



ST FRANCIS DE SALES COLLEGE

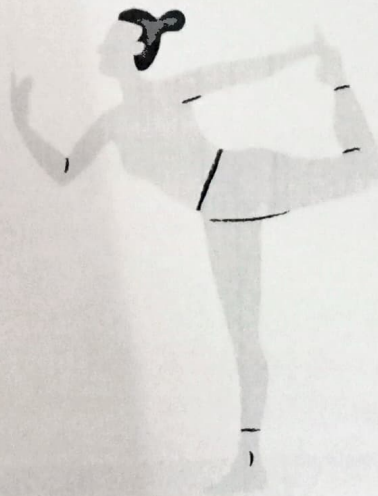
Permanently Affiliated to Bangalore University || AICTE Approved Electronic City, Bengaluru - 100

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

HEALTH CLUB

Presents



On : 27 JUNE 2022

Venue : Business lab



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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

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

[Signature]
PRINCIPAL

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

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

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

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

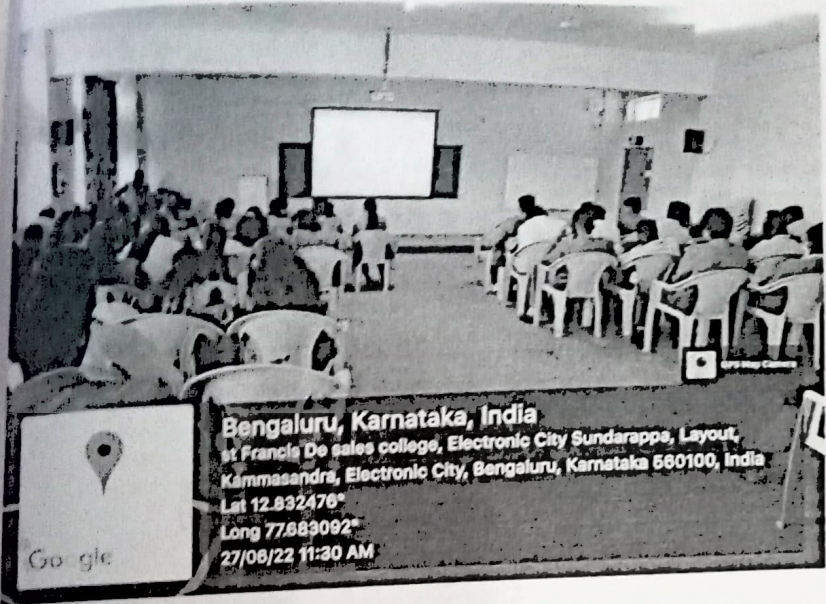
The resource Person Mr. Mahesha R, started the session by an introductory line “Yoga For Humanity”. International yoga day is celebrated every year on 21st June. “Yoga is the journey of the self, through the self, to the self” the resource person has given a detailed view to the students regarding the 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.

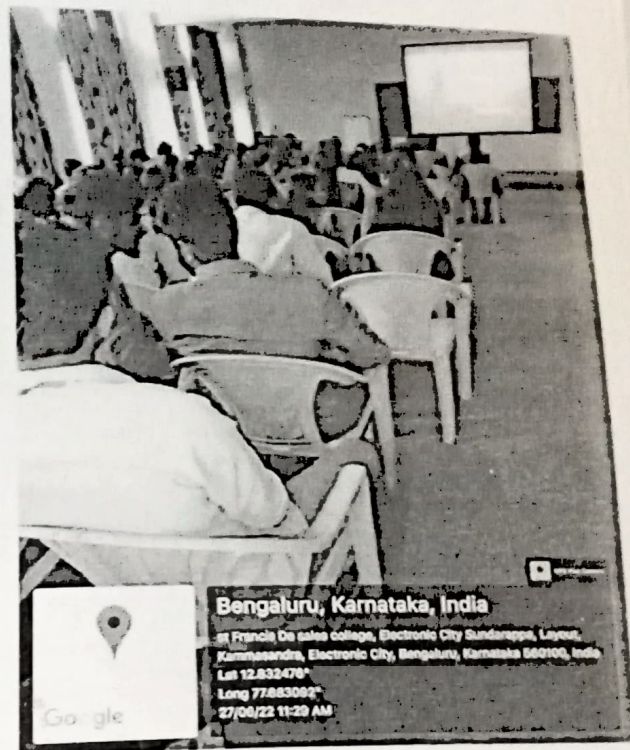
At last The resource person has taught the students about various mudras and its benefit. Mudras are a set of subtle hands gestures or bodily motions that can change one's emotion, mindset, or experience. Thus, the resource person told that mudras helps to increase focus, and which also helps in excelling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



Bengaluru, Karnataka, India
St Francis De sales college, Electronic City Sundarappa, Layout,
Kammasandra, Electronic City, Bengaluru, Karnataka 560100, India
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Long 77.883092°
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St Francis De sales college, Electronic City Sundarappa, Layout,
Kammasandra, Electronic City, Bengaluru, Karnataka 560100, India
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Long 77.883092°
27/08/22 11:29 AM



NAME	CLASS & SECTION	SIGNATURE
01 Mithun	Bcom - c	Mithun
02 Deepika	Bcom - c	Deep
03 Srixitha	BBA - 'A'	Srixitha
04 Divya	BBA - A	Divya
05 Manisha	BSC - 'B'	Manisha
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 Harshitha	Bcom - D	Harshitha
12 Kaviya	Bcom - D	Kaviya
13 Ravichandra	B.com - D	Ravichandra
14 Yashwanth	B.com - A	Yashwanth
15 Shadvik	BBA - B	Shadvik
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	Senthya
31	Aruna	BBC - C	Ref
32	Varun	BBC - C	Ref
33	Raja lakshmi	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	Vedha
44	Indhija	Bcom . B	Indhija
45	Shalini	Bcom . B	Ref
46	Nisha Gopika	BSC - A	Nisha Gopika
47	Mamtha	Bcom . B	Mamf
48	Snawanthi	BSC - B	Snawthi
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
Growtham veer	Bsc 'B'	Growtham
Chethan Kumar	B.Com. 'B'	Chethan
Chethan N	B.Com 'D'	Chethan
Anush.	BBA 'A'	Anush
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
Harshith	B.Sc 'A'	Harshith.
Sharath	B-sc 'A'	Sharath.
Sudharsh	B-sc 'B'	Sudharsh
Sunitveer	B Sc 'B'	Sunitveer.
Rahul S	B.Sc 'B'	Rahul

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Veeresh. B	Bsc 'B'	veeresh
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Anish.	BBA 'A'	Anish
Gajendra	BBA 'A'	Gajendra
Budeep	BBA 'B'	Budeep
Akash.	BBA 'B'	Akash.
Dhanush	B.Com 'B'	Dhanush.
Adharsh	B.Com 'B'	adharsh.
Srinish.	B.Com 'C'	Srinish
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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Rahul. D	Bsc 'B'	<u>Rahul. D</u>
Jerwin Andro. S	Bsc 'B'	<u>Jerwin</u>
Chethan. V	Bsc 'B'	<u>Chethan</u>
Havinath	Bsc 'B'	<u>Havinath.</u>
Jacob	Bsc 'B'	<u>Jacob</u>
Veeresh	Bsc 'A'	<u>Veeresh</u>
Megaraj	Bsc 'B'	<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>
Sudheep	BBA 'B'	<u>Sudheep</u>
Grajendra	BBB 'A'	<u>Grajendra</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>
Grisish	B.com 'C'	<u>Grisish</u>
Harish. P. K	BCA	<u>Harish</u>
Rakshith.	BBA	<u>Rakshith</u>
Thowsee f	B.com 'D'	<u>Thowsee</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>
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>
Megharaj	Bsc 'B'	<u>Megharaj</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>
Grajendra	BBB 'A'	<u>Grajendra</u>
Chethan. N	B.com 'D'	<u>Chethan</u>
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