Date: 04-01-2018

From,

Principal

Sapthagiri College of Engineering

Bangalore -560057

To,

The Yoga Teacher

Sapthagiri College of Engineering

Bengaluru-560091,

Karnataka, India

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 12-01-2018 to 31-01-2018. So It is hereby informed to conduct the classes for the same.

Thanking you,

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

Yours Sincerely,

Principal
Principal
Sapthagiri College of Engineering
14/5, Chikkasandra, Hesaraghatta Main Road
Bengaluru - 560 057

SAPTHAGIRI
College of Engineering
Creating Tomorrow

SAPTHAGIRI COLLEGE OF ENGINEERING, BENGALURU-560057

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

Date: 06-01-2018

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:	12-01-2018 to 31-01-2018
Timings	7:00 am to 9:00 am

Principal

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

SAPTHAGIRI
College of Engineering

Certification Program
on
Yoga and Meditation

From
12th Jan 2018 TO 31st Jan 2018

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 Giriyappa, 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 variousYoga postures and asanas
- To obtain knowledge on meditation and its practice

Course Schedule

Week	Day	Timings
1	12-01-2018 to 18-01-2018	7:00 am to 9:00 am
2	19-01-2018 to 25-01-2018	
3	29-01-2018 to 31-01-2018	

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: 2017-18

Timings: 7:00 am to 9:00 am

CIRC: 06-01-2018

SL No.	Week	Day	Session Topic
1	Week -1	Day-1 12-01-2018	Induction by Yoga trainer on Purpose and perspectives
2		Day-2 13-01-2018	Food and Digestion
3		Day-3 15-01-2018	Meditation-Meditation Postures
4		Day-4 16-01-2018	Meditation - Omkara for mental relaxation
5		Day-5 17-01-2018	Simple exercises
6		Day-6 18-01-2018	Relaxation Techniques
7	Week -2	Day-1 19-01-2018	Pranayama and Breathing Exercises
8		Day-2 20-01-2018	Pranayama and Breathing Exercises
9		Day-3 22-01-2018	Sun Salutation (Surya Namaskara)
10		Day-4 23-01-2018	Sun Salutation (Surya Namaskara)
11		Day-5 24-01-2018	Yoga asanas Level-1
12		Day-6 25-01-2018	Yoga asanas Level-2
13	Week-3	Day-1 29-01-2018	Concentration techniques
14		Day-2 30-01-2018	Yoga Practice and Interaction with Students
15		Day-3 31-01-2018	Yoga Practice and Interaction with Students

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

SAPTHAGIRI
College of Engineering
Creating Tomorrow

SAPTHAGIRI COLLEGE OF ENGINEERING, BENGALURU-560057

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

AY: 2017-18

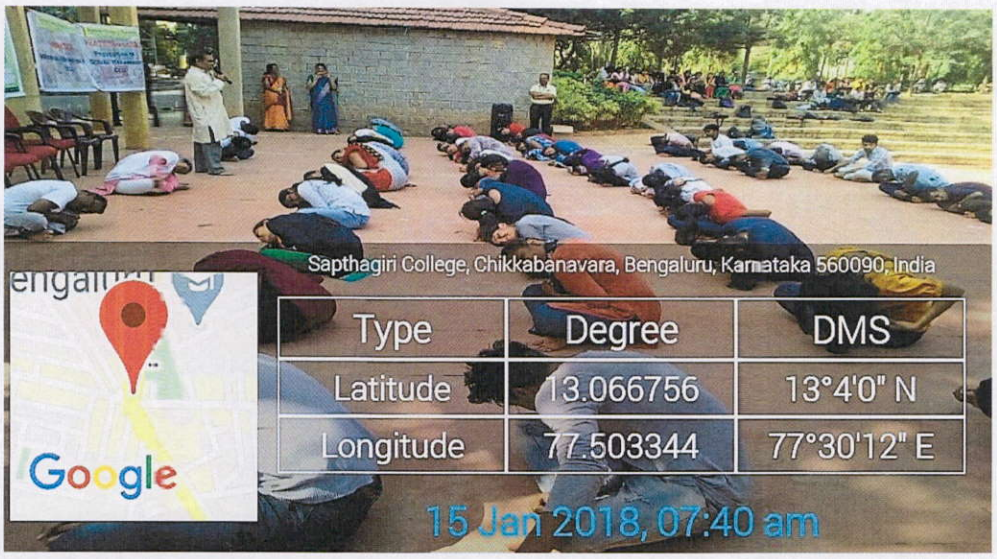
REPORT ON YOGA AND MEDITATION COURSE

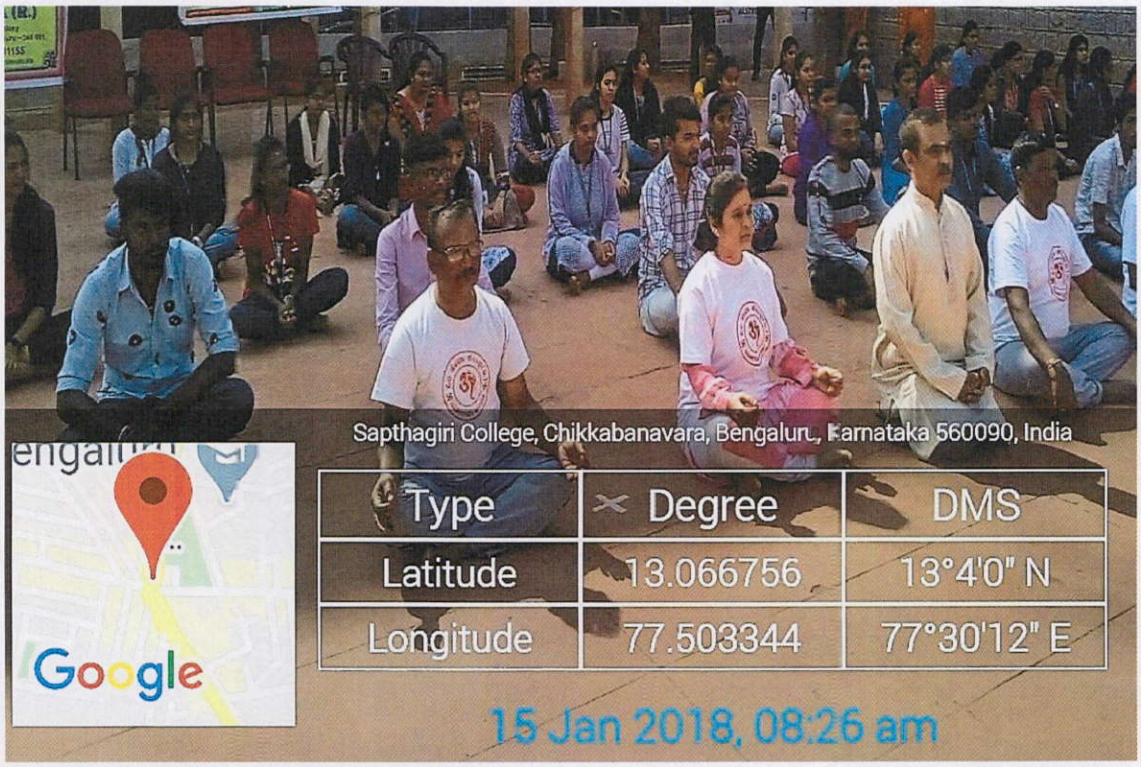
Apart from regular academic teaching, yoga and meditation course for all the students and staff was conducted for the academic year 2017-18 during the vacation period from morning 7:00 am to 9:00 am in the amphitheatre and in the Yoga Center and Gymnasium hall of Sapthagiri College of Engineering, Bangalore. Yoga was conducted by the yoga teacher, Mr. Yogaraja N from 12-01-2018 to 31-01-2018. Yogasana is the greatest invention of Indian culture having history of million years. It is a kind of healing method that keeps body fit and fine. Regulated breathing in different postures establishing the body to give importance to desired organs regulates the hormonal production and maintains mental and physical health of the body if practiced regularly. Pranayama is disciplined breathing technique. Learning with a master is mandatory because of its sensitivity. This naturopathy can be used as a preventive and curative therapy for many ailments. 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. 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. 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. Yogaraj

Yoga Teacher

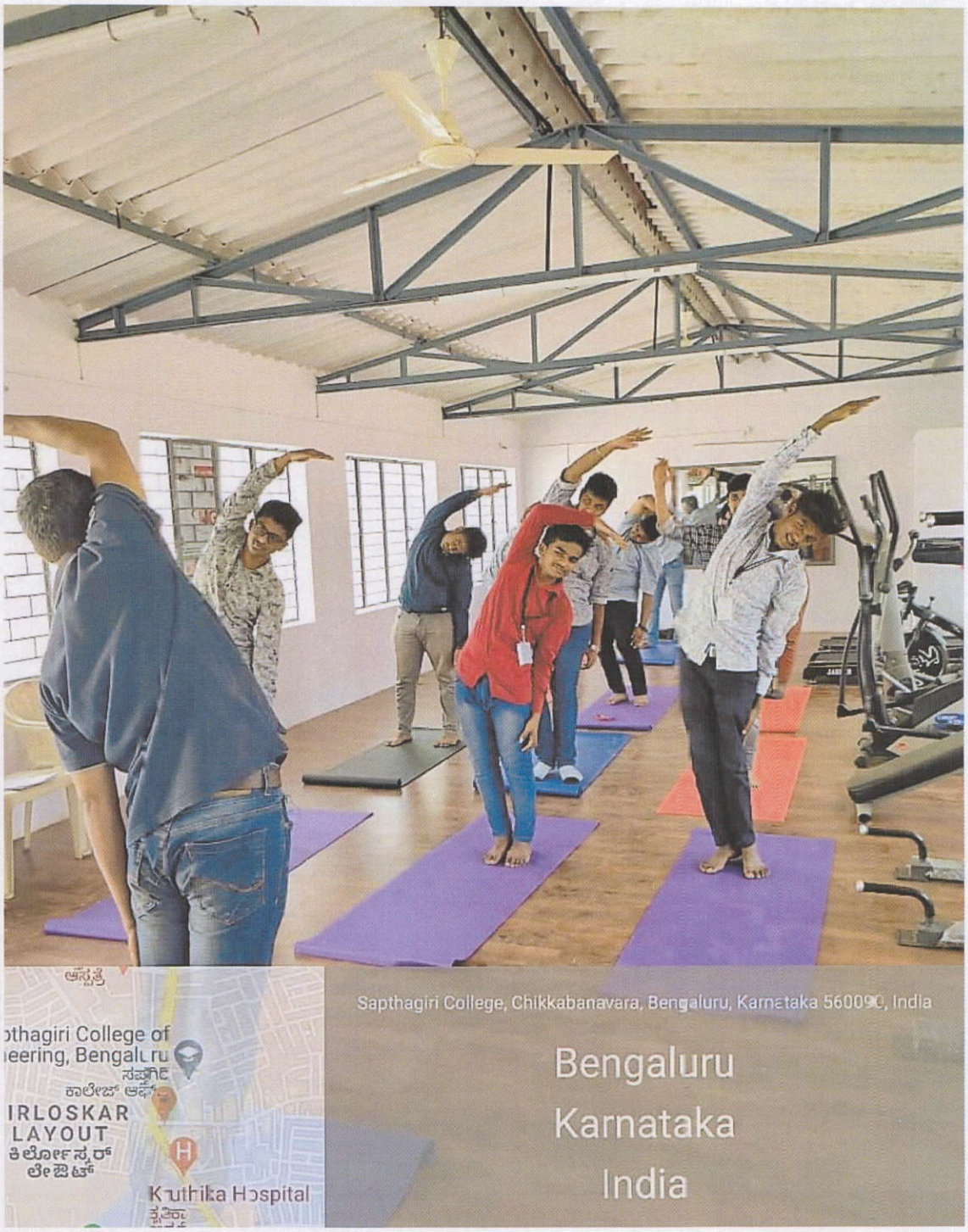
Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore- 560 057





Photos of Yoga and meditation Practice by Students of SCE

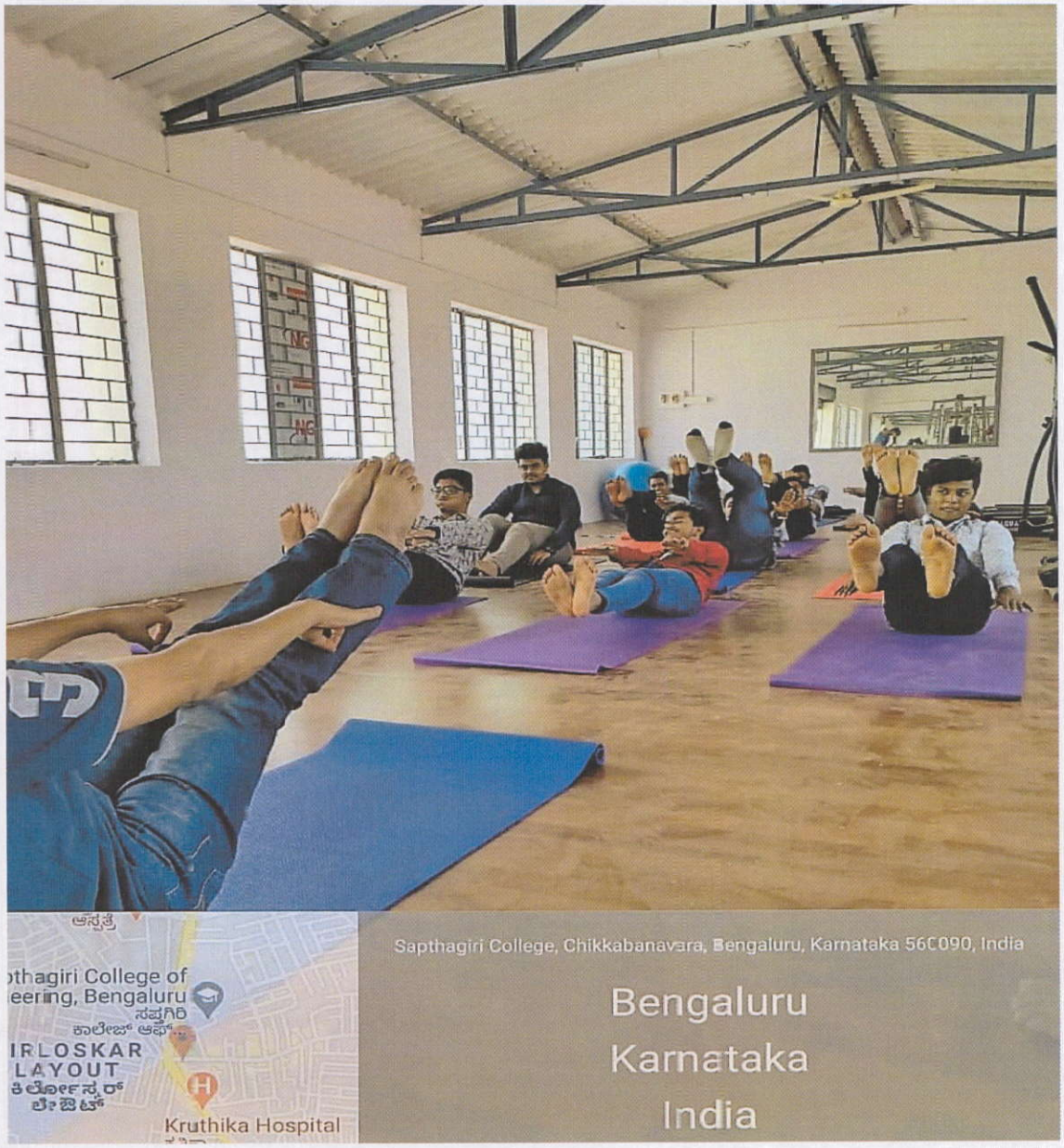
Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore- 560 057



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

Students of Sapthagiri College of Engineering practicing Meditation

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



Students of Sapthagiri College of Engineering, Practicing Yoga in Yoga and Meditation Center, SCE

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

SAPTHAGIRI
College of Engineering
Creating Tomorrow

SAPTHAGIRI COLLEGE OF ENGINEERING, BENGALURU-560057

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

AY: 2017-18

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 5

Any Comments for improvement:
very helpful.

SIGNATURE OF THE STUDENT:

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

SAPTHAGIRI
College of Engineering
Creating Tomorrow

SAPTHAGIRI COLLEGE OF ENGINEERING, BENGALURU-560057

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

AY: 2017-18

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 5

Any Comments for improvement:

Good. ~~[illegible]~~ Better way to learn exercizes. of yoga. Thank you.

SIGNATURE OF THE STUDENT: Shruthi

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

SAPTHAGIRI
College of Engineering
Creating Tomorrow

SAPTHAGIRI COLLEGE OF ENGINEERING, BENGALURU-560057

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

AY: 2017-18

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 5

Any Comments for improvement:

Voice Helpful

Good Relaxation

SIGNATURE OF THE STUDENT:

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

SAPTHAGIRI
College of Engineering
Creating Tomorrow

SAPTHAGIRI COLLEGE OF ENGINEERING, BENGALURU-560057

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

AY: 2017-18

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 5

Any Comments for improvement:

Nice course v. Helpful

SIGNATURE OF THE STUDENT:

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

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi)

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	Sachin	1SG17CS069	CSE	Sachin.K
2	Vrushank	1SG17CS103	CSE	
3	Sharan S	1SG17CS078	CSE	Sharan
4	Shashidhar N N	1SG17CS079	CSE	Shashidhar
5	Prajwal S	1SG17CS059	CSE	Prajwal S
6	Prajwal S	1SG17CS060	CSE	Prajwal S
7	Vivek Mathew	1SG17CS101	CSE	
8	Sachin B.R	1SG17CS070	CSE	Sachin B.R
9	Dhruva.K	1SG17CS107	CSE	
10	Omkaramurthy S.K	1SG17CS055	CSE	S.K.Omkaramurthy
11	AKARSH SINGH	1SG17CS113	CSE	Akarsh Singh
12	Vinayaka KM	1SG17CS100	CSE	Vinayaka KM
13	Raj Ranveer	1SG17CS063	CSE	
14	Rajat Yadav	1SG17CS064	CSE	Rajat
15	Saeed Anwar	1SG17CS071	CSE	Saeed A
16	YASHASWI.M	1SG17CS105	CSE	Yashaswi.M
17.	P. AFREEN	1SG17CS056	CSE	
18.	POOJA K.R	1SG17CS058	CSE	Pooja.K.R
19.	Sakshi	1SG17CS108	CSE	Sakshi
20.	Shruti Singh	1SG17CS080	CSE	Shruti
21.	Shweta Singh	1SG17CS082	CSE	Shweta
22.	Prarthana P. Naik	1SG17CS061	CSE	Prarthana
23.	Ritika Panwar	1SG17CS067	CSE	Ritika
24	Priya Kumari	1SG17CS115	CSE	Priya
25.	Tejaswini A.	1SG17CS110	CSE	Tejaswini
26	Poojitha.U	1SG17CS111	CSE	Poojitha
27	Sree priya.A	1SG17CS090	CSE	Sreepriya A
28	Spoorthy.I	1SG17CS089	CSE	Spoorthy I
29	Sahana.R.Yadav	1SG17CS072	CSE	Sahana
30	Shalini.T.S	1SG17CS077	CSE	Shalini
31	Sahana.V	1SG17CS073	CSE	Sahana.V
32	Ramya.M.	1SG17CS119	CSE	Ramya
33	Swathi	1SG17CS094	CSE	
34	Soundarya.C	1SG17CS086	CSE	Soundarya
35	Sowmya R	1SG17CS087	CSE	Sowmya

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

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi)

SAPTHAGIRI
College of Engineering
Creating Tomorrow

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
36	Sukanya. G	1SG17CS092	CSE	Sukanya. G.
37	Niveditha. M. P	1SG17CS054	CSE	Niveditha
38	Pooja A.S	1SG17CS057	CSE	[illegible]
39	Varsha. C. M	1SG17CS098	CSE	Varshal C.M
40	Lavanya. R	1SG18CS403	CSE	[illegible]

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

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi)

SAPTHAGIRI College of Engineering
Creating Tomorrow

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1.	Firdose Fathima	1SG17CS029	CSE	Firdose
2.	Chaitanya . S	1SG17CS019	CSE	Chaitanya
3.	Bhagyashree B yargal	1SG17CS016	CSE	Byargal.
4.	Khushboo Jagtani	1SG17CS042	CSE	[illegible]
5.	Dhanashree Khekaeni	1SG17CS025	CSE	[illegible]
6.	Ganavi. R	1SG17CS030	CSE	Ganavi
7.	K. Kavitha	1SG17CS038	CSE	[illegible]
8.	Gayathri. S	1SG17CS033	CSE	[illegible]
9.	Haripriya R.K.	1SG17CS034	CSE	[illegible]
10.	HARSHITHA R.K.	1SG17CS068	CSE	Harshitha
11.	Chandana. M	1SG17CS022	CSE	[illegible]
12.	C. MURALI GOPAL	1SG17CS116	CSE	C. Gopal
13.	Abhishek Kumar Sharma	1SG17CS117	CSE	Sharma
14.	Aman Verma	1SG17CS009	CSE	Amanu
15.	Arjun Singh	1SG17CS012	CSE	Arjun
16.	Naksha Muthappa M	1SG17CS053	CSE	[illegible]
17.	Isha Bhan	1SG17CS036	CSE	[illegible]
18.	Pallavi. R	1SG17CS112	CSE	Pallavi
19.	Prachi	1SG17CS114	CSE	Prachi
20.	Mahika Sinha	1SG17CS047	CSE	Mahika
21.	Gauri Shukla	1SG17CS109	CSE	Gauri
22.	Keerthi Ramesh	1SG17CS043	CSE	[illegible]
23.	Kavya S	1SG17CS041	CSE	Kavya S
24.	Bharathi J	1SG17CS018	CSE	[illegible]
25.	Lekhitha S R	1SG17CS045	CSE	[illegible]
26.	Kavya. M. Hegde	1SG17CS040	CSE	Kavya
27.	Manasa. G	1SG17CS048	CSE	Manasa
28.	Dyuthishree. G	1SG17CS028	CSE	Dyuthi
29.	Deepa. R.M	1SG17CS024	CSE	Deepa
30.	Aishwarya. P	1SG17CS005	CSE	Aishwarya P
31.	Sukanya. N	1SG17CS120	CSE	Sukanya N
32.	Harshitha. P	1SG16CS038	CSE	Harshitha P
33.	Arpitha V	1SG18CS400	CSE	Arpitha
34.	Vineetha. R.K	1SG16CS121	CSE	Vineetha RK
35	Dhanalakshmi. B	1SG18CS402	CSE	Dhanalakshmi

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

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi)

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
36	Afreen. K	1SG17CS004	CSE	Afreen
37.	Gangadhar HL	1SG17CS031	CSE	Gangadhar
38.	Kaushal Kumar	1SG17CS039	CSE	Kaushal
39.	Akash Kumar Mahapatra	1SG17CS006	CSE	Akash
40.	Naveen Pradhan	1SG17CS049	CSE	[illegible]
41	Sanjay Kumar AN	1SG16CS093	CSE	[illegible]
42	Nain Kamal jeet SINGH	1SG17CS05[illegible]	CSE	NKSINGH
43	Ananthu Krishna D.A	1SG17CS011	CSE	[illegible]
44	Akhilesh R Madhyastha	1SG17CS007	CSE	Akhilesh
45	JOVIN D'SOUZA	1SG17CS037	CSE	Jovin
46	LOHITH-B	1SG17CS046	CSE	Lohith
47	BHARATH KUMAR RS	1SG17CS017	CSE	Bharath Kumar RS
48	Dilip.D.M	1SG17CS026	CSE	Dilip D M
49	Aasim Inamdar	1SG17CS001	CSE	[illegible]
50	B. Prashanth	1SG17CS015	CSE	B.P
51	Chandan Patige	1SG17CS030	CSE	Chandan.P
52	HARSHA H GOWDA	1SG17CS035	CSE	HARSHA
53	KUNAL P SANGURMATH	1SG17CS044	CSE	Kunal
54	ARUN KUMAR	1SG17CS013	CSE	ARUN
55	AMIT HEBBI	1SG17CS010	CSE	Amit

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

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi)

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	Purushotham. M	1SG17IS071	ISE	
2	Bhoshank. S	1SG17IS091	ISE	Bhoshank S
3	Sunil Rathor	1SG17IS102	ISE	Sunil Rathor
4	Sachin. G. Holalkeri	1SG17IS080	ISE	Sachin
5	Shreevadan. K	1SG17IS094	ISE	Shreevadan
6	Shreyas. S.H	1SG17IS095	ISE	S.H.
7	Kasthik. M	1SG17IS109	ISE	Kasthik
8	P. Arohanth Jain	1SG17IS059	ISE	
9	Sowmya. B. K.	1SG17IS100	ISE	Sowmya. B.K
10	Vaishnavi. S. Nadgir	1SG16IS117	ISE	Vaishnavi. S
11	Sahana. R	1SG17IS084	ISE	Sahana. R
12	Prathibha. R	1SG16IS071	ISE	Prathibha
13	Rashmi Prabhu	1SG17IS077	ISE	Rashmi
14	Sangeetha. S	1SG17IS088	ISE	Sangeetha S
15	Prajwala. K	1SG17IS064	ISE	prajwala. K
16	Sneha. R	1SG17IS097	ISE	Sneha. R
17	Sangeetha. H.V	1SG17IS087	ISE	Sangeetha
18	Prajna. B. Khanni	1SG17IS061	ISE	
19	Nisha. Narayan Hegde	1SG17IS056	ISE	Nisha
20	Vaishnavi. P	1SG17IS104	ISE	Vaishnavi
21	Sahana. E. K	1SG17IS082	ISE	Sahana
22	Sachin. N	1SG17IS081	ISE	
23	Naresh Kumar P	1SG17IS105	ISE	
24	Nishant Barua	1SG17IS057	ISE	
25	Shoaib Ahmed. K	1SG17IS092	ISE	Shoaib
26	Rohan Singh	1SG17IS078	ISE	Rohan Singh
27	Charan. P	1SG17IS072	ISE	Charan P

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

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi)

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	Sukanya Rani	1SG17IS101	I.S.E	
2.	Sonya Kumari	1SG17IS098	ISE	Sonya Kumari
3.	Prakruthi. K	1SG17IS065	ISE	
4.	Shailashree. K.R	1SG17IS090	ISE	Shylashree.K.R
5.	Ranjitha. L.	1SG17IS075	ISE	Ranjitha.L.
6.	Saageba Sabha. R	1SG17IS079	ISE	
7.	Sahana. H.S	1SG17IS083	ISE	
8.	Samatha. S	1SG17IS085	ISE	
9.	Sneaya. R	1SG17IS093	ISE	
10	Priyanka. C V	1SG17IS068	ISE	
11	Sonali Gupta	1SG17IS099	ISE	Sonali
12	Priyanka Singh	1SG17IS069	ISE	
13	Shreenga. K.S	1SG17IS096	ISE	
14	YASH ROY	1SG17IS107	ISE	
15	Keshan Bannakas	1SG17IS108	ISE	Keshan B.

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

SAPTHAGIRI
College of Engineering
Creating Tomorrow

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi)

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1.	Priyanka. R	1SG17EC069	ECE	Priyanka.R
2.	Shraddha. S.	1SG17EC086	ECE	Shraddha
3.	Sushma. G	1SG17EC095	ECE	Sushma.G
4.	Priyanka. G	1SG17EC067	ECE	Priyanka.G
5.	Ranjeeta Das	1SG17EC072	ECE	Ranjeeta
6.	Raksha. NK	1SG16EC083	ECE	Raksha
7.	Samata G M.	1SG17EC080	ECE	
8.	Vidyashree K.H	1SG17EC109	ECE	Vidya
9.	Shalini H	1SG17EC084	ECE	Shalini
10.	Uma Maheshwari. R	1SG17EC103	ECE	uma
11.	SHIRIN. M. THOMAS	1SG17EC085	ECE	Shiri
12.	SOPHIA. A	1SG17EC092	ECE	Sophia
13.	Sonica M Naik	1SG17EC091	ECE	
14.	Varsha V.V	1SG17EC105	ECE	Varsha
15	Sampritha. H.S	1SG17EC081	ECE	Sampritha
16	Sindhushree. G.P	1SG17EC089	ECE	Sindhu
17	Shree Vidya	1SG17EC087	ECE	Vidya
18	Vanitha R	1SG18EC416	ECE	Vanitha R
19	Sameena A Nadaf	1SG17EC116	ECE	Sameena
20	Nayana. C.S	1SG16EC061	ECE	
21	VIDYA. V	1SG17EC108	ECE	Vidya
22	SACHIN. G.D	1SG17EC076	ECE	Sachin G.D
23	Chandan. H.C	1SG17EC021	ECE	Chandan.H.C
24	Bhashi Kumar. S	1SG17EC423	ECE	Bhas
25	Suman Kumar. S	1SG17EC094	ECE	Suman
26	Patel Sri Karthik	1SG16EC069	ECE	P.Karthik
27	Prajwal. R	1SG17EC064	ECE	Prajwal.R
28	VIVEK H.M	1SG17EC112	ECE	Vivek
29	Vishwas. M	1SG17EC111	ECE	Vishwas
30	Vasanth Kumar G.V	1SG17EC106	ECE	Vasanth
31	Thimmaraju. R	1SG17EC102	ECE	Thimmaraju
32	Yathin B.S	1SG17EC113	ECE	Yathin

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

SAPTHAGIRI College of Engineering
Creating Tomorrow

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi)

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	Darshangowda. N	1SG18ME410	Mechanical	Darshangowda. N
2	Gowda prajwal suresh	1SG17ME025	Mechanical	
3	Manoj G.V	1SG17ME040	Mechanical	Manoj G.V
4	Adarsh Kumar Rai	1SG17ME003	Mechanical	
5.	Ashutosh Jha	1SG17ME011	Mechanical	
6.	Nishant Singh	1SG17ME050	ME	
7.	Kushal Dhakal	1SG17ME037	Mechanical	
8	MOHAMMED AZEEM	1SG17ME044	MECHANICAL	M I Azeem
9	Hemanth. U	1SG17ME029	Mechanical	
10	Manoj. M	1SG17ME041	MECHANICAL	Manoj. M
11	Tairaj. B	1SG17ME031	MECHANICAL	Tairaj. B
12	NITIN. S. RAM	1SG17ME051	MECHANICAL	
13	HARSHITH. S	1SG17ME026	MECHANICAL	
14	ASHITH RANJAN GOWDA	1SG17ME009	MECHANICAL	
15	ANUP. P	1SG17ME008	MECHANICAL	
16.	KUSHAL-V	1SG17ME038	MECHANICAL	
17	DANUSH. M	1SG18ME413	MECHANICAL	DANUSH
18	NIKITH. D	1SG17ME049	MECHANICAL	
19	Ajay Kumar V	1SG17ME004	MECHANICAL	
20	CHETHAN. M	1SG17ME018	MECHANICAL	
21	Ankush. V. P.	1SG17ME007	MECHANICAL	
22	Bharath. D. M	1SG17ME013	MECHANICAL	
23	NANDAN. B. N	1SG17ME046	MECHANICAL	Nandan
24	Pavan. B.M	1SG17ME052	MECHANICAL	
25	Nihal. M.I.	1SG17ME048	MECHANICAL	
26	Dikshith. KA	1SG17ME022	MECHANICAL	
27	Naveen. L.	1SG18ME425	MECHANICAL	
28	Chethan Gowda. N	1SG17ME016	MECHANICAL	Chethan Gowda. N
29	Danush. S	1SG17ME021	MECHANICAL	Danush
30	Ananda	1SG18ME400	MECHANICAL	Ananda
31	Dhanush. U.	1SG18ME414	Mechanical Eng	
32	Veeresh. B	1SG18ME438	Mechanical	
33	Devakar. R.	1SG18ME415	Mechanical	

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

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi)

6th A

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1.	Uma Maheshwari	1SG18ME437	Mechanical	Uma Maheshwari
2.	Gagana kusuma. K	1SG18ME416	Mechanical	Gagana
3.	Pavithra. N	1SG18ME428	Mechanical	Pavi. N
4.	Mohan. S	1SG17ME045	Mechanical	Mohan
5)	Hemanth Bhat	1SG17ME028	Mechanical	Hemanth Bhat
(6)	Kiran. S	1SG17ME035	Mechanical	Kiran
8)	Chandan. P	1SG18ME030	Mechanical	Chandan. P

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

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi)

SAPTHAGIRI College of Engineering
Creating Tomorrow

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	SANKETH	1SG17ME076	M.E	Sanketh
2	RUDRESH.G	1SG17ME072	M.E	
3	Charan.G.	1SG18ME406	ME	
4	Vineet Kumar	1SG17ME097	ME	
5	Ranjan Kumar	1SG17ME069	ME	
6.	Dhanaraj.R	1SG18ME412	ME	
7	Prashanth	1SG17ME061	ME	
8.	DEVARAJ. K.N	1SG18ME411	ME	
9	Manish gowda.	1SG18ME421	ME	
10	Varun Kumar.B.R	1SG17ME097	ME	
11	RAKESH-N-K	1SG17ME067	MECHANICAL ENGINEERING	
12	ROHITH K.C	1SG17ME070	ME	Rohith KC
13	TEJAS M.N	1SG17ME09	ME	Tejas M.N.
14	Shetty Varun Chandrashekar	1SG17ME080	ME	
15	Sharath Naik.	1SG17ME078	ME	
16	PRATHWAL BHARADWAJ. A	1SG17ME055	ME	
17	SANJAY.G.	1SG16ME036	ME	
18	Shamanth.J	1SG15ME098	ME	
19	Pranav.S.V	1SG17ME060	ME	

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

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi)

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	TINTU TITUS	1SG17ME093	MECHANICAL	Tintu
2	SHABEER.M.	1SG18ME432	MECHANICAL	Shabeer m.
3	VISHAL VENKATESH BHANDARI	1SG17ME099	MECHANICAL	Shal.
4	RAGHUNATHA.KR	1SG18ME430	ME	Rey
5	Subramanya.C	1SG17ME086	ME	[illegible]
6	Sumanth.S	1SG17ME090	MECHANICAL	Sumanth.S
7.	Roshan.A.P.	1SG17ME071	Mechanical.	Roshan AP
8.	Rakesh K.M	1SG17ME066	Mechanical	Rakesh.K.M
9.	Bakshith	1SG17ME068	Mechanical	[illegible]
10.	Rakesh K.V	1SG16ME076	Mechanical	[illegible]
11.	Rakesh E.K	1SG16ME075	Mechanical	Rakesh
12.	Subhash Jadhav S	1SG17ME085	Mechanical.	[illegible]
13.	Satish kumar	1SG16ME089	Mechanical	Satishkumar
14.	Nuthan.H.	1SG18ME427	Mechanical.	[illegible]
15.	Puneeth.S	1SG17ME065	Mechanical	Puneeth

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

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi)

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1.	MUZAMIL MAQSOOD	1SG17CV410	Civil	
2.	FAISAL MANZOOR	1SG17CV405	Civil.	
3.	Kemparajamma. S	1SG17CV407	civil	
4.				
4.	NITHIN. H	1SG17CV034	CIVIL	
5.	HARSHA. R	1SG17CV014	CIVIL	
6.	Purushotham	1SG17CV040	Civil	
7.	TARUN N	1SG17CV048	Civil	
8	PRATHAPAGOWDA HB	1SG17CV038	CIVIL	Pratapagowda HB
9	Prajwal. H. C	1SG17CV056	CIVIL	
10	Afhaab Ahamed	1SG17CV001	CIVIL	
11	Akshay C-J	1SG17CV002	CIVIL	
12.	Vyshak. R	1SG17CV052	CIVIL	
13	Hammad Maroof Inadadi	1SG17CV013	CIVIL	
14	Darshan N. S	1SG17CV008	Civil	
15	Dinakar Reddy	1SG17CV011	CIVIL	
16	Chiranth. M	1SG17CV007	Civil	
17	Devaraju. M.B	1SG17CV010	Civil	
18	Darshan Gowda B.K	1SG17CV009	Civil	
19	SHASHIDHAR. A. H	1SG17CV043	CIVIL	
20	Kiran. Bandiwaddar	1SG17CV024	Civil	
21.	K.S. Darshan	1SG17CV023	Civil	
22	Harsha. V.	1SG17CV015	Civil	
23	Yashik. A.	1SG17CV054	Civil	
24	Harshith. R.	1SG17CV016	Civil	
25	Zeeshan yousuf	1SG17CV055	Civil	

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

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi)

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1)	Hemalatha . S.S.	1SG17CV020	CIVIL	Hemalatha
2)	Sudha . B.R	1SG17CV045	CIVIL	Sudha. B.R
3)	Nayana M.K	1SG17CV031	CIVIL	[illegible]
4)	Usha . P.P	1SG17CV050	CIVIL	Usha P.P
5)	Nikila . R	1SG17CV032	CIVIL	NikilaR.
6)	Pooja . B	1SG17CV035	CIVIL	PoojaB.
7.	YASHASWI.Y.S	1SG17CV053	CIVIL	[illegible]
8.	GEETHA . BN	1SG17CV012	CIVIL	Geetha B.N
9.	LIKHITHA . G . k	1SG17CV025	CIVIL	Likhitha G.K
10	ASHWINI.S.R	1SG17CV004	CIVIL	[illegible]
11.	Prathiksha.S	1SG17CV039	CIVIL	Prathiksha
12	HARSHITHA . R . P	1SG17CV019	CIVIL	Harshitha
13	HARSHITHA . R	1SG17CV018	CIVIL	Harshitha.R
14	HARSHITHA . K . GOWDA	1SG17CV017	CIVIL	Harshitha.K.Gowda

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

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi)

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
01	Chethan.R	1SG17EE019	EEE	
02	Niranjan B.A	1SG17EE051	EEE	
03	Lokesh Raju	1SG18EE404	EEE	
04	Jnanamurthy	1SG17EE029	EEE	
05	Akash N. Murthy	1SG16EE002	EEE	
06	Dilip	1SG17EE022	EEE	
07	Chandan R	1SG17EE017	EEE	
08	Jashwanth	1SG17EE027	EEE	
09	Karuna Shree	1SG17EE031	EEE	
10	Archana.D	1SG17EE009	EEE	
11	Divya Lakshmi.P	1SG17EE023	EEE	
12.	Architha.N.Bhat	1SG17EE010	EEE	
13.	Meghana.B	1SG17EE042	EEE	
14.	Mandara.C.K	1SG17EE040	EEE	Mandara.C.K
15	Arasukumari M.S	1SG17EE008	EEE	
16	Akshata Asli	1SG17EE004	EEE	
17	Kousalya D	1SG17EE033	EEE	
18	JENNIFER.C	1SG17EE028	EEE	Jennifer.C
19	Lalitha N	1SG17EE036	EEE	
20	Rakshitha.M	1SG17EE064	EEE	
21	Shani Pradeep	1SG17EE070	EEE	
22	Spoorthy D.K	1SG17EE076	EEE	
23	Yashaswini.S	1SG17EE093	EEE	
24	Chandana.N	1SG17EE018	EEE	Chandana.N
25	Bhoomika.MC	1SG17EE011	EEE	Bhoomika.
26	Chaithra.N	1SG17EE015	EEE	Chaitra.
27	KIRANKUMAR	1SG16EE045	EEE	
28	Gurupraad.G	1SG17EE024	EEE	
29	Rakesh.H	1SG17EE013	EEE	
30	Harish.T	1SG17EE025	EEE	
31	Chandan Kumar R	1SG17EE016	EEE	
32	Raghuveera B.J	1SG17EE061	EEE	
33	THILAK.B.T	1SG17EE082	EEE	
34	Harish Reddy.S.	1SG18EE400	EEE	
35	Nitin.K. Priyan	1SG17EE053	EEE	

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

SAPTHAGIRI
College of Engineering
Creating Tomorrow

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57
(Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi)

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	Rakshitha. GM	1SG17EE063	EEE	Rakshitha.
2	Preksha. S	1SG17EE058	EEE	Preksha.S
3	Swathi. C	1SG17EE079	EEE	
4	Teju. MK	1SG17EE080	EEE	Teju.M.K
5.	Poorvika. R	1SG17EE055	EEE	Poorvika.R
6.	Varsha Kumari	1SG17EE084	EEE	Varsha Kumari
7.	Sinchana. R	1SG17EE075	EEE	Sinchana R
8.	Pooja. K	1SG17EE054	EEE	K. pooja
9	Vidya. Anandas	1SG17EE085	EEE	
10)	Shivaraj N P	1SG17EE073	EEE	
11)	Pavithra. S	1SG17EE064	EEE	Pavithra
12)	Vishwas. S	1SG17EE090	EEE	
13)	Vikas. L	1SG17EE087	EEE	
14)	Vijay. J	1SG17EE083	EEE	
15)	Shrinivas. R	1SG17EE077	EEE	
16)	Rakshitha. S	1SG17EE062	EEE	Rakshitha
17)	Nikhilesh. N	1SG18EE410	EEE	

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

SAPTHAGIRI College of Engineering
Creating Tomorrow

SAPTHAGIRI COLLEGE OF ENGINEERING,BENAGLURU-57

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

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	Divya D Anand	1SG17BT012	BT	
2	Rakshitha A	1SG17BT022	BT	
3	Somnath Singh	1SG17BT033	BT	
4)	Kuheli Bhowmick	1SG17BT015	BT	
5)	Harshitha. J.Y	1SG17BT014	BT	Harshitha
6)	Suprajа. O.D	1SG17BT036	BT	Suprajа
7	Sanjeetha. R	1SG17BT030	BT	Sanjeetha
8	Shashikala. S	1SG17BT031	BT	Shashikala
9	Neha DS	1SG17BT010	BT	
10	Nithyashree. S	1SG17BT018	BT	Nithyash
11	Prathima. H. S	1SG17BT020	BT	Prathima
12	Bhuvaneshwari. G	1SG17BT007	BT	Bhuvia
13.	Rida Tabbassum	1SG17BT025	BT	Rida
14.	Shree lakshmi. K	1SG17BT035	BT	
15.	Thanushree M	1SG17BT057	BT	
16.	Yukitha. R	1SG17BT040	BT	
17.	Anasha Sheshadri	1SG17BT004	BT	
18.	Prakruthi. M. R	1SG17BT019	BT	Prakr.
19.	Sanchith Yadav	1SG17BT028	BT	
20.	Karthik	1SG17BT007	BT	

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

SAPTHAGIRI
College of Engineering
Creating Tommorow

Sapthagiri College of Engineering

Bangalore-560057

CERTIFICATE

This is to certify that Mr. /Ms. PRIYANKA.G of ECE DEPARTMENT has participated and successfully completed Course on "YOGA AND MEDITATION" from 12-01-2018 to 31-01-2018 organized by Sapthagiri College of Engineering, Bangalore-57.

N. Yogesh
Yoga Teacher

Principal

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

SAPTHAGIRI
College of Engineering
Creating Tommorow

Sapthagiri College of Engineering

Bangalore-560057

CERTIFICATE

This is to certify that Mr. /Ms. YASH ROY of ISE DEPARTMENT has participated and successfully completed Course on "YOGA AND MEDITATION" from 12-01-2018 to 31-01-2018 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
Creating Tommorow

Sapthagiri College of Engineering

Bangalore-560057

CERTIFICATE

This is to certify that Mr. /Ms. SUMAN KUMAR S

of ECE DEPARTMENT has participated and successfully completed Course on "YOGA AND MEDITATION" from 12-01-2018 to 31-01-2018 organized by Sapthagiri College of Engineering, Bangalore-57.

N. Yogini
Yoga Teacher

Principal

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