

**K E Board's First Grade Arts and Commerce College,
Shivaji Circle, Savadatti Road, DHARWAD
Yoga Certificate course -2018-19
Attendance**

Timing : 7.00 am - 8.00 am

Academic Year : 2018-19 DD/MM

Sl. No.	Name of the Student	26/12	27/12	28/12	29/12	31/12	1/1/	2/1/	3/1/	4/1/	5/1/	7/1/	8/1/	9/1/	10/1/	11/1/	12/1/	14/1/	15/1	16/1/	17/1	18/1/	19/1	21/1	22/1	23/1	24/1	25/1	28/1/	29/1	30/1	
1	Anandgouda Patil	AP	AP	AP	AP	Ab	AP	AP	AP	AP	AP	AP	AP	Ab	AP	AP	AP	AP	AP	AP	AP	Ab	AP	AP	AP	Ab	AP	AP	AP	Ab	AP	AP
2	Aneelakumara Katari	AK	AK	Ab	AK	AK	AK	Ab	AK	Ab	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK	Ab	AK	AK	AK	
3	Aroodha Achamatti	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	AA	
4	Basavaraj Hebbal	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	Ab	Ab	BH	BH	BH	Ab	BH	BH	BH	Ab	BH	BH	BH	BH	
5	Basavaraj Talawar	BT	BT	BT	BT	BT	Ab	BT	BT	BT	BT	BT	BT	BT	BT	BT	BT	Ab	BT	BT	BT	BT	Ab	BT	BT	BT	Ab	BT	BT	BT	BT	
6	Chawan Krishna Balappa	CKB	CKB	CKB	CKB	CKB	Ab	CKB	CKB	CKB	CKB	Ab	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	Ab	CKB	CKB	CKB	Ab	CKB	CKB	CKB	CKB	Ab	CKB	
7	Chetana Chitragar	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
8	Dadafeer Bagwan	DB	Ab	DB	Ab	DB	DB	DB	DB	DB	Ab	DB	DB	DB	Ab	DB	DB	Ab	DB	DB	Ab	DB	DB	DB	DB	DB	DB	Ab	DB	DB	DB	
9	Chandrashekar Tadakod	CT	CT	CT	CT	CT	CT	CT	CT	CT	CT	CT	CT	Ab	CT	Ab	CT	Ab	CT	Ab	CT	CT	CT	CT	CT	Ab	CT	CT	CT	CT		
10	Chidanand Hiremath	CH	Ab	CH	CH	CH	Ab	CH	Ab	CH	CH	CH	CH	CH	CH	CH	CH	CH	CH	CH	CH	CH	CH	CH	Ab	Ab	CH	CH	CH	CH	CH	
11	Dhareppa Angadi	DA	DA	DA	DA	DA	DA	DA	DA	DA	DA	Ab	Ab	DA	DA	DA	DA	DA	DA	DA	Ab	DA	DA	DA	DA	DA	DA	Ab	DA	DA	DA	
12	Mrutyunjay Bhavikatti	M.B	M.B	M.B	M.B	M.B	M.B	M.B	M.B	M.B	M.B	M.B	M.B	Ab	M.B	M.B	Ab	M.B	M.B	M.B	M.B	M.B	M.B	M.B	M.B	M.B	M.B	M.B	M.B	M.B	M.B	
13	Nagappa Bhajantri	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	Ab	NB	NB	Ab	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	
14	Nagaraj Malladadavar	NM	NM	NM	NM	NM	NM	NM	NM	NM	NM	NM	NM	Ab	NM	NM	Ab	NM	NM	NM	NM	NM	NM	NM	NM	NM	NM	NM	NM	NM	NM	
15	Nagaraj Gamangatti	NG	NG	NG	NG	NG	NG	Ab	NG	NG	NG	NG	NG	Ab	NG	NG	NG	NG	NG	NG	Ab	NG	NG	NG	NG	NG	NG	Ab	NG	NG	NG	
16	Naveen Tadakod	NV	NV	NV	NV	Ab	NV	NV	NV	NV	NV	NV	NV	Ab	NV	NV	Ab	NV	NV	NV	NV	NV	NV	NV	NV	NV	NV	NV	NV	NV	NV	
17	Iranna Chavhan	IC	IC	IC	IC	IC	Ab	IC	IC	IC	IC	IC	IC	Ab	IC	IC	IC	IC	IC	IC	IC	IC	IC	IC	IC	IC	IC	IC	IC	IC	IC	
18	Iranna Shalavadi	IS	IS	IS	IS	IS	IS	Ab	IS	IS	IS	IS	IS	Ab	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	
19	Iranna Kotabagi	IK	IK	IK	IK	IK	Ab	IK	Ab	IK	IK	IK	IK	IK	IK	Ab	IK	IK	IK	IK	IK	IK	IK	IK	IK	IK	IK	IK	IK	IK	IK	
20	Ishwar Hittalmani	IH	Ab	IH	IH	IH	IH	IH	Ab	IH	IH	IH	IH	IH	IH	IH	Ab	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	
21	Kalpna Myagadi	KM	KM	KM	KM	KM	KM	Ab	KM	KM	KM	KM	KM	Ab	KM	KM	KM	KM	KM	KM	KM	KM	KM	KM	KM	KM	KM	KM	KM	KM	KM	

PRINCIPAL
K. E. Board's
First Grade Arts & Commerce College,
Shivaji Circle, Savadatti Road, Dharwad-8



**K.E.BOARD'S FIRST GRADE ARTS AND COMMERCE COLLEGE,
Shivaji circle, Dharwad**

Certificate of Participation

This is to certify that Miss./Ma. _____
participated in the Value Added Course of YOGA from 26-12-2018 to 30-01-2019.

WISH YOU ALL THE BEST....

Convener

Shri Anand Yaligar

Certified by

Principal

Prof. M.A. Siddhanti

ಸ್ಥಾಪನೆ: 2003

☎ :0836- 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)

Email:kebdegree2003@gmail.com

REPORT

2018-2019

YOGA CERTIFICATE COURSE

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective a technique to release stress. Meditation is a relaxation and it rejuvenates the body and mind. With this aim in mind, a special session was organized by K.E Board's First Grade Arts and Commerce College Dharwad for the students, and teaching and non-teaching staff .Total number of participants were 30.They participated with full interest, enthusiasm and eagerness with the protocols. **Yoga instructor Sri Jagadeesh Malagi** took yoga session with great dedication. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the volunteers. **Principal M A Siddhanti** motivated the staff and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session among the instructor,teachers and students in which the queries of the students and teachers were addressed satisfactorily. In the present day when students face stress, tension, fear, etc., simple 'asanas' can help dispel these. The programme ended with dedication for the students and teachers by the messages and have a positive disposition towards the whole event. **Smt Savita Kulkarni Convenor of Yoga classes** and **Sri Anand Yaligar,Physical Director** orginised the function very neatly.



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