



**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



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

Shivaji Circle, Savadatti Road, Dharwad.

VALUE-ADDED COURSE FOR YOGA-2018-19

Duration: 30 Days

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

ಸ್ಥಾಪನೆ: 2003

☎ : 2747813

ಕೆ. ಟಿ. 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


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

Yoga Course 2018-19 ಯೋಗ ಶಿಬಿರ 2018-19



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

Students Practicing Yoga with the Trainer.




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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-2018-19

Students Enrollment List

Sl.No.	Reg No	Name of the Student
1	16A13007	Anandgouda Patil
2	16A13008	Aneclakumara 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



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Shivaji Circle, Savadatti Road, Dharwad-4

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

Attendance

Academic Year : 2018-19 00/MM

Timing : 7.00 am - 8.00 am

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	Ab	AP	AP	AP	Ab	AP	AP
2	Aneelakumara Katari	AK	AK	AK	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	Ab	AA	Ab	AA	AA	Ab	AA	AA
4	Basavaraj Hebbal	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	Ab	BH	BH	BH	BH	BH	BH	BH	BH
5	Basavaraj Talawar	BT	BT	BT	BT	BT	BT	Ab	BT	BT	BT	BT	BT	BT	BT	BT	BT	BT	BT	BT	BT	BT	Ab	BT	BT	BT	BT	BT	BT	BT	BT
6	Chawan Krishna Balappa	CKB	CKB	CKB	CKB	CKB	Ab	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	CKB	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	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	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	CT	CT	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	DA	Ab	Ab	DA	DA	DA	DA	DA	DA	DA	DA	DA	DA	DA	DA	DA	DA	DA	DA	DA
12	Mrutyunjay Bhavikatti	MB	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	M.B
13	Nagappa Bhajantri	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	Ab	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB
14	Nagaraj Malladadavar	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
15	Nagaraj Gamangatti	NG	NG	NG	NG	NG	NG	Ab	NG	NG	NG	NG	NG	Ab	NG	NG	NG	NG	NG	NG	NG	NG	NG	NG	NG	NG	NG	NG	NG	NG	NG
16	Naveen Tadakod	N	N	N	N	Ab	N	N	N	N	N	N	Ab	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
17	Iranna Chavhan	IC	IC	IC	IC	IC	Ab	IC	IC	IC	IC	IC	Ab	IC	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	IS	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	IK	IK	IK	IK	IK	IK	IK	IK	IK	IK	IK	IK	IK	IK	IK	IK
20	Ishwar Hittalmani	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH	IH
21	Kalpana 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

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Shivaji Circle, Savadatti Road, Dharwad-6



**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

ಸ್ಯಾಪ್: 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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ಸ್ಥಾಪನೆ: 2003

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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: 30/01/2019

OUTCOME OF THE YOGA ADD ON COURSE

Yoga has helped the students in many ways and visible changes in their behavior and attitude have been observed. Yoga helped the students in increasing concentration. Yoga helped students by reducing stress and adding confidence to help make their mind clearer and produce a sense of peace. Many students find that yoga helps with controlling emotions and increases the ability to deal with situations. Yoga helps them in being disciplined and physically fit. It has been noticed that regular yoga practice has improved positivity and nurtured healthy habits among the students. Students were also provided with the certificates.


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

Certificate of Participation

This is to certify that Miss./Ma. Basavaraj Talawar
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



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

Certificate of Participation

This is to certify that Miss./Ma. Ishwas Hittalamani
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



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

Certificate of Participation

This is to certify that Miss./Ma. Nagaling Pattar
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



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

Certificate of Participation

This is to certify that Miss./Ma. Jantosh Banappan was
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



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

Certificate of Participation

This is to certify that Miss./Ma. Juresh Kattimani
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