



# 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

## STUDENTS WELL BEING DAY THROUGH YOGA

**DATE:** 16/01/2020

**VENUE:** Seminar Hall

**CONDUCTED BY:** BBA

**ATTENDED BY:** BBA students

**ORGANISED BY:** St. Francis de sales college, Electronic city, Bengaluru.

On 16/01/2020 student wellbeing day was conducted for all the students of ST. FRANCIS DE SALES COLLEGE, to ensure that we enhance the wellbeing, mental clarity, calmness, body awareness, relax the mind, center attention and sharpen concentration of the students. The resource person Ms Kalpana Chandrashekar addressed the students.

**The activity that was conducted is: YOGA**

The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature.

Its very important for the students to keep them mentally and physically fit. To make sure that our students are keeping fit, our department organized this YOGA session for our students.

The program consisted of an introduction session, where the introduction, advantages of YOGA were told.

Then the basic yoga asanas were explained in a theoretical basis. how to do the asanas, breathing, its advantages all that was explained.

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We can see so many types in YOGA. Each one has its own powers. It is even used as treatment to many health issues like, respiratory issues, mental issues, obesity and so on. All these were the topics touched upon in the session.

Then the session of practice started. The YOGA teacher started with the basic asanas and the students started following the asanas. Breathing, perfection in doing the asanas was given the highest priority. Respective class mentors took care of their class students. The importance of YOGA, advantages were explained to the students.

The students eagerly participated with full enthusiasm. The college encourages the faculty members to come up with a variety of events which is helpful to the students.



Co-ordinator  
Internal Quality Assessment Cell  
St Francis de Sales College  
Electronics City Post, Bangalore - 560 100.



PRINCIPAL  
St. Francis de Sales College  
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SL.NO	NAME	ROLL NO.
1	ABHISHEK. KP	19B001 H
2	ALLEN O JOLLY	19B002 H
3	ANUSHA. D	19B003 K
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5	DEEPA G	19B005 K
6	DEEPA R	19B006 K
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9	HARSHITH. C.P	19B010 K
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12	KEERTHI KUMAR	19B013 K
13	LIKITHA. S	19B014 K
14	MADHUSUDAN. N	19B015 T
15	MAHESH. R	19B016 H
16	MOHAMMED FAIZAL	19B017 H
17	NANDINI. M	19B018 H
18	PAVAN N	19B019 K
19	RAHUL KUMAR KANTA	19B020 E
20	RAMLAL B	19B021 H
21	RANJEETHA C NAGANUR	19B022 K
22	SAHAL.M.K	19B023 E
23	SANTHOSH KUMAR C	19B024 H
24	SHIVAPRASAD. P	19B025 K
25	SHRAVYA. V	19B026 K
26	SUJITHRA. V.B	19B027 K
27	SYED AZEEM N	19B028 H
28	SYED AZHARUDDIN	19B029 H

29	VIJAYALAKSHMI. G	19B030 T
30	CHANDINI THOMAS	19B031 H
31	PRAVEENKUMAR P	19B032 K
32	VIJAYALAKSHMI. R	19B033 T
33	MONISHA V	19B034 K
34	AKSHAY R	19B035 E
35	RANI R	19B036 H
36	NEERUMALLA ESWAR PRATHYUSH	19B037 E
37	CHANDANA G	19B038 K
38	AMJO JOSHY	19B039 H
39	SANDEEP KUMAR D S	19B040 K
40	VARUN V SAGAR	19B041 K
41	MOHAMMED ISMAIL	19B042 H
42	DEEPAK M	19B043 H
43	VIVEK KUMAR M	19B044 H



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