



**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**

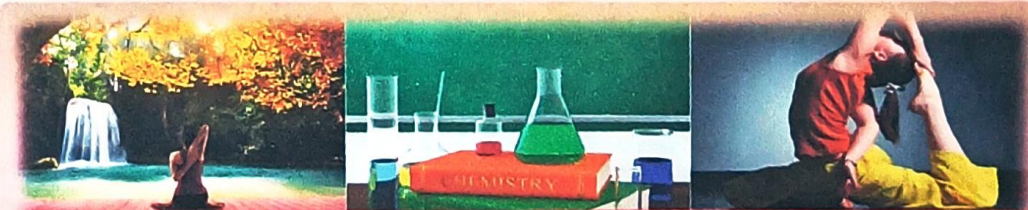


**K. E. Board's First Grade  
Arts and Commerce College.**  
**Shivaji Circle, Savadatti Road,**  
**Dharwad.**

**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) Kapalbhathi
  - iv) Sheetali Pranayama
6. Suryanamaskara
7. Prarthane

ಕೆ. ಉ. ಒೋಡಿಢ ಫ್ರಾಢು ದಾಢೆ ಆಲಾ ಢುತ್ತು ಢಾಢೆಞ್ಞ ಢಹಾಢಿದ್ಯಾಲಯ

ಶಿವಾಜಿ ಸರ್ಕಲ್, ಸಾವದತ್ತಿ ರಾಢ್ಢೆ, 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 ಢೂಲಕ ಢಹಾಢಿದ್ಯಾಲಯದ ಙ.ಁ. ಢುತ್ತು ಙ.ಕಾಂ. ಂದ್ಯಾಢೀಢೆಗಲೆ ತಿಆಸುಢುಢೆಢೆಂದರೆ, 30 ಂನಗಲೆ "ಯೋಗ ತಿಆರ"ಢನ್ನು ಂಪಢಿಸಲಾಗಿದೆ. ಯಶಸ್ವಿಯಾಗಿ ತಿಆರಢನ್ನು ಪೂರ್ಣಗೂಲಿಸಿದ ಂದ್ಯಾಢೀಢೆಗಲೆ ಪ್ರಢಾಣಪತ್ರಢನ್ನು ಂತಲಸಲಾಗುಢುದು. ಆಸಕ್ತ ಂದ್ಯಾಢೀಢೆಗಲೆ ಶ್ರೀಢತಿ. ಸಂವಿತಾ ಂಸ. ಕುಲಕರ್ಣಿ ಅಂರ ಬಲ ತಢ್ಢೆ ಹೆಸರನ್ನು ಢೂಲಂದಾಯಿಸಿಕೂಲೆಬೇಕು.

  
ಸಂಯೋಜಕರು

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

*Yoga Course 2019-20 ಯೋಗ ಕುರ್ಸು 2019-20*



*Students Practicing Yoga with the Trainer*



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Shivaji Circle, Savadatti Road, Dharwad-5

**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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K E Board's First Grade Arts and Commerce College,  
Shivaji Circle, Savadatti Road, DHARWAD  
Yoga Certificate course -2019-20

Attendance



Academic Year : 2019-20

DD/MM/

Timing : 7.00 am - 8.00 am

| Sl. No | Name of the Student        | 24/6 | 25/6 | 26/6 | 27/6 | 28/6 | 29/6 | 1/7 | 2/7 | 3/7 | 4/7 | 5/7 | 6/7 | 8/7 | 9/7 | 10/7 | 11/7 | 12/7 | 13/7 | 15/7 | 16/7 | 17/7 | 18/7 | 18/7 | 19/7 | 20/7 | 22/7 | 23/7 | 24/7 | 25/7 | 26/7 |
|--------|----------------------------|------|------|------|------|------|------|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 1      | Nagaraj Sontekar           |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 2      | Ramesh Budanur             |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 3      | Sangmeshwar Morabad        |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 4      | Akash Marihal              |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 5      | Ashwini Patil              |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 6      | Basanagouda Patil          |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 7      | Chandragouda K Patil       |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 8      | Chandragouda Naduvinamani  |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 9      | Chandragouda Patil         |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 10     | Ashwini Korakoppa          |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 11     | Ashwini Dundi              |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 12     | Basavaraj                  |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 13     | Irappa Andrakandi          |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 14     | Jamushavali                |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 15     | Jyothi Patil               |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 16     | Manoj Bhandalkar           |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 17     | Manoj Patil                |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 18     | Maruti Chandaragi          |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 19     | Meghana                    |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 20     | Nagaraj V Channamallanavar |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 21     | Netra Pampanavar           |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 22     | Ningaraj Naregal           |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 23     | Ningaraj Shirur            |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 24     | Ravi Kidannavar            |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 25     | Rayappa Naykar             |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 26     | Rudragouda Tegginakeri     |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 27     | Sachin Hangaraki           |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 28     | Salmankhan Karemansur      |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| 29     | Sanjay Nayak               |      |      |      |      |      |      |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |

PRINCIPAL

K. E. Board's

First Grade Arts & Commerce College,  
Savadatti Road, Dharwad

|    |                       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|----|-----------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 30 | Sannagouda Patil      | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  |
| 31 | Savita Naragund       | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  |
| 32 | Shashikala Badiger    | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  |
| 33 | Manjula Kallimani     | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  |
| 34 | Vitthal Enagi         | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E | V.E |
| 35 | Salmankhan Karemansur | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  | AB  |

  
**Signature :-**

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

|                 |  |
|-----------------|--|
| <b>Remarks:</b> |  |
|-----------------|--|



## **K E BOARD'S FIRST GRADE ARTS AND COMMERCE COLLEGE, SHIVAJI CIRCLE, DHARWAD-06**

### *Certificate of Participation*

This is to certify that Miss./Ma. \_\_\_\_\_  
participated in the Value Added Courses of YOGA from 24-06-2019 to 26-07-2019.

*WISH YOU ALL THE BEST....*

**Certified by**

*Ssk*  
**Convener**

**Smt. Savita Kulkarni**

*M.A. Siddhanti*  
**Principal**

**Prof. M.A. Siddhanti**



ಸ್ಯಾಟನ್: 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

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## REPORT

### 30 Days Yoga Training Course 2019-2020

The students of this generation are facing lot of mental stress and are entering into depression. To keep away from these disorders only yoga can help.

Like every year on the demand of student community this academic year also workshop was organised in the month of June. . Around 30 students took part in yoga and who had completed successfully were given certificates.

Sri. Manjunath Jadar inaugurated 30 days certificate course in the month of June 2019. He explained benefits of yoga to students in a convincing way. Our students voluntarily took part in workshop and successfully completed.

Smt Savita Kulkarni was compared the programme and Sri. Anand Yaligar proposed the vote of thanks.

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

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

Date: 26/07/2019

## OUTCOME OF THE YOGA ADD ON COURSE

Yoga helped students to clear the mind which would aid in increasing concentration. By focusing on controlling their body and breathing it helped the students keep their mind at ease. Yoga helped students to deal with their stress and bring back some peace of mind. Students who regularly practiced yoga not only reported lower levels of stress and anxiety and subsequently improved academic performance. Through regular practice of asanas, students (especially those who are not fond of playing sports) can manage a healthy weight. Through controlled breathing and controlled movement, yoga taught students self-control. As a result, they do not react impulsively or make hasty decisions even in an emotional state. Through asanas, children build strength, endurance, confidence as well as the mind-body connection. Students can self-assess the changes and positivity.



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### *Certificate of Participation*

This is to certify that Miss./Ma. Ramesh Budanur  
participated in the Value Added Courses of YOGA from 24-06-2019 to 26-07-2019.

*WISH YOU ALL THE BEST....*

**Certified by**

  
**Convener**

**Smt. Savita Kulkarni**

  
**Principal**

**Prof. M.A. Siddhanti**



## **K E BOARD'S FIRST GRADE ARTS AND COMMERCE COLLEGE, SHIVAJI CIRCLE, DHARWAD-06**

### *Certificate of Participation*

This is to certify that Miss./Ma. Ashwini Karakoppa  
participated in the Value Added Courses of YOGA from 24-06-2019 to 26-07-2019.

*WISH YOU ALL THE BEST....*

**Certified by**

  
**Convener**

**Smt. Savita Kulkarni**

  
**Principal**

**Prof. M.A. Siddhanti**



## **K E BOARD'S FIRST GRADE ARTS AND COMMERCE COLLEGE, SHIVAJI CIRCLE, DHARWAD-06**

### *Certificate of Participation*

This is to certify that Miss./Ma. Maruti Chandargi  
participated in the Value Added Courses of YOGA from 24-06-2019 to 26-07-2019.

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**Certified by**

  
**Convener**

**Smt. Savita Kulkarni**

  
**Principal**

**Prof. M.A. Siddhanti**



## **K E BOARD'S FIRST GRADE ARTS AND COMMERCE COLLEGE, SHIVAJI CIRCLE, DHARWAD-06**

### *Certificate of Participation*

This is to certify that Miss./Ma. Sanjay Nayak  
participated in the Value Added Courses of YOGA from 24-06-2019 to 26-07-2019.

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**Convener**

**Smt. Savita Kulkarni**

  
**Principal**

**Prof. M.A. Siddhanti**



## **K E BOARD'S FIRST GRADE ARTS AND COMMERCE COLLEGE, SHIVAJI CIRCLE, DHARWAD-06**

### *Certificate of Participation*

This is to certify that Miss./Ma. Shashikala Badiger  
participated in the Value Added Courses of YOGA from 24-06-2019 to 26-07-2019.

*WISH YOU ALL THE BEST....*

*Ssk*  
**Convener**

**Smt. Savita Kulkarni**

**Certified by**

*M.A. Siddhanti*  
**Principal**

**Prof. M.A. Siddhanti**