



SAPTHAGIRI COLLEGE OF ENGINEERING

(Affiliated to Visvesvaraya Technological University, Belagavi & Approved by AICTE, New Delhi)

#14/5, Chikkasandra, Hesaraghatta Main Road, Bengaluru – 560057

Phone:080-28372800/1/2

www.sapthagiri.edu.in

Fax: 080-28372797

Department of Physical Education and Sports Sports Committee


ANNUAL REPORT: 2020-21

26.09.2021

1. As per Government of Karnataka SOP, sports events were not conducted.
2. 74th Independence day “Trivarnotsav” was conducted on 15th August 2020.
3. National Sports Day was conducted on 29th August 2020.
4. Fit India Freedom run 2020 was celebrated on 2nd October 2020.
5. 71st Republic Day were celebrated.
6. 7th International Yoga Day was celebrated on 21 June 2021.
7. “Freshers cup” was conducted for 1st semester students by sports committee and department of Physical Education on 5th and 6th March 2021.
8. Students participated in various club events like Yoga day and committee from Women’s cell.


Convener


Physical Education Director
Sapthagiri College of Engineering
14/5, Chikkasandra, Hesaraghatta Road
Bengaluru-560 057


Principal
Sapthagiri College of Engineering
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74th Independence day “Trivarnotsav” was conducted on 15th August 2020.



74ನೇ ಸ್ವಾತಂತ್ರ್ಯ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ಸಪ್ತಗಿರಿ ಎಂಜಿನಿಯರಿಂಗ್ ಕಾಲೇಜು ವಿದ್ಯಾರ್ಥಿಗಳು ಹಾಗೂ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯ ಸಿಬ್ಬಂದಿ ಅತ್ಯಾಕರ್ಷಕ ತ್ರಿವರ್ಣ ಧ್ವಜ ರಚಿಸಿದ್ದಾರೆ. ಇದಕ್ಕಾಗಿ ಸುಮಾರು ನಾಲ್ಕು ಸಾವಿರ ಕೆ.ಜಿ. ಉಪ್ಪು, 250 ಕೆ.ಜಿ. ಬಣ್ಣ ಹಾಗೂ 400 ಕೆ.ಜಿ. ಹೂಗಳನ್ನು ಬಳಸಲಾಗಿದೆ. ಇದೇ ವೇಳೆ ವಿಶೇಷ ಕಾರ್ಯಕ್ರಮವೊಂದನ್ನು ಆಯೋಜಿಸಿ ಕೊರೋನಾ ವಾರಿಯರ್‌ಗಳನ್ನು ಸನ್ಮಾನಿಸಲಾಯಿತು.




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National Sports Day was conducted on 29th August 2020.




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71st Republic Day were celebrated.



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7th International Yoga Day was celebrated on 21 June 2021.






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Affiliated to VTU, Belagavi and approved by AICTE
NAAC Accredited 'A' Grade Institute
An ISO 9001-2015 & 14001-2015 Certified Institute
#14/5, Chikkasandra, Hesaraghatta Main Road, Bire57

On the Occasion of
INTERNATIONAL YOGA DAY

YOGA WORKSHOP
by




AMBIKA M
Proud Alumni of 2020
SCE

<https://us04web.zoom.us/j/79124478346?pwd=dVAvOVVnbDF3OCJUbVhEFLRlY1U0O9>

Date: 21-06-2021 **Time: 9:30 AM Onwards**

Sri. G. Dayanand Chairman	Sri. C.D Manoj Executive Director	Dr. H Ramakrishna Principal
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Organized By
NSS Unit & Dept. of Physical Education & Sports
In Association with
Health Club & ECO Club




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“Freshers cup” 5th and 6th March 2021. (19-20 Feb)



WINNERS ECE



[Signature]
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NATIONAL SPORTS DAY 2021



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CHIKKASANDRA, HESARAGHATTA MAIN ROAD
BENGALURU-560057



DEPARTMENT OF PHYSICAL EDUCATION



MAJOR DHYAN CHAND

BIRTH ANNIVERSARY
OF
HOCKEY LEGEND

NATIONAL SPORTS DAY

29 AUG 2021



29 AUG 1905 - 03 DEC 1979



BEST WISHES FROM MANAGEMENT, PRINCIPAL, ALL THE STAFF AND STUDENTS

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FIT INDIA FREEDOM RUN 2020

SAPTHAGIRI COLLEGE OF ENGINEERING participated Under the Event “Fit India Freedom Run” as per the circular from AICTE. Under the event faculties took part by taking a walk/run at their place, at their own pace and at their own convenient time. The event was conducted on 2nd of October 2020 in association with Department of Physical Education and NSS.



SAPTHAGIRI COLLEGE OF ENGINEERING
Chikkasandra, Bangalore 57



Run Anywhere - Any Time
On 02-10-2020

Rules

- 1) Run a route of your choice, at a time that suits you
- 2) Run your own race at your own pace
- 3) Share us with a routemap and photo
- 4) Anyone can participate

Organized by: Dept of Physical Education

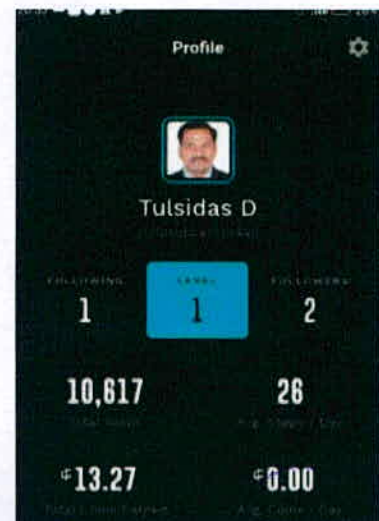
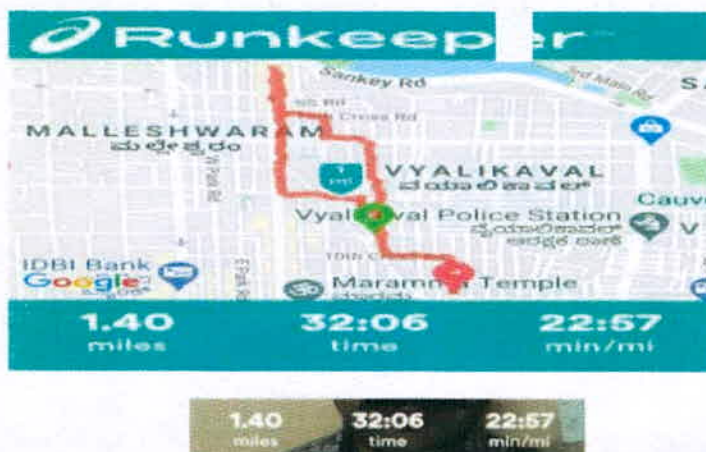
9686562343 | sports@sapthagiri.edu.in

Tulsidas D | Dr M.H Annaiah | Dr H RamKrishna
Convenor | Vice-Principal | Principal

Best Wishes from Management

A total of 20 members participated in the event which includes 2 Women Faculties, 8 Men Faculties, Girls and 7 Boys.

Samples collected from various participants during the run



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'7th INTERNATIONAL YOGA DAY-2021'

Yoga plays a significant role in allaying fears and anxiety. The practitioners use a mix of physical and breathing exercises and meditation to improve their overall well-being. When COVID emerged, no country was prepared. At this time yoga became a source of inner strength. Yoga helps in self-discipline, it inculcates faith in people that they can fight this virus. The United Nations, recognizing the importance of the Indian practice in these trying times, has decided to celebrate the day this year by focusing on "Yoga for well-being".

The '7th INTERNATIONAL YOGA DAY-2021' was inaugurated by Dr. H.Ramakrishna Principal, Dr.Tulsidas D, NSS Program Officer, Mr.Ashok, Dept. of Physical education in association with Health club, ECO club , Women empowerment cell & Various Dept HOD's of SCE on **21st June 2021 at 9:30 am in CIVIL BLOCK 4th Floor Drawing Hall . Yoga Workshop** was organized under the guidance of our proud Alumni (2020 batch) Miss.Ambika.M, Department of Biotechnology, Sapthagiri College of Engineering, Bengaluru. Around 40 Participants participated in '7th INTERNATIONAL YOGA DAY-2019'.

Introductory speech by Dr.Tulsidas D, NSS Program officer

1. Welcome speech by Principal Dr.H.Ramakrishna

YOGASANAS:

1. Standing Posture: Tadasana, Vriksasana, Padahasthasana, Arda Chakrasana, Trikonasana.

2. Sitting Postures: Bhadrasana, Vajrasana, Ardha Utrasana, Utrasana, Sasakasana, Uttanmandukarasana, Vakrasana.

5. Prone Posture: Makarasana, Bhujangasana Salbhasana,

6. Kapalabhati

7. Pranayama

8. Shavasana

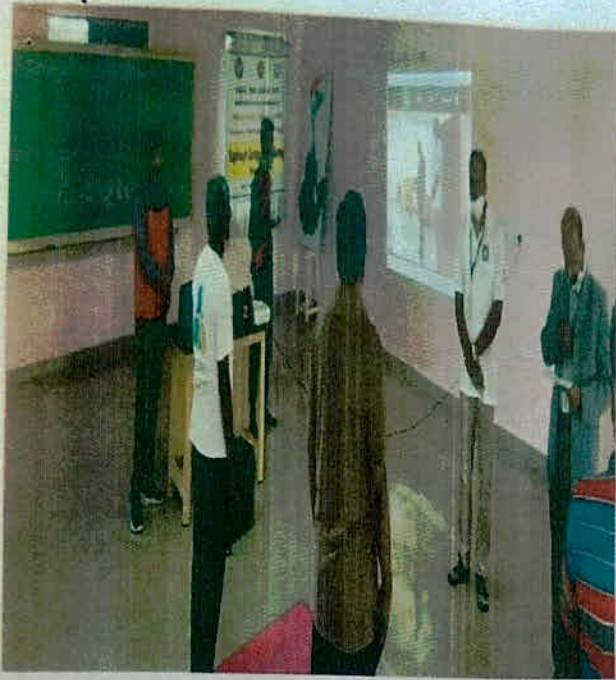
Vote of thanks by Dr.Raghavendra G, Health club convener

Number of Participants: 40



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1/3



Introductory speech by NSS Program Officer



Welcome speech by Principal



Participants watching the online presentation and doing the asanas

B

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Santhagi College of Engineering
105, Park Road, K. J. Somaiya Institute of
Technology, Gandhinagar, Mumbai - 400 072

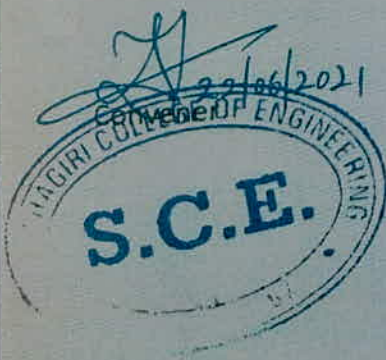
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Online presentation by the alumni



Yoga practice by the staff




 Chairman
Principal
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 Principal
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