

Date: 05-01-2019

From,
Principal
Sapthagiri College of Engineering
Bangalore -560057

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

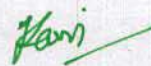
Sir,

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 notice that there is a requirement for Yoga and Meditation course to be conducted for the students of Sapthagiri College of Engineering, Bangalore from 14-01-2019 to 31-01-2019. So it is therefore informed to conduct the classes for the same.

Thanking you,

Yours Sincerely,

x 
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: 08-01-2019

CIRCULAR

CONDUCTION OF YOGA AND MEDITATION CLASSES

Copy to: IQAC

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

Yoga Dates:	14-01-2019 to 31-01-2019
Timings	7:00 am to 9:00 am


Principal


Principal

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



Certification Program on

Yoga and Meditation

From
14th Jan 2019 TO 31st Jan 2019

Organized by



Sapthagiri College of Engineering

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

Phone: 080-28372800/01/02/03

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

Course Schedule

Week	Day	Timings
1	14-01-2019 to 19-01-2019	7:00 am to 9:00 am
2	20-01-2019 to 25-01-2019	
3	29-01-2019 to 31-01-2019	

Resource Persons:

Mr. Yogaraja N
Yoga Teacher
Sapthagiri College of Engineering
Bengaluru

[Signature]
Principal

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

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



SAPTHAGIRI COLLEGE OF ENGINEERING, BENGALURU-560057

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YOGA AND MEDITATION SCHEDULE

AY: 2018-19

Timings: 7:00 am to 9:00 am

CIRC: 08-01-2019

SL No.	Week	Day	Session Topic
1	Week -1	Day-1 14-01-2019	Induction by Yoga trainer on Purpose and perspectives
2		Day-2 15-01-2019	Food and Digestion
3		Day-3 16-01-2019	Meditation-Meditation Postures
4		Day-4 17-01-2019	Meditation - Omkara for mental relaxation
5		Day-5 18-01-2019	Simple exercises
6		Day-6 19-01-2019	Relaxation Techniques
7	Week -2	Day-1 20-01-2019	Pranayama and Breathing Exercises
8		Day-2 21-01-2019	Pranayama and Breathing Exercises
9		Day-3 22-01-2019	Sun Salutation (Surya Namaskara)
10		Day-4 23-01-2019	Sun Salutation (Surya Namaskara)
11		Day-5 24-01-2019	Yoga asanas Level-1
12		Day-6 25-01-2019	Yoga asanas Level-2
13	Week-3	Day-1 29-01-2019	Concentration techniques
14		Day-2 30-01-2019	Yoga Practice and Interaction with Students
15		Day-3 31-01-2019	Yoga Practice and Interaction with Students

Principal

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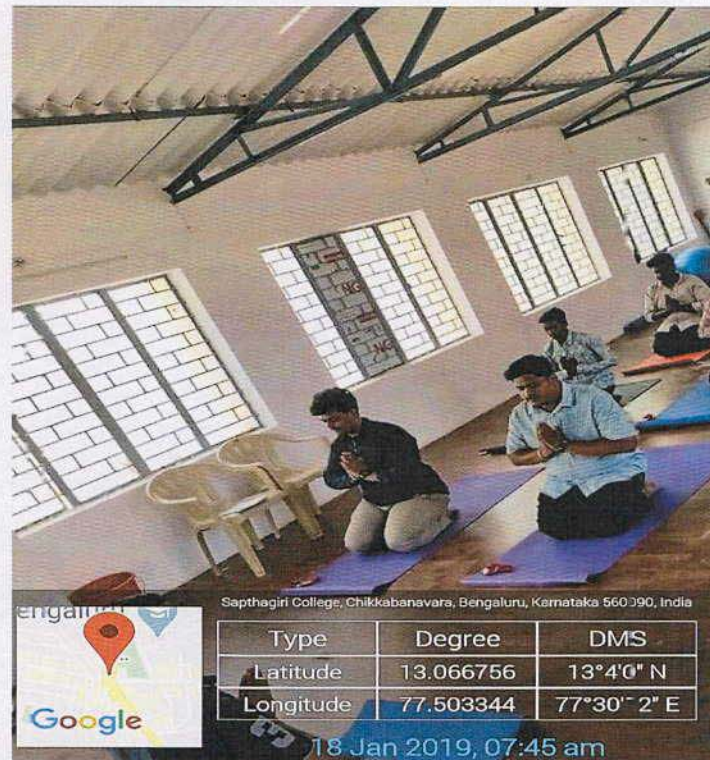
AY: 2018-19

REPORT ON YOGA AND MEDITATION COURSE

Yoga and meditation course for all the students and staff was conducted for the academic year 2018-19 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 14-01-2019 to 31-01-2019. 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


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



Photos of Yoga practice by students of SCE along with trainer during the yoga and meditation course at Yoga Center and Gymnasium Hall.

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AY: 2018-19

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?

4

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:

Yoga for good health

SIGNATURE OF THE STUDENT:

Chinnagiri

Principal

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



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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: | <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:

Excellent

SIGNATURE OF THE STUDENT:

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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:

It's Good. Nice program course
helpful to all

SIGNATURE OF THE STUDENT:

[Handwritten Signature]

Principal

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Have the following met your requirements

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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?

4

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 good

SIGNATURE OF THE STUDENT:

Ilank



Principal

Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore-560057

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	Sherwin.E	1SG18CS102	CSE	Sherwin
2	Siddhant Pandey	1SG18CS107	CSE	Siddhant
3	Shoib Akhter	1SG18CS104	CSE	Shoib
4	Shanu Himkar	1SG18CS101	CSE	Shanu Himkar
5	S.R. Prashanth	1SG18CS092	CSE	Prashanth
6	Supriya K.S	1SG18CS116	CSE	Supriya
7	Shreyas V. Rao	1SG18CS105	CSE	Shreyas
8	Rohan Thammalath M.C	1SG18CS088	CSE	Rohan Thammalath
9	Suhail G.C	1SG18CS115	CSE	Suhail
10	Vishal Sai.R	1SG18CS124	CSE	Vishal
11	Sagar	1SG18CS094	CSE	Sagar
12	Prathik.N	1SG18CS074	CSE	Prathik
13	R. Govardhana	1SG18CS081	CSE	R. Govardhana
14	Sahil Arjun	1SG18CS095	CSE	Sahil
15	Rohan Kumar	1SG18CS087	CSE	Rohan
16	Swapnil	1SG18CS119	CSE	Swapnil
17	Baran Poth	1SG18CS072	CSE	Baran
18	Drithi.R	1SG18CS130	CSE	Drithi
19	Lakshitha W	1SG18CS129	CSE	Lakshitha
20	Supriya.K	1SG18CS118	CSE	Supriya
21	Sabujata Chaudhary	1SG18CS093	CSE	Sabujata
22	Simran Mahato	1SG18CS108	CSE	Simran
23	Yasha Nisanjan	1SG18CS126	CSE	Yasha Nisanjan
24	Pallavi.R	1SG18CS068	CSE	Pallavi
25	Roopa.U	1SG18CS090	CSE	Roopa.U.
26	Shalini.Y.S	1SG18CS100	CSE	Shalini.Y.S
27	Priyanka.V	1SG18CS079	CSE	Priyanka
28	Panchami.A	1SG18CS069	CSE	Panchami
29	Sakshi Sheoran	1SG18CS096	CSE	Sakshi Sheoran
30	Snehal Mishra	1SG18CS111	CSE	Snehal
31	Rashmitha.P	1SG18CS083	CSE	Rashmitha
32	Sonal.M	1SG18CS112	CSE	Sonal.M
33	Preerana Shetty	1SG18CS078	CSE	Preerana
34	Harshitha.J.	1SG18CS037	CSE	Harshitha
35	Varshitha P.M	1SG19CS410	CSE	Varshitha

Principal

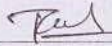
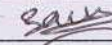
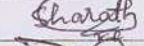
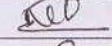
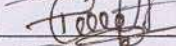
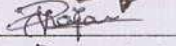
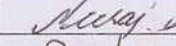
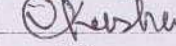
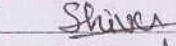
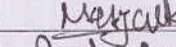
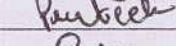
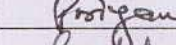
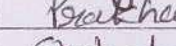
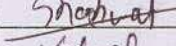
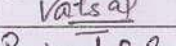
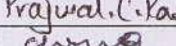
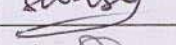
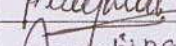
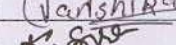
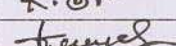
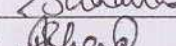
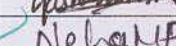
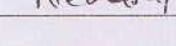
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore-560 057

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	Farooz Khan	1SG18CS029	CSE	Farooz
2	Mallikarjuna V R	1SG18CS049	CSE	Mallikarjuna
3	Manu R N	1SG18CS049	CSE	Manu
4	Manjunath Ramanai B	1SG18CS048	CSE	Manjunath
5	Mandara B	1SG18CS045	CSE	Mandara B
6	Harsit Gupta	1SG18CS033	CSE	Harsit
7	Himani Adiga	1SG18CS035	CSE	Himani
8	Mangala S	1SG18CS046	CSE	Mangala S
9	Kumari Madhu	1SG18CS039	CSE	Madhu
10	Gyanesh	1SG18CS028	CSE	Gyanesh
11	Gaurav Gupta	1SG18CS031	CSE	Gaurav
12	Fayia Anjum S	1SG18CS030	CSE	Fayia
13	K. U. Anjali	1SG18CS037	CSE	Anjali
14	Jyothappagari Vyshnavi	1SG18CS036	CSE	Jyothappagari
15	Hanulitha S	1SG18CS034	CSE	Hanulitha S
16	M.K. Madhuni	1SG18CS043	CSE	M.K. Madhuni
17	Harsh P Kavatekar	1SG18CS032	CSE	Harsh P
18	Likitha S	1SG18CS041	CSE	Likitha S
19	M. Lakshmi Naveen Reddy	1SG18CS042	CSE	M. Lakshmi Naveen
20	Koushik V Vppuluri	1SG18CS038	CSE	Koushik V
21	Manisha L	1SG18CS047	CSE	Manisha
22	Deepthi Yadav G	1SG18CS026	CSE	Deepthi
23	Devashish	1SG18CS027	CSE	Devashish
24	Lalit Mudegal	1SG18CS040	CSE	Lalit
25	MAYANK	1SG18CS050	CSE	Mayank
26	Megha P	1SG18CS052	CSE	Megha P
27	N. Madhuranand	1SG18CS059	CSE	N. Madhuranand
28	Meghana G	1SG18CS054	CSE	Meghana G
29	Navyashree K	1SG18CS062	CSE	Navyashree K
30	Mohith A	1SG18CS057	CSE	Mohith
31	Mohit Kumar Shaw	1SG18CS055	CSE	Mohit
32	Majumdar M	1SG19CS044	CSE	Majumdar
33	Naveen S R	1SG18CS061	CSE	Naveen S R
34	Vasun R	1SG18CS133	CSE	Vasun R
35	Nithin S M	1SG18CS132	CSE	Nithin S M

Principal

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	Yachas. S.B.	1SG18IS125	ISE	
2	Rahul. M	1SG18IS084	ISE	
3	SAMEER SHARMA.	1SG18IS090	ISE	
4	Shrath K.R.	1SG18IS095	ISE	
5	Nithin Kumar. M	1SG18IS073	ISE	
6	Nilesh. K.H	1SG18IS071	ISE	
7	TEJESH. B.S	1SG18IS117	ISE	
8	Pragadees	1SG18IS063	ISE	
9	Teja Kumar. G.	1SG18IS115	ISE	
10	Niraman. J.	1SG18IS072	ISE	
11	Dinesh Reddy P.V.	1SG19IS400	ISE	
12	Nicraj. S	1SG18IS067	ISE	
13	Paul. S.A.	1SG18IS074	ISE	
14	VIVEK SINGH KUSHWAHA	1SG18IS124	ISE	
15	Shivam Kumar	1SG18IS099	ISE	
16	MajeenK Sharma	1SG18IS096	ISE	
17	Forateek Kumar Singh	1SG18IS080	ISE	
18	Priyank Singh	1SG18IS082	ISE	
19	Prakhar Srivastava	1SG18IS079	ISE	
20	Shashwat Seth	1SG18IS097	ISE	
21	Vatsal Anand	1SG18IS123	ISE	
22	Prajwal. C. Patil	1SG18IS077	ISE	
23	Shreyas. M. Kaushik	1SG18IS101	ISE	
24	Nikhil Shetty	1SG18IS069	ISE	
25	S. Kalifullah Dhamela asari	1SG18IS087	ISE	
26	Ram. Kumar. R	1SG18IS081	ISE	
27	Prajwal. N.	1SG18IS078	ISE	
28	VANSHIKA SINGH	1SG18IS121	ISE	
29	SRI VARSHNI K.S	1SG18IS107	ISE	
30	SHREYA SRIVASTAVA	1SG19IS401	ISE	
31	Sushmitha. C	1SG18IS111	ISE	
32	Sahana. A	1SG18IS089	ISE	
33	Bhavana. B	1SG18IS109	ISE	
34	YASHASWINI. P	1SG18IS126	ISE	
35	NEHA. M.P	1SG18IS068	ISE	

Principal

YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
1	Prajwal P.	1SG18EC071	ECE	Prajwal
2	Prateek J.H	1SG18EC074	ECE	Prateek J.H
3	Nikhil Umappa	1SG18EC062	ECE	Nikhil
4	Rakshitha D	1SG19EC414	ECE	Rakshitha
5	Doreasamy N.S	1SG19EC407	ECE	Doreasamy N.S
6	Vinay H.S	1SG18EC117	ECE	Vinay H.S
7	Swagat Shreyash	1SG18EC104	ECE	Swagat Shreyash
8	Kannan Kumar Singh	1SG18EC101	ECE	Kannan
9	Kanganath M	1SG19EC415	ECE	Kanganath M
10	Harsha Vardhana K.V.	1SG19EC408	ECE	Harsha K.V.
11	Darshan Gowda S	1SG19EC604	ECE	Darshan Gowda S
12	Ismad Hussain	1SG19EC409	ECE	Ismad
13	Selva Kumar B	1SG18EC090	ECE	Selva Kumar B
14	Vinay P	1SG18EC118	ECE	Vinay P
15	Vinay Prasad M	1SG18EC119	ECE	Vinay Prasad M
16	Nitish R	1SG18EC065	ECE	Nitish R
17	Nithin R.S	1SG18EC063	ECE	Nithin R.S
18	Ullas H.P	1SG18EC108	ECE	Ullas H.P
19	Sujan S	1SG18EC102	ECE	Sujan S
20	Shashank S	1SG18EC094	ECE	Shashank S
21	Nikhil M. Kumar	1SG18EC061	ECE	Nikhil
22	Harsha R.L	1SG18EC117	ECE	Harsha R.L
23	Vishal N	1SG18EC120	ECE	Vishal
24	Ujwal S	1SG18EC107	ECE	Ujwal
25	Shashank D.R	1SG18EC103	ECE	Shashank D.R
26	Shrath Kumar B G	1SG18EC092	ECE	Shrath Kumar B G
27	PRAVEEN N	1SG18EC076	ECE	Praaveen N
28	Raman Kumar Ch.V	1SG18EC067	ECE	Raman Kumar Ch.V
29	Deepak N	1SG19EC405	ECE	Deepak N
30	Navleen H.R	1SG19EC412	ECE	Navleen H.R
31	Yogesh Y.R	1SG18EC122	ECE	Yogesh Y.R
32	Vikas B.S	1SG18EC116	ECE	Vikas B.S
33	Shreyas S	1SG18EC100	ECE	Shreyas S
34	Samarth K	1SG18EC087	ECE	Samarth K
35	Rakshith G.S	1SG18EC108	ECE	Rakshith G.S
36	Saikrishna M	1SG18EC085	ECE	Saikrishna M
37	Prajwal J. Badiger	1SG18EC070	ECE	Prajwal J. Badiger
38	Tarun Kumar G	1SG18EC105	ECE	Tarun Kumar G
39	Pransagar B.L	1SG18EC078	ECE	Pransagar B.L
40	Vishwanth Kumar M	1SG19EC418	ECE	Vishwanth Kumar M

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SL No.	Name	USN	Branch	Signature
1.	POOJA.S	1SG19CV405	Civil	Pooja.S
2.	Chandana Kumari.S	1SG19CV400	Civil	Chandana
3.	Vaishnavi S Yadav	1SG18CV061	Civil	Vaishnavi
4.	Pushpalatha H.R	1SG18CV041	Civil	Pushpa
5.	Sushma.M	1SG18CV055	Civil	Sushma
6.	Ganavi.N	1SG18CV017	Civil	Ganavi
7.	Ganga Devi.S	1SG18CV018	Civil	Ganga
8.	Ashwika.S	1SG18CV007	Civil	Ashwika.S
9.	Shwetha.R	1SG18CV050	Civil	Shwetha
10.	Harshitha.R	1SG18CV023	Civil	Harshitha
11.	Divya.K	1SG18CV016	Civil	Divya
12.	Thuniga.B.K	1SG18CV059	Civil	Thuniga
13.	Kavya Shree.S.	1SG18CV025	Civil	Kavya
14.	Ishaque Ahmed.K.M.	1SG18CV024	Civil	Ishaque
15.	Khalid Maqsood Mir	1SG18CV026	Civil	Khalid
16.	Renukajayalaxmi.T (Pari)	1SG18CV045	Civil	Renuka
17.	Chennamandana.R	1SG19CV401	Civil	Chennamandana
18.	Prasanna.S. Gouda	1SG18CV067	Civil	Prasanna
19.	Kiran.H.D	1SG18CV027	Civil	Kiran
20.	Yuvacharana Reddy P.S	1SG18CV021	Civil	Yuvacharana
21.	Vivek Hegde	1SG18CV063	Civil	Vivek
22.	Abhishek.R	1SG18CV004	Civil	Abhishek
23.	Dhruvalkumar.D.L	1SG18CV014	Civil	Dhruvalkumar
24.	Ravi Kumar	1SG18CV043	Civil	Ravi
25.	Tejas.N	1SG18CV056	Civil	Tejas
26.	Abhishek.G.A	1SG18CV001	Civil	Abhishek
27.	Prasanna.S	1SG18CV030	Civil	Prasanna
28.	Tejas.S. Ram	1SG18CV057	Civil	Tejas
29.	Abhishek.G.A	1SG18CV001	Civil	Abhishek
30.	Naveen gouda R.R	1SG18CV032	Civil	Naveen
31.	Alkhat Gouda N.K	1SG18CV006	Civil	Alkhat
32.	Prathvi.B.S	1SG18CV070	Civil	Prathvi
33.	Sindhunath D.T	1SG19CV407	Civil Engg	Sindhunath
34.	Sanjay Sharma.S	1SG18CV047	Civil Engg	Sanjay
35.	Vinay.R.	1SG18CV062	Civil	Vinay
36.	Yashas.M.	1SG18CV064	Civil	Yashas

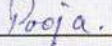
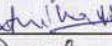
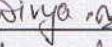
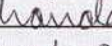
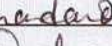
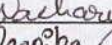
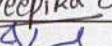
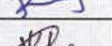
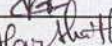
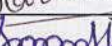
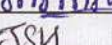
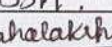
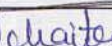
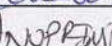
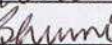
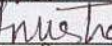
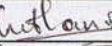
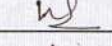
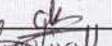
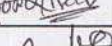
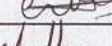
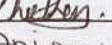
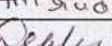
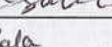
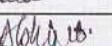
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YOGA AND MEDITATION COURSE

SL No.	Name	USN	Branch	Signature
01	MEGLANA. MIR	1SG19EE408	EEE	
02	GANDJI. N.H.	1SG18EE032	EEE	
03	Pooja Nagarsh B.N.	1SG19EE411	EEE	
04	Krutika HM	1SG18EE043	EEE	
05	Anshu	1SG18EE007	EEE	
06	Kalpna.P	1SG19EE406	EEE	
07	Divya. N.R	1SG18EE031	EEE	
08	Chandana Vasanth	1SG18EE020	EEE	
09	Chandana D.R	1SG19EE401	EEE	
10	Madhori.Acharya	1SG18EE045	EEE	
11	Deepika V	1SG17EE021	EEE	
12	Devasmiti Kecathi	1SG18EE029	EEE	
13	Harshitha V	1SG18EE038	EEE	
14	Harshitha A.B.	1SG18EE036	EEE	
15	Amrutha R	1SG18EE005	EEE	
16	J S Haritha	1SG18EE040	EEE	
17	Mahalakshmi B.R	1SG18EE046	EEE	
18	Chaitra N	1SG18EE018	EEE	
19	ANUPRIYA S	1SG18EE008	EEE	
20	Harshitha V	1SG18EE037	EEE	
21	Shruthika S. Kumar	1SG18EE017	EEE	
22	Anusha H	1SG18EE009	EEE	
23	Chetan B	1SG18EE023	EEE	
24	Chitraag K.S	1SG18EE026	EEE	
25	Chandana K.S	1SG18EE009	EEE	
26	Balaswamy S	1SG18EE013	EEE	
27	ESHWAR UNESH KAMBAR	1SG19EE405	EEE	
28	Chethan Kumar M.M	1SG18EE402	EEE	
29	GURUKRAN V	1SG18EE033	EEE	
30	BHARATH J	1SG18EE016	EEE	
31	Chethan G.N	1SG18EE024	EEE	
32	Anishudh B.K	1SG18EE006	EEE	
33	Anagha G. Kulkarni	1SG18EE004	EEE	
34	Balaswamy S.	1SG18EE013	EEE	
35	Abhijeet Prasad	1SG18EE001	EEE	

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Sl. No.	Name	USN	Branch	Signature
1	Abhinandan Kanyikan	1SG18BT001	BT	Abhik
2	Nisar Ahmed Parasar	1SG18BT028	BT	Nisar Ahmed
3	Chandana mouli	1SG18BT014	BT	chandana
4)	Kaushik P.M	1SG18BT022	BT	Kaushik
5)	Dheeraj J	1SG18BT012	BT	Dheeraj J
6)	Praveenkumar T.S	1SG18BT035	BT	Praveen
7)	Arinash K.G	1SG18BT007	BT	Arinash
8)	Santhosh G.K	1SG18BT042	BT	Santhosh
9)	Sharat S. Tavarkhed	1SG18BT043	BT	Sharat
10)	Saurana P. Bhat	1SG18BT045	BT	Saurana
11)	Rushik K. Shetty	1SG18BT039	BT	Rushik
12	Rahul R	1SG18BT037	BT	Rahul
13	Nancy Madav	1SG18BT026	BT	Nancy
14	Anika Ariana Gowda	1SG18BT003	BT	Anika
15.	Chinmayi J	1SG18BT015	BT	Chinmayi J
16.	Ch. Preetha	1SG18BT016	BT	Ch. Preetha
17	N. Vamsi Prasa	1SG18BT025	BT	Vamsi
18	Benta S. Robin	1SG18BT008	BT	Benta



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	Name	USN	Branch	Signature
19	Pooja D.L	1SG18BT031	BT	Pooja
20	Harshitha P.S	1SG18BT020	BT	Harshitha
21	Dimple B.H	1SG18BT019	BT	Dimple
22	Manika M	1SG18BT023	BT	Manika
23	Kanchana B.K	1SG18BT021	BT	Kanchana
24	Suma K	1SG18BT046	BT	Suma
25	Nisha K	1SG18BT030	BT	Nisha
26	Pooja Y.K	1SG18BT034	BT	Pooja
27	Pooja S. Yadav	1SG18BT033	BT	Pooja
28	Manika Yadav	1SG18BT026	BT	Manika
28	Nayanka Aishwaraya	1SG18BT027	BT	Nayanka
29	DIKSHITHA S	1SG18BT018	BT	Dikshitha
30	Monisha S	1SG18BT024	BT	Monisha
31	Sahana M	1SG18BT040	BT	Sahana
32	Preethi H.K	1SG18BT036	BT	Preethi
33	Valshnavi B.L	1SG18BT047	BT	Valshnavi

Principal

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Certificate

This is to certify that Mr. /Ms. BHARATH GOWDA R
of INFORMATION SCIENCE & ENGG. has participated
and successfully completed Course on **"YOGA AND MEDITATION"**
from 14-01-2019 to 31-01-2019 organized by Sapthagiri College of
Engineering, Bangalore-57.

N. Yogu
Yoga Teacher


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


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



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Bangalore-560057

Certificate

This is to certify that Mr. /Ms. KAUSHIK · P.M
of BIOTECHNOLOGY BRANCH has participated
and successfully completed Course on "YOGA AND MEDITATION"
from 14-01-2019 to 31-01-2019 organized by Sapthagiri College of
Engineering, Bangalore-57.

N. Yogesh
Yoga Teacher

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



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This is to certify that Mr. /Ms. SANDESH.R
of MECHANICAL ENGG. has participated
and successfully completed Course on **"YOGA AND MEDITATION"**
from 14-01-2019 to 31-01-2019 organized by Sapthagiri College of
Engineering, Bangalore-57.

N. yogu
Yoga Teacher


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Principal
Sapthagiri College of Engineering
Chik*asandra, Hesaraghatta Road,
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