



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved | Electronic City, Bengaluru - 100

Reaccredited by NAAC with 'B++' Grade | Recognized under section 2(f) & 12(b) of the UGC Act || An ISO 9001: 2015 Certified Institution

A FRANSALIAN INSTITUTE OF HIGHER LEARNING



Qin Yoga Studio

Free group yoga sessions

With certified instructor
Donna Stroupe



May 22nd

Yoga is a skill in action
-The Bhagavad Gita





ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved Electronic City, Bengaluru - 100

Reaccredited by NAAC with 'B++' Grade || Recognized under section 2(f) & 12(b) of the UGC Act || An ISO 9001: 2015 Certified Institution

A FRANSALIAN INSTITUTE OF HIGHER LEARNING



| | |
|--------------------------|-----------------------------|
| Title | REPORT ON YOGA SESSION |
| Date of Event(s) | 22/05/2022 |
| Department / Association | NCC |
| Venue | ST FRANCIS DE SALES COLLEGE |
| Number of Participants | 60 |
| Target Audience | - |

| | |
|---------------------------------------|--|
| Resource Person(s) with qualification | UNDER THE GUIDANCE OF NODEL OFFICER LT SAMPATH KUMAR R |
| Books (if published) | - |

| | |
|--|---|
| Place of visit/ details of Industrial visit place (if applicable): | - |
|--|---|

On 22nd may 2022 on Sunday 1Kar BN NCC conducted yoga session to develop healthy environment among NCC cadets. 50 cadets actively participated in various kind of Asana's and breathing exercises. We would like to thank our Commanding Officer Col B S Dhmi, Adam Officer Lt Col Ravindra Singh, Principal Rev. Dr. Roy, Vice-Principal Rev. Fr. Jijo Jose, Subedar Major Vinay Takur, SM 1 KAR BN NCC and our ANO Lt. Sampath Kumar R for organizing such an event to motivate and encourage cadets to practice yoga in day to day life.


Capt. Sampath Kumar. R
Associate NCC officer
St. Francis De Sales College
Hebbagodi, Electronic City Post
Bangalore-560 100

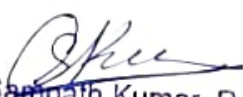

COORDINATOR
Innovatory Cell
St. Francis de Sales College
Bengaluru - 560100


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



| ATTENDANCE SHEET | |
|--------------------|--------------------|
| NCC CELL COMMITTEE | |
| YOGA SESSION | |
| DATE | 22-05-2022 |
| SL.NO | NAME |
| 1 | JAYA KUMAR |
| 2 | PAVAN KUMAR M |
| 3 | BHAIRAVI. S |
| 4 | CHAITHANYA. B S |
| 5 | KAVYA. Y |
| 6 | KSHMA MISHRA .C |
| 7 | PRADEEPA M |
| 8 | RAMYA. D |
| 9 | SANDHYA K |
| 10 | SHREYA S TRIKANNAD |
| 11 | SUBHASHREE ROUT |
| 12 | VAISHNAVI. V |
| 13 | ASHWIN DEV. V |
| 14 | BALAJI.K |
| 15 | DIVAKAR. K |
| 16 | HARSHAVARDHAN. V |
| 17 | KARTHIK. A |
| 18 | KEVIN. M |
| 19 | SUDARSHAN NAIDU. V |
| 20 | ADARSH MISHRA |
| 21 | CHARAN. G |
| 22 | DARSHAN GH |
| 23 | JAVAGAR S |
| 24 | JAYANTH M |
| 25 | JEEVAN. K |
| 26 | MITHUN. M |
| 27 | MOULENDRA. S |
| 28 | NAGESH K |
| 29 | NITHIN KUMAR. D |
| 30 | PRASHANTH. L |

| | |
|----|------------------------|
| 31 | PRAVEEN KUMAR A M |
| 32 | SAKTHI P |
| 33 | THARUN. D |
| 34 | THASA PRAKASAM R |
| 35 | AISHWARYA MOHAN |
| 36 | ANN LEMU MATHEW |
| 37 | ARPITHA K N |
| 38 | ASHVITHA. S |
| 39 | DIVYA. B.S |
| 40 | NETHRA M |
| 41 | NIRMITHA K |
| 42 | SUBHASHREE ROUT |
| 43 | Dinesh K |
| 44 | Gowtham H S |
| 45 | Hariprasad R |
| 46 | Jashwanth L |
| 47 | Jayasheelan A |
| 48 | Karthik V |
| 49 | Kiran K |
| 50 | Madhan Kumar V |
| 51 | AKASH MARUTHI HOSAMANI |
| 52 | AMANK H |
| 53 | ARUN V |
| 54 | DARSHAN Y |
| 55 | HOUSTIN PAUL N |


Capt. Sampath Kumar. R
Associate NCC officer
St. Francis De Sales College
Hebbagodi, Electronic City Post
Bangalore-560 100