

Date: 06-01-2017

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 and Meditation course to be conducted for the students of Sapthagiri College of Engineering, Bangalore from 12-01-2017 to 30-01-2017. So it is therefore informed to plan the course and 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: 09-01-2017

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: | 12-01-2017 to 30-01-2017 |
| Timings | 7:00 am to 9:00 am |

Principal

Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore-560057



Certification Program on

Yoga and Meditation

From
12th Jan 2017 TO 31st Jan 2017

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, Karanataka. 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 | 12-01-2017 to 18-01-2017 | 7:00 am to 9:00 am |
| 2 | 19-01-2017 to 25-01-2017 | |
| 3 | 27-01-2017 to 30-01-2017 | |

Resource Persons:

Mr. Yogaraja N
Yoga Teacher
Sapthagiri College of Engineering
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:2016-17

Timings: 7:00 am to 9:00 am

CIRC: 09-01-2017

| SL No. | Week | Day | Session Topic |
|--------|---------|---------------------|---|
| 1 | Week -1 | Day-1 12-01-2017 | Induction by Yoga trainer on Purpose and perspectives |
| 2 | | Day-2 13-01-2017 | Food and Digestion |
| 3 | | Day-3 14-01-2017 | Meditation-Meditation Postures |
| 4 | | Day-4 16-01-2017 | Meditation - Omkara for mental relaxation |
| 5 | | Day-5 17-01-2017 | Simple exercises |
| 6 | | Day-6 18-01-2017 | Relaxation Techniques |
| 7 | Week -2 | Day-1 19-01-2017 | Pranayama and Breathing Exercises |
| 8 | | Day-2 20-01-2017 | Pranayama and Breathing Exercises |
| 9 | | Day-3 21-01-2017 | Sun Salutation (Surya Namaskara) |
| 10 | | Day-4 23-01-2017 | Sun Salutation (Surya Namaskara) |
| 11 | | Day-5 24-01-2017 | Yoga asanas Level-1 |
| 12 | | Day-6 25-01-2017 | Yoga asanas Level-2 |
| 13 | Week-3 | Day-1 27-01-2017 | Concentration techniques |
| 14 | | Day-2 28-01-2017 | Yoga Practice and Interaction with Students |
| 15 | | Day-3 30-01-2017 | Yoga Practice and Interaction with Students |

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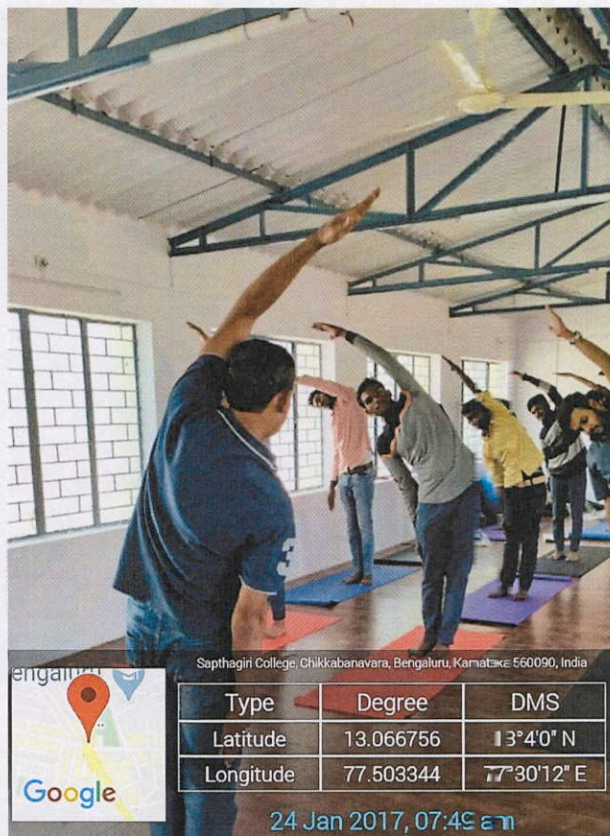
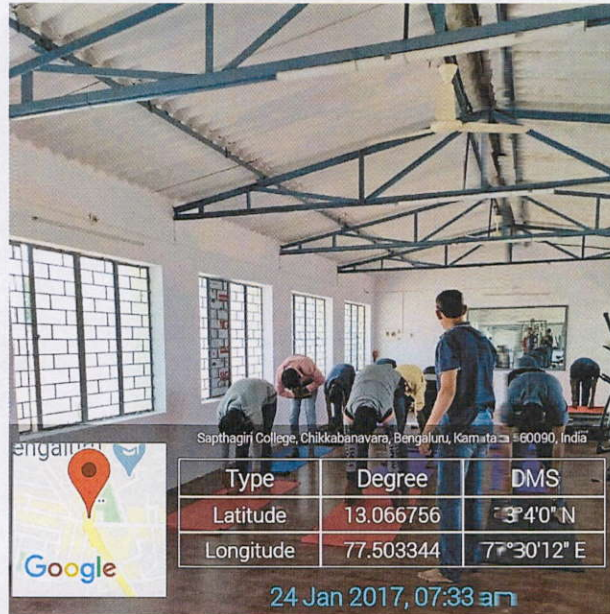
AY: 2016-17

REPORT ON YOGA AND MEDITATION COURSE

Yoga and meditation course for all the students and staff was conducted for the academic year 2017-18 during the vacation period from morning 7:00 am to 9:00 am in the yoga center and gymnasium room of Sapthagiri College of Engineering, Bangalore. Yoga was conducted by the yoga teacher, Mr. Yogaraja N from 12-01-2017 to 30-01-2017. 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-560057



Photos of Yoga practice by students of SCE along with yoga teacher at Yoga Center and Gymnasium Hall.

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



Students practicing yoga during the yoga sessions conducted

A handwritten signature in blue ink, consisting of stylized, flowing letters.

Principal
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AY: 2016-17

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="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="5"/> |

Any Comments for improvement:

Excellent

SIGNATURE OF THE STUDENT:

Ashwin N

Principal

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



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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:

Fantastic

SIGNATURE OF THE STUDENT: KD


Principal
Sapthagiri College of Engineering
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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:

Thank you. Fell relaxed after
doing yoga & meditation.

SIGNATURE OF THE STUDENT:

Shunra

Principal

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



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AY: 2016-17

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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;">4</div> |
| 3. Yoga Trainer and practice: | <div style="border: 1px solid black; padding: 2px; display: inline-block;">4</div> |
| 4. Were the spoken instructions helpful? | <div style="border: 1px solid black; padding: 2px; display: inline-block;">4</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;">4</div> |

Any Comments for improvement:

Regular practice required

SIGNATURE OF THE STUDENT:

Principal

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AY: 2016-17

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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

5

Any Comments for improvement:

Training was good

Principal

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

SIGNATURE OF THE STUDENT:

YOGA AND MEDITATION COURSE

| SL No. | Name | USN | Branch | Signature |
|--------|--------------------|------------|--------|---------------|
| 1 | Puneeth Kumar | 1SG16CS075 | CSE | P |
| 2 | Uvaiz K.H | 1SG16CS118 | CSE | Uvaiz |
| 3 | Vijay Kumar S.M | 1SG16CS120 | CSE | Vin |
| 4 | Uday Kiran S | 1SG16CS115 | CSE | Uday |
| 5 | Adarsh RM | 1SG16CS005 | CSE | Adarsh |
| 6 | Balaji T | 1SG16CS008 | CSE | Balaji |
| 7 | Jayanth KN | 1SG16CS041 | CSE | Jay |
| 8 | Bhaskar KN | 1SG16CS019 | CSE | Bhaskar |
| 9 | Anur | 1SG16CS008 | CSE | Anur |
| 10 | Aswin Gouraji | 1SG16CS015 | CSE | Aswin Gouraji |
| 11 | Manu M.C | 1SG17CS410 | CSE | Manu |
| 12 | Punith Kumar B.N. | 1SG17CS414 | CSE | Punith |
| 13 | Sumanth M.R | 1SG15CS107 | CSE | Sumanth |
| 14 | PUNEETH A | 1SG16CS131 | CSE | Puneeth |
| 15 | Jayanth G | 1SG16CS040 | CSE | Jayanth |
| 16 | Sunny Kumar Sharma | 1SG16CS128 | CSE | Sunny |
| 17 | Abhinav Arand | 1SG16CS002 | CSE | Abhinav |
| 18 | Sujith km | 1SG16CS106 | CSE | Sujith |
| 19 | Paashanth M S | 1SG16CS073 | CSE | Paashanth |
| 20 | Chaitanya Anand | 1SG16CS022 | CSE | Chaitanya |
| 21 | Abhineta Kumar | 1SG16CS001 | CSE | Abhineta |
| 22 | Aditya Deep | 1SG16CS004 | CSE | Aditya |
| 23 | Rashmi Swaya | 1SG16CS085 | CSE | Rashmi |
| 24 | Rashmi BP | 1SG16CS084 | CSE | Rashmi |
| 25 | Swarna D | 1SG16CS111 | CSE | Swarna |
| 26 | Tejaswini CA | 1SG16CS113 | CSE | Tejaswini |
| 27 | Shobha K. | 1SG16CS101 | CSE | Shobha |
| 28 | Rakshitha G | 1SG16CS082 | CSE | Rakshitha |
| 29 | Shree Vidya H.S | 1SG16CS103 | CSE | Shree Vidya |
| 30 | Shilpa Shree MC. | 1SG16CS100 | CSE | Shilpa |
| 31 | Ramya R | 1SG16CS413 | CSE | Ramya |
| 32 | Haritha P | 1SG16CS036 | CSE | Haritha |
| 33 | Chaita V | 1SG16CS023 | CSE | Chaita |
| 34 | Shwetha R | 1SG16CS137 | CSE | Shwetha |
| 35 | Kanya C | 1SG16CS136 | CSE | Kanya |

Principal

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

YOGA AND MEDITATION COURSE

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YOGA AND MEDITATION COURSE

| SL No. | Name | USN | Branch | Signature |
|--------|-----------------------|------------|--------|---------------------|
| 1. | Varsha V. | 1SG16IS119 | ISE | Varsha |
| 2. | Shaheen M | 1SG16IS096 | ISE | Shaheen M |
| 3 | Usha R | 1SG16IS115 | ISE | Usha R |
| 4. | Sukrutha M | 1SG16IS110 | ISE | Sukrutha M |
| 5. | Sowkya P K | 1SG16IS109 | ISE | Sowkya P K |
| 6 | Sheetal S | 1SG16IS100 | ISE | Sheetal S |
| 7 | Shalini K.V | 1SG16IS097 | ISE | Shalini K.V |
| 8 | Priyanka B. Kattimani | 1SG16IS072 | ISE | PBK |
| 9 | Krishna Tarewa | 1SG16IS131 | I.S.E | Krishna Tarewa |
| 10 | Rishu Raj | 1SG16IS079 | I.S.E | Rishu Raj |
| 11 | Sreenath N | 1SG16IS128 | ISE | Sreenath N |
| 12 | Sindhu V.S | 1SG16IS107 | ISE | Sindhu V.S |
| 13 | Sahana C | 1SG16IS087 | ISE | Sahana C |
| 14 | Navyashree V. Kadam | 1SG16IS031 | ISE | Navyashree V. Kadam |
| 15 | Sagatika K | 1SG16IS094 | ISE | Sagatika K |
| 16 | Neha H | 1SG16IS053 | ISE | Neha H |
| 17 | Arshwarya N | 1SG16IS003 | ISE | Arshwarya N |
| 18 | Sampath | 1SG16IS132 | ISE | Sampath |
| 19 | Pavithra P | 1SG16IS064 | ISE | Pavithra P |
| 20 | Annapurna M S | 1SG16IS012 | ISE | Annapurna M S |
| 21 | Chaitra N | 1SG16IS022 | ISE | Chaitra N |
| 22 | Manjushree T | 1SG16IS045 | ISE | Manjushree T |
| 23 | Lavanya S | 1SG16IS040 | ISE | Lavanya S |
| 24 | Ankita Khan | 1SG16IS011 | ISE | Ankita Khan |
| 25 | Jashna P N | 1SG16IS031 | ISE | Jashna P N |
| 26 | Milinda B | 1SG16IS050 | ISE | Milinda B |
| 27 | Labshan Sharma K.P | 1SG16IS039 | ISE | Labshan Sharma K.P |
| 28 | G.S. Neethan | 1SG16IS028 | ISE | G.S. Neethan |
| 29 | Santosh C | 1SG16IS404 | ISE | Santosh C |
| 30 | Keerthi S | 1SG16IS036 | ISE | Keerthi S |
| 31 | Harsha V | 1SG16IS028 | ISE | Harsha V |
| 32 | AKSHAY H.D | 1SG16IS003 | ISE | AKSHAY H.D |
| 33 | KARTHIK M.M | 1SG16IS034 | ISE | Karthik M.M |

Principal

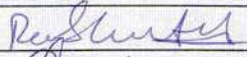



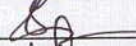

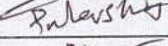
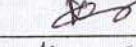
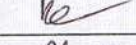
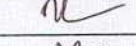
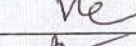

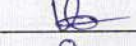

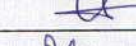
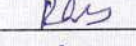


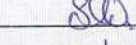


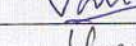
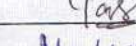
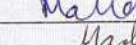


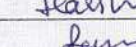

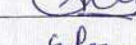



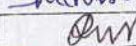


YOGA AND MEDITATION COURSE

| SL No. | Name | USN | Branch | Signature |
|--------|-------------------------|------------|--------|-------------|
| 1 | Withan. G | 1SG16EC130 | ECE | Withan |
| 2 | Maresh. N | 1SG17EC412 | ECE | Maresh |
| 3 | Maresh. K | 1SG16EC129 | ECE | Maresh |
| 4 | Hemant. B | 1SG17EC408 | ECE | Hemant |
| 5 | Hithuh. K | 1SG17EC409 | ECE | Hithuh |
| 6 | Sharath Gowda RN | 1SG16EC098 | ECE | Sharath |
| 7 | Santhosh Gowda BR | 1SG17EC422 | ECE | Santhosh |
| 8 | Shubham Jainwal | 1SG16EC101 | ECE | Shubham |
| 9 | Punit Ranjan Verma | 1SG16EC078 | ECE | Punit |
| 10 | Pravesh Thakur | 1SG16EC075 | ECE | Pravesh |
| 11 | Usha Kiran. S | 1SG15EC111 | ECE | Usha |
| 12 | Sandhya. V. | 1SG15EC092 | ECE | Sandhya |
| 13 | Kousalya. S | 1SG15EC050 | ECE | Kousalya |
| 14 | Breha Sunil Vaidya | 1SG16EC106 | ECE | Breha |
| 15 | Vasanth. M | 1SG16EC119 | ECE | Vasanth |
| 16 | Seumya. Gurusaj | 1SG16EC109 | ECE | Seumya |
| 17 | Smisha. C.K | 1SG16EC105 | ECE | Smisha |
| 18 | Nivedita. Malipatil | 1SG16EC068 | ECE | Nivedita |
| 19 | N. Yashaswini Shree | 1SG17EC114 | ECE | Yashaswini |
| 20 | Nikitha. G | 1SG16EC066 | ECE | Nikitha |
| 21 | Sat Mangala M.V. | 1SG16EC094 | ECE | Sat Mangala |
| 22 | Pramila K.S | 1SG16EC073 | ECE | Pramila |
| 23 | Sanjana Gowda R.H | 1SG16EC097 | ECE | Sanjana |
| 24 | Rima | 1SG16EC088 | ECE | Rima |
| 25 | Shobha M.R | 1SG16EC099 | ECE | Shobha |
| 26 | Robini. S | 1SG16EC089 | ECE | Robini |
| 27 | Shruti. C. Tiganilidari | 1SG16EC100 | ECE | Shruti |
| 28 | Roopashree. V | 1SG16EC091 | ECE | Roopashree |
| 29 | Pavithra. R | 1SG16EC070 | ECE | Pavithra |
| 30 | Pooja | 1SG16EC071 | ECE | Pooja |
| 31 | Sindhu. C | 1SG16EC104 | ECE | Sindhu |
| 32 | SPOORTHY. G | 1SG16EC111 | ECE | Spoorthy |
| 33 | Yashodhara. K | 1SG16EC122 | ECE | Yashodhara |

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| 1. | RISHABH B SHETTY | 1SG16ME080 | ME |  |
| 2. | SHARANABASAVA S | 1SG16ME090 | ME |  |
| 3. | C MUKESH | 1SG17ME405 | ME |  |
| 4. | SANJAY N | 1SG16ME037 | ME |  |
| 5. | SAGAR.S.T | 1SG16ME085 | ME |  |
| 6. | PAVAN.Y | 1SG16ME064 | ME |  |
| 7. | SUHAS SHETTY | 1SG16ME102 | ME |  |
| 8. | PUNITH JADHAV | 1SG15ME070 | ME |  |
| 9. | KISHORE | 1SG15ME045 | ME |  |
| 10. | HITHESH | 1SG15ME039 | ME |  |
| 11. | ABHISHEK MADAPPANALE | 1SG15ME002 | ME |  |
| 12. | AILEE B BOWDA | 1SG15ME027 | ME |  |
| 13. | Viney.H.P | 1SG16ME107 | ME |  |
| 14. | Sagar.M.L | 1SG16ME081 | ME |  |
| 15. | Ravi Karmad | 1SG16ME079 | ME |  |
| 16. | Roshan.H | 1SG16ME082 | ME |  |
| 17. | Shivshanker | 1SG16ME095 | ME |  |
| 18. | Sabarish.B | 1SG16ME083 | ME |  |
| 19. | Shamsheer Aurain | 1SG14ME103 | ME |  |
| 20. | Shashank R | 1SG16ME093 | ME |  |
| 21. | Narun V | 1SG16ME106 | ME |  |
| 22. | Narun M | 1SG16ME105 | ME |  |
| 23. | Yashas Gowda K.N | 1SG16ME111 | ME |  |
| 24. | mahendra Y.K | 1SG17ME415 | ME |  |
| 25. | madhu M.R | 1SG17ME414 | ME |  |
| 26. | Dhanalakshmi H.M | 1SG17ME410 | ME |  |
| 27. | Harshitbha.P | 1SG15ME036 | ME |  |
| 28. | Lanyashree.M | 1SG17ME048 | ME |  |
| 29. | Abhishek M. Rajagan | 1SG17ME401 | ME |  |
| 30. | Praveen S | 1SG16ME068 | ME |  |
| 31. | Pragmal Chandras | 1SG16ME066 | ME |  |
| 32. | Rajesh Naranya | 1SG16ME074 | ME |  |
| 33. | Shahid Muhammad Nisara | 1SG15ME086 | ME |  |
| 34. | Pallavi.K.A | 1SG16ME060 | ME |  |
| 35. | Priyanka.K | 1SG16ME069 | ME |  |

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|--------|------------------|------------|------------------------|----------------|
| 1 | RAGHAVENDRA | 1SG16ME117 | Mechanical | Raghavendra |
| | CHETHAN. A | 1SG16ME114 | ME | Chethan |
| | BALAJI. T | 1SG16ME013 | ME | Balaji |
| | KESHAV. A | 1SG16ME044 | ME | Keshav |
| | AMRUTH. S | 1SG16ME010 | ME | Amruth |
| | VENU. A.V | 1SG17ME433 | ME | Venu |
| | V.M. RAMESH | 1SG17ME432 | ME | V.M. Ramesh |
| | ABHISHEK K. M | 1SG17ME400 | ME | Abhishek |
| | Deepak. R | 1SG17ME409 | ME | Deepak. R |
| | Indrashekar. B.G | 1SG16ME036 | ME | Indra |
| | DHANUSH.V | 1SG16ME026 | ME | Dhanush |
| | JOEPETER FRANCIS | 1SG16ME038 | M.E | Joepeter |
| | LOKESH KUMAR.C | 1SG16ME049 | M.E | Lokesh Kumar |
| | NARASIMHAN. S. R | 1SG16ME055 | M.E | Narasimhan S.R |
| | HEMANTH KUMAR. G | 1SG16ME031 | M.E | Hemant |
| | MANASA. | 1SG16ME051 | ME | Manasa |
| | M. AMRITHA NAIR | 1SG16ME048 | ME | Amritha |
| | Ashwini. R | 1SG17ME409 | ME | Ashwini |
| | Saba. S | 1SG17ME426 | Mechanical engineering | Saba |
| | | | | |
| | DINESH. S | 1SG17ME411 | ME | Dinesh |
| | Chethan K.S | 1SG17ME407 | ME | Chethan |
| | Chethan. B.R. | 1SG16ME019 | ME | Chethan |
| | | | | |
| | AMOGH H. G | 1SG16ME009 | ME | Amogh |
| | CHARAN. S | 1SG16ME017 | ME | Charan |
| | Chethan. K | 1SG16ME020 | ME | Chethan |
| | Sanath. K. S | 1SG16ME436 | ME | Sanath |
| | Saksham Kanthak | 1SG15ME082 | ME | Saksham |
| | Hemant. B. S | 1SG16ME033 | ME | Hemant |
| | Ramankumar. S | 1SG17ME421 | ME | Ramankumar |
| | Ranjana. A | 1SG17ME425 | ME | Ranjana |
| | Charan H.K | 1SG16ME016 | ME | Charan |
| | Gaurav. B | 1SG16ME031 | ME | Gaurav |

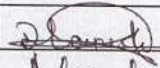
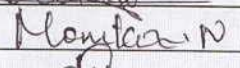


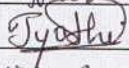
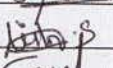
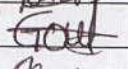
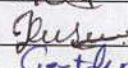
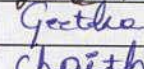
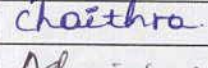
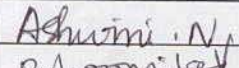
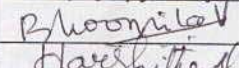
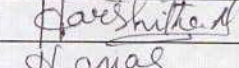
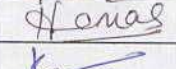


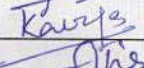
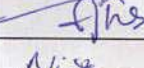
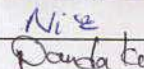
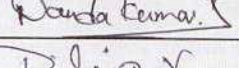
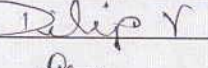
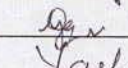
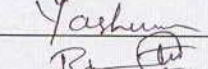
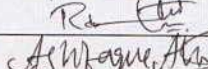
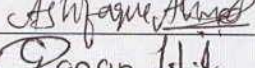
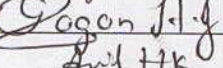
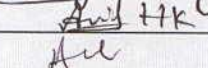

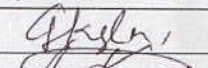

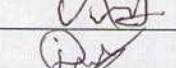


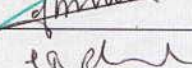

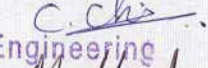

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| 1 | Hemanth Kumar | 1SG16CV021 | Civil | Hemanth |
| 2 | Akshay Kumar. G | 1SG16CV002 | Civil | Akshay. G |
| 3 | Vignesh Mohan | 1SG16CV059 | Civil | Vignesh |
| 4 | Abhishek D.P | 1SG16CV001 | Civil | Abhishek |
| 5 | Siddhartha T | 1SG16CV046 | Civil | Siddhartha |
| 6 | Shreyas S | 1SG16CV044 | Civil | Shreyas S. |
| 7 | Bharath S.B | 1SG16CV010 | Civil | Bharath S.B |
| 8 | Chandam T | 1SG16CV013 | Civil | Chandam |
| 9 | Nikhil S | 1SG16CV031 | Civil | Nikhil |
| 10 | Nithin B.M | 1SG16CV034 | Civil | Nithin |
| 11 | Mohammed Jaffar | 1SG16CV029 | Civil | Mohammed |
| 12 | Krishanth R | 1SG16CV036 | Civil | Krishanth |
| 13 | Sunil Shivanand Moign | 1SG16CV055 | Civil | Sunil |
| 14 | Karthikeya Das | 1SG16CV023 | Civil | Karthikeya |
| 15 | Arusha N.M | 1SG16CV005 | Civil | Arusha N.M |
| 16 | Guhana K.P | 1SG16CV041 | Civil | Guhana K.P |
| 17 | Suma K.H | 1SG16CV050 | Civil | Suma K.H |
| 18 | Rachana B.R | 1SG16CV030 | Civil | Rachana B.R |
| 19 | Deepika B.M | 1SG16CV015 | Civil | Deepika B.M |
| 20 | Bhunda L | 1SG16CV012 | Civil | Bhunda L |
| 21 | Nigha shree R | 1SG16CV023 | Civil | Nigha |
| 22 | Ranya B.A | 1SG16CV066 | Civil | Ranya |
| 23 | Archa R | 1SG16CV006 | Civil | Archa |
| 24 | Keerthana K | 1SG16CV025 | Civil | Keerthana |
| 25 | Harshitha R | 1SG16CV020 | Civil | Harshitha |
| 26 | Yashaswini R | 1SG16CV060 | Civil | Yashaswini |
| 27 | Nishchitha S | 1SG16CV033 | Civil | Nishchitha |
| 28 | Anusha N | 1SG16CV004 | Civil | Anusha |
| 29 | Sanjay kumar Lah | 1SG16CV043 | Civil | Sanjay |
| 30 | Harshitha H.S | 1SG16CV019 | Civil | Harshitha |
| 31 | Daarshan A.N | 1SG16CV018 | Civil | Daarshan |
| 32 | Saleem M | 1SG16CV042 | Civil | Saleem |
| 33 | CHIDANAND B.R | 1SG16CV014 | Civil | Chidanand |
| 34 | AKSHAY R | 1SG16CV003 | Civil | Akshay |
| 35 | Sunil | 1SG16CV054 | Civil | Sunil |

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| 1) | Dhanush-S | 1SG16EE025 | EEE |  |
| 2) | Monika-N | 1SG16EE034 | EEE |  |
| 3) | Bi Bi Ayesha S | 1SG16EE019 | EEE |  |
| 4) | Anusha M.S. | 1SG16EE011 | EEE |  |
| 5) | Jyathi Gaded | 1SG16EE038 | EEE |  |
| 6) | Aishwarya-S | 1SG16EE007 | EEE |  |
| 7) | Gouthami-K | 1SG16EE033 | EEE |  |
| 8) | Kesuma-H | 1SG16EE047 | EEE |  |
| 9) | Geetha B.N. | 1SG16EE111 | EEE |  |
| 10) | Chaithra T | 1SG17EE402 | EEE |  |
| 11) | Ashwini-N | 1SG16EE015 | EEE |  |
| 12) | Bhoomika Vasanth | 1SG16EE018 | EEE |  |
| 13) | Harshitha-N | 1SG16EE035 | EEE |  |
| 14) | Hema-S | 1SG16EE031 | EEE |  |
| 15) | Kavya B.A | 1SG16EE042 | EEE |  |
| 16) | Ganavi C.A | 1SG16EE032 | EEE |  |
| 17) | Kavyashree-S | 1SG16EE044 | EEE |  |
| 18) | Abhishek Gowda D.N | 1SG16EE402 | EEE |  |
| 19) | Niranjana-K | 1SG16EE433 | EEE |  |
| 20) | Nanda Kumar-J | 1SG16EE057 | EEE |  |
| 21) | Dilip Chakravarthy-V | 1SG17EE406 | EEE |  |
| 22) | A R GOUTAM | 1SG16EE009 | EEE |  |
| 23) | Yashwanth M.L | 1SG16EE452 | EEE |  |
| 24) | Rakshitha-N | 1SG16EE440 | EEE |  |
| 25) | Ashfaq Ahmed | 1SG16EE014 | EEE |  |
| 26) | Gagan J.J | 1SG16EE029 | EEE |  |
| 27) | Anil H.K | 1SG17EE407 | EEE |  |
| 28) | Adarsh-K | 1SG16EE005 | EEE |  |
| 29) | Gagan Kumar Gandhi | 1SG16EE030 | EEE |  |
| 30) | Anil Kumar G | 1SG17EE400 | EEE |  |
| 31) | Amith Suraj | 1SG16EE009 | EEE |  |
| 32) | Dixith-R | 1SG16EE026 | EEE |  |
| 33) | Jeewan Kumar-R | 1SG16EE037 | EEE |  |
| 34) | Ashish-S | 1SG16EE006 | EEE |  |
| 35) | Chandan S.R | 1SG16EE020 | EEE |  |
| 36) | Chidamanda | 1SG16EE022 | EEE |  |
| 37) | Madhukar-K | 1SG16EE049 | EEE |  |



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|----|-----------------------|------------|---------------|--------------------|
| 1. | Lakshitha WN | 1SG16BT015 | Biotechnology | Lakshitha |
| 2 | Bi Bi Aysha | 2SG16BT004 | BT | Aysha |
| 3 | Rabbana Soudagar | 1SG16BT033 | BT | R.M. Soudagar |
| 4 | Nafisathul Musfiya A | 1SG16BT022 | BT | Nafisathul Musfiya |
| 5 | Lavanya B | 1SG16BT017 | BT | Lavanya |
| 6 | NethraVathi M.G | 1SG16BT024 | BT | Nethra |
| 7 | Supriya R | 1SG16BT041 | BT | Supriya |
| 8 | Hema H | 1SG16BT011 | BT | Hema |
| 9 | Nikitha S | 1SG16BT026 | BT | Nikitha |
| 10 | Dheeraj Reddy D N | 1SG16BT009 | BT | Dheeraj |
| 11 | Pragya V S | 1SG16BT030 | BT | Pragya |
| 12 | Lakshmanth M | 1SG16BT018 | BT | Lakshmanth |
| 13 | Harant | 1SG16BT013 | BT | Harant |
| 14 | Ambika | 1SG16BT002 | BT | Ambika |
| 15 | Mayuri | 1SG16BT020 | BT | Mayuri |
| 16 | Nayana K.N | 1SG16BT023 | BT | Nayana |
| 17 | Charishma C. Gowda | 1SG16BT007 | BT | Charishma |
| 18 | Chaitra M | 1SG16BT006 | BT | Chaitra |
| 19 | Shreema Shree K.P | 1SG16BT038 | BT | Shreema |
| 20 | Priyanka M. | 1SG16BT031 | BT | Priyanka |
| 21 | Mahima M. Siddheshwar | 1SG16BT019 | BT | Mahima |
| 22 | Ananya N. Nayak | 1SG16BT003 | BT | Ananya |
| 23 | Hema J.N | 1SG16BT012 | BT | Hema |
| 24 | Seetha J | 1SG16BT040 | BT | Seetha |
| 25 | Reachikaa S | 1SG16BT035 | BT | Reachikaa |
| 26 | Priyanka V. | 1SG16BT032 | BT | Priyanka |
| 27 | Ramyashree | 1SG16BT034 | BT | Ramyashree |
| 28 | Sai Padma shree G | 1SG16BT037 | BT | Sai Padma shree |
| 29 | Vaasha B S | 1SG16BT043 | BT | Vaasha |
| 30 | C. Sushmitha | 1SG16BT005 | BT | C. Sushmitha |
| 31 | Nidhi K.V | 1SG16BT025 | BT | Nidhi |
| 32 | Pragya M | 1SG16BT029 | BT | Pragya |

Principal

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Sapthagiri College of Engineering

Bangalore-560057

Certificate

This is to certify that Mr./Ms. SHASHANK.R
of MECHANICAL ENGG. has participated
and successfully completed Course on **"YOGA AND MEDITATION"**
from 12-01-2017 to 30-01-2017 organized by Sapthagiri College of
Engineering, Bangalore-57.

N. Yogeswari

Yoga Teacher

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

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



Sapthagiri College of Engineering

Bangalore-560057

Certificate

This is to certify that Mr. /Ms. BALAJI . J
of COMPUTER SCIENCE & ENGG. has participated
and successfully completed Course on **"YOGA AND MEDITATION"**
from 12-01-2017 to 30-01-2017 organized by Sapthagiri College of
Engineering, Bangalore-57.

N. Jagan
Yoga Teacher

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

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



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This is to certify that Mr. /Ms. MONIKA. N
of EEE BRANCH has participated
and successfully completed Course on "YOGA AND MEDITATION"
from 12.01.2017 to 30.01.2017 organized by Sapthagiri College of
Engineering, Bangalore-57.

N. Yeeraj
Yoga Teacher

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Sapthagiri College of Engineering
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