

Date: 06-01-2016

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 12-01-2016 to 29-01-2016. 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: 08-01-2016

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:	12-01-2016 to 29-01-2016
Timings	7:00 am to 9:00 am


Principal


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



Certification Program on

Yoga and Meditation

From
12th Jan 2016 TO 29th Jun 2016

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- 560 057

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 65 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	12-01-2016 to 17-01-2016	7:00 am to 9:00 am
2	19-01-2016 to 24-01-2016	
3	27-01-2016 to 29-01-2016	

Resource Persons:

Mr. Yogaraja N
Yoga Teacher
SCE, Bengaluru

Venue

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



SAPTHAGIRI COLLEGE OF ENGINEERING, BENGALURU-560057

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

YOGA AND MEDITATION SCHEDULE

AY:2015-16

Timings: 7:00 am to 9:00 am

CIRC: 08-01-2016

SL No.	Week	Day	Session Topic
1	Week -1	Day-1 12-01-2016	Induction by Yoga trainer on Purpose and perspectives
2		Day-2 13-01-2016	Food and Digestion
3		Day-3 14-01-2016	Meditation-Meditation Postures
4		Day-4 15-01-2016	Meditation - Omkara for mental relaxation
5		Day-5 16-01-2016	Simple exercises
6		Day-6 17-01-2016	Relaxation Techniques
7	Week -2	Day-1 19-01-2016	Pranayama and Breathing Exercises
8		Day-2 20-01-2016	Pranayama and Breathing Exercises
9		Day-3 21-01-2016	Sun Salutation (Surya Namaskara)
10		Day-4 22-01-2016	Sun Salutation (Surya Namaskara)
11		Day-5 23-01-2016	Yoga asanas Level-1
12		Day-6 24-01-2016	Yoga asanas Level-2
13	Week-3	Day-1 27-01-2016	Concentration techniques
14		Day-2 28-01-2016	Yoga Practice and Interaction with Students
15		Day-3 29-01-2016	Yoga Practice and Interaction with Students


Principal

Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore- 560057



SAPTHAGIRI COLLEGE OF ENGINEERING, BENGALURU-560057
(Affiliated to VTU, Belagavi and Approved by AICTE, New Delhi)

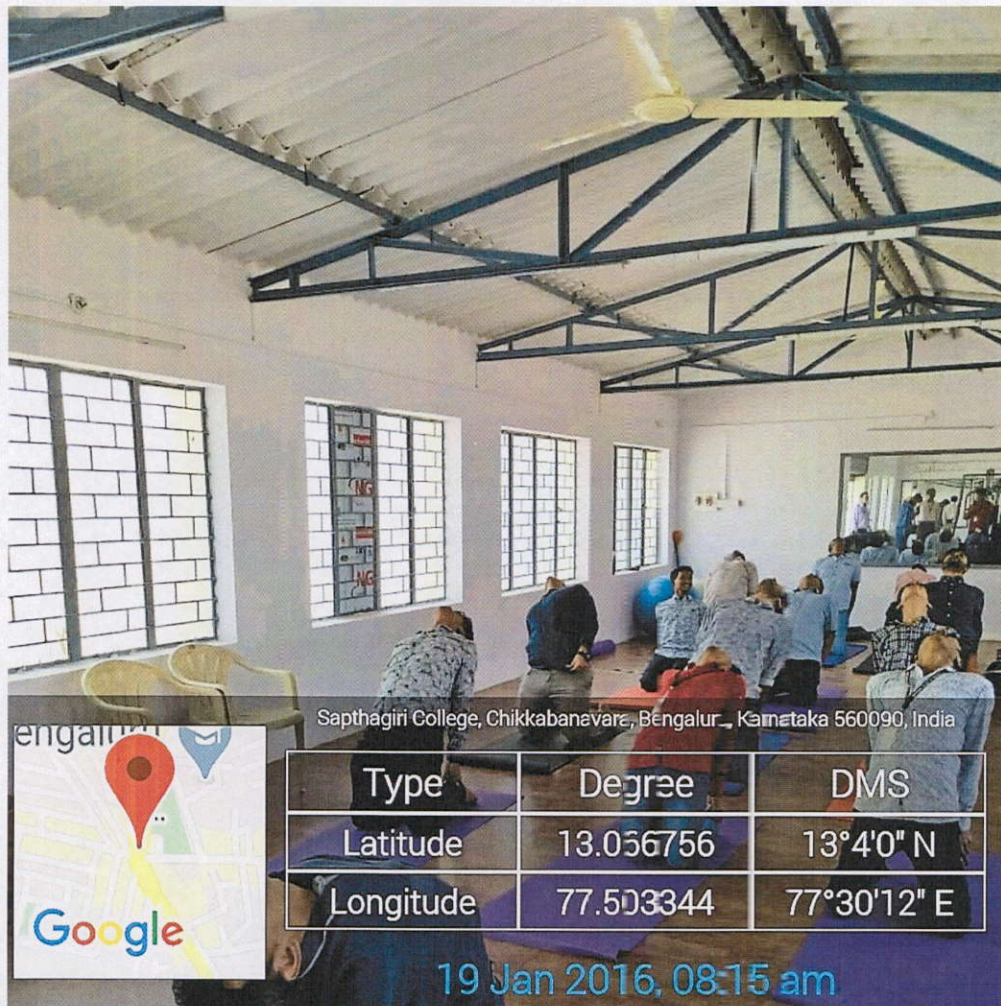
AY: 2015-16

REPORT ON YOGA AND MEDITATION COURSE

Yoga and meditation course for all the students and staff was conducted for the academic year 2015-16 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. Yogaraja N from 12-01-2016 to 29-01-2016. 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.

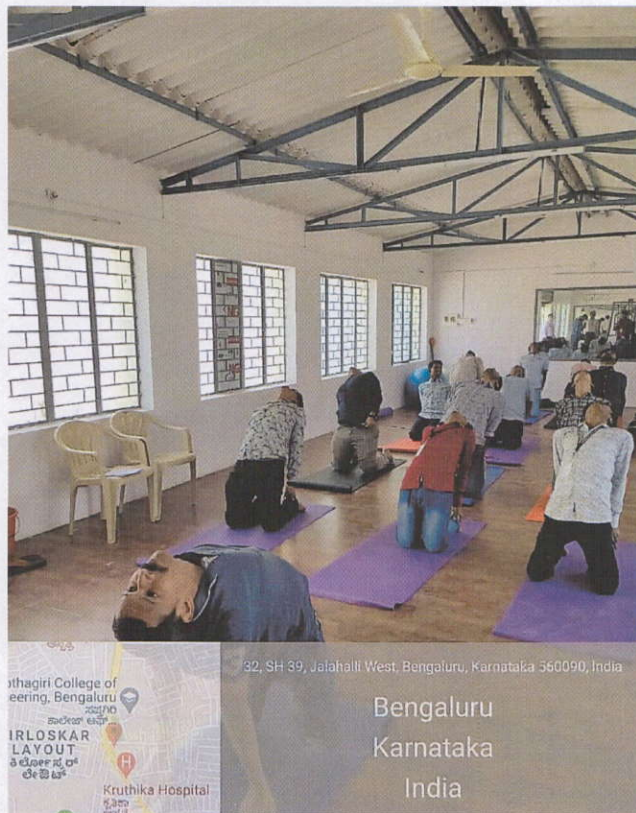
N. Yogaraja
YOGA TEACHER

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

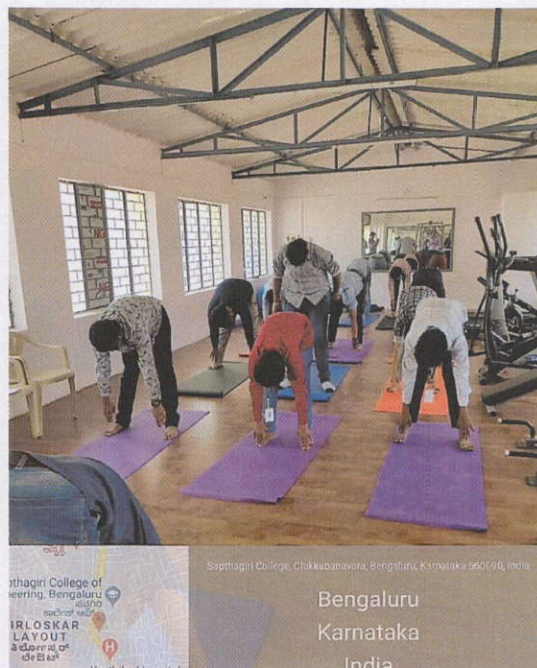


Students of SCE along with yoga teacher at Yoga Center and Gymnasium Hall practicing yoga exercises

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



Students along with trainer practicing Yoga during Yoga sessions



Students of SCE along with trainer practicing Yoga during Yoga sessions


Principal

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



Students of SCE Practicing Yoga during the Yoga and Meditation Course



Girl students of Sapthagiri College of Engineering Practicing Yoga Exercises.

A handwritten signature in green ink, consisting of a stylized 'S' and a long horizontal stroke.

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)

AY: 2015-16

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: | <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> |
| 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:

Yoga Good for Health

SIGNATURE OF THE STUDENT: _____

Principal

Sapthagiri College of Engineering
Chikkasandra, Hesarghatta Road
Bangalore-560 057



SAPTHAGIRI COLLEGE OF ENGINEERING, BENGALURU-560057

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

AY: 2015-16

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:

5

2. The Environment and ambience of the Yoga Hall:

5

3. Yoga Trainer and practice:

5

4. Were the spoken instructions helpful?

5

5. has this class / course inspired you to continue with your yoga practice?

5

6. Overall rating for the course

4

Any Comments for improvement:

Helpful for mind relaxation
& Body Relaxation.

SIGNATURE OF THE STUDENT:

Principal

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



SAPTHAGIRI COLLEGE OF ENGINEERING, BENGALURU-560057

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

AY: 2015-16

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="5"/> |
| 3. Yoga Trainer and practice: | <input type="text" value="5"/> |
| 4. Were the spoken instructions helpful? | <input type="text" value="5"/> |
| 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="5"/> |

Any Comments for improvement:

Nice program to improve health

SIGNATURE OF THE STUDENT:

Kathra

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)

AY: 2015-16

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 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"/> 4 |
| 4. Were the spoken instructions helpful? | <input checked="" type="checkbox"/> 4 |
| 5. has this class / course inspired you to continue with your yoga practice? | <input checked="" type="checkbox"/> 4 |
| 6. Overall rating for the course | <input checked="" type="checkbox"/> 5 |

Any Comments for improvement:

Nice. Practising difficult yoga postures are made simple and nice learning experience

SIGNATURE OF THE STUDENT: _____

[Signature]

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)

AY: 2015-16

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 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:

Excellent

SIGNATURE OF THE STUDENT:

[Signature]

[Signature]

Principal

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

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	Neha Vijayananda	ISG15CS059	CSE	Neha
2	Sharath chandra ES	ISG15CS098	CSE	Sharath
3	Aishwarya . C	ISG15CS006	CSE	Aishwarya
4	Vinay R	ISG15CS124	CSE	Vinayak
5	Pooja HR	ISG15CS068	CSE	Pooja
6	Deepak . N	ISG16CS404	CSE	Deepak
7	Bharath Kumar M.R	ISG15CS014	CSE	Bharath
8	Varsha MB	ISG15CS123	CSE	Varsha
9	Ganesh Bhatt	ISG15CS024	CSE	Ganesh Bhatt
10	Seetha D	ISG15CS113	CSE	Seetha
11	Abhijeet . V . Madalgi	ISG15CS002	CSE	Abhijeet
12	Ankit Gupta	ISG15CS010	CSE	Ankit
13	Nishat . K	ISG15CS062	CSE	Nishat
14	Abhishek Kumar	ISG15CS003	CSE	Abhishek
15	Sangam Kumar D	ISG16CS415	"	Sangam
16	Kamath Bhatt	ISG15CS036	CSE	Kamath Bhatt
17	Suraj Abhishek	ISG15CS114	CSE	Suraj
18	Nitesh jaiswal	ISG15CS064	CSE	Nitesh
19	Vinay D . N	ISG16CS423	CSE	Vinay D . N
20	Nimrith S . Rai	ISG15CS061	CSE	Nimrith S . Rai
21	Harinath A . M	ISG16CS407	CSE	Harinath A . M
22	Sharath C	ISG16CS416	CSE	Sharath C
23	Suraj . S . Pancharshari	ISG15CS112	CSE	Suraj
24	Rishi Kumar	ISG15CS087	CSE	Rishi Kumar
25	Bhuvanashree V	ISG16CS401	CSE	Bhuvanashree V
26	Jagadish	ISG15CS032	CSE	Jagadish
27	Dawan P Swamy	ISG15CS022	CSE	Dawan P Swamy
28	Manu V	ISG16CS409	CSE	Manu V
29	Sharath R . S	ISG15CS097	CSE	Sharath R . S
30	Nirmala G	ISG15CS060	CSE	Nirmala G
31	Rohit NK	ISG15CS089	CSE	Rohit

Principal

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

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1.	Vedashree D	1SG14CS119	CSE	Vedashree
2.	Nerby Das	1SG14CS065	CSE	Nerby Das
3.	Somanya K	1SG14CS110	CSE	Somanya K
4.	Chandrabhushan Prakash	1SG14CS129	CSE	Chandrabhushan
5.	Vogam Agamala	1SG14CS066	CSE	Vogam Agamala
6.	Namini H	1SG14CS061	CSE	Namini H
7.	Huma Raftath Madh	1SG14CS033	CSE	Huma Raftath
8.	Ishwaryati B	1SG14CS035	CSE	Ishwaryati B
9.	Bhuvana B	1SG14CS020	CSE	Bhuvana
10.	Apoorva Kalkarni	1SG14CS014	CSE	Apoorva
11.	Vaibhav Gupta	1SG14CS118	CSE	Vaibhav Gupta
12.	Syed Ahmad Taji	1SG14CS117	CSE	Syed Ahmad Taji
13.	Meghana G G	1SG14CS051	CSE	Meghana G G
14.	Hrishabh Gupta	1SG14CS118	CSE	Hrishabh Gupta
15.	Sushma K	1SG14CS115	CSE	Sushma K
16.	Nishita B.P	1SG14CS070	CSE	Nishita B.P
17.	Ashwarya S	1SG14CS006	CSE	Ashwarya S
18.	Pushpal Jindal	1SG14CS087	CSE	Pushpal Jindal
19.	D.S. Kasthik	1SG14CS024	CSE	D.S. Kasthik
20.	Prupal Hitesh Shah	1SG14CS045	CSE	Prupal Hitesh Shah
21.	Pavan Kumar B	1SG14CS076	CSE	Pavan Kumar B
22.	Jagouti S	1SG14CS036	CSE	Jagouti S
23.	Ankha Bandopadhyay	1SG14CS012	CSE	Ankha Bandopadhyay
24.	Armit Kumara	1SG14CS011	CSE	Armit Kumara
25.	Sahana M.R	1SG14CS048	CSE	Sahana M.R
26.	Priyanshu	1SG14CS085	CSE	Priyanshu
27.	Jayalakshmi G	1SG14CS038	CSE	Jayalakshmi G
28.	Nikki Srivastava	1SG14CS068	CSE	Nikki Srivastava
29.	Akshay G.S.	1SG14CS010	CSE	Akshay G.S.
30.	Mohit Rathore	1SG14CS060	CSE	Mohit Rathore
31.	Manasa H.N	1SG14CS053	CSE	Manasa H.N
32.	Akash K.R	1SG14CS008	CSE	Akash K.R
33.	Nanthini S.S	1SG14CS062	CSE	Nanthini S.S
34.	Paarav Paanash	1SG14CS080	CSE	Paarav Paanash
35.	Jadhav M.	1SG14CS037	CSE	Jadhav M.

Principal

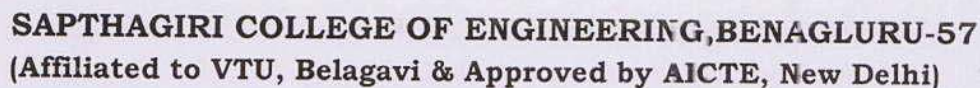
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore-560 057

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	Pooja S. Bhatt	1SG15EC075	ECE	Pooja
2	Meghana A.S	1SG15EC059	ECE	Meghana
3	Karthik K	1SG15EC045	ECE	Karthik
4	Devitra	1SG15EC073	ECE	Devitra
5	Harish . C	1SG15EC037	ECE	Harish
6	Sandhya . Y.G	1SG15EC093	ECE	Sandhya
7	ABHISHEK . K	1SG15EC002	ECE	Abhishek
8	Vaishnavi R Shetty	1SG15EC112	ECE	Vaishnavi
9	Shubham Kumar Mishra	1SG15EC104	ECE	Shubham
10	Ashwani Gupta	1SG15EC016	ECE	Ashwani
11	Smitha B. Bivadan	1SG15EC105	ECE	Smitha
12	Ankit Priyam	1SG15EC010	ECE	Ankit
13	Marthi C	1SG15EC0190	ECE	Marthi
14	Vasishth N	1SG15EC113	ECE	Vasishth
15	Viveditra S	1SG15EC071	ECE	Viveditra
16	Vaun Kumar . S	1SG16EC431	ECE	Vaun
17	Bindu B	1SG15EC021	ECE	Bindu
18	Akhil Singh	1SG15EC007	ECE	Akhil Singh
19	Bipul Kumar	1SG15EC022	ECE	Bipul
20	Sumithra S	1SG15EC122	ECE	Sumithra
21	Bhanupriya M	1SG16EC406	ECE	Bhanupriya
22	Archana Y	1SG16EC403	ECE	Archana
23	Apoorva GA	1SG15EC014	ECE	Apoorva
24	Kavya Shreen	1SG16EC412	ECE	Kavya Shreen
25	Pooja S	1SG16EC415	ECE	Pooja
26	Manjunatha B	1SG16EC413	ECE	Manjunatha
27	Mohit Sharma	1SG15EC062	ECE	Mohit
28	Goutham . M	1SG15EC036	ECE	Goutham
29	Prashanth Srivastava	1SG15EC079	ECE	Prashanth
30	Kumari Neha	1SG15EC052	ECE	Kumari Neha
31	Harshit L	1SG15EC039	ECE	Harshit
32	Shiva S	1SG16EC425	ECE	Shiva


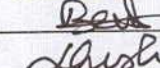
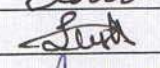
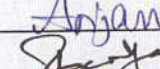
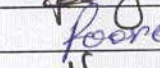

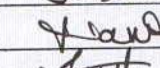
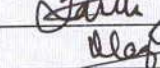
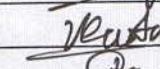
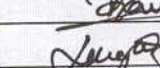
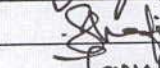




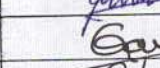

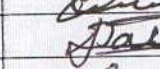
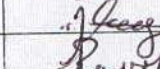
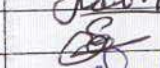



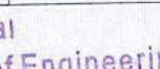



Principal

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



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

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1.	Makool	1SG15CV026	Civil	
2.	Bensha Kumar.S	1SG15CV006	Civil	
3.	Sushma.L	1SG15CV052	Civil	
4.	Sushmitha.A	1SG15CV053	Civil	
5.	Arjana Ingadeesh	1SG15CV003	Civil	
6.	Ramya K.V	1SG15CV041	Civil	
7.	Pooja K.B	1SG15CV036	Civil	
8.	HANSA T.N	1SG15CV018	Civil	
9.	Shashath.V	1SG15CV046	Civil	
10.	Nannatha A.V	1SG15CV035	Civil	
11.	Sachin Kumar A.K	1SG15CV059	Civil	
12.	Meghana.A.H	1SG16CV406	Civil	
13.	V.V. Aishwarya	1SG15CV055	Civil Engrg	
14.	B.E. Parag Kumar	1SG15CV005	Civil	
15.	Vinagaraja.Y.K	1SG16CV404	Civil	
16.	Shafiq Sultana.N	1SG15CV065	Civil	
17.	Jayalakshmi.B.L	1SG15CV020	Civil	
18.	As'am Arion	1SG15CV004	Civil	
19.	Rashitha	1SG16CV409	Civil	
20.	Chetran. Paid	1SG15CV010	Civil	
21.	Ramesh.K.H	1SG15CV410	Civil	
22.	Manoj	1SG15CV029	Civil	
23.	Yamini.J	1SG16CV414	Civil	
24.	Gangaraju.T	1SG15CV014	Civil	
25.	Rashitha Gouda.V.	1SG15CV040	Civil	
26.	Gowtham.M	1SG15CV017	Civil	
27.	Pallavi.I	1SG16CV408	Civil	
28.	Viznesh Rao.S	1SG15CV056	Civil	
29.	Ravikumar.K.S	1SG16CV411	Civil	
30.	Shreya Lakshmi Rama	1SG16CV418	Civil	
31.	Shylesh.S.D	1SG15CV051	Civil	
32.	Barava Prasad H.S	1SG15CV042	Civil	

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

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	Vinutha . D	1SG15EE096	EEE	Vinutha
2	Chaitra . S	1SG15EE019	EEE	Chaitra
3	Apoorva . K. L	1SG15EE010	EEE	Apoorva
4	Arpitha Srinivas murthy	1SG15EE012	EEE	Arpitha
5	Rachana . M	1SG15EE069	EEE	Rachana
6	Geetha . S	1SG16EE041	EEE	Geetha
7	Shanvi .	1SG15EE082	EEE	Shanvi
8	Aruna . B.P	1SG15EE013	EEE	Aruna
9	K. Lakshmy	1SG15EE029	EEE	Lakshmy
10	Chaitanya . S	1SG15EE009	EEE	Chaitanya
11	Charithra . M. J	1SG15EE001	EEE	Charithra
12	Jeevitha . A	1SG15EE038	EEE	Jeevitha
13	Anusha . K	1SG15EE009	EEE	Anusha
14	Chaya . K	1SG15EE015	EEE	Chaya
15	C. S. Mohana	1SG15EE017	EEE	C. S. Mohana
16	Karthana . R	1SG15EE041	EEE	Karthana
17	Surabhi . M	1SG15EE070	EEE	Surabhi
18	Vikas Kumar Singh	1SG15EE004	EEE	Vikas
19	Manasa . H.	1SG15EE006	EEE	Manasa
20	Pawan Kumar D	1SG15EE061	EEE	Pawan
21	Sumanth . S	1SG15EE088	EEE	Sumanth
22	Balaji . V.K	1SG15EE015	EEE	Balaji
23	Souandarya M	1SG15EE085	EEE	Souandarya
24	Adithya . M	1SG15EE014	EEE	Adithya
25	Rajni . Jaya	1SG15EE072	EEE	Rajni
26	Swathi . B. C	1SG15EE091	EEE	Swathi
27	R. Abhishek	1SG15EE068	EEE	Abhishek
28	Chandana . B	1SG15EE013	EEE	Chandana
29	Id . Saffar Saadiq	1SG15EE054	EEE	Saffar
30	Arpita . Sharma	1SG15EE011	EEE	Arpita
31	Anusha . B	1SG15EE008	EEE	Anusha
32	Karthik . B	1SG15EE040	EEE	Karthik
33	Ganesh Rao . S	1SG15EE031	EEE	Ganesh Rao
34	Meghana . S. Hulikal	1SG15EE033	EEE	Meghana
35	Annapurna . Singh	1SG15EE005	EEE	Annapurna






Sapthagiri College of Engineering

Bangalore-560057

Certificate

This is to certify that Mr. /Ms. ABHIJEETH V. MADALGI
of COMPUTER SCIENCE & ENGINEERING has participated
and successfully completed Course on "YOGA AND MEDITATION"
from 12-01-2016 to 29-01-2016 organized by Sapthagiri College of
Engineering, Bangalore-57.


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. SANDHYA V. G.
of ELECTRONICS & COMMUNICATION. has participated
and successfully completed Course on **"YOGA AND MEDITATION"**
from 12-01-2016 to 29-01-2016 organized by Sapthagiri College of
Engineering, Bangalore-57.

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. P. SHASHANK H. Prasad
of MECHANICAL ENGG. BRANCH has participated
and successfully completed Course on "YOGA AND MEDITATION"
from 12-01-2016 to 24-01-2016 organized by Sapthagiri College of
Engineering, Bangalore-57.


Yoga Teacher




Principal

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