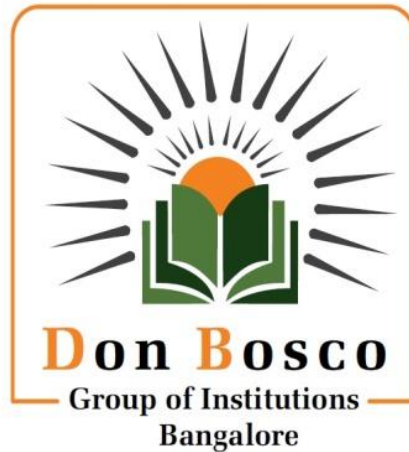


# DON BOSCO INSTITUTE OF TECHNOLOGY

Kumbalagodu, Mysore Road, Bangalore – 560074

## DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

*International Yoga Day Celebration on 21<sup>st</sup> June 2018*



## **ABOUT THE DEPARTMENT**

Don Bosco Institute of Technology, Department of Physical Education & Sports is a cell of major activity in the Campus. It was established in 2001 it is Affiliated to Visvesvaraya Technological University (VTU, Belgaum). The Department of Physical Education & Sports is well equipped with modern infrastructure and conducts activities like Basketball, Volleyball, Badminton, Table Tennis, Cricket, Handball, Softball, Judo, Football, Netball, Chess, Carrom, Athletics and Martial Arts. Sports are in fact a way of life for the student's health and fitness and those looking for professional star status. Physical education, a learning experience, offers a unique opportunity for problem – solving, self-expression and socialization. A well-implemented, comprehensive programme is an essential component for the growth of both mind and body.

Department of Physical Education & Sports has actively participated in Inter-Collegiate Sports and Games organized by VTU and other organizations. We had organized VTU Single Zone Ball Badminton tournament in the year 2004-2005, VTU Single Zone Soft Ball Inter-Collegiate tournament 2011-2012, VTU Bangalore South Zone Foot Ball tournament 2013-14, VTU Bangalore South Zone Foot Ball tournament 2014-15, VTU Single Zone Archery Competition 2014-15, VTU Bangalore south Zone Volley Ball tournament 2016-17, VTU Inter Collegiate Soft Ball Single Zone Soft Ball tournament 2016-17, VTU Bangalore south Zone Volley Ball tournament 2016-17, VTU Bangalore south Zone Cricket tournament 2018-19, VTU Single Zone Archery Competition 2018-19. National & International Conferences and also organized Inter-Department competitions, Sports Day & Athletic Meet's.

## **ABOUT THE ARCHEY COPETITION**

Department of Physical Education & Sports and NSS Unit has organized International Yoga Day of 21<sup>st</sup> Jun 2018. The Program was inaugurated by Dr. Muralidhara Rao, Principal Dr. Krishna R, Group Director, Shri Nagaraj, Yoga Guru. Dr.Kumaraswamy Physical Education

Director and NSS Program Co-ordinate from 10.00AM to 12.00PM. All the Staff, Faculty and Students are participated above the event.

The session was stated with advanced Yoga, Mediation, Pranayama, Simple Yogaasanas & Surayanamaskara. The different Asanas were taught by yoga teacher. Started with Sukasana and breathing in and out exercises. Other exercises like Twisting, Bending, inhale, exhale, Hand Rotating, Elbow exercises were taught. Other body exercises such as Shoulder rotations, Neck join exercises – Breath in and out, Clappings – Rocket clappings, Dispatch Clap and Health Boosting exercises were taught.





DEPARTMENT OF MATHEMATICS  
DON BOSCO INSTITUTE OF TECHNOLOGY, BANGALORE

15/05/2018,  
Bangalore.

CIRCULAR

I am happy to inform you all that the Department of Mathematics is Organizing Yoga Class on 19<sup>th</sup> May 2018 between 9.30 to 10.30 to bring the awareness and the importance of Yoga among our students. I cordially invite all to actively participate in this Event and make it as a success.

Venue: DBIT Ladies Hostel

Yoga Trainer: Miss. Varsha & Mrs. Shimmy

Time: 9.30 – 10.30

PRINCIPAL  
Don Bosco Institute of Technology  
Kumbalagodu, Mysore Road,  
Bengaluru 560 074.

Name	USN	YOGA ON 19/5/2018
1) Sweetly Christina	16WJCMD043	Sutis
2) Jira Tariq	16WJCMD018	Jira
3) Shanthala	1DB17MBA38	Shanthale
4) Menasa	1DB171S021	Menasa
5) Chandana	1DB171S012	Chandana
6) Priyanka	1DB171E036	Priyanka
7) Jnanavi	1DB171S016	Jnanavi
8) Supreetha	1DB15CS161	Supreetha
9) <del>Priyanka</del> <del>1DB15CS113</del>	<del>1DB15CS113</del>	<del>Priyanka</del>
10) Reshma Adark	1DB15CS125	Reshma
11) Sheen Bhat	1DB14CS113	Sheen
12) Vishnutri-D	15WJSB7059	Vishnutri
13) Urmila	1DB17EC121	Urmila
14) Pooja roy	16WJSB7025	Pooja
15) Nasuh M.G	1DB16JS030	Nasuh
16) Amurtha VK	1DB1525006	Amurtha
17) Decksha	1DB1525047	Decksha
18) Sindhu.e.	1DB1525046	Sindhu
19) Reethypriga.	1DB1525035	Reethy
20) K. Saiswatha	1DB16IS019	K. Saiswatha
21) Pellawi.S	1DB16CS098	Pellawi
22) <del>22) Sinhana</del>	1DB15CS148	Sinhana
23) Ranjitha KR	1DB15CS122	Ranjitha
24) Lavanya	1DB15CS076	Lavanya

25/ Kavya. P.

26/ Jeevika

27/ AUNTARA

28/ AKSHATI.B.M

29/ Apoorva

3

IDB16CS069.

IDB16CS063

IDB17ME010

IDB17EC004

IDB17EC010

~~Kavya P.~~

~~Jeevika~~

~~Auntara~~

~~AK~~

~~App~~

Coordinator

Dr. Ranjini

**Dr. Ranjini. P.S. M.Sc. M.Phil. Ph.D.,**  
Professor, Department of Mathematics,  
Don Bosco Institute of Technology,  
Bangalore







