

ESTD: 1967

P.B.No: 03



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

S.R.VASTRAD ARTS, SCIENCE & VIJAY SHANKARAPPA BELLIHAI COMMERCE
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 16th January to 31st January 2020.

Thanking you madam,

Yours' faithfully


Date: 24/12/2019


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: 16/01/2020 TO 31/01/2020

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

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

YOGA & MEDITATION COURSE



Objectives:

- This course aims at 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

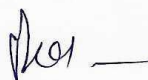
MODULE 3: PRANAYAMA

- 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 MEDITATION


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


Dr. S. Chandrashekar
Coordinator
IQAC
Vijaya Mahantesh Krupapohit S.R.Vastrad
Arts, Science & V.S. Bellihal Commerce College,
Hungund-587118


Smt. S. K. Math
Principal
IQAC, Coordinator
Vijaya Mahantesh Krupapohit
S.R Vastrad Art, Science & V.S. Bellihal
Commerce College, Hungund-587118



ESTD: 1967

V. M. V. V. Sangha's

Post Box No.. 3

**VijayaMahanteshKrupapohit S. R. Vastrad Arts,
Science and V. S. Bellihal Commerce College, Hungund**

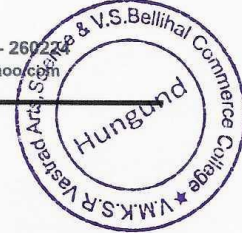
Prof.(Smt) S. K. Math
Principal

Affiliated to Rani Channamma University Belagavi
College Code: 6217

: 260224(08351)

Fax No:08351 - 260224

Email ID: vmsrv_hnd@yahoo.com



Circular

All the students are hereby informed that college is conducting yoga & meditation course from 16th January to 31st January 2020 for B.A./B.Sc./B. Com students. Interested students enrol your names at course coordinator Shri. S. B. CHALAGERI, Physical Education Director.

Date: 27/12/2019

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
I Q A C

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



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Affiliated to Rani Channamma University Belagavi
College Code: 6217



STUDENT ATTENDANCE FROM 16TH JANUARY TO 31ST JANUARY 2020

SL NO	NAME OF THE STUDENT	16/1/20	17/1/20	18/1/20	19/1/20	20/1/20	21/1/20	22/1/20	23/1/20	24/1/20	25/1/20	26/1/20	27/1/20	28/1/20	29/1/20	30/1/20	31/1/20
01	INDIRA DESHPANDE	IND	IND	IND	IND	IND	IND	IND	IND	IND	IND	IND	IND	IND	IND	IND	IND
02	KUDLAPPA SAJJAN	KS	KS	KS	KS	KS	KS	KS	KS	KS	KS	KS	KS	KS	KS	KS	KS
03	MUTTANNA NILAGUNDA	AN	AN	AN	AN	AN	AN	AN	AN	AN	AN	AN	AN	AN	AN	AN	AN
04	SURESH SOMANNAVAR	SS	SS	SS	SS	SS	SS	SS	SS	SS	SS	SS	SS	SS	SS	SS	SS
05	AYYANAGOUDA GUDADAPPANAVAR	GA	GA	GA	GA	GA	GA	GA	GA	GA	GA	GA	GA	GA	GA	GA	GA
06	SHANKARAGOUDA GOUDAR	SG	SG	SG	AB	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG
07	MANJUNATH KAJYANI	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK	MK
08	VINOD BHIMANAGOUDA GOUDAR	VG	VG	VG	VG	VG	VG	VG	VG	VG	VG	VG	VG	VG	VG	VG	VG
09	YAMANAPPA NIMBANNAVAR	YN	YN	AB	YN	YN	YN	YN	YN	YN	YN	YN	YN	YN	YN	YN	YN
10	BASAVARAJ SANGAPPA KANT	BK	BK	BK	BK	BK	BK	BK	BK	BK	BK	BK	BK	BK	BK	BK	BK
11	IMAMSAB L PINJAR	IP	IP	IP	IP	IP	IP	IP	IP	IP	IP	IP	IP	IP	IP	IP	IP
12	SATISH BENAKANADONI	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB
13	HANAMANTHRAYA HANDRAGAL	HN	HN	HN	HN	HN	AB	HN	HN	HN	HN	HN	HN	HN	HN	HN	HN
14	ANIL KUMAR DEVATAGI	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK
15	YALLAPPA	YL	YL	YL	YL	YL	YL	YL	YL	YL	YL	YL	YL	YL	YL	YL	YL
16	HANAMANTH S TUMBAD	HST	HST	HST	HST	HST	HST	HST	HST	HST	HST	HST	HST	HST	HST	HST	HST
17	SUNIL B BEVOR	SB	SB	SB	SB	SB	SB	SB	SB	SB	AB	SB	SB	SB	SB	AB	SB
18	SHARANAPPA	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP


Coordinator
IQAC

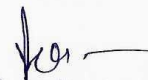
Vijaya Mahantesh Krupapohit S.R.Vastrad
Arts, Science & Vijay Shankarappa Bellihal
Commerce College, Hungund-587118
Dist: Bagalkote State: Karnataka


Principal

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

20	BOMMESH HUGGI	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH	BH
21	VIRESH ANGADI	X	AB	X	X	X	X	X	X	X	AB	X	X	X	X	X	X
22	SHANKAR GOUDA PATIL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	SAMEER	Sameer	Sameer	Sameer	Sameer	Sameer	Sameer	Sameer	Sameer	Sameer	Sameer	Sameer	Sameer	Sameer	Sameer	Sameer	Sameer
24	HANAMAGOUDA MALIPATIL	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
25	SANGANNA METI	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G
26	SHARANABASAVA GONAL	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG	SG
27	NAGARAJ JHIREGOUDAR	Naga	Naga	Naga	AB	Naga	Naga	Naga	Naga	Naga	Naga	Naga	Naga	Naga	Naga	AB	Naga
28	MANOJ MUDHOL	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M
29	SHARANAMMA BHAVIKATTI	AB	B	B	B	B	B	B	B	B	B	AB	B	B	B	B	B
30	AKSHATHA BELAGAL	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B


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


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


 Smt. S. K. Math
 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.
BELLIHAI COMMERCIAL COLLEGE, HUNGUND


COURSE ON "YOGA & MEDITATION"




CERTIFICATE



This is to certify that Mr/Miss. Sunil B. Bevor Of
B.A has participated in YOGA & MEDITATION COURSE
Organized by the Department of Physical Education from 16/01/2020 to 31/01/2020 in
our Institution.


SHRI. S. B. CHALAGERI
COORDINATOR &
PHYSICAL EDUCATION DIRECTOR


DR. S. R. GOLAGOND
CO-ORDINATOR IQAC

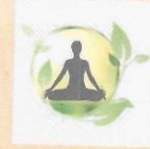

PROF. S. K. MATH
PRINCIPAL

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


COURSE ON "YOGA & MEDITATION"




CERTIFICATE



This is to certify that Mr/Miss. Vinod B. Gowdar Of
..... B. A has participated in YOGA & MEDITATION COURSE
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DR. S. R. GOLAGOND
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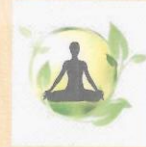

PROF. S. K. MATH
PRINCIPAL

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. Yallappa Of B.A
..... has participated in **YOGA & MEDITATION COURSE**
Organized by the Department of Physical Education from 16/01/2020 to 31/01/2020 in
our Institution.

SHRI. S. B. CHALAGERI
COORDINATOR &
PHYSICAL EDUCATION DIRECTOR

DR. S. R. GOLAGOND
CO-ORDINATOR IQAC

PROF. S. K. MATH
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. Suresh Somannavar Of
B.A has participated in **YOGA & MEDITATION COURSE**
Organized by the Department of Physical Education from 16/01/2020 to 31/01/2020 in
our Institution.


SHRI. S. B. CHALAGERI
COORDINATOR &
PHYSICAL EDUCATION DIRECTOR


DR. S. R. GOLAGOND
CO-ORDINATOR IQAC


PROF. S. K. MATH
PRINCIPAL

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

COURSE ON "YOGA & MEDITATION"



CERTIFICATE



This is to certify that Mr/Miss. Manjanath Kalyani Of
B.A has participated in YOGA & MEDITATION COURSE
Organized by the Department of Physical Education from 16/01/2020 to 31/01/2020 in
our Institution.

SHRI. S. B. CHALAGERI
COORDINATOR &
PHYSICAL EDUCATION DIRECTOR

DR. S. R. GOLAGOND
CO-ORDINATOR IQAC

PROF. S. K. MATH
PRINCIPAL







