u>
Amith	BBA 'A'	<u>Amith</u>
Sudeep	BBA 'B'	<u>Sudeep</u>
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Dhanush	B.com 'B'	<u>Dhanush</u>
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Karthik	Bsc 'A'	<u>Karthik</u>

