



ST FRANCIS DE SALES COLLEGE

Graded 'A' by NAAC || Affiliated to Bangalore University
Electronics City Post, Bengaluru – 560 100 || www.sfscollege.in

Report of International Yoga Day

Title	International Yoga Day
Date of Event(s)	21-06-2018
Department / Association	NCC
Venue	Field Marshal Manekshaw Parade Ground
Number of Participants	More than 8000

Resource Person(s) with qualification (brief profile)	Brigadier D M Purvimath VSM* Deputy Director General of NCC & Ananth Kumar Union Minister of Karnataka
Books (if published)	NA

Place of visit/ details of Industrial visit place:	NA
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Short Report of the Event:

On 21st June 2018, more than 100 NCC cadets, of SFS College gathered in Field Marshal Manekshaw Parade Ground for celebrating the International Day of Yoga.


Around 8000 cadets of Karnataka and Goa Directorate from all over Bangalore took part in this celebration of International Yoga Day, Two eminent personalities joined with us on this auspicious occasion, Brigadier D M Purvimath VSM* Deputy Director General of NCC and Ananth Kumar Union Minister of Karnataka, It was a great honour to have both of them among us.

We started our Yoga session at 8:00 am in Field Marshal Manekshaw Parade Ground, which was a complete procedure of relaxing a human mind and body. A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily in both the body and mind.

Yoga postures, Pranayama and meditation are effective techniques to release stress. In view of this, the NCC directorate of Karnataka and Goa has taken an initiative to motivate its cadets to practice yoga in their day to day activities.

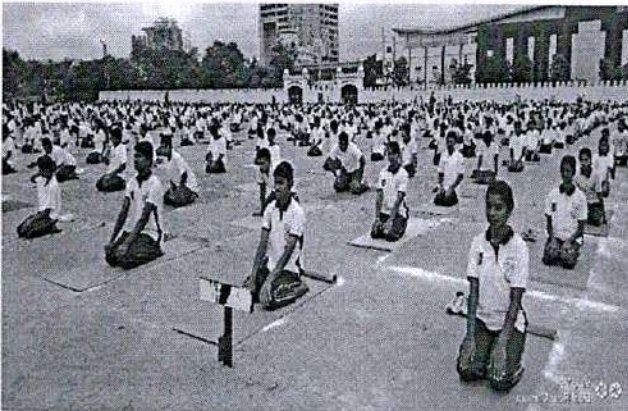
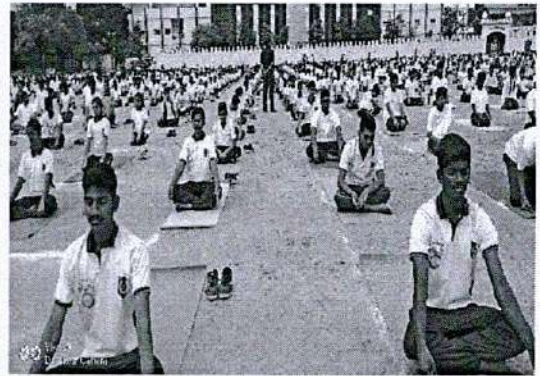
This activity was a successful one we would like thank our Commanding Officer Col Rajeev Gupta and Our Principal for giving us this opportunity, and also all the yoga instructors & organisers.

SIGNATURE OF THE REPORTER


L. Sampath Kumar
Associate NCC officer

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SFS College Reports: Bengaluru




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Attendance sheet -Pratice of Yoga

Date : 21/06/2018

SL.NO	NAME	ROLL NO	SIGNATURE
1	ABIMAIL MURMU	18NCA80001	Abimail
2	ANAPARTHI PRAVEEN	18NCA80002	Ana
3	ANIL KUMAR N	18NCA80003	Anil Kumar N
4	ARUNKUMAR K	18NCA80004	Arunkumar
5	BABU RAJENDRAPRASAD M R	18NCA80005	Babu Rajendraprasad
6	BHAVAN N	18NCA80006	Bhavan N
7	BRENDAN TITUS DOSIK ARENGH	18NCA80007	Dosik
8	DHAYAL A	18NCA80008	Dhaya
9	DILEEP KUMAR M	18NCA80009	Dileep
10	FERNANDES SHAWN EDWIG	18NCA80010	Fernandes
11	FRANCIS MURMU	18NCA80011	Francis
12	HARIPRIYA SHAJI	18NCA80012	Haripriya Shaji
13	JOHN JOSEPH VICTOR M	18NCA80013	John
14	KAVIPRIYA S	18NCA80014	Kavi
15	LUGUN BINAY	18NCA80015	Lugun
16	MARSHEL KUJUR	18NCA80016	Kujur
17	MAYANGLAMBAM ROCK SINGH	18NCA80017	Mayang
18	MICHEL MARDI	18NCA80018	Michel
19	MR EMLUS BARLA	18NCA80019	Emlus Barla
20	MR VIBIZO THEPA	18NCA80020	Mr V. Bizo Thepa
21	MR WANPHRANGSNGI SOHSHANG	18NCA80021	Wang
22	NEERAJ EKKA	18NCA80022	Neeraj
23	NEPUNI ADAPHRO	18NCA80023	Nepuni
24	NISHA FRANCIS LOBO	18NCA80024	Nisha
25	PASQUINUCCI RAFFAELE	18NCA80025	Pasquini
26	PEYYALA PRASANTH JOSHI	18NCA80026	Peeyala
27	PREETHI DAS P	18NCA80027	Preethi Das
28	PREMA S S	18NCA80028	Prema
29	RAJESH CHOUDHARY B	18NCA80029	Rajesh Choudhary
30	RAJSHREE RATHOREM	18NCA80030	Rajshree
31	RANJEET KUJUR	18NCA80031	Ranjat



32	SANDEEP MURTHY	18NCA80032	Sandeep
33	SHAIK RESHMA	18NCA80033	Sharda
34	SHAMBAVI M	18NCA80034	Samba
35	SHRUTHI C M	18NCA80035	Shruthi C M
36	SHUNSHING SHOKWUNGAO	18NCA80036	Shunshing
37	SOHAIL AARIF	18NCA80037	Sunroth
38	SUMANTH P	18NCA80038	Sumanth
39	VINAY H V	18NCA80039	VINAY . V
40	ANUSHA M	18NCA80040	ANUSHA . M

