



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University

Electronics City, Bengaluru - 100

Accredited with NAAC "A" Grade || Recognised under 2(f) & 12(b) of the UGC Act
A FRANSALIAN INSTITUTE OF HIGHER LEARNING

FIT INDIA LAUNCH

Date: 15-08-2020

Organized By: SAMPATH KUMAR

Venue: Hebbagodi

INDIA



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FIT INDIA LAUNCH- FITNESS AWARENESS DRIVE FOR CADETS AND THEIR PARENTS

On 15th August 2020, under the guidance of our ANO Lt.Sampath Kumar.R and as per the instructions laid down by the battalion, FIT INDIA CAMPAIGN was launched virtually due to COVID 19 pandemic. The activity took place from 15th August to 14th September 2020, where all the cadets and parents participated virtually and contributed to the FIT INDIA CAMPAIGN.

The raising awareness about the importance of health and fitness during this global pandemic was concentrated. The aim of Fit India is to draw people of the country together by imbibing fun filled, easy and inexpensive ways through which people can remain fit and healthy.

The cadets and parents performed in various activities like Exercise, Yoga, Stretches, Skipping, Aerobics, Kite flying, cleaning their surroundings and other activities and took pictures and videos of them and uploaded in social media to create awareness about the importance of health and fitness through these simple activities and posted it with hash tags FIT INDIA MOVEMENT which was followed on daily basis. Along with this the cadets and parents also made several digital posters and videos on Fit India, Aerobics, Skipping, Cleaning, Yoga, Meditation, Indoor games, Kite flying and uploaded the pictures and videos to spread awareness among the people. Throughout the campaign the cadets with their parents participated enthusiastically with great attentiveness.

We would like to thank our Commanding Officer, Adam Officer, Principal, Vice-Principal and our ANO Lt.Sampath Kumar R for providing the cadets and parents opportunity to participate and contribute to the fit India movement

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Electronics City Post, Bangalore - 560 100.

DISHA
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Bengaluru - 560100

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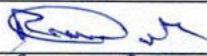
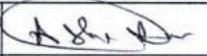
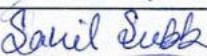
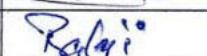
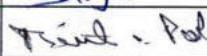
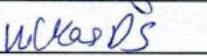
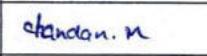
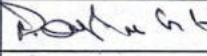
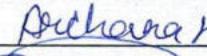
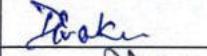
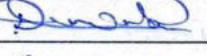
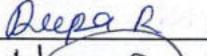
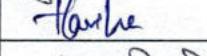
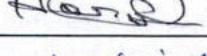
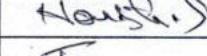
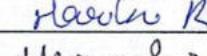
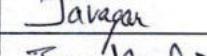
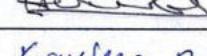
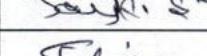
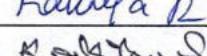
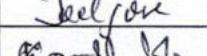
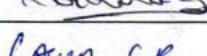
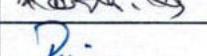
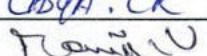
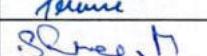
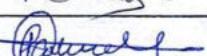
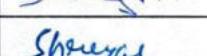
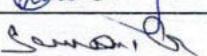
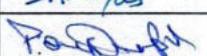
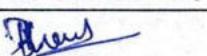
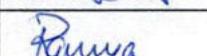
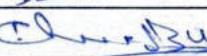
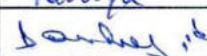
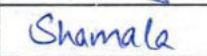
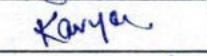
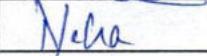
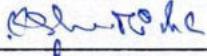
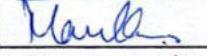
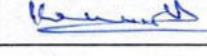


STUDENTS PARTICIPATION LIST

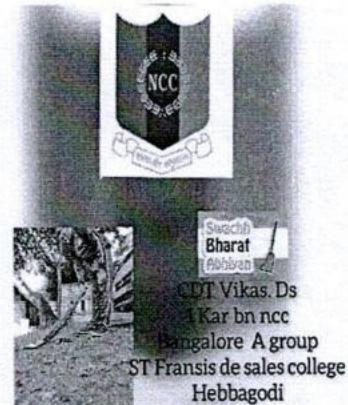
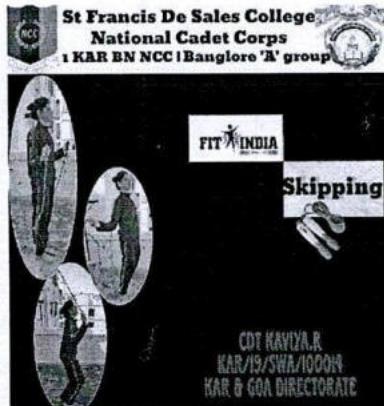
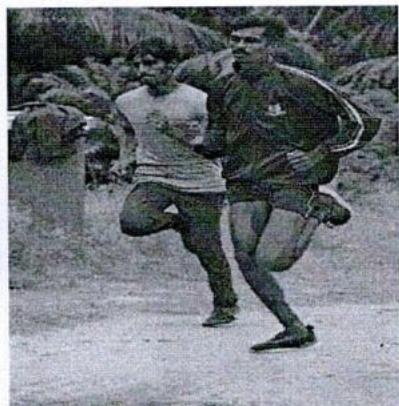
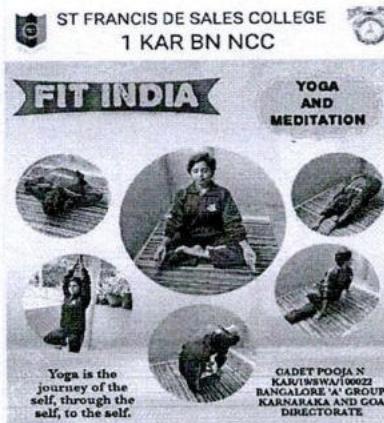
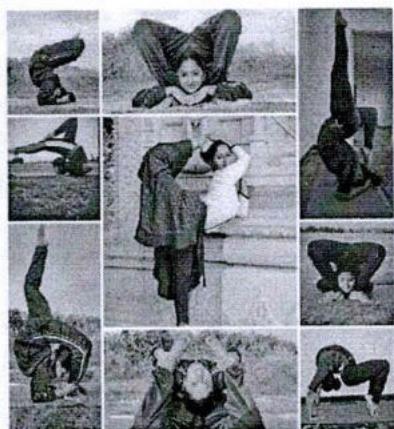
SL.N O	NAME	SIGNATURE	SL. NO	NAME	SIGNATURE
1.	AKASH K.B	Akash	33	LAVANYA M	Lavanya
2.	CLARANCE PRAVEEN KUMAR R	Clarance Paveen	34	MARINA THOMAS	Marina Thomas
3.	GANGADHAR. M	Gangadhar M	35	POOJA K.C	Pooja K.C
4.	INDHARJEETH SINGH	Indrajeeth	36	POOJA M	Pooji M
5.	KARTHIK.S	Karthik	37	POOJA P R	Pooja PR
6.	KAUSHIK .N	Kaushik N	38	PRAVEENA SHREE THANUJA	P. Jenuja
7.	MADHUMOHAN N.L	Madhumohan	39	PRIYANKA KUMARI	Priyanka Kumar
8.	MANOJ M.R	Manoj M.R	40	SHRUTHI M.M	Shruthi M.M
9.	NARENDRA.V	Narendra	41	YAMUNA NC	Yamuna
10.	PRAVIN .M	Pravin M	42	ABHISHEK S	Abhishek S
11.	RAJ KUMAR R.H	Raj Kumar	43	ADIL IMTIAZ	Adil Imtiaz
12.	SACHIN SINGH	Sachin Singh	44	ANIKET GANESH SINGH	Aniket G
13.	SHABAZ KHAN .A	Shabaz Khan	45	ARJUNRAJ K	Arjunrajan K
14.	SURAJ CHIKKARADDY	Suraj chikkreddy	46	ARUN M	Arun
15.	VIGNESH.T	Vignesh	47	BALARAMAN E	Balaraman E
16.	HARISH.S	Harish S	48	DARSHAN A	Darshan A
17.	DIVYA SHREE S	Divya	49	DINESH K	Dinesh K
18.	GANGA LAKSHMI .D	Ganga Lakshmi	50	GOWTHAM H S	Gowtham
19.	JASHWANTH L	Jashwanth	51	HARIPRASAD R	Hariprasad R
20.	JAYASHEELAN A	Jayasheelan	52	MAHALAKSHMI R	Malakshmi R
21.	KARTHIK V	Karthik V	53	MAMATHA V	Mamatha V
22.	KIRAN K	Kiran	54	NANDINI M	Nandini M
23.	MADHAN KUMAR V	Madhav	55	PAVITHRA R	Pavithra R
24.	MANI KANTA J	Manikanta J	56	POOJA N	Pooja N
25.	NASHVIN PINTO	Nashvin	57	POOJA RT	Pooja RT
26.	NIKHIL T P	Nikhil T P	58	PRATIKSHA SAINI R	Pratiksha S
27.	NITHIN KUMAR N	Nithin R	59	SABITHA S K	Sabitha SK
28.	PRADEEP MARUTHI GURAV	Pradeep Maruthi	60	SHALINI S	Shalini S
29.	PRAVEEN P APPUGOL	Praveen P Appug	61	SUNANDA KARJEE	Sunanda Karjee

Principal

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30	RAVICHANDRA MR		62	ASHWIN DEV. V	
31	SAHIL SUBBA		63	BALAJI. K	
32	V BOOPATHY		64	BENITTO PRAKASH. M	
65	VIKAS DS		87	CHANDAN. M	
66	VISHAL KUMAR R		88	DARSHAN G.H	
67	ARCHANA H		89	DIVAKAR. K	
68	DAISY D		90	GOWTHAM. S. N	
69	DEEPA R		91	HARSHAVARDHAN. V	
70	HARINI G		92	HARSHITH. S	
71	HARINI R		93	JAVAGAR. S	
72	HEMASHREE G		94	JAYAKUMAR. S	
73	KAVIYAR		95	JOEL JOSE	
74	KOKILAVANI S		96	KARTHIK. A	
75	LASYA C R		97	PRINCE KUMAR. M	
76	MANOJ. V		98	SHREYAS. M	
77	PAVAN KUMAR. M		99	SUDARSHAN NAIDU. V	
78	SUMAN. G		100	PRADEEPAM	
79	BHAIRAVI. S		101	RAMYA. D	
80	CHAITHANYA. B S		102	SANDHYA K	
81	DIVYA B S		103	SHAMALA R	
82	GAGANA .K		104	SHREYA S TRIKANNAD	
83	KAVYA. Y		105	NEHA N REDDY	
84	KSHMA MISHRA .C		106	VAISHNAVI. V	
85	SUBHASHREE ROUT		107	MANIKANTA. R	
86	TEJASWINI. M R		108	KEVIN. M	

PHOTOS OF THE EVENT



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Disha
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