

ESTD: 1967

P.B.No: 03



V.M.V.SANGHA'S
VIJAYA MAHANTESH KRUPAPOSHIT

S.R.VASTRAD ARTS, SCIENCE & VIJAY SHANKARAPPA BELLIHAI COMMERCIAL
COLLEGE, HUNGUND 587118

Tq:Hungund

Affiliated by

Dist:Baglkot

Ph.No : 202244-08351

Rani Channamma University, Belagavi College Code: 6217

Fax No : 08351-202244

Nationally Accredited with Grade "B" by NAAC

: <https://vmsrvcollege.com/>

: vmsrv_hnd@yahoo.com

From,
Shri. S. B. CHALAGERI
Physical Education Director
V. M. K. S. R. Vastrad Arts, Science &
V. S. Bellihal Commerce College,
Hungund

To,
The Principal
V. M. K. S. R. Vastrad Arts, Science &
V. S. Bellihal Commerce College,
Hungund




Respected madam,

Sub: Requesting to conduct yoga course for B.A./B.Sc./B.Com. students.

With reference to above, I request you to permit to conduct yoga & meditation course of 15 days duration for B.A./B.Sc./B.Com. students from 11/02/2019 to 25/02/2019.

Thanking you madam,

Yours' faithfully


Date: 23/01/2019


Coordinator
IQAC

Vijaya Mahantesh Krupapohit S.R.Vastrad
Arts, Science & Vijay Shankarappa Bellihal
Commerce College, Hungund-587118
Dist:Bagalkote State:Karnataka


Principal

Vijaya Mahantesh Krupapohit
S.R.Vastrad Art, Science & V.S.Bellihal
Commerce College, Hungund-587118



VMVV SANGHA'S

VMKSR VASTRAD ARTS SCIENCE & V S BELLIHAL
COMMERCE COLLEGE, HUNGUND

BROCHURE

COURSE ON YOGA AND MEDITATION

DATE: 11/02/2019 TO 25/02/2019

VENUE: COLLEGE CAMPUS

Dr. S. R. GOLAGOND
IQAC CO-ORDINATOR

Lt. S B CHALIGERI
PROGRAM CO-ORDINATOR

Smt. S. K. MATH
PRINCIPAL

ALL ARE CORDIALLY INVITED



ESTD: 1967

V. M. V. V. Sangha's

Post Box No.. 3

**Vijaya Mahantesh Krupaposhit S. R. Vastrad Arts,
Science and V. S. Bellihal Commerce College, Hungund**

Prof.(Smt) S. K. Math
Principal Fax No:0835

Affiliated to Rani Channamma University Belagavi
College Code: 6217

: 260224(08351)

Email ID: vmsrv_hnd@yahoo.com



Circular

All the students are hereby informed that college is conducting yoga & meditation course from 11th February to 25th February 2019 for B.A./B.Sc./B. Com students. Interested students enrol your names at course coordinator Shri. S. B. CHALAGERI, Physical Education Director.

Date: 24/01/2019

CLASS	SIGNATURE
BA - 1	
BA - 2	
BA - 3	
B.COM - 1	
B.COM - 2	
B.COM - 3	
B.Sc - 1	
B.Sc - 2	
B.Sc - 3	

Coordinator
IQAC

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Arts, Science & Vijay Shankarappa Bellihal
Commerce College, Hungund-587118
Dist: Bagalkote State: Karnataka

Principal

Vijaya Mahantesh Krupaposhit
S.R. Vastrad Art, Science & V.S. Bellihal
Commerce College, Hungund-587118

V. M. V. V. SANGHA'S
VIJAYA MAHANTESH KRUPAPOSHIT S. R. VASTRAD ARTS,
SCIENCE AND V. S. BELLIHAL COMMERCE COLLEGE, HUNGUND

YOGA & MEDITATION COURSE



Objectives:

- This course aims to providing exposure to students in health development.
- To develop the interest of the students towards fitness and health.

Course Learning Outcomes:

After successful completion of the course, student will be able to;

- Improve health naturally, improve mental health and concentration in their routine work and studies.
- Removes back pain, sleeping disorders, improve breathing and cures bronchial and lungs related illness.

SYLLABUS

.MODULE 1: INTRODUCTION TO YOGA AND PRACTICE

- INTRODUCTION
- RELEVANCE OF YOGA IN HEALTH
- BASIC PRINCIPLES OF YOGA & YOGA PRACTICE
- PHYSIOLOGY OF YOGA

MODULE 2: YOGA & SURYA NAMASKAR


- SELECTED YOGIC SUKSHMA/ STHULA VYAYAMA
- SURYA NAMASKAR
- ASANAS IN STANDING/ SEATING POSITION
- ASANAS IN SLEEPING POSITION


MODULE 3: PRANAYAMA


- MECHANISM OF CORRECT BREATHING
- CONCEPT OF PURAKA, RECHAKA, KUMBHAKA
- NADI-SHODHAN PRANAYAMA & BHRAMARI PRANAYAMA

MODULE 4: PRACTICES LEADING TO MEDITATION

- RECITATION OF PRANAVA MANTRA
- RECITATION OF HYMNS, INVOCATIONS & PRAYERS
- ANTER MAUN & OM DHYANA
- BREATH MEDITAION


Shri. S. B. Chalageri
Coordinator &
Physical Education Director


Dr. S. Chandrabod
IOAC Coordinator
Vijaya Mahantesh Krupaposhit S.R.Vastrad
Arts, Science & Vijay Shankarappa Bellihal
Commerce College, Hungund-587111
Dist: Bagalkote State: Karnataka


Smt. S. K. Math
Principal
Vijaya Mahantesh Krupaposhit
S.R. Vastrad Art, Science & V.S. Bellihal
Commerce College, Hungund-587111



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Affiliated to Rani Channamma University Belagavi
College Code: 6217



STUDENT ATTENDANCE FROM 11TH FEBRUARY 25TH FEBRUARY 2019

SL NO	NAME OF THE STUDENT	11/2/19	12/2/19	13/2/19	14/2/19	15/2/19	16/2/19	17/2/19	18/2/19	19/2/19	20/2/19	21/2/19	22/2/19	23/2/19	24/2/19	25/2/19
01	IMAMSAB L PINJAR	PP	PP	PP	PP	PP	PP	PP	PP	PP	PP	PP	PP	PP	PP	PP
02	SATISH BENAKANADONI	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB
03	HANAMANTHRAYA HANDRAGAL	HA	HA	HA	HA	HA	HA	HA	HA	HA	HA	HA	HA	HA	HA	HA
04	ANIL KUMAR DEVATAGI	AKD	AKD	AKD	AKD	AKD	AKD	AKD	AKD	AKD	AKD	AKD	AKD	AKD	AKD	AKD
05	YALLAPPA	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
06	HANAMANTH S TUMBAD	HT	HT	HT	HT	HT	HT	HT	HT	HT	HT	HT	HT	HT	HT	HT
07	SUNIL B BEVOR	SB	SB	AB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB
08	GURAPPA METI	GM	GM	GM	GM	GM	GM	GM	GM	GM	GM	GM	GM	GM	GM	GM
09	MANJUNATH HAGEDAL	HM	HM	HM	HM	HM	HM	HM	HM	HM	HM	HM	HM	HM	HM	HM
10	KRISHNA KATAGI	KK	KK	KK	KK	KK	KK	KK	KK	KK	KK	KK	KK	KK	KK	KK
11	HULLAPPA VAGGAR	H-U	H-U	H-U	H-U	H-U	AB	H-U	H-U	H-U	H-U	H-U	H-U	H-U	H-U	H-U
12	BOMMESH HUGGI	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH
13	VIRESH ANGADI	VA	VA	VA	VA	VA	VA	VA	VA	VA	VA	VA	VA	VA	VA	VA
14	ABHISHEK CHALAGERI	AC	AC	AC	AC	AC	AC	AC	AC	AC	AC	AC	AB	AC	AC	AC
15	RAMESH EMMI	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE
16	CHANDRASHEKHAR BELLIHAI	CB	CB	AB	CB	CB	CB	CB	CB	CB	AB	CB	CB	CB	CB	CB
17	NAVEEN KUMAR BARKER	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB
18	INDIRA DESHPANDE	ID	ID	ID	ID	ID	ID	ID	ID	ID	ID	ID	ID	ID	ID	ID


Coordinator
IQAC


Vijaya Mahantesh Krupapohit S.R.Vastrad Arts, Science & Vijay Shankarappa Bellihal Commerce College, Hungund-587118
Dist:Bagalkote State:Karnataka

Principal

Vijaya Mahantesh Krupapohit S.R Vastrad Art, Science & V.S.Bellihal Commerce College, Hungund-587118

	NILAGUNDA																			
21	MAHADEV ANGADI	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
22	NAVEEN	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M
23	VENKATESH RAKKASAGI	VR	VR	VR	VR	VR	VR	VR	VR	VR	VR	VR	VR	VR	VR	VR	VR	VR	VR	VR
24	AYYANAGOUDA GUDADAPPANAVAR	AG	AG	AG	AG	AG	AG	AG	AG	AG	AG	AG	AG	AG	AG	AG	AG	AG	AG	AG
25	SHANKARAGOUDA GOUDAR	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG
26	MANJUNATH KAJYANI	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK
27	NAGARAJ KURI	NK	NK	NK	NK	NK	NK	NK	NK	NK	NK	NK	NK	NK	NK	NK	NK	NK	NK	NK
28	NETRA LAXMAN BOVI	NLB	NLB	NLB	NLB	NLB	NLB	NLB	NLB	NLB	NLB	NLB	NLB	NLB	NLB	NLB	NLB	NLB	NLB	NLB
29	SANTOSH AMBAGER	SA	SA	SA	SA	SA	SA	SA	SA	SA	SA	SA	SA	SA	SA	SA	SA	SA	SA	SA
30	SABANNA CHANDRAPPA HIRAL	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH
31	RAMESH GOUDA GOUDAR	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG


Shri. S. B. Chalageri
 Coordinator &
 Physical Education Director


Coordinator
Dr. S. R. G. Gund
 Vijaya Mahantesh Krupaposh S.R.Vastrad
 Arts, Science & Vijay Shankarappa Bellihal
 Commerce College, Hungund-587118
 Dist:Bagalkote State:Karnataka


Smt. S. K. Math
 Principal
 Vijaya Mahantesh Krupaposh
 S.R Vastrad Art, Science & V.S.Bel
 Commerce College, Hungund-587




V. M. V. V. SANGHA'S
VIJAYA MAHANTESH KRUPAPOSHTI S. R. VASTRAD ARTS, SCIENCE AND V. S.
BELLIHAI COMMERCE COLLEGE, HUNGUND
COURSE ON "YOGA & MEDITATION"




CERTIFICATE



This is to certify that Mr/Miss. Indira Deshpande of
B.A has participated in YOGA & MEDITATION COURSE Organized by the Department of Physical
Education from 11/02/2019 to 25/02/2019 in our Institution.


SHRI S. B. CHALAGERI
COORDINATOR &
PHYSICAL EDUCATION DIRECTOR


DR. S. B. GOLAGOND
CO-ORDINATOR IQAC


PROF. S. B. MAITI
PRINCIPAL

V. M. V. V. SANGHA'S
VIJAYA MAHANTESH KRUPAPOSHIT S. R. VASTRAD ARTS, SCIENCE AND V. S.
BELLIHAI COMMERCIAL COLLEGE, HUNGUND
COURSE ON "YOGA & MEDITATION"



CERTIFICATE




This is to certify that Mr/Miss. Imansab K. Pinjar.....of

B.A.....

has participated in YOGA & MEDITATION COURSE Organized by the Department of Physical

Education from 11/02/2019 to 25/02/2019 in our Institution.


DR. S. D. CHALAGERI
COORDINATOR &
PHYSICAL EDUCATION DIRECTOR


DR. S. R. GOLAGOND
CO-ORDINATOR IQAC


DR. S. R. SAGAR
PRINCIPAL

V. M. V. V. SANGHA'S
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BELLIHAI COMMERCE COLLEGE, HUNGUND
COURSE ON "YOGA & MEDITATION"



CERTIFICATE



This is to certify that Mr/Miss. Nrishi Angadi of
B.sc has participated in YOGA & MEDITATION COURSE Organized by the Department of Physical
Education from 11/02/2019 to 25/02/2019 in our Institution.


DR. S. R. CHALAGERI
COORDINATOR &
PHYSICAL EDUCATION DIRECTOR


DR. S. R. GOLAGOND
CO-ORDINATOR IQAC


DR. P. S. S. S. S.
PRINCIPAL

V. M. V. V. SANGHA'S
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BELLIHAI COMMERCE COLLEGE, HUNGUND
COURSE ON "YOGA & MEDITATION"



CERTIFICATE



This is to certify that Mr/Miss. Sunil B. BevorOF
B.sc has participated in YOGA & MEDITATION COURSE Organized by the Department of Physical
Education from 11/02/2019 to 25/02/2019 in our Institution.


S. S. CHALAGERI
COORDINATOR &
PHYSICAL EDUCATION DIRECTOR


DR. S. R. GOLAGOND
CO-ORDINATOR IQAC


PROF. V. R. NAIDU
PRINCIPAL

V. M. V. V. SANGHA'S
VIJAYA MAHANTESH KRUPAPOSHTI S. R. VASTRAD ARTS, SCIENCE AND V. S.
BELLIHAI COMMERCE COLLEGE, HUNGUND
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
This is to certify that Mr/Miss. Anil Kumar Devatagi ..Of

B.Sc

..... has participated in YOGA & MEDITATION COURSE Organized by the Department of Physical

Education from 11/02/2019 to 25/02/2019 in our Institution.


DR. S. R. CHALAGURI
COORDINATOR &
PHYSICAL EDUCATION DIRECTOR


DR. S. R. GOLAGOND
CO-ORDINATOR IQAC


PROF. S. K. WATE
PRINCIPAL