

1. International Yoga day celebrations

International Yoga Day

The NCC Units, National Service Scheme (NSS), Student Activity Cell, Yoga Students and Staff of St Aloysius College (Autonomous), Mangaluru observed International Yoga Day on 21st June 2021 in Arrupe Block of the College through Google Meet platform.

Dr Sudhindra Prabhu, Professor at Yenepoya Dental College, Mangaluru was the chief guest. He spoke on the theme "Stress, Meditation, Myths and Science". Yogaratna Gopalakrishna Delampady gave a fitting message on the International Yoga Day. He also demonstrated some Yogasanas and described the importance of the Asanas.

Dr Alwyn D'Sa, the Registrar/Controller of Examinations of St Aloysius College (Autonomous) in his presidential remarks congratulated the students and staff for their interest and activities in Yoga. He also said how Yoga can convert one's negative thoughts into positive



ones. He briefed about the regular Yoga presentation and activities of Yogaratna Gopalakrishna Delampady, an eminent alumna of the College.

Dr Ishwara Bhat, Dean of Students Welfare Committee welcomed the participants. Paloma Rodrigues, the Secretary for Cultural Activities compered the programme. Rochelle Pais proposed the vote of thanks.

International Day for Yoga was declared unanimously by the United Nations General Assembly on 21 June, 2015. Since its inception, International Day of Yoga is observed annually all over the world.

Reported by Ms Chandrakala

ST ALOYSIUS COLLEGE (AUTONOMOUS), MANGALURU



Re-accredited by NAAC with 'A' Grade with CGPA 3.62/4
Ranked 95 in College Category – 2021 under NIRF, Ministry of Education, Government of India
Recognised as Centre for Research Capacity Building under UGC-STRIDE Scheme
Recognised under the DBT – BUILDER Scheme, Government of India
College with "STAR STATUS" conferred by DBT, Government of India
Recognised by UGC as "College with Potential for Excellence"



INTERNATIONAL YOGA DAY CELEBRATION

Organized By

Physical Education Department, Student activity cell,
NCC, NSS, YRC and Yoga students in association with
Delampady Yoga Prathistana and Avishkar Yoga.

President of the programme : Rev. Dr Praveen Martis SJ (Principal)

Guest : Dr Alwyn D'Sa (Registrar and COE)

Demonstration of yoga as per IYD Protocol : Ms. Neeta Shetty (Yoga Instructor)

Date: 21-06-2022 Time: 7.30am

Venue : Arupe Block Auditorium (AR 802)

CORDIAL WELCOME TO ALL

Mr Arun D'Souza
Physical Director

Dr Ishwara Bhat
Dean, Student welfare
(Coordinator for yoga Activities)

Rev. Dr Praveen Martis SJ
Principal





ಬಾವುಟಗುಡ್ಡೆ: ನಗರದ ಆಲೋಶಿಯಸ್ ಕಾಲೇಜಿನಲ್ಲಿ 8ನೇ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನವನ್ನು ಆಚರಿಸಲಾಯಿತು. ದೇಲಂಪಾಡಿ ಯೋಗ ಪ್ರತಿಷ್ಠಾನ ಹಾಗೂ ಆಯುಷ್ ಯೋಗ ಇದರ ಸಹಭಾಗಿತ್ವದಲ್ಲಿ ಕಾಲೇಜಿನ ವಿದ್ಯಾರ್ಥಿ ಚಟುವಟಿಕೆ ಕೋಶ, ದೈಹಿಕ ಶಿಕ್ಷಣ ವಿಭಾಗ, ಎನ್ ಸಿಸಿ, ಎನ್ ಎಸ್ ಎಸ್, ಯೂತ್ ರೆಡ್ ಕ್ರಾಸ್ ಹಾಗೂ ಯೋಗ ವಿದ್ಯಾರ್ಥಿಗಳು ಆಯೋಜಿಸಿದ್ದರು. ಯೋಗ ನಿರ್ದೇಶಕಿ ನಿತಾ ಶೆಟ್ಟಿ ಅವರು ಮಾರ್ಗದರ್ಶನ ನೀಡಿದರು. ಕಾಲೇಜಿನ ರಿಜಿಸ್ಟ್ರಾರ್ ಡಾ| ಅಲ್ವಿನ್ ಜೇಸಾ, ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲ ವಂ| ಡಾ| ಪ್ರವೀಣ್ ಮಾರ್ಟಿನ್, ವಿದ್ಯಾರ್ಥಿ ಚಟುವಟಿಕೆ ಕೋಶದ ಡೀನ್ ಡಾ| ಈಶ್ವರಭಟ್, ದೈಹಿಕ ಶಿಕ್ಷಣ ನಿರ್ದೇಶಕ ಅರುಣ್ ಡಿ'ಸೋಜಾ, ಮಹಿಮಾ ರಾಡಿಗಸ್, ವಿದ್ಯಾರ್ಥಿ ಚಟುವಟಿಕೆ ಕೋಶದ ಕಾರ್ಯದರ್ಶಿ ಲಿಯೋನ ಆಲಿಸನ್ ಡಿ'ಸೋಜಾ, ದೈಹಿಕ ಶಿಕ್ಷಣದ ವಿದ್ಯಾರ್ಥಿ ಕಾರ್ಯದರ್ಶಿ ರಶ್ಮಿತಾ ಉಪಸ್ಥಿತರಿದ್ದರು.





Preparation for Yoga Day



As a prior preparation for International Yoga Day, St Aloysius College hosted a grand Yoga Show on 20 April, 2022 in the College auditorium. This Yoga Show was organized jointly by the Student Activity Cell of the college and the Physical Education department in association with Delampady Yoga Pratisthana, Mangaluru. A proud alumna of the College and founder of Delampady Yoga Pratisthana, Yogaratna Gopalakrishna Delampady was the chief guest of the programme and guided the entire Yoga Show by the students of the College. President of the programme and Principal of the College, Rev. Dr. Praveen Martis, SJ, through his message expressed his joy looking at the involvement of students and staff members in various Yoga activities organized by the College. Through Yoga and Meditation, everyone can get sound mind and health. Healthy person with positive mind can contribute much to the society. Students need to involve more in Yoga and meditation for

very good concentration. After the formal programme, the students Ms Sanvi Shetty, Mr Dilton Ashwin Mascarenhas, Ms Yukta and Ms Samhita Tantry demonstrated challenging Yoga asanas like Eka Pada Rajakapothasana, Eka Pada Sirsasana, Yoga Nidrasana, Trikonasana, Urdwa Prasarita Padasana, Matsyasana and so on. At the end, the students of Delampady Yoga Pratishtana, Ms Neena Pai, Ms Bharati S Rao, Ms Suma Shetty and Ms Suneeta presented few Yoga asanas which added colour to the entire programme. Dr. Ishwara Bhat S, Dean, Student Welfare welcomed the gathering. Sindhoora compered the programme. Ms Durgashree and Mr Jackson Christ D'Souza did invocation. Mr Arun D'Souza, Physical Director of the College, proposed the vote of thanks. Reported by Ms Chandrakala



SAC -IQAC BULLETIN

Editors
Mr Sonal Steevan Lobo
Mr Harsha Paul

ST ALOYSIUS COLLEGE (AUTONOMOUS), MANGALURU

VOL 6 ISSUE 7

iqac@staloyusius.edu.in

May-June, 2021

Student Activity Cell Report

- Two month online yoga training programme was held for students of St Aloysius college (Autonomous), Mangaluru in association with Delampady Yoga Prathistana, Mangaluru from 24-05-2021 to 13-07-2021. Seven-



ty students from different classes participated in this programme.

- Student activity cell in association with student council, NCC, NSS and Youth Red Cross organised online International Yoga day celebration on 21-06-2021. Dr Sudeendra Prabhu, Professor, Oral Pathology from Yenepoya Dental college, Mangaluru was the chief guest and he spoke on the topic "Stress and Meditation -Myths, Facts and Science". At the end of the programme Yogaratna Gopalakrishna Delampady gave international yoga day message followed by demonstration of few Yoga asanas. Dr. Ishwara Bhat S welcomed the dignitaries and read the message from Principal Rev. Dr Praveen Martis SJ. Controller of Examination and Registrar Dr Alwyn D'sa gave presidential remarks and expressed his happiness to be the part of



the celebration and conveyed his gratitude to the chief guest Dr Sudeendra Prabhu and to Yogaratna Gopalakrishna Delampady.

- Student activity cell in association with NCC, NSS and YRC organised an online talk by Dr. Arathi V.B founder, Vibhu Academy, Karnataka on the topic "Great Indian Freedom Fighters" in connection with celebration of 75 years of India's Independence "Azadi Ka Amrut Mahotsav".

- In connection with celebration of 75 years of India's Independence the following competitions were organised for students of St Aloysius College (Autonomous), Mangaluru. 1. Yoga Posture Competition 2. Kannada and English speech competition 3. Kannada and English Essay Writing 4. Kannada and English poetry writing

Reported by Dr Ishwara Bhat S

International Yoga Day

The NCC Units, National Service Scheme (NSS), Student Activity Cell, Yoga Students and Staff of St Aloysius College (Autonomous), Mangaluru observed International Yoga Day on 21st June 2021 in Arrupe Block of the College through Google Meet platform.

Dr Sudhindra Prabhu, Professor at Yenepoya Dental College, Mangaluru was the chief guest. He spoke on the theme "Stress, Meditation, Myths and Science". Yogaratna Gopalakrishna Delampady gave a fitting message on the International Yoga Day. He also demonstrated some Yogasanas and described the importance of the Asanas.

Dr Alwyn D'Sa, the Registrar/Controller of Examinations of St Aloysius College (Autonomous) in his presidential remarks congratulated the students and staff for their interest and activities in Yoga. He also said how Yoga can convert one's negative thoughts into positive



ones. He briefed about the regular Yoga presentation and activities of Yogaratna Gopalakrishna Delampady, an eminent alumna of the College.

Dr Ishwara Bhat, Dean of Students Welfare Committee welcomed the participants. Paloma Rodrigues, the Secretary for Cultural Activities compered the programme. Rochelle Pais proposed the vote of thanks.

International Day for Yoga was declared unanimously by the United Nations General Assembly on 21 June, 2015. Since its inception, International Day of Yoga is observed annually all over the world.

Reported by Ms Chandrakala

Yoga for all First-year students in the curriculum

Yoga is a part of curriculum from the academic year 2021-22 for NEP batch. Total of 4 sessions of 2 hours are conducted for all the first-year students of BCOM, BBA, BSc, BA, BCA, BVoc.





