



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

21st JUNE, 2022

Resource Persons

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

Special Performance

Desalite Pratiksha Saini (2nd Sem Bcom 'B')

1:30 pm onwards

Venue

4th Floor - Seminar Hall & Conference Hall 01

Organized by

Faculty Enrichment Committee



International Day of Yoga

Title	International Day of Yoga
Date of Event	21 st June 2022
Department / Association	Faculty Enrichment Committee
Venue	4 th 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:

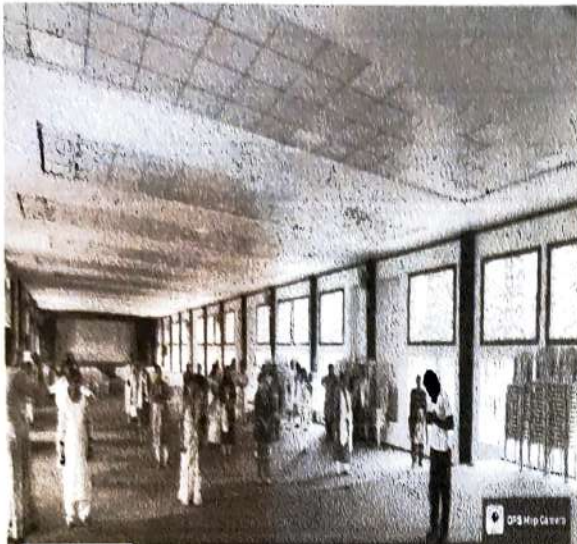
The prime objective of this program was to focus on improving balance and also allowing faculties to gain control over their body. Regular practice of yoga will enhance the ability to balance the poses in the class and focus well outside the class practicing yoga on regular basis uplifts mood instantly 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


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



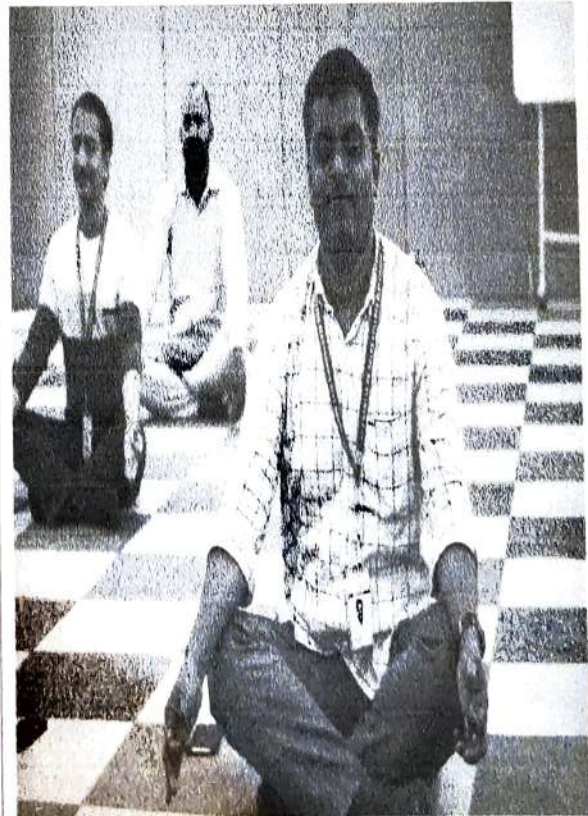
Bengaluru, Karnataka, India

991, 56 Jeyi S. Jeyi Cottage, Sundarappa Layout, Kammasandra, Electronic City
Sundarappa Layout, Kammasandra, Electronic City, Bengaluru, Karnataka 560100, India
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Long: 77.682315°
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Bengaluru, Karnataka, India

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Long: 77.682315°
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ST FRANCIS DE SALES COLLEGE

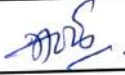
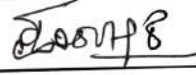
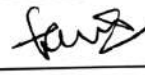



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	MRS. ARCHANA R	
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18	MS. B SIVAKAMI	Sivakami. B

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23	MRS. DILIYA JOSEPH	D. J 21/6
24	MRS. DEEPA S	
25	DR. SUDHAKARA KARAKOTI	
26	MRS. K R. AJITHA SHAJI	K.R. Ajitha 21/6/22

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32	MR. LAVIN BHAWNANI	Lavin
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34	MS ANUSHA N BHAT	Anusha 21/6/22
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	MS. PRIYA. E	
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44	MRS. MEENA PARASARAN	
45	MS. MOUSIME XALXO	Mousime 21/06/2022
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69	MS. SARANYA. C	<i>C. Saranya</i>
70	MRS. GOWTHAMI. S	<i>G.</i>
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74	MR. ANAND N	
75	MR. RADHASWAMY	

PLACEMENT CELL

76	MR. MADHUSUDAN M	<i>M.</i>
77	MR. KARTHIK. R	

PRO

78	MRS. SONIA S BABY	
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NON-TEACHING / LAB

79	MRS. INTURI APARNA	
80	MRS. KALPANA .R	

WILLIAM ALFRED

MS. SHAKTHI K

PG - DEPT

SHIVA KUMAR S.M.

SK