



K. E. Board's First Grade Arts and Commerce College.

Shivaji Circle, Savadatti Road, Dharwad.

VALUE-ADDED COURSE FOR YOGA-2018-19

code: Yog02



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

Value-Added Course for Yoga-2018-19

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) Ardhamatsyendrasana

iv) Gomukhasana v) Janushirshasana vi) Pashchimotthanasana

vii) Purvotthanasana

b) Standing Asanas

i) Tadasana ii) Urdhvamukha Hastothanasana iii) Trikonasana

iv) Parivrutatrikonasana

c) Sleeping Asanas

i) Makarasana ii) Halasana iii) Suptavajrasana iv) Matsyasana

v) Shavasana

5. Pranayama

i) Chandranuloma Viloma ii) Suryanuloma Viloma iii) Kapalbhati

iv) Bhramari 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

☎ : 2747813



ಕೆ. ಐ. 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)

Date: 12-12-2018

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 Smt. Savita S Kulkarni.


Convener


Principal

ಸೂಚನೆ

ಈ ಮೂಲಕ ಮಹಾವಿದ್ಯಾಲಯದ ಬಿ.ಎ. ಮತ್ತು ಬಿ.ಕಾಂ. ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ತಿಳಿಸುವುದೇನೆಂದರೆ, 30 ದಿನಗಳ "ಯೋಗ ಶಿಬಿರ"ವನ್ನು ಏರ್ಪಡಿಸಲಾಗಿದೆ. ಯಶಸ್ವಿಯಾಗಿ ಶಿಬಿರವನ್ನು ಪೂರ್ಣಗೊಳಿಸಿದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಪ್ರಮಾಣಪತ್ರವನ್ನು ವಿತರಿಸಲಾಗುವುದು. ಆಸಕ್ತ ವಿದ್ಯಾರ್ಥಿಗಳು ಶ್ರೀಮತಿ. ಸವಿತಾ ಎಸ್. ಕುಲಕರ್ಣಿ ಅವರ ಬಳಿ ತಮ್ಮ ಹೆಸರನ್ನು ನೋಂದಾಯಿಸಿಕೊಳ್ಳಬೇಕು.


ಸಂಯೋಜಕರು

ಪ್ರಾಚಾರ್ಯರು


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

Yoga Course 2018-19 ಯೋಗ ಶಿಬಿರ 2018-19



Chief Guest: Shri Jagadish Malagi Yoga Trainer instructing the Students.

Students Practicing Yoga with the Trainer.




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 Colloge,

Shivaji Circle, Savadatti Road, DHARWAD

Value Added Course-Yoga-2018-19

Students Enrollment List

Sl.No.	Reg No	Name of the Student
1	16A13007	Anandgouda Patil
2	16A13008	Aneelakumara Katari
3	16A13011	Aroodha Achamatti
4	16K12620	Basavaraj Hebbal
5	16K12621	Basavaraj Talawar
6	16K12628	Chawan Krishna Balappa
7	16K12629	Chetana Chitragar
8	16K12630	Dadafeer Bagwan
9	16A13026	Chandrashekar Tadakod
10	16A13029	Chidanand Hiremath
11	16A13030	Dhareppa Angadi
12	16A13093	Mrutyunjay Bhavikatti
13	16A13095	Nagappa Bhajantri
14	16A13096	Nagaraj Malladadavar
15	16A13097	Nagaraj Gamangatti
16	16A13101	Naveen Tadakod
17	16K12645	Iranna Chavhan
18	16K12647	Iranna Shalavadi
19	16K12648	Iranna Kotabagi
20	16K12650	Ishwar Hittalmani
21	16K12651	Kalpana Myagadi
22	16K12652	Lavesh Sunagar
23	16K12653	Laxmi Jadhav
24	16A13130	Sangeeta Sindogi
25	16A13132	Sanjay Giriyal
26	16A13133	Sanju Chandaragi
27	16A13134	Santosh Banappanavar
28	16A13136	Saraswati Tigadi
29	16K12672	Nagaling Pattar
30	16K12673	Nagappa Kotur
31	16A13206	Lakkappa Javali
32	16K12694	Ramesh Uppar
33	16K12698	Ravi Singanahalli
34	16A13186	Vijaykumar Naikar
35	16A13187	Vijaykumar Talawar
36	16A13226	Suresh Kattimani

PRINCIPAL

K. E. Board's

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