

Date: 06-01-2015

From,
Principal
Sapthagiri College of Engineering
Bangalore -560057

To,
The Yoga Teacher,
Sapthagiri College of Engineering
Bangalore -560057

Sir,

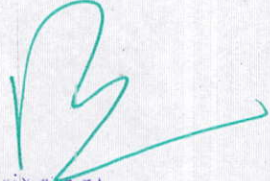
Sub: To conduct Yoga and Meditation training course for the students of SCE

With reference to the above subject, I would like to bring to your kind notice that there is a requirement for Yoga & Meditation course to be conducted for the students of Sapthagiri College of Engineering, Bangalore from 14-01-2015 to 30-01-2015. So it is therefore informed to conduct the classes for the same.

Thanking you,

Yours Sincerely,


Principal


Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore- 560 057



SAPTHAGIRI COLLEGE OF ENGINEERING, BENGALURU-560057

(Affiliated to VTU, Belagavi and Approved by AICTE, New Delhi)

Date: 08-01-2015

CIRCULAR


CONDUCTION OF YOGA AND MEDITATION CLASSES

Copy to: IQAC

It is hereby informed that Mr. Yogaraja N, Yoga teacher will be conducting yoga and meditation classes for the benefit of our students. Yoga sessions will be conducted during the dates mentioned below. All the students and staff of SCE can avail the benefit by attending the yoga training course to attain equanimity.

Yoga Dates:	14-01-2015 to 30-01-2015
Timings	7:00 am to 9:00 am


Principal


Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore- 560 057



Certification Program on

Yoga and Meditation

From
14th Jan 2015 TO 30th Jan 2015

Organized by



Sapthagiri College of Engineering

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

Phone: 080-28372800/01/02/03


Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore-560057

About the College

Sapthagiri Group of Institutions is the creation of Sri Srinivasa Educational & Charitable trust, Bengaluru. Sapthagiri College of Engineering is the brainchild of honorable Sri Giriappa, Founder Chairman and Sri. G. Dayanand, Chairman of Sri Srinivasa Educational & Charitable trust. Sri G.D. Manoj is the Executive Director of SCE. SCE began its glorious journey in the year 2001. It is approved and accredited by AICTE, New Delhi and is affiliated to VTU Belagavi, Karnataka. The campus of Sapthagiri College of Engineering is spread across 6.5 acres of lush green land with beautiful landscape. The area enjoys pleasant atmosphere throughout the year.

Vision

To be a best institution imparting quality engineering education to deal with community needs through learning and performance.

Mission

- To implement path breaking student centric education methods.
- To augment talent, nurture teamwork to transform to develop individual as responsible citizen.
- To educate the students and faculties about entrepreneurship to meet vibrant requirements of the society.
- Strengthen Industry
- Institute Interaction for knowledge sharing

About Yoga and Meditation:

- Yoga is a holistic and mindful practice that includes physical movements (asana), breathing (pranayama), meditation (dhyana) and relaxation (savasana).
- Integrative and holistic mind-body practices such as yoga and mindfulness meditation have become increasingly popular and beneficial as well when it comes to psychological and physical health issues

About the Certification Program:

Its objectives are

- To learn various Yoga postures and asanas
- To obtain knowledge on meditation and its practice

Course Schedule

Week	Day	Timings
1	14-01-2015 to 20-01-2015	7:00 am to 9:00 am
2	21-01-2015 to 27-01-2015	
3	28-01-2015 to 30-01-2015	

Resource Persons:

Mr. Yogaraja N
Yoga Teacher
SCE, Bengaluru

Venue

Yoga Center and Gymnasium
Sapthagiri College of Engineering,
Bangalore-560057



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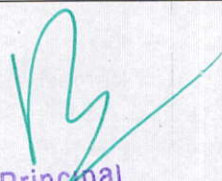
YOGA AND MEDITATION SCHEDULE

AY: 2014-15

Timings: 7:00 am to 9:00 am

CIRC: 08-01-2015

SL No.	Week	Day	Session Topic
1	Week -1	Day-1 14-01-2015	Induction by Yoga trainer on Purpose and perspectives
2		Day-2 15-01-2015	Food and Digestion
3		Day-3 16-01-2015	Meditation-Meditation Postures
4		Day-4 17-01-2015	Meditation - Omkara for mental relaxation
5		Day-5 19-01-2015	Simple exercises
6		Day-6 20-01-2015	Relaxation Techniques
7	Week -2	Day-1 21-01-2015	Pranayama and Breathing Exercises
8		Day-2 22-01-2015	Pranayama and Breathing Exercises
9		Day-3 23-01-2015	Sun Salutation (Surya Namaskara)
10		Day-4 24-01-2015	Sun Salutation (Surya Namaskara)
11		Day-5 25-01-2015	Yoga asanas Level-1
12		Day-6 27-01-2015	Yoga asanas Level-2
13	Week-3	Day-1 28-01-2015	Concentration techniques
14		Day-2 29-01-2015	Yoga Practice and Interaction with Students
15		Day-3 30-01-2015	Yoga Practice and Interaction with Students


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AY: 2014-15

REPORT ON YOGA AND MEDITATION COURSE

Yoga and meditation course for all the students and staff was conducted for the academic year 2014-15 during the vacation period from morning 7:00 am to 9:00 am in the yoga center and gymnasium hall of Sapthagiri College of Engineering, Bangalore. Yoga was conducted by the yoga teacher, Mr. N. Yogaraja from 14-01-2015 to 30-01-2015. Yoga is a group of Physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six orthodox schools of Hindu philosophical traditions. Yoga is a mind and body practice with a 5,000-year history in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. In more recent years, it has become popular as a form of physical exercise based upon poses that promote improved control of the mind and body and enhance well-being. There are several different types of yoga and many disciplines within the practice. The main aim of the College of Sapthagiri College of Engineering apart from providing education is to inculcate good culture and health to the students and the supporting staff by providing holistic education. Physical and mental health of an individual is very much essential for the wellbeing of the citizen of our country. Healthy mind and healthy body lead to the good work and peace. For the development of physical and mental good health of the students and other beneficiaries, the yoga and meditation classes was conducted as a course for which certificates was issued later on after the completion. Students of SCE participated in the yoga practice sessions with great enthusiasm. They learnt so many asanas and breathing exercises which will inculcate spiritual, mental harmony within the individual. There will be health problems in an individual like stress, obesity and other eating disorders which can be eliminated by regular practice of Yoga. By yoga an individual learns discipline, concentration, relieve anxiety, and improve the quality of his health and promote healthy eating habits. By Incorporating yoga and meditation once can help in enhancing the health, increase strength and flexibility and reduce symptoms of stress, depression and anxiety. Finding the time to practice yoga just a few times per week may be enough to make a noticeable difference when it comes to the health of an individual.

N. Yogaraja
Yoga Teacher

[Signature]
Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore- 560 057

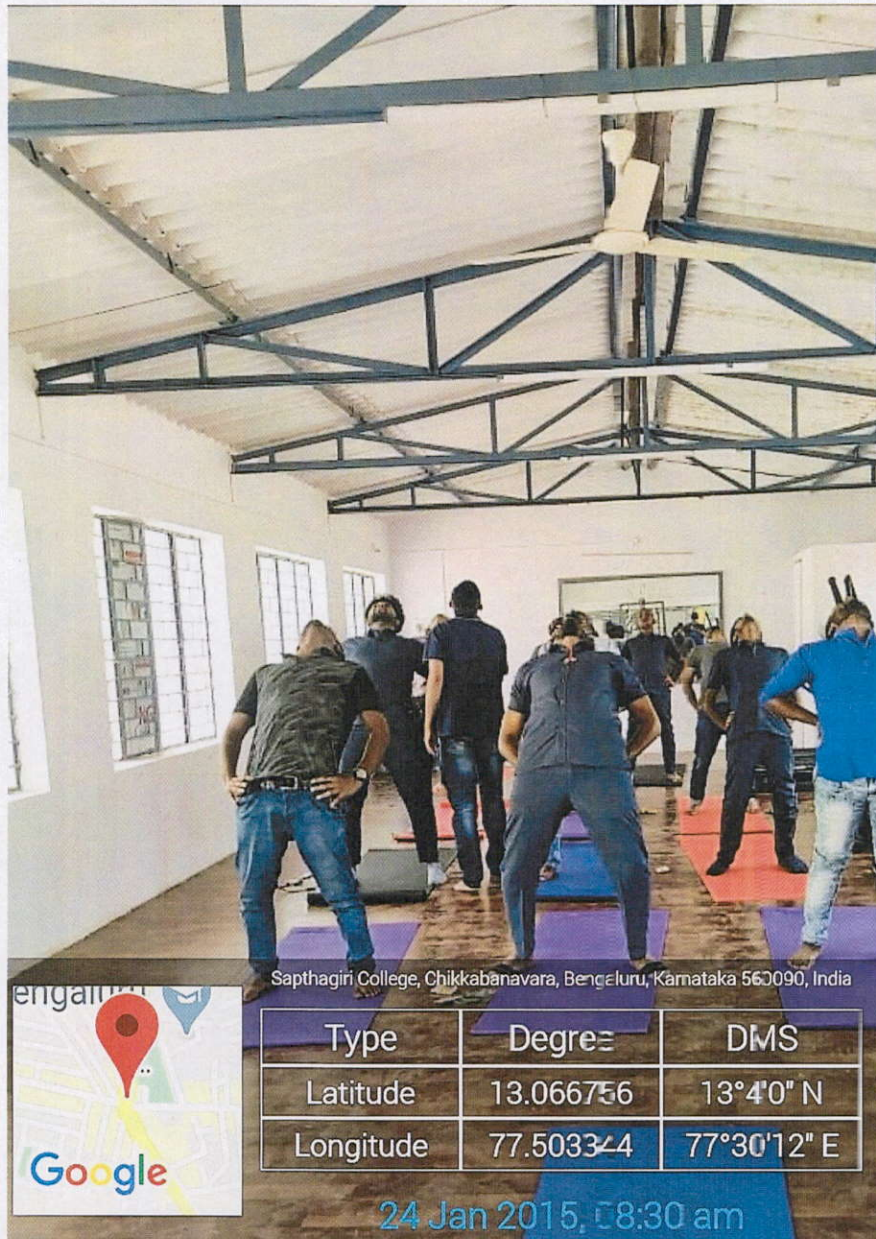


Sathagiri College, Chikkabanavara, Bengaluru, Karnataka 560090, India

Bengaluru
Karnataka
India


Principal

Sathagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore- 560 057



Students of SCE Practicing Yoga exercises at Yoga Center and Gymnasium


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 Sapthagiri College of Engineering
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AY: 2014-15

FEEDBACK FORM FOR YOGA AND MEDITATION COURSE

It would be helpful and greatly appreciated if you would respond to the following questions regarding your participation in the Yoga Class.

All replies will be treated as confidential and the information will only be used to improve future classes and make them as enjoyable and beneficial as possible

Have the following met your requirements

Rating is from 1 to 5 (5 for Excellent, 1 for Poor)

- | | |
|--|--------------------------------|
| 1. The content of the Yoga course: | <input type="text" value="5"/> |
| 2. The Environment and ambience of the Yoga Hall: | <input type="text" value="4"/> |
| 3. Yoga Trainer and practice: | <input type="text" value="4"/> |
| 4. Were the spoken instructions helpful? | <input type="text" value="4"/> |
| 5. has this class / course inspired you to continue with your yoga practice? | <input type="text" value="5"/> |
| 6. Overall rating for the course | <input type="text" value="4"/> |

Any Comments for improvement:

Thank you.

SIGNATURE OF THE STUDENT:

Mamata

Principal

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Chikkasandra, Hesaraghatta Road,
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|--|----------------------------|
| 1. The content of the Yoga course: | <input type="checkbox"/> 5 |
| 2. The Environment and ambience of the Yoga Hall: | <input type="checkbox"/> 5 |
| 3. Yoga Trainer and practice: | <input type="checkbox"/> 5 |
| 4. Were the spoken instructions helpful? | <input type="checkbox"/> 5 |
| 5. has this class / course inspired you to continue with your yoga practice? | <input type="checkbox"/> 5 |
| 6. Overall rating for the course | <input type="checkbox"/> 5 |

Any Comments for improvement:

Very best class. Really mindblowing
Good way to learn and relax.

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|--|--|
| 1. The content of the Yoga course: | <div style="border: 1px solid black; padding: 2px; display: inline-block;">5</div> |
| 2. The Environment and ambience of the Yoga Hall: | <div style="border: 1px solid black; padding: 2px; display: inline-block;">5</div> |
| 3. Yoga Trainer and practice: | <div style="border: 1px solid black; padding: 2px; display: inline-block;">5</div> |
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| 5. has this class / course inspired you to continue with your yoga practice? | <div style="border: 1px solid black; padding: 2px; display: inline-block;">5</div> |
| 6. Overall rating for the course | <div style="border: 1px solid black; padding: 2px; display: inline-block;">5</div> |

Any Comments for improvement:

Instructions really helpful. It will
be beneficial if more yogic exercises are taught

SIGNATURE OF THE STUDENT: _____

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|--|--|
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| 4. Were the spoken instructions helpful? | <div style="border: 1px solid black; padding: 2px; display: inline-block;">5</div> |
| 5. has this class / course inspired you to continue with your yoga practice? | <div style="border: 1px solid black; padding: 2px; display: inline-block;">5</div> |
| 6. Overall rating for the course | <div style="border: 1px solid black; padding: 2px; display: inline-block;">5</div> |

Any Comments for improvement:

Good course to learn yoga.
Instructor really helpful

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- | | |
|--|---------------------------------------|
| 1. The content of the Yoga course: | <input checked="" type="checkbox"/> 5 |
| 2. The Environment and ambience of the Yoga Hall: | <input checked="" type="checkbox"/> 5 |
| 3. Yoga Trainer and practice: | <input checked="" type="checkbox"/> 5 |
| 4. Were the spoken instructions helpful? | <input checked="" type="checkbox"/> 5 |
| 5. has this class / course inspired you to continue with your yoga practice? | <input checked="" type="checkbox"/> 5 |
| 6. Overall rating for the course | <input checked="" type="checkbox"/> 5 |

Any Comments for improvement:

Very good, very helpful.

SIGNATURE OF THE STUDENT: Raksh

Principal

Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bengaluru-560 057

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1.	Gagan . N . T	1SG14CS030	CSE	Gagan N.T.
2.	Janitha M.	1SG14CS037	CSE	Janitha
3.	Ishwarya . H . B	1SG14CS035	CSE	Ishwarya
4.	Uedashree D.	1SG14CS119	CSE	Ueda
5.	Pranay Poolech	1SG14CS080	CSE	Pranay
6.	Nanthini . S . S	1SG14CS062	CSE	Nanthini
7.	Newby Das	1SG14CS065	CSE	Newby Das
8.	Pushpak Jindal	1SG14CS087	CSE	Pushpak
9.	Akashak . R	1SG14CS008	CSE	Akashak . R
10.	Manasa . H . N	1SG14CS053	CSE	Manasa HN
11.	Akshay . G . S	1SG14CS010	CSE	Akshay GS
12.	Mohit Rathore	1SG14CS060	CSE	Mohit
13.	Nikhil Srivastava	1SG14CS068	CSE	Nikhil
14.	Jayalakshmi G	1SG14CS038	CSE	Jayalakshmi
15.	Priyanshu	1SG14CS085	CSE	Priyanshu
16.	Sahana M.R	1SG14CS109	CSE	Sahana
17.	Amit Kumara	1SG14CS041	CSE	Amit
18.	Ananya Bandopadhyay	1SG14CS012	CSE	Ananya
19.	Jagriti S	1SG14CS036	CSE	Jagriti
20.	Kripal Kitesh Shah	1SG14CS045	CSE	Kripal
21.	D . S . Kashik	1SG14CS094	CSE	Kashik
22.	Pavani Kumar . B	1SG14CS076	CSE	Pavani
23.	Ashwarya S	1SG14CS066	CSE	Ashwarya
24.	Nichika D.S	1SG14CS070	CSE	Nichika
25.	Sushma K	1SG14CS115	CSE	Sushma
26.	Moghana CG	1SG14CS059	CSE	Moghana
27.	Syed AAhmad Toqi	1SG14CS117	CSE	Syed
28.	Vaibhav Gupta	1SG14CS118	CSE	V. Gupta
29.	Apoorva Kulkarni	1SG14CS014	CSE	Apoorva
30.	Bhuvana B	1SG14CS020	CSE	Bhuvana
31.	Huma Raffathab	1SG14CS037	CSE	Huma
32.	Namitha H.	1SG14CS061	CSE	Namitha
33.	Nigam Agaswale	1SG14CS066	CSE	Nigam
34.	Chandra Bhushan Prakash	1SG14CS127	CSE	Chandra
35.	Sowmya K	1SG14CS110	CSE	Sowmya

Principal

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Bangalore-560 057

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	Meghana M	1SG14BT023	BT	
2	Anitha M	1SG14BT007	BT	
3	Hindushree J	1SG14BT017	BT	
4	Sneha P.R	1SG14BT036	BT	
5	Veena G.V	1SG14BT041	BT	
6	Aastha Kamboj	1SG14BT002	BT	
7	Meghana M	1SG14BT024	BT	
8	Asha Pranavi M	1SG14BT010	BT	
9	Vidya G.V	1SG14BT043	BT	
10	K.A. Vinay	1SG14BT018	BT	
11	Abun DK	1SG14BT009	BT	
12	Aastha J	1SG14BT003	BT	
13	Ayana E.K	1SG14BT012	BT	
14	Yamini S Achariya	1SG14BT045	BT	
15	Chandana P	1SG14BT013	BT	
16	Vassha M. Nair	1SG14BT040	BT	
17	Yezhoanth J	1SG14BT046	BT	
18	Niranjana S	1SG14BT027	BT	
19	Vibha M	1SG14BT042	BT	
20	Spoorthi K.S	1SG14IS092	ISE	
21	Vassha-Shekar	1SG14IS100	ISE	
22	Nagesh Hebbar K.M	1SG14IS052	ISE	
23	Vassha Shekar Preethi DK	1SG14IS063	ISE	
24	Ramya	1SG14IS070	ISE	
25	Shreyas K.V	1SG14IS087	ISE	
26	Shalini K.J	1SG14IS086	ISE	
27	Praveen	1SG14IS062	ISE	
28	Shruthi K. Pamudi	1SG14IS089	ISE	
29	Janushree K.C	1SG14IS096	ISE	
30	Neetha Pai K	1SG14IS054	ISE	
31	Kiran Kumar N	1SG14IS039	ISE	
32	Suma B.N	1SG14IS093	ISE	
33	Nikitha Mandhare	1SG14IS057	ISE	
34	Sndha P.	1SG14IS091	ISE	
35	Nishal Babu P.N	1SG14IS058	ISE	

Principal

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	Roopesh S	ISG14ME093	ME	Roopesh
2	S. Ravanant	ISG14ME094	ME	Ravanant
3	Ashwini Kumar K	ISG14ME013	ME	Ashwini
4	Madan Kumar G.T	ISG14ME054	ME	Madan
5	Satish B.G	ISG14ME01	ME	Satish
6	Arun K.V	ISG14ME014	ME	Arun
7	Vinay Yadav K.B	ISG14ME122	ME	Vinay
8	Chethan V	ISG14ME028	ME	Chethan
9	Ravish M.R	ISG14ME090	ME	Ravish
10	Dhith G. S	ISG14ME032	ME	Dhith
11	Venkatesh Prasad S	ISG14ME119	ME	Venkatesh
12	Dhananjay K	ISG14ME058	ME	Dhananjay
13	Mammi B	ISG14ME063	ME	Mammi
14	Vasavi Suresh	ISG14ME118	ME	Vasavi
15	Aditya V Kulkarni	ISG14ME007	ME	Aditya
16	Srikant Meelady	ISG14ME107	ME	Srikant
17	Prasad Hedde	ISG14ME078	ME	Prasad
18	Vishal V	ISG14ME125	ME	Vishal
19	Ushat R	ISG14ME123	ME	Ushat
20	Manoj M. Rajamani	ISG14ME060	ME	Manoj
21	Dharmak K.L	ISG14ME030	ME	Dharmak
22	Sanjay K	ISG15ME119	ME	Sanjay
23	Tijar Singh	ISG14ME114	ME	Tijar
24	Sunil Kumar Yadav	ISG15ME115	ME	Sunil
25	Raghavendra T	ISG14ME085	ME	Raghav
26	M. Praveen Karapur	ISG14ME052	ME	Praveen
27	Abhinav Pratap	ISG14ME002	ME	Abhinav
28	Vijay V.S	ISG14ME061	ME	Vijay
29	Manoj M. Bhatt	ISG14ME059	ME	Manoj
30	Dinesh C	ISG15ME107	ME	Dinesh
31	ABHISHEP	ISG14ME005	ME	Abhishek
32	Ganesh C. J	ISG14ME040	ME	Ganesh
33	Praveen H.T	ISG14ME081	ME	Praveen
34	CHETAN R.H	ISG15ME406	ME	Chetan
35	Arjun Hembram	ISG14ME097	ME	Arjun

YOGA AND MEDITATION COURSE

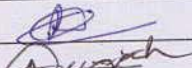
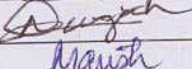
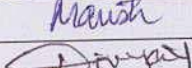
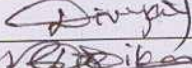
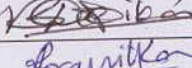
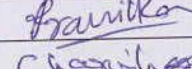
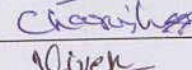
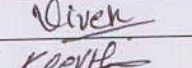


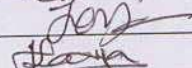
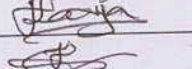
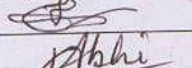
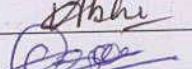

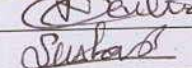
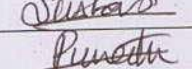
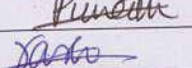
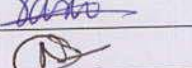
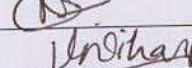
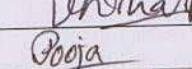
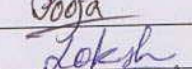
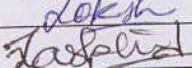
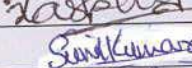

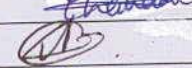
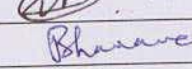
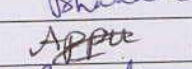
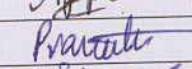
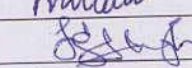
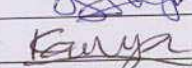

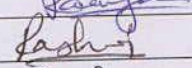
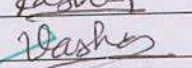

SL No.	Name	USN	Branch	Signature
36	Vijay Kumar T	ISG14ME120	ME	Vijay T
37	Dileep C	ISG14ME036	ME	Dileep C
38	S. V. Singh	ISG15ME421	ME	S. V. Singh
39	Arjun Gowda T. S	ISG15ME401	ME	Arjun Gowda
40	Deepak Kumar	ISG14ME033	ME	Deepak
41	C. Vinod Kumar	ISG14ME022	ME	C. Vinod
42	Mathan D M	ISG14ME005	ME	Mathan
43	Gadilingappa	ISG15ME409	ME	Gadilingappa
44	G. Pinath E	ISG14ME042	ME	G. Pinath E
45	C.R. ABHIRAM	ISG14ME021	ME	Abhi
46	Dileep S	ISG14ME037	ME	Dileep
47	Nandakumar H B	ISG15ME415	ME	Nandakumar
48	S Jay Kumar R	ISG14ME115	ME	S Jay Kumar R
49	MD. Ishaqul Hossain	ISG14ME067	ME	MD. Ishaqul Hossain
50	Kuldeep Kamath	ISG14ME050	ME	Kuldeep Kamath
51	B. pri	ISG14ME020	ME	B. pri
52	Bharath Kumar B	ISG14ME403	ME	Bharath B
53	KUSHAL S	ISG14ME051	ME	Kushal S
54	Chetan R	ISG14ME096	ME	Chetan R
55	Rakesh Roshan	ISG14ME087	ME	Rakesh Roshan
56	Srinivasa M N	ISG14ME109	ME	Srinivasa M N
57	Ravi Kant	ISG14ME088	ME	Ravi Kant
58	Madhukirajan H T	ISG14ME055	ME	Madhukirajan
59	Manulthi H	ISG14ME064	ME	Manulthi H
60	Manulthi H Sagar S	ISG14ME096	ME	Sagar S
61	Amit Kumar	ISG14ME012	ME	Amit
62	Nandan P	ISG14ME073	ME	Nandan P
63	Karan N	ISG14ME046	ME	Karan N
64	Prince	ISG14ME083	ME	Prince
65	Sanjay S. Gowda	ISG14ME098	ME	Sanjay S. Gowda
66	Sivakar V Y	ISG15ME408	ME	Sivakar V Y
67	Hirishala M Gowda	ISG14ME043	ME	Hirishala M Gowda
68	Kabala Neil Pravin Bhai	ISG14ME044	ME	Kabala Neil
69	Ankan Dha	ISG14ME011	ME	Ankan Dha
70	Sagar H S	ISG15ME418	ME	Sagar H S

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SL No.	Name	USN	Branch	Signature
1	Sachin	1SG14CV041	Civil	Sachin
2	Sindupriya B	1SG14CV047	" "	Sindupriya
3	Chaitra S	1SG14CV006	Civil	Chaitra
4	Revati Arkachari M	1SG14CV037	Civil	Revati
5	Pooja M	1SG14CV032	Civil	Pooja
6	Kushal S	1SG14CV023	Civil	Kushal
7	Kruthi Changappa	1SG14CV022	Civil	Kruthi
8	Mamatheshwari K.S	1SG14CV024	Civil	Mamatha
9	Gayathri R.	1SG14CV011	Civil	Gayathri
10	Rahul P. Karagudasi	1SG14CV034	" "	Rahul
11	Gowtham H.N	1SG14CV012	" "	Gowtham
12	Roopa U	1SG14CV039	" "	Roopa
13	Gouprasad V.	1SG14CV013	Civil	Gouprasad
14	Withinkumar C.T.	1SG14CV412	" "	Withinkumar
15	Yusuf P.T	1SG14CV055	" "	Yusuf
16	Miranjan C.S	1SG14CV411	Civil	Miranjan
17	Dharma UN	1SG14CV400	Civil	Dharma
18	Naveen M.G	1SG14CV030	Civil	Naveen
19	Chandou L.	1SG14CV007	Civil	Chandou
20	Ritu Kumari	1SG14EE066	Electrical	Ritu
21	Ranjita K	1SG14EE064	EEE	Ranjita
22	Abhishek P Revankar	1SG14EE002	EE	Abhishek
23	Divya M	1SG14EE026	Electrical	Divya
24	Mithun H.V.	1SG14EE047	" "	Mithun
25	Pavankumar H.D	1SG14EE055	" "	Pavankumar
26	Hemalatha H.G	1SG14EE030	" "	Hemalatha
27	Parvitha N.K	1SG14EE057	Electrical	Parvitha
28	Sneha S	1SG14EE072	Electrical	Sneha
29	Sanjya Anjum P	1SG14EE068	EEE	Sanjya
30	Chandan Kumar Jaiswal	1SG14EE023	Electrical	Chandan
31	Pragathi S	1SG14EE059	Electrical	Pragathi
32	Pallavi S	1SG14EE053	EEE	Pallavi
33	Padmini R	1SG14EE052	EEE	Padmini
34	Ankit Jha	1SG14EE010	EEE	Ankit
35	Sumathi G	1SG14EE076	EEE	Sumathi

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SL No.	Name	USN	Branch	Signature
1	Peshma. M	ISG14EC080	ECE	
2	Nagesh K. L	ISG14EC056	ECE	
3	Manish Kumar Verma	ISG14EC049	ECE	
4	Divya Yadav	ISG14EC115	ECE	
5	Deepika Battula	ISG14EC028	ECE	
6	U. Pravalika	ISG14EC108	ECE	
7	Charishma B.B	ISG14EC025	ECE	
8	Vivekananda B.K	ISG14EC114	ECE	
9	Keerthana K	ISG14EC044	ECE	
10	Rakshitha M.R	ISG14EC421	ECE	
11	Tejas Rao M	ISG14EC102	ECE	
12	Kanya J	ISG14EC042	ECE	
13	Tejaswara T	ISG14EC104	ECE	
14	Abhishhek H.R	ISG14EC003	ECE	
15	Chaitra K	ISG14EC021	ECE	
16	Nethravathi B.N	ISG14EC051	ECE	
17	Subas K.R	ISG14EC098	ECE	
18	Puneeth N.K	ISG14EC116	ECE	
19	Rashmi S	ISG14EC079	ECE	
20	Nithin N	ISG14EC059	ECE	
21	N. Niharika	ISG14EC107	ECE	
22	Pooja B.C	ISG14EC062	ECE	
23	Lokesh N	ISG14EC048	ECE	
24	Jasbindar Singh	ISG14EC040	ECE	
25	Sunil Kumar	ISG14EC099	ECE	
26	Chandan S	ISG14EC023	ECE	
27	Akshay V	ISG14EC008	ECE	
28	Bhavana M	ISG14EC020	ECE	
29	Apoorva S	ISG14EC013	ECE	
30	Praneeth Ganesh Yajji	ISG14EC065	ECE	
31	Lakshya Singh	ISG14EC095	ECE	
32	Kanya R.M	ISG14EC043	ECE	
33	Ranya P	ISG14EC423	ECE	
34	Rashmi	ISG14EC076	ECE	
35	Vashta K	ISG14EC110	ECE	

Principal

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CERTIFICATE

This is to certify that Mr. /Ms. VIBHA M
of BIOTECHNOLOGY BRANCH has participated
and successfully completed Course on **"YOGA AND MEDITATION"**
from 14-01-2015 to 30-01-2015 organized by Sapthagiri College of
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Yoga Teacher




Principal

Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore- 560 057



Sapthagiri College of Engineering

Bangalore-560057

CERTIFICATE

This is to certify that Mr. /~~Ms.~~ M. PRAVEEN KASHYAP
of MECHANICAL ENGG. DEPT. has participated
and successfully completed Course on **"YOGA AND MEDITATION"**
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Engineering, Bangalore-57.


Yoga Teacher




Principal

Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore- 560 057



Sapthagiri College of Engineering

Bangalore-560057

CERTIFICATE

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of CSE DEPARTMENT has participated
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N. Yogesh
Yoga Teacher

B

Kavi
Principal

Principal
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