



ST. FRANCIS COLLEGE

P. B. No. 3417, 8th Main, 3rd Block, Koramangala, Bengaluru - 560034
Affiliated to Bengaluru City University, Recognized by Govt. of Karnataka,
Approved by AICTE & Recognized under section 2(f) of the UGC Act, 1956
NAAC Accredited with B++ Grade



NATIONAL CADET CORPS

1. **No. of the Coy:** FSFS 1/3 COY
2. **1 Kar Bn NCC, Bengaluru.**
3. **Name of the Institute:** St. Francis College, Koramangala
4. **Subject Head of the Event:** A GUEST LECTURE ON 'PHYSICAL FITNESS AND WELL-BEING'
5. **Date:** 07/11/2025
6. **Location:** St. Francis PU College Auditorium

7. Brief about the event:

The NCC Unit of St. Francis College, Koramangala, organised a guest lecture on “**Physical Fitness and Well-being**” on 7th November 2025 at the **PU College Auditorium** for NCC cadets. The programme was conducted to create awareness among cadets about the importance of physical fitness, mental resilience, and a disciplined lifestyle.

The session was led by **Lt. Col. Prashant Jasrotia (Retd.)**, a distinguished officer with vast experience in the Indian Armed Forces. He delivered an insightful and motivating talk highlighting the significance of regular physical activity, balanced nutrition, mental well-being, and self-discipline in achieving overall health. Drawing from his military experience, he emphasised how physical fitness contributes not only to personal health but also to leadership qualities, confidence, and stress management.

Lt. Col. Prashant Jasrotia (Retd.) also addressed common lifestyle challenges faced by students and suggested practical methods to maintain fitness amidst academic pressures. The session was interactive, with students actively participating and seeking guidance on fitness routines and healthy habits.

The guest lecture proved to be highly informative and inspiring, reinforcing the core values of the NCC and encouraging students to adopt a healthy and disciplined way of life.

8. Particulars of important dignitaries in attendance:

Lt. Col. Prashant Jasrotia (Retd.) – Resource Person

Lt. Col. Vijay Fedricks – CO, 1 Kar Bn NCC, Bengaluru

9. Particulars of the ANO/CTO: Lt. Amaregouda, Associate NCC Officer

10. Parade state of participants:

Sl. No.	Committee/Club	Strength
1	NCC Cadets	120
2	ANO	04
3	PI Staff	02
4	Others	86
Total		212

11. Images



Resource person Lt. Col. Prashant Jasrotia (Retd.) speaking on the topic.



Cadets asking questions to the resource person Lt. Col. Prashant Jasrotia (Retd.)



A word of appreciation and token of gratitude to Lt. Col. Prashant Jasrotia (Retd.) by Group Commander, Bengaluru 'A' Group.