

ESTD: 1967

P.B.No: 03



Y.M.V.SANGHA'S
VIJAY MAHANTESH KRUPAPOSHIT

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

Tq:Hungund

Affiliated by

Dist:Bagalkot

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 2023.

Thanking you madam,

Yours' faithfully

Date: 23/12/2022

Coordinator
IQAC
Vijaya Mahantesh Krupaposhit S.R.Vastrad
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



VMVV SANGHA'S
VMKSR VASTRAD ARTS SCIENCE & V S BELLIHAI
COMMERCE COLLEGE, HUNGUND

BROCHURE

COURSE ON YOGA AND MEDITATION

DATE: 16/01/2023 TO 31/01/2023

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 Krupapohit 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 2023 for B.A./B.Sc./B. Com students. Interested students enrol your names at course coordinator Shri. S. B. CHALAGERI, Physical Education Director.

Date: 26/01/2019

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

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

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

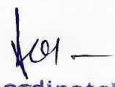
MODULE 3: PRANAYAMA


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

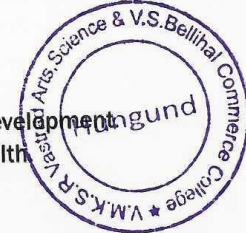
MODULE 4: PRACTICES LEADING TO MEDITATION

- 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. R. Vastrad
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-5871.





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Science and V. S. Bellihal Commerce College, Hungund**

Affiliated to Rani Channamma University Belagavi
College Code: 6217



STUDENT ATTENDANCE
FROM 16TH JANUARY TO 31ST JANUARY 2023

SL NO	NAME OF THE STUDENT	16/1/23	17/1/23	18/1/23	19/1/23	20/1/23	21/1/23	22/1/23	23/1/23	24/1/23	25/1/23	27/1/23	28/1/23	29/1/23	30/1/23	31/1/23
01	MEGHANATH DANDAGI	MD	MD	MD	MD	MD	MD	MD	MD	MD	MD	MD	MD	MD	MD	MD
02	MAHANTESH BELLIHAI	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M
03	MAHANTESH SAJJAN	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M
04	SUHAIL CHALLAMARAD	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
05	SIDDAPPA HALAPI	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
06	PRABHAVATHI	P	P	P	AB	P	P	P	AB	P	P	P	P	P	AB	P
07	SIDDAVVA CHALAVADI	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
08	SHRUTAVVA TARIWALA	S	S	S	S	AB	S	S	S	S	AB	S	S	S	S	S
09	BASAVARAJ IMRAPUR	B	B	B	B	B	B	B	B	B	B	B	B	B	B	B
10	MUTTANAGOUDA DESHATTI	MD	MD	MD	MD	MD	MD	MD	MD	MD	MD	MD	MD	MD	MD	MD
11	VIJAY KUNTOJI	V	V	V	V	V	V	V	V	V	V	V	V	V	V	V
12	RAVI MALLAPPA MAGI	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
13	SHILPA KANDAGAL	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K
14	BHEEMAPPA HALAPI	H	H	AB	H	H	H	H	AB	H	H	H	H	H	H	H
15	CHATAN MULLUR	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M
16	BASAVARAJ KATTIMANI	B	B	B	B	B	AB	B	B	B	B	B	B	AB	B	B
17	MUTTANNA MELI	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M
18	TIPPANNA	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T


Coordinator
IQAC

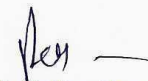
Vijaya Mahantesh Krupapohit S.R.Vastrad
Arts, Science & Vijay Shankarappa Bellihal
Commerce College, Hungund-587118
Dist:Bagalkote State:Karnataka

Principal

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

21	BOLISHETTI RAKSHITHA	Rakshi	Rakshi	Rakshi	Rakshi	Rakshi	Rakshi	Rakshi	Rakshi	Rakshi	Rakshi	AB	Rakshi	Rakshi	Rakshi	Rakshi
22	SAVITA HANDRAGAL	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH
23	DRAKSHYINI GOUDAR	DR	DR	DR	DR	DR	DR	AB	DR	DR	DR	DR	DR	DR	DR	DR
24	BHEEMAPPA MADAR	BM	BM	BM	BM	BM	BM	BM	BM	BM	BM	BM	BM	BM	BM	BM
25	AISHWARYA UMACHAGI	AU	AB	AU	AU	AU	AU	AU	AU	AU	AU	AB	AU	AU	AU	AU
26	VIJAY KUNTOJI	V	W	V	W	W	W	W	V	W	W	W	W	V	W	W
27	RIYAZ WALIKAR	Riyaz	Riyaz	Riyaz	Riyaz	Riyaz	Riyaz	Riyaz	Riyaz	Riyaz	Riyaz	Riyaz	Riyaz	Riyaz	Riyaz	Riyaz
28	YAMANAPPA BANDI	YB	YB	YB	YB	YB	YB	YB	YB	YB	YB	YB	YB	YB	YB	YB
29	SUDEEP HUNGUND	SH	SH	AB	SH	SH	SH	SH	AB	SH	SH	SH	SH	SH	SH	SH
30	MEGHA KODAGALI	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M
31	AKASH	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
32	SANGU PATIL	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP
33	BHEMANNA SHIRUR	BS	AB	BS	BS	BS	BS	BS	BS	BS	BS	AB	BS	BS	BS	BS
34	NAGARAJ	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB	NB
35	MADHU ANDENAR	Madhu	Madhu	Madhu	Madhu	Madhu	Madhu	Madhu	Madhu	Madhu	Madhu	Madhu	Madhu	Madhu	Madhu	Madhu


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


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


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





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



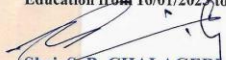
COURSE ON "YOGA & MEDITATION"




This is to certify that Mr/Miss. Mahantesh Bellihal Of

B.Sc

..... has participated in YOGA & MEDITATION COURSE Organized by the Department of Physical Education from 16/01/2023 to 31/01/2023 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 KRUPA SHIKSHA S. R. VASTRAD ARTS, SCIENCE
AND V. S. BELLIHAL COMMERCE COLLEGE, HUNGUND




COURSE ON "YOGA & MEDITATION"



This is to certify that Mr/Miss. Siddarva Chalavadi Of

B.A

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Education from 16/01/2023 to 31/01/2023 in our Institution.


Shri. S. B. CHALAGERI
Coordinator &
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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

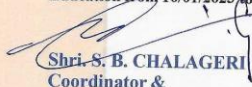



COURSE ON "YOGA & MEDITATION"



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B.A

..... has participated in YOGA & MEDITATION COURSE Organized by the Department of Physical
Education from 16/01/2023 to 31/01/2023 in our Institution.


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


Dr. S. R. GOLAGOND
Co-ordinator IQAC


Prof. S. K. MATH
Principal



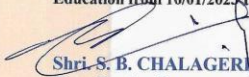
V. M. V. V. SANGHA'S
VIJAYA MAHANTESH KRUPASHIT S. R. VASTRAD ARTS, SCIENCE
AND V. S. BELLIHAI COMMERCIAL COLLEGE, HUNGUND



COURSE ON "YOGA & MEDITATION"



This is to certify that Mr/Miss. Chetan Mellur Of
B.A has participated in YOGA & MEDITATION COURSE Organized by the Department of Physical
Education from 16/01/2023 to 31/01/2023 in our Institution.

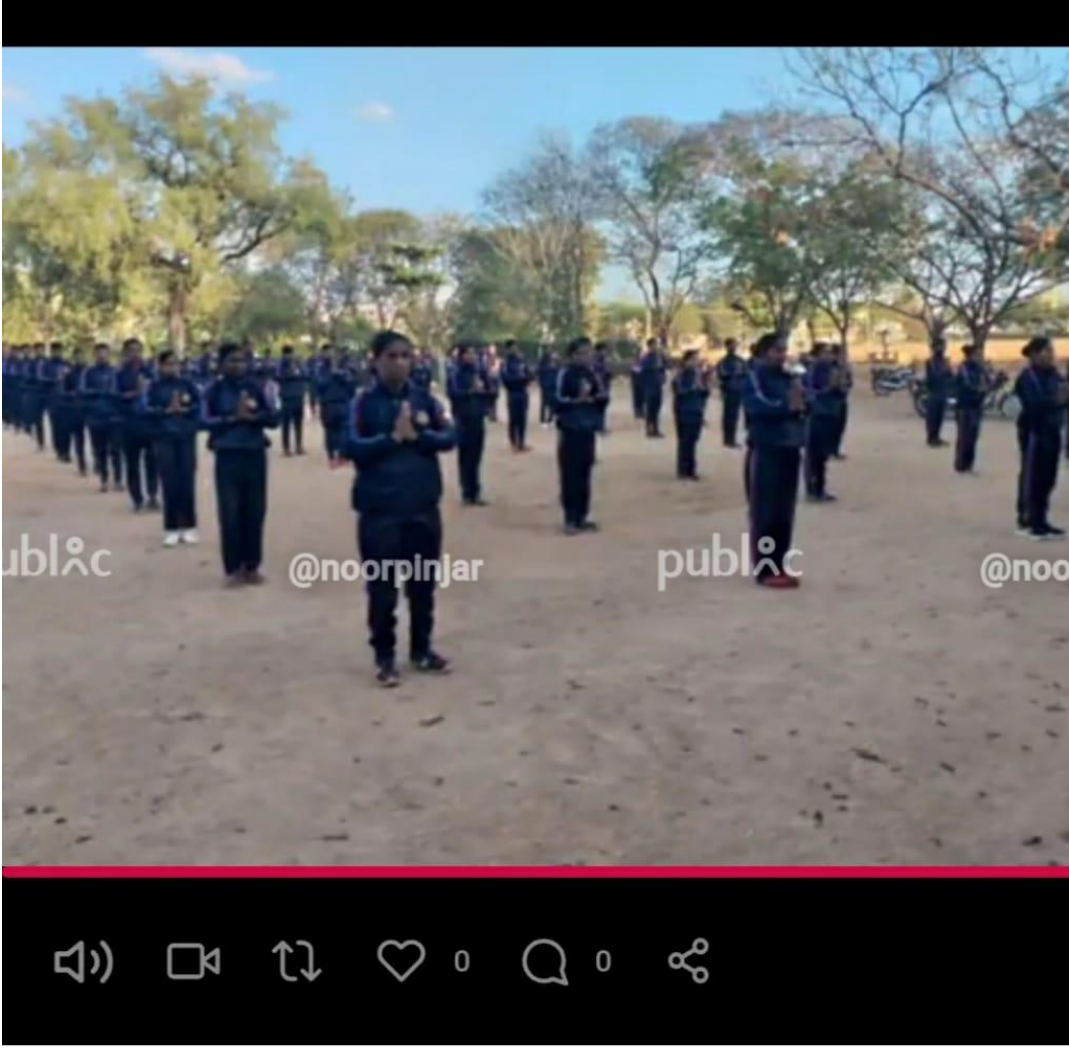

Shri. S. B. CHALAGERI
Coordinator &
Physical Education Director

Dr. S. R. GOLAGOND
Co-ordinator IQAC


Prof. S. K. MATH
Principal







ಹುನಗುಂದ: ಪಟ್ಟಣದ ವಸ್ತ್ರದ ಕಾಲೇಜಿನಲ್ಲಿ
ಯೋಗ ಮತ್ತು ಆರೋಗ್ಯದ ಕುರಿತು ಉಪನ್ಯಾಸ
ಕಾರ್ಯಕ್ರಮ



