



**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**



1.2.2

**K. E. BOARD'S FIRST GRADE ARTS AND
COMMERCE COLLEGE.
SHIVAJI CIRCLE, SAVADATTI ROAD,
DHARWAD.**

VALUE-ADDED COURSE

Code - Yog02

"Vegayugadalli Yoga"

30 Days Yoga Training Course-2017-18



YOGA

Objectives of the course:

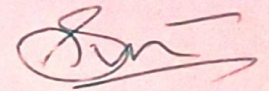
1. To make students healthy.
2. Maintaining mental purity.
3. Preparing students mentally and physically for the competitive world.
4. Tranquilize the aggressive mind.
5. Adopting physical values.
6. Inculcate high level mannerism.
7. Increases concentration and mental ability.
8. Yoga for protecting health.

Yoga for eradicating unhealthiness

"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) Sheetali Pranayama
6. Suryanamaskara
7. Prarthane



PRINCIPAL
K. E. Board's

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

ಸ್ಥಾಪನೆ: 2003

☎ :0836- 2747813

ಕೆ. ಇ. 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)
E-Mail- kgebdegree2003@gmail.com

Date : 30-06-2017

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 the Convener, 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 ಇ.ಎ. ಮತ್ತು ಇ.ಕಾಂ. ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ತಿಳಿಸುವುದೇನೆಂದರೆ, ೩೦ ದಿನಗಳ "ಯೋಗ ಶಿಬಿರ"ವನ್ನು ಏರ್ಪಡಿಸಲಾಗಿದೆ. ಯಶಸ್ವಿಯಾಗಿ ಶಿಬಿರವನ್ನು ಪೂರ್ಣಗೊಳಿಸಿದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಪ್ರಮಾಣಪತ್ರವನ್ನು ವಿತರಿಸಲಾಗುವುದು. ಆಸಕ್ತ ವಿದ್ಯಾರ್ಥಿಗಳು ಶ್ರೀಮತಿ. ಸವಿತಾ ಎಸ್. ಕುಲಕರ್ಣಿ, ಸಂಯೋಜಕರು ಅವರ ಬಳಿ ತಮ್ಮ ಹೆಸರನ್ನು ನೋಂದಾಯಿಸಿಕೊಳ್ಳಬೇಕು.


ಸಂಯೋಜಕರು


ಪ್ರಾಂಶುಪಾಲರು

PRINCIPAL
K. E. Board's

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

ವೇಗಯುಗದಲ್ಲ ಯೋಗ ಶಿಬಿರ-2017



Vegayugadalli Yoga
30 Days Yoga Training Course 2017-18



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

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

**K E Board's First Grade Arts and Commerce College,
Shivaji Circle, Savadatti Road, DHARWAD
Value Added Course YOGA -2017-18
Students Enrollment List**

Sl No	Reg No	Name of the Student
1	15A12802	Akshata Hadapad
2	15A12803	Akshata Ulligeri
3	15A12804	Anand Lokur
4	15A12819	Bahubali Tambakad
5	15A12829	Bharatkumar Patil
6	15K12594	Veerangouda Siddangoudra
7	15K12596	Vijaylaxmi Kumanikoppamath
8	15K12597	Vinayak Raykar
9	15A12836	Fakkirappa Mummigatti
10	15A12838	Ganesh Kadkol
11	15A12841	Gangavva Madar
12	15K12502	Akash Badiger
13	15K12504	Akshaykumar Bhandari
14	15A12848	Jayakar Kuri
15	15A12849	Jyoti Patil
16	15A12851	Jyoti Yaligar
17	15A12854	Kalmesh Kampsannavar
18	15K12532	Mahammad Yousuf Hafeez
19	15K12533	Mahantesh Uppar
20	15A12882	Malashree Hirekumbi
21	15K12517	Hanamanta Bhajantri
22	15K12518	Hariiom Pol
23	15K12519	Iramma Yadalli
24	15K12520	Jagadish Kerimani
25	15A12893	Manjunath Sangappa Gobbargumpi
26	15A12895	Manjunath Kabbur
27	15A12896	Manjunath Madar
28	15A12897	Manjunath Shantgiri
29	15A12898	Manjunath Mugali
30	15A12899	Megha Vijay Malode
31	15K12552	Raghavendra Malapur
32	15K12554	Ramachandra Acharya
33	15A12902	Mrutyunjaya Yaligar




PRINCIPAL

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

123

K E Board's First Grade Arts and Commerce College,
Shivaji Circle, Savadatti Road, DHARWAD
Yoga Certificate course -2017-18

✓

Attendance

Academic Year : 2017-18 MM/DD/YYYY

Timing : 7.00 am - 8.00 am

Sl. No.	Name of the Student	7/31	7/4	7/5	7/6	7/7	7/8	7/9	7/11	7/12	7/13	7/14	7/15	7/17	7/18	7/19	7/20	7/21	7/22	7/24	7/25	7/26	7/27	7/28	7/29	7/31	8/1	8/2	8/3	8/4	8/5	
1	Akshata Hadapad	A	A	A	A	A	A	A	A	A	Ab	A	Ab	A	Ab	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
2	Akshata Ulligeri	A	A	A	A	A	A	A	A	Ab	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
3	Anand Lokur	A	A	A	A	A	A	A	A	Ab	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
4	Bahuball Tambakad	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	Ab	Ab	Ab	
5	Bharatkumar Patil	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	
6	Veerangouda Siddangoudra	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	
7	Vijaylaxmi Kumanikoppamath	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	
8	Vinayak Raykar	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V	
9	Fakkirappa Mummigatti	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	
10	Ganesh Kadkol	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	
11	Gangavva Madar	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	
12	Akash Badiger	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
13	Akshaykumar Bhandari	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
14	Jayakar Kuri	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	
15	Jyoti Patil	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	
16	Jyoti Yaligar	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	
17	Kalmesh Kampsannavar	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	
18	Mahammad Yousuf Hafeez	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	
19	Mahantesh Uppar	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	
20	Malashree Hirekumbi	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	
21	Hanamanta Bhajantri	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	
22	Hariiom Pol	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	
23	Iramma Yadalli	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	I	
24	Jagadish Kerimani	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J	J
25	Manjunath S Gobbargumpi	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	

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

26	Manjunath Kabbur	MK	MK	MK	MK	MK	MK	MK	Ab	MK	MK	MK	MK	Ab	MK	Mb	MK	Ab	MK	MK	Ab	MK	MK	MK	MK	Ab	MK	MK	MK	MK	MK	MK
27	Manjunath Madar	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK
28	Manjunath Shantgiri	MK	MK	MK	Ab	MK	MK	MK	Ab	MK	MK	MK	MK	MK	Ab	MK	MK	MK	Ab	MK	MK	Ab	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK
29	Manjunath Mugali	MK	MK	MK	Ab	Ab	MK	MK	MK	Ab	Ab	MK	MK	Ab	MK	MK	MK	Ab	Ab	MK	MK	Ab	MK	MK	MK	MK	Ab	Ab	MK	MK	MK	MK
30	Megha Vijay Malode	R	R	R	R	Ab	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
31	Raghavendra Malapur	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK
32	Ramachandra Acharya	MK	MK	MK	Ab	MK	MK	MK	Ab	MK	MK	MK	MK	MK	Ab	MK	MK	MK	Ab	MK	MK	Ab	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK
33	Mrutyunjaya Yaligar	MK	MK	MK	MK	MK	Ab	MK	MK	MK	MK	MK	MK	MK	Ab	MK	MK	MK	Ab	MK	MK	Ab	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK

Signature :


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

Remarks:	
-----------------	--



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

Certificate of Participation

This is to certify that Miss./Ma. _____
participated in the *Value Added Course of Yoga* from 03-07-2017 to 05-08-2017 organized
by K.E.Board's First Grade Arts and Commerce College Dharwad.

WISH YOU ALL THE BEST....

Certified by


Convener

Smt Savita Kulkarni


Principal

Prof. M.A. Siddhanti

ಸೂಚನೆ: 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: 05/08/2017

OUTCOME OF THE YOGA ADD ON COURSE

Yoga has helped the students in many aspects and visible changes in their behavior and attitude have been observed. Yoga helps them in being disciplined and physically fit. Meditation gives students a peaceful mind to think, be creative and productive. Yoga practice aids in having a balanced lifestyle with the ability to manage stress caused due to many factors. It has been noticed that yoga practice has improved positivity and nurtured healthy habits among the students. Students were also provided with the certificates.



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 DEGREE COLLEGE,
Shivaji circle, dharwad**

Certificate of Participation

This is to certify that Miss./Ma. AKSHATA HADAPAD
participated in the *Value Added Course of Yoga* from 03-07-2017 to 05-08-2017 organized
by K.E.Board's First Grade Arts and Commerce College Dharwad.

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 DEGREE COLLEGE,
Shivaji circle, dharwad**

Certificate of Participation

This is to certify that Miss./Ma. BHARATKUMAR PATIL
participated in the *Value Added Course of Yoga* from 03-07-2017 to 05-08-2017 organized
by K.E.Board's First Grade Arts and Commerce College Dharwad.

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 DEGREE COLLEGE,
Shivaji circle, dharwad**

Certificate of Participation

This is to certify that Miss./Ma. AKASHI BADI GER
participated in the *Value Added Course of Yoga* from 03-07-2017 to 05-08-2017 organized
by K.E.Board's First Grade Arts and Commerce College Dharwad.

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 DEGREE COLLEGE,
Shivaji circle, dharwad**

Certificate of Participation

This is to certify that Miss./Ma. HARIOM POL
participated in the *Value Added Course of Yoga* from 03-07-2017 to 05-08-2017 organized
by K.E.Board's First Grade Arts and Commerce College Dharwad.

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 DEGREE COLLEGE,
Shivaji circle, dharwad**

Certificate of Participation

This is to certify that Miss./Ma. RAMAGHANDRA ACHARYA
participated in the *Value Added Course of Yoga* from 03-07-2017 to 05-08-2017 organized
by K.E.Board's First Grade Arts and Commerce College Dharwad.

WISH YOU ALL THE BEST....

Certified by


Convener

Smt Savita Kulkarni


Principal

Prof. M.A. Siddhanti