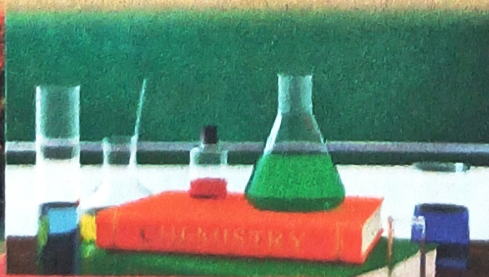


***K. E. Board's First Grade
Arts and Commerce College.
Shivaji Circle, Savadatti Road,
Dharwad.***

VALUE-ADDED COURSE

Code- Yog02

30 Days Yoga Training Course-2019-20



IMPORTANCE OF YOGA IN STUDENT'S LIFE

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.
9. 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) Padahastasana
 - c) Sleeping Asanas
 - i) Makarasana ii) Bhujangasana iii) Dhanurasana iv) Shalabhasana
 - v) Shavasana
5. Pranayama
 - i) Chandranuloma Viloma ii) Suryanuloma Viloma iii) Kapalbhati
 - iv) Sheetal Pranayama
6. Suryanamaskara
7. Prarthane



**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

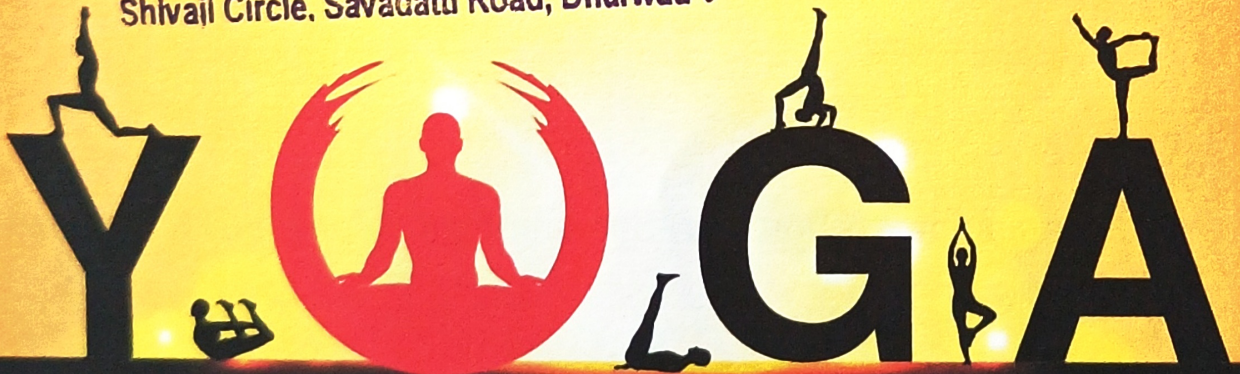
Shri Anand Yaligar

Physical Education Director

PRINCIPAL

K. E. Board's

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



ಕೆ. ಏ. 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: 12-06-2019

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

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, 30 ದಿನಗಳ "ಯೋಗ ಶಿಬಿರ"ವನ್ನು ಏರ್ಪಡಿಸಲಾಗಿದೆ. ಯಶಸ್ವಿಯಾಗಿ ಶಿಬಿರವನ್ನು ಪೂರ್ಣಗೊಳಿಸಿದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಪ್ರಮಾಣಪತ್ರವನ್ನು ವಿತರಿಸಲಾಗುವುದು. ಆಸಕ್ತ ವಿದ್ಯಾರ್ಥಿಗಳು ಶ್ರೀಮತಿ. ಸವಿತಾ ಎಸ್. ಕುಲಕರ್ಣಿ ಅವರ ಬಳಿ ತಮ್ಮ ಹೆಸರನ್ನು ನೋಂದಾಯಿಸಿಕೊಳ್ಳಬೇಕು.


ಸಂಯೋಜಕರು


Principal

PRINCIPAL
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Yoga Course 2019-20 ಯೋಗ ಶಿಬಿರ 2019-20



Students Practicing Yoga with the Trainer




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**K E Board's First Grade Arts and Commerce College,
Shivaji Circle, Savadatti Road, DHARWAD
Value Added Course on YOGA - 2019-20**

Students Enrollment List

Sl.No.	Reg No	Name of the Student
1	16A13099	Nagaraj Sontekar
2	17A10963	Ramesh Budanur
3	17A13066	Sangmeshwar Morabad
4	17A13201	Akash Marihal
5	17K12906	Ashwini Patil
6	17K12907	Basanagouda Patil
7	17K12912	Chandragouda K Patil
8	17K12913	Chandragouda Naduvinamani
9	17K12914	Chandragouda Patil
10	17A13209	Ashwini Korakoppa
11	17A13210	Ashwini Dundi
12	17A13211	Basavaraj
13	17K12926	Irappa Andrakandi
14	17K12928	Jamushavali
15	17K12929	Jyothi Patil
16	17K12943	Manoj Bhandalkar
17	17K12944	Manoj Patil
18	17K12945	Maruti Chandaragi
19	17K12946	Meghana
20	17K12947	Nagaraj V Channamallanavar
21	17K12948	Netra Pampanavar
22	17K12949	Ningaraj Naregal
23	17K12950	Ningaraj Shirur
24	17K12967	Ravi Kidennavar
25	17K12968	Rayappa Naykar
26	17K12970	Rudragouda Tegginakeri
27	17K12971	Sachin Hangaraki
28	17A12972	Salmankhan K T
29	17K12974	Sanjay Nayak
30	17K12975	Sannagouda Patil
31	17K12977	Savita Naragund
32	17K12978	Shashikala Badiger
33	17A13257	Manjula Kallimani
34	17A13322	Vitthal Enagi
35	17K12972	Salmankhan Karemansur


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