



# 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

## INTERNATIONAL YOGA DAY

21<sup>st</sup> JUNE, 2022

### Resource Persons

Ms. Christina Mary, Mr. Anand and Mr. Radhaswamy

### Special Performance

Desalite Pratiksha Saini (2<sup>nd</sup> Sem Bcom 'B')

1:30 pm onwards

#### Venue

4<sup>th</sup> Floor - Seminar Hall & Conference Hall 01

Organized by

Faculty Enrichment Committee



### International Day of Yoga

Title	International Day of Yoga
Date of Event	21 <sup>st</sup> June 2022
Department / Association	Faculty Enrichment Committee
Venue	4 <sup>th</sup> Floor - Conference hall and seminar hall-1
Number of participants	44
Resource person with qualification	MS. Christina Mary, Mr. Radhaswamy and Mr. Anand
Special Performance	Desalite Pratiksha Saini
Books (if published)	Nil
Place of visit/ details of industrial visit place (if applicable)	Nil

#### Report:

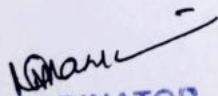
Yoga is a physical, mental and spiritual practice that originated in India. The **International Day of Yoga** has been celebrated annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. The Indian Prime Minister, Narendra Modi, in his UN address in 2014, had suggested the date of June 21, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

To commemorate and celebrate International Yoga Day 2022 at our college, the Faculty Enrichment Committee organised a session to understand and perform yoga,

the oldest form of spiritual wellness. The session was conducted in two venues separately for men and women. Ms. Christina Mary was the instructor for women and Mr. Anand & Mr. Radhaswamy, the physical educators were the instructors for men. A special performance was given by Desalite Pratiksha Saini from I year BBA B, an expert in yoga who has won first prize at the National Level Open Yoga Champions, Karnataka State Level Open Yoga Championship and Special Yoga Sana Championship award at the National level.

**Positive Outcome:**

The prime objective of this program was to focus on improving balance and also allowing faculties to gain control over their body. Regular practice of yoga will enhance the ability to balance the poses in the class and focus well outside the class practicing yoga on regular basis uplifts mood instantly as it leaves your body with refreshing energy. Yoga has the ability to make the mind and body feel rejuvenated. The faculty felt rejuvenated after the yoga session and felt happy to be a part of the session.

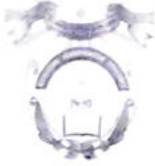
  
COORDINATOR  
Faculty Enrichment Committee  
St. Francis de Sales College  
Bengaluru - 560100

P. Tharini  
COORDINATOR  
Governance Cell  
St. Francis de Sales College  
Bengaluru - 560100

  
PRINCIPAL  
St. Francis de Sales College  
Electronics City Post, Bangalore - 560100

# International Yoga Day – 21.06.2022





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## PG TEACHING FACULTY -

DATE: 21.06.2022

SI NO	NAME	SIGNATURE
<b>ACADEMIC COORDINATOR</b>		
1	DR. KANCHANA GOUDAR	
<b>DEPARTMENT OF COMMERCE</b>		
2	MRS. SINY PHILIP	
3	DR. THANAPACKIAM. A	
4	DR. ROSALINE JAYANTHI	
<b>DEPARTMENT OF PSYCHOLOGY</b>		
5	MRS. MAMATHA. K	
6	MS. PRIYA PARVATHI	
7	MS. TRISHALA M	
<b>DEPARTMENT OF ECONOMICS</b>		
8	MR. MAHESH N V	
9	MR. SHIVA KUMAR S	
10	MR. ARUN B	
<b>DEPARTMENT OF MATHEMATICS</b>		
11	MRS. PADMAVATHY V	
12	MR. VINAYAKA	



# ST FRANCIS DE SALES COLLEGE


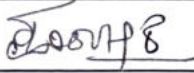
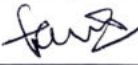



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## UG TEACHING FACULTY -

DATE:

SI NO	NAME	SIGNATURE
1	REV. FR. DR. ROY. P. K	
2	REV. FR. JIJO JOSE MANJACKAL	
<b>ACADEMIC COORDINATOR</b>		
3	MR. SREENIVASA MURTHY. V	
<b>DEPARTMENT OF KANNADA</b>		
4	DR. SHANTHARAJU	
5	MRS. VEENA. N	
6	DR. PRAKASHA	
7	MR. KARIBASAVANA GOWDA. G	
8	MR. KITTAPPA. R	
9	MR. KUMARA. C	
<b>DEPARTMENT OF HINDI</b>		
10	DR. REVA PRASAD	
11	MR. DEVIDAS TUKARAM	
12	MRS. MADHURI R KSHIRSAGAR	
<b>DEPARTMENT OF ENGLISH</b>		
13	DR. MADHURAMOZHI V	
14	DR. NOOR NIGAR	

15	MRS. UMAMAHESWARI J	
16	MRS. ARCHANA R	
17	DR. THARINI. P	P. Tharini
18	MS. B SIVAKAMI	Sivakami. B -
<b>DEPARTMENT OF HUMANITIES</b>		
19	MRS. KUSUMA. R	R. K. a
20	MRS LAKSHMI BALAKRISHNAN	21/6/22
21	MR. SAMPATH KUMAR. R	
22	MR. BENET RAJADURAI J	
23	MRS. DILIYA JOSEPH	21/6
24	MRS. DEEPA S	
25	DR. SUDHAKARA KARAKOTI	
26	MRS. K R. AJITHA SHAJI	KRAJITHA 21/6/22
<b>DEPARTMENT OF COMMERCE</b>		
27	MRS. JESEENTHA MATHEW	Jeseentha 21/6/2022
28	MRS. CHITRA N. K	
29	MRS. MAMATHA K	Mamatha 21/6/22
30	MR. DRUVA KUMAR K. S	21/6/22
31	MR. JOHNSON PEREIRA	
32	MR. LAVIN BHAWNANI	
33	MRS. VANITHA T	
34	MS ANUSHA N BHAT	Anusha 21/6/22
35	MRS. KAVYASHREE B V	Kavyashree 21/6/22
36	MRS. SATISHWARI T K	Satishwari 21/6/22
37	MRS. DEEPASHREE. P	DP 21/6/22

38	MS. DHANUJAKSHI. A	<i>Blair</i> 21/6/22
39	MS. NAGARATHNA. M	
40	MS. PRIYA. E	
41	MRS. SANDHYA KUMARI. B	
42	MS. CHAITRA S	
43	MRS. RONITA R	<i>Ronita</i>
44	MRS. MEENA PARASARAN	
45	MS. MOUSIME XALXO	<i>Mousime</i> 21/06/2022
46	MR. KUMAR N	

**DEPARTMENT OF BUSINESS ADMINISTRATION**

47	MRS. DEVICHANDRIKA. S	
48	MRS. GEETHA P.S	
49	MRS. MANGAYARKARASI. N	<i>Kanani</i>
50	DR. MARIA PRIYA P	<i>Geetha</i>
51	MRS. RAMANDEEP KAUR	<i>Ramandeep</i>
52	MS. VICTORIA REENA	<i>Victoria</i>
53	MRS. ASHWINI. C	<i>Ashwini</i>
54	MRS. RAKSHITHA. G	
55	MRS. SONIA ASHOK	
56	MRS. <del>B</del> KEERTHI	<i>C.Keerthi</i>

**DEPARTMENT OF SCIENCE**

57	DR. NEBULA MURUKESH	
58	MRS. RASHMI. N	
59	MRS.ROSHNI ANNE KOSHY	
60	MRS. MAYA MATHEW	<i>Maya</i>



61	MRS. JENIFER SUJITHA	<i>A. Jentona</i>
62	MR. MARUTHI C.V.	
63	MRS. AKSHAYA. B	
64	DR. REGIMOL JOSE	
65	MRS. PANDIKANI M	<i>P. Pandikani</i>
<b>DEPARTMENT OF COMPUTER SCIENCE</b>		
66	MRS. SAILAJA. M	<i>Sailaja</i>
67	MRS. ANNIE CHRISTILA S	<i>Annie</i>
68	MRS. LAKSHMI C. B	<i>Lakshmi</i>
69	MS. SARANYA. C	<i>C. Saranya</i>
70	MRS. GOWTHAMI. S	<i>Gowthami</i>
71	DR. S SIVAGAMI	<i>S. Sivagami</i>
<b>DEPARTMENT OF SPORTS</b>		
72	MR. VENKATARAMAIAH D	<i>V. Venkataramaiah</i>
73	MS. CHRISTINA MARY	
74	MR. ANAND N	
75	MR. RADHASWAMY	
<b>PLACEMENT CELL</b>		
76	MR. MADHUSUDAN M	<i>M. Madhusudan</i>
77	MR. KARTHIK. R	
<b>PRO</b>		
78	MRS. SONIA S BABY	
<b>NON-TEACHING / LAB</b>		
79	MRS. INTURI APARNA	
80	MRS. KALPANA .R	

81	MR. WILLIAM ALFRED	
82	MS. SHAKTHI K	

PG - DEPT

SHIVA KOMAR S.M.

SKM

## **International Yoga Day 2022 – 21.06.2022**

### **Welcome**

Good afternoon to one and all present here.

Yoga is a physical, mental and spiritual practice that originated in India.

The **International Day of Yoga** has been celebrated annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014.

The Indian Prime Minister, Narendra Modi, in his UN address in 2014, had suggested the date of June 21, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

To commemorate and celebrate International Yoga Day 2022 at our college, we are gathered here today to understand and perform yoga, the oldest form of spiritual wellness.

On behalf of the Faculty Enrichment Committee, I welcome everyone gathered here for the International Yoga Day celebration.

### **Resource Person intro**

We have two resource persons with us today to make us **perform** Yoga.

Our first resource person Mr. Radhaswamy has a Masters in Physical Education and has done NIS Certificate Course in Sports Coaching Certificate in Soft Ball. He has five years of work experience as coaching students in various academies and mentored the students as well. He has represented his team in softball, cricket and skating in various university and state level competitions.

Our second resource person Mr. Anand has a Masters in Physical Education and has won Gold medal for kho-kho competitions at Mysuru University Inter-collegiate competitions. He has attended various workshops and seminars on

sports and personality and is a Karnataka Kho-Kho State Association Qualifying Official.

We welcome both the resource persons for the session and request them to take over the session.

Thank you Mr. Anand and Mr. Radhaswamy for motivating us and instructing us to perform Yoga.

### **Special Performance**

Our Desalites always excel in various categories and Yoga is one.

DesalitePratiksha Saini from I year BBA B, is an expert in yoga and has won first prize at the National Level Open Yoga Champions, Karnataka State Level Open Yoga Championship and Special Yogasana Championship award at the National Level Yoga Integrate Cultural Competition – 2020.

We are happy and proud to have our student showcase her yoga skills for us on the International Yoga day.

We welcome Ms. Pratiksha Saini to the stage.

Thank you Pratiksha for that wonderful performance.

### **Vote of thanks**

We are indeed happy as all of us have come together today for the International Yoga Day and practiced yoga. We thank the resource persons for taking out their time for us and Ms. Pratiksha Saini for the special performance.

We thank all the enthusiastic participants for volunteering for the session. Once again, I thank everyone and wish all a Happy International Yoga Day.

Have a great day ahead!