

1.2.2



**K. E. BOARD'S FIRST GRADE ARTS AND  
COMMERCE COLLEGE.  
SHIVAJI CIRCLE, SAVADATTI ROAD,  
DHARWAD.**

**VALUE-ADDED COURSE**

Code - Yog02

**“Vegayugadalli Yoga”**

**30 Days Yoga Training Course-2017-18**



## Objectives of the course:

1. To make students healthy.
2. Maintaining mental purity.
3. Preparing students mentally and physically for the competitive world.
4. Tranquilize the aggressive mind.
5. Adopting physical values.
6. Inculcate high level mannerism.
7. Increases concentration and mental ability.
8. Yoga for protecting health.

Yoga for eradicating unhealthiness

# "Vegayugadalli Yoga"

## Contents of Course

1. Meaning & Definition of Yoga

2. Rules & Regulations of Yoga : 1) Location 2) Dress 3) Food 4) Age

3. Simple Exercise

4. Introduction to Asanas, Methods and Merits.

a) Sitting Asanas

i) Padmasana ii) Vajrasana iii) Utthita Padmasana iv) Vakrasana

v) Parvatasana vi) Ushtrasana

b) Standing Asanas

i) Tadasana ii) Vrukshasana iii) Ardhakati Chakrasana

iv) Padahastanasana

c) Sleeping Asanas

i) Makarasana ii) Bhujangasana iii) Dhanurasana iv) Shalabhasana

v) Shavasana

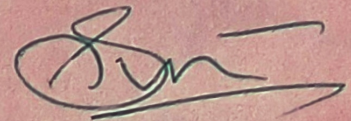
5. Pranayama

i) Chandranuloma Viloma ii) Suryanuloma Viloma iii) Kapalbhathi

iv) Sheetal Pranayama

6. Suryanamaskara

7. Prarthane



**PRINCIPAL**  
**K. E. Board's**

First Grade Arts & Commerce College,  
Shivaji Circle, Savadatti Road, Dharwad-6



**K.E. Board's First Grade Arts and Commerce  
College, Shivaji Circle, Dharwad-06**

**Ph. No: 0836-2747813**

**CONVENER**

**Smt. Savita Kulkarni**

**Department of Geography**

**Shri Anand Yaligar**

**Physical Education Director**



ಸ್ಥಾಪನೆ: 2003

☎ :0836- 2747813



ಕೆ. ಇ. ಬೋರ್ಡಿನ ಪ್ರಥಮ ದರ್ಜೆ ಕಲಾ ಮತ್ತು ವಾಣಿಜ್ಯ ಮಹಾವಿದ್ಯಾಲಯ  
ಶಿವಾಜಿ ಸರ್ಕಲ್, ಸವದತ್ತಿ ರಸ್ತೆ, ಧಾರವಾಡ-6

K. E. Board's First Grade Arts and Commerce College  
Shivaji Circle, Savadatti Road, Dharwad-6  
(College Code No-1218)  
E-Mail- kgebdegree2003@gmail.com

Date : 30-06-2017

## NOTICE

It is hereby informed to Students of B.A. & B.Com that the college has started short term Value-Added Course for "Yoga". Certificates will be issued to students after successful completion of the course. Interested Students can enroll their names to the Convener, Smt. Savita S Kulkarni.

  
Convener

  
Principal

**PRINCIPAL**  
K. E. Board's

First Grade Arts & Commerce College,  
Shivaji Circle, Savadatti Road, Dharwad-6

## ಸೂಚನೆ

ಈ ಮೂಲಕ ಮಹಾವಿದ್ಯಾಲಯದ ಬಿ.ಎ. ಮತ್ತು ಬಿ.ಕಾಂ. ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ತಿಳಿಸುವುದೇನೆಂದರೆ, ಒಂ ದಿನಗಳ "ಯೋಗ ಶಿಬಿರ"ವನ್ನು ಏರ್ಪಡಿಸಲಾಗಿದೆ. ಯಶಸ್ವಿಯಾಗಿ ಶಿಬಿರವನ್ನು ಪೂರ್ಣಗೊಳಿಸಿದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಪ್ರಮಾಣಪತ್ರವನ್ನು ವಿತರಿಸಲಾಗುವುದು. ಆಸಕ್ತ ವಿದ್ಯಾರ್ಥಿಗಳು ಶ್ರೀಮತಿ. ಸವಿತಾ ಎಸ್. ಕುಲಕರ್ಣಿ, ಸಂಯೋಜಕರು ಅವರ ಬಳಿ ತಮ್ಮ ಹೆಸರನ್ನು ನೋಂದಾಯಿಸಿಕೊಳ್ಳಬೇಕು.

  
ಸಂಯೋಜಕರು

  
ಪ್ರಾಂಶುಪಾಲರು

**PRINCIPAL**  
K. E. Board's

First Grade Arts & Commerce College,  
Shivaji Circle, Savadatti Road, Dharwad-6

# ವೇಗಯುಗದಲ್ಲ ಯೋಗ ಶಿಬಿರ-2017



Vegayugadalli Yoga  
30 Days Yoga Training Course 2017-18



**PRINCIPAL**  
K.E. Board's  
First Grade Arts & Commerce College,  
Shivaji Circle, Savadatti Road, Dharwad-6

**PRINCIPAL**  
Shivaji Circle, Savadatti Road, Dharwad-6  
K.E. Board's  
First Grade Arts & Commerce College,  
Shivaji Circle, Savadatti Road, Dharwad-6

**K E Board's First Grade Arts and Commerce College,  
Shivaji Circle, Savadatti Road, DHARWAD  
Value Added Course YOGA -2017-18  
Students Enrollment List**

Sl.No.	Reg No	Name of the Student
1	15A12802	Akshata Hadapad
2	15A12803	Akshata Ulligeri
3	15A12804	Anand Lokur
4	15A12819	Bahubali Tambakad
5	15A12829	Bharatkumar Patil
6	15K12594	Veerangouda Siddangoudra
7	15K12596	Vijaylaxmi Kumanikoppamath
8	15K12597	Vinayak Raykar
9	15A12836	Fakkirappa Mummigatti
10	15A12838	Ganesh Kadkol
11	15A12841	Gangavva Madar
12	15K12502	Akash Badiger
13	15K12504	Akshaykumar Bhandari
14	15A12848	Jayakar Kuri
15	15A12849	Jyoti Patil
16	15A12851	Jyoti Yaligar
17	15A12854	Kalmesh Kampsannavar
18	15K12532	Mahammad Yousuf Hafeez
19	15K12533	Mahantesh Uppar
20	15A12882	Malashree Hirekumbi
21	15K12517	Hanamanta Bhajantri
22	15K12518	Hariiom Pol
23	15K12519	Iramma Yadalli
24	15K12520	Jagadish Kerimani
25	15A12893	Manjunath Sangappa Gobbargumpi
26	15A12895	Manjunath Kabbur
27	15A12896	Manjunath Madar
28	15A12897	Manjunath Shantgiri
29	15A12898	Manjunath Mugali
30	15A12899	Megha Vijay Malode
31	15K12552	Raghavendra Malapur
32	15K12554	Ramachandra Acharya
33	15A12902	Mrutyunjaya Yaligar



  
PRINCIPAL

K. E. Board's

First Grade Arts & Commerce College,  
Shivaji Circle, Savadatti Road, Dharwad-6