



G. P. Porwal Arts, Commerce & V. V. Salimath Science College, Sindgi





**BROCHURE** 



# DEPARTMENT OF PHYSICAL EDUCATION

VALUE ADDED COURCE IN YOGA 2022-23

## **VALUE ADDED COURCE IN YOGA (30days)**

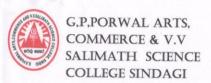
02/11/2022 TO 05/12/2022

Inauguration

02/11/2022 10:15AM

Valedictory

05/12/202210:30Am



**Presents** 

VALUE ADDED COURSE IN YOGA 2022-23



Yoga is skill in action

#### **Course Duration**

30 hours

Daily 6:00am to 7:00am

#### **Commencement Date**

02/11/2022 To 05/12/2022

#### Who can Enroll

B.A B.Com and B.SC Students

#### **Evaluation Criteria**

Participation:

Sincerity | Punctuality and Theoretical Knowledge Practical Assessment

#### **Course Content**

#### Unit-I

- Meaning and definition of yoga
- > Aim and objectives of yoga
- Need and importance of yoga in physical education and sports

#### Unit-II Asana

- > Tadasana
- > Konasana
- Garudasana
- > Halasana
- Padahstasana
- > vakrasana
- > Shavasana

#### Unit-III Yoga Mudre

- > Gyan Mudra
- Vayu mudra
- Shunya mudra
- Prithvi Mudra
- > Prana Mudra

#### Resource Person

Shri. Prof. Gavisiddappa Anegundi Physical Director R D Patil College Sindagi

#### About the course

In today's world filled with busyness & anxiety, we need to take out time for healing our mind, body and soul. This program is designed to benefit all these aspects to help you achieve a healthy lifestyle. We wish to equip all our stakeholders with a rejuvenating life choice and make the most of it.

#### Learning objectives

- 16.To enable the students to become health wealthy.
- 17.To enable the students to maintain mental hygiene.
- 18.To develop in student the spirit of emotional stability.
- 19.To integrate moral, cultural and national values among student.
- 20. To enable the students to attain higher level of consciousness.

By the end of the program the participants will be able to

■ Perform the asanas

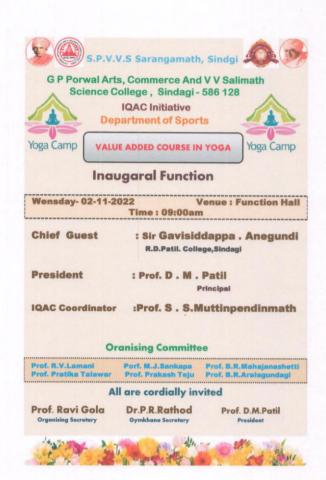
independently

- Aware of their lifestyle choices
- ■Benefit from the regular meditation and yoga routine

Coordinator IQAC P. PORWAL ARTS, COM & SALIMATH Sc. Coll

Principal,
G. P. Porwal Arts, Comm &
V. V. Salimath Sc. College
\*\*TNDGI-586128. College Code: 5234\*\*

C P Porwal Arts, Commerce and V.V.Salimath Science College, CINDAGI-586128.



RAVI V. GOLA Physical Director,

G.P. Porwal Arts, Commerce and G. P. PORWAL ARTS, COM &

Coordinator IQAC V.V.Salimath Science College, V. V. SALIMATH Sc. College. PRINCIPAL

G.P.PORWAL ARTS COMMERCE &

V.V.SALIMATH SCIENCE COLLEGE

SINDGI-586 128



## G.P.PORWAL ARTS, COMMERCE AND V.V.SALIMATH SCIENCE COLLEGE, SINDGI – 586 128 (Dist: Vijayapur. Karnataka State)

Affiliated to Rani Channamma University, Belagavi Accredited at 'B' Grade (2.42 CGPA) by NAAC

E-mail: gppprincipal@gmail.com Web: www.gppvvs.ac.in Ph: 08488-221244 Mobile : 9611032604

RefN	0		

Date: 22-10,2022

To Prof. Gavisiddappa Anegundi Physical Director Department of Physical Education R D Patil College Sindagi

Dear Madam,

Subject: Regarding appointment as BOS member

With reference to the above cited subject, I feel happy to inform that you have been appointed as BOS Member for Value Added Course "Yoga (30days)" introduced by Department of Physical Education for the academic year 2022-23. Kindly accept the same and do the needful.

Thanking You

Department of Physical Education RAVIDOVSPOPOLA

Physical Director, G.P.Porwal Arts, Commerce and V.V.Salimath Science College, SINDAGI-586128.

### RESOURCE PERSON PROFILE

Name GAVISIDDAPPA .S. ANEGUNDI

Date of Birth 01-06-1986

Qualification B.P.Ed & M.P.Ed

Designation Physical Director

Service 7 Year's Lecturer in

V.R.E.T B.P.Ed College

Raichur

Presently Working as a Physical Director in

R.D.Patil College, Sindagi

3 year's Hand Ball in National Achievement

Level.

1 Year's Kabaddi National Level. Athletics, 200mtr, 400mtr, Javelin

Throw University Level.

Year's Yoga Camp Participating

in M.P.Ed etc

Mobile No 9900433273

Coordinator IQAC

sical Director, G. P. PORWAL ARTS, COM & rts, Commerce and / V. SALIMATH Sc. College
Conce College

Principal, G. P. Porwal Arts, Comm &



## G.P.PORWAL ARTS, COMMERCE AND V.V.SALIMATH SCIENCE

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#### DEPARTMENT OF PHYSICAL EDUCATION

#### Academic Year 2022-23

To

**IQAC Coordinator** 

Sub: Request for Permission to Conduct Value Added Course in "Yoga"

Sir/Madam,

With reference to subject cited above I would like to bring to your kind information that our department is going to conduct Value Added Course in "Yoga" from on 02-11-2022 to 05-12-2022(30days) for B.A B.Com and B.Sc students. Kindly permit us the same for the welfare of our students.

Hoping that the authority will do the needful and oblige.

Thanking you

Place: Sindagi

Date: 20-10-2022

Head of Department RAVI V. GOLA

Physical Director, G.P.Porwal Arts, Commerce and V.V.Salimath Science College, SINDAGI-536123.

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## DEPARTMENT OF PHYSICAL EDUCATION Academic Year 2022-23

To

Head,

DEPARTMENT OF PHYSICAL EDUCATION

Sub: Permission to Conduct Value Added Course in "Yoga"

Ref: Your Letter dated on 20/10/2022

Sir/Madam,

With reference to subject cited above I herewith permit you to conduct Value Added Course in "Yoga" from02-11-2022 to 05-12-2022(30days) for B.A B.Com and B.Sc students.

Thanking you

Place: Sindagi

Date: 22-10-2022

Coordinator, IQAC
G. P. PORWAL ARTS, COM &
V. V. SALIMATH Sc. College,
SINDGI-586128.

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NOTICE

Our department has planned to start a value added course in "Yoga" from 02-11-2022 to 05-12-2022, for a period of 30 days. This yoga course is having its own importance in maintaining and improving one's health, which is very much essential to those who want to achieve something in their life. Hence interested Students shall enroll their names with the undersigned before 31-10-2022.

Date: - 26-10-2022

Ravi.V.Gola
Director. Physical Education and sports

RAVI V. GOLA
Thysical Director,
G.P.Forwal Arts, Commerce and
V.V.Salimath Science College
SINDAGI-586128.



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#### DEPARTMENT OF PHYSICAL EDUCATION

#### Academic Year 2022-23

SI.NO	DAY	Time	Resource Person
1	Sunday	06:00am to 07:00am	Gavisiddappa Anegundi
2	Monday	06:00am to 07:00am	Gavisiddappa Anegundi
3	Tuesday	06:00am to 07:00am	Gavisiddappa Anegundi
4	Wednesday	06:00am to 07:00am	Gavisiddappa Anegundi
5	Thursday	06:00am to 07:00am	Gavisiddappa Anegundi
6	Friday	06:00am to 07:00am	Gavisiddappa Anegundi
7	Saturday	06:00am to 07:00am	Gavisiddappa Anegundi

RAVI V. GOLA Physical Director, Oprwal Arts, Commerce and V.... Imath Science College, \$INDAGI-586128.

Coordinator IQAC G. P. PORWAL ARTS, COM & V. V. SALIMATH Sc. College, SINDGI-586128 PRINTPAL
G.P.PORWAL ARTS COMMERCE &
V.V.ŞALIMATH SCIENCE COLLEGF
SINDGI-586 128

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#### Department of Physical Education and Sports Value Added Course in Yoga

#### **SYLLABUS**

#### Introduction

The need to introduce a formal value added course arose due to Yoga getting worldwide importance after UNO declaring 21 June as International day of Yoga. people have become Yoga crazy increasingly even through e-media. The students when talked also expressed their deep desire to undergo Yoga training on the Campus. It is hoped that such training would transform them into a better human being both mentally & physically. Thus making them property of the nation.

#### **Objectives:**

- 1. To enable the students to become health wealthy.
- 2. To enable the students to maintain mental hygiene.
- 3. To develop in student the spirit of emotional stability.
- 4. To integrate moral, cultural and national values among student.

5. To enable the students to attain higher level of consciousness.

RAVI V. GOLA
Physical Director,

S.P. Porwal Aris, Commerce an

Coordinator IQAC
G. P. PORWAL ARTS, COM &
V. V. SALIMATH Sc. College,

PRINCIPAL

G.P.PORWAL ARTS COMMERCE &

TV SALIMATH SCIENCE COLUMN

SINDGI-586-128...

#### **SYLLABUS:**

#### Unit-I

- > Meaning and definition of yoga
- > Aim and objectives of yoga
- > Need and importance of yoga in physical education and sports

#### Unit-II Asana

- > Tadasana
- > Konasana
- > Garudasana
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- > Shavasana

#### Unit-III Yoga Mudre

- > Gyan Mudra
- Vayu mudra
- > Shunya mudra
- > Prithvi Mudra
- > Prana Mudra

RAVI V. GOLA
Physical Director,

Coordinator IQAC G. P. PORWAL ARTS, COM & V. V. SALIMATINA

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#### G.P.PORWAL ARTS, COMMERCE AND V.V.SALIMATH SCIENCE

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## **Department of Sports** Value Added Course in Yoga **Board of Studies**

SL.NO	NAME	DESIGNATION
1	Prof. D.M.Patil Principal	Principal/Chairman
2	Prof.Ravi.V.Gola	Co-Ordinator
3	Dr. Ambrish Biradar	Physical Director C M Manguli College
4	Prof. Gavisiddappa Anegundi	Physical Director R D Patil College Sindagi

RAVI V. GOLA Physical Director, Porwal Arts, Commerce and RAVI limath Science Coupe, SaleDAGI-586120.

Coordinator IQAC G. P. PORWAL ARTS, COM & V. V. SALIMATH Sc. College. PRINCIPAL

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V.SALIMATH SCIENCE COLLEPAN

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Department of Physical Education and Sports
Value Added Course in "Yoga"
02-11-2022 to 05-12-2022 (30Hrs)
06:00am to 07:00am
Indoor Stadium and College Ground
<ul> <li>To enable the students to become health wealthy.</li> <li>To enable the students to maintain mental hygiene.</li> <li>To develop in student the spirit of emotional stability.</li> <li>To integrate moral, cultural and national values among student</li> <li>To enable the students to attain higher level of consciousness.</li> </ul>
50 students enrolled, completed the course and certified.
After completion of course students will be able  To maintain Mental Fitness.  To maintain Physical Fitness.  To increase immunity power.  To guide their family and friends about Yoga.

RAVI V. GOLA
Physical Director,
G.P. Porwal Arts, Commerce and
VV Salimeth Science College.

Coordinator IOAC
G. P. PORWAL ARTS, COM &
V. V. SALIMATH Sc. College.

PRINCIPAL G.P.PORWAL ARTS COMMERCE & Y.Y.SALIMATH SCIENCE COLLEG SINDGI-586 128

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## VALUE ADDED COURSE IN YOGA -2022-23

#### REPORT

Yoga Practice was held in our college by Department of Sports and Physical Education from 02-11-2022 to 05-12-2022, Students participated in the training at the Yoga camp every morning from 6 to 7 o'clock.

Yoga originated in ancient India. It is a group of physical, mental and spiritual practices. It can also be explained as an exercise that helps us maintain all the elements in our body. In addition, it helps us to relax our body and meditate. Yoga has numerous benefits. It keeps away many ailments from our bodies such as anxiety and stress. It also strengthens our bodies. It sharpens our minds and improves our intelligence too. With regular practice, one can develop self-discipline and self-awareness with yoga. Yoga was derived from India, thousands of years ago. Earlier, it was mainly saints who used to practice it for attaining peace and to stay fit and strong. But as the awareness of its benefits increased, everyone started practicing it. From kids to elders. Even schools have started incorporating yoga in their sports curriculum. There are different asanas for people of all ages. Such as KapalBhati, Pranayayam, Surya namaskar, etc.

Yoga has so many benefits that it has become famous around the world. Different countries are practicing yoga and we should be proud to share our this rich cultural heritage.

Shri: Gavisiddappa Anegundi

Organizer: Ravi .V. Gola

Number of Student Participated: 50

RAVI V. GOL Physical Director, G.P. Porwal Arts, Commerce and V.V. Salimath Science College,

SINDAGI-586128

G. P. PORWAL ARTS, COM & V. V. SALIMATH Sc. College

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/V SALIMATH SCIENCE COLLEGE

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#### Inaugural Function of Value Added Course - Yoga 02-11-2022 to 05-12-2022





Physical Director,

G. P. PORWAL ARTS, COM & V. V. SALIMATH Sc. College

G.P.PORWAL ARTS COMMERCE &

## Students Practicing Yoga





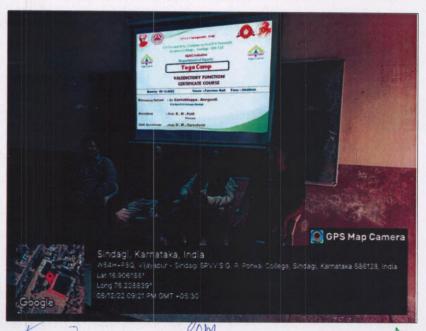
RAVY V. GOLA
Physical Director,

Cotraina.

PRINCIPAL PRODUMENCE A

Validictory Function Of Value Added Course On Yoga





RAVI W GOLA Physical Director,

Coordinator IQAC

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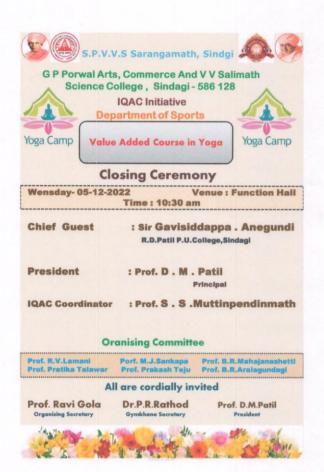
Certificate Distribution



RAVI V. GOLA
Physical Director,
G.P.Porwal Arts, Commerce and
V.V.Salimath Science College,
SINDAGI-586128.

Coordinator IQAC
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4.V.SALIMATIVE CIENCE COLLEGE
SINDIGI-980 428



RAVI V. GOLA Physical Director,
G.P.Porwal Arts, Commerce and
G.P.Porwal Science College,

Coordinator IQAC G. P. PORWAL ARTS, COM & G.P. PORWAL ARTS COMMERCE & V. V. SALIMATH Sc. College, V. V. SALIMATH SCIENCE COLLEGE SINDCLESS 128

## P.PORWAL ARTS, COMMERCE AND V.V.SALIMATH SCIENCE

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#### **Department Of Physical Education**

Certificate Course Enrollment List:2022-23

S.no	Name of the Student	
1	Mallikarjun Pujari	MAP
2	Somanagoud Patil	-COM
3	Anil Pyati	DA
4	Vikram Bevinakatti	616
5	Madivalappa Maganageri	MW
6	Husenbasha Mulla	ASM
7	Sadanand Ningashetti	000
8	Mallanna Pujari	MPUP
9	Rohit Talawar	neh.
10	Akash Rajput	APPOR
11	Aslam Mulla	Au
12	Sagar Aralagundagi	Sage
13	Shivashankar Padashetti	CSP
14	Suprita Patil	Sugar
15	Rukmini	0
16	Shivaputra Bhasagi	Ob
17	Javeed Badami	of
18	Darshan Kantigond	200
19	Mounesh Pattar	Adout
20	Sarfaraj Bhusanoor	0
21	Sunil	ab.
22	Akash Sanamani	M
23	Sagar Padaganoor	Sm
24	Shreeshail Biradar	200
25	Satish Biradar	Du
26	Sallem	Sollin
27	MayurPatil	AND
28	ShashidharBiradar	San
29	MutturajBiradar	Mb
30	Chandrakantha Devanagaon	LAG
31	POOJA SIDDAPPA RODAGI	OR R
32	NINGAMMA	Me
33	ANITA M	A
34	SHIVALEELA BIDARAKUNDI	2
33	BHOURAMMA	CIPI

G. P. V. V.

Physical Director,

Porwal Arts, Commerce and

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nath Science College,

Coordinator IQAC
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V. V. SALIMATH Sc. College,
SINDGI-586128.

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36	PALLAVI METAGAR	10
37	NINGAMMA	1 Con
38	RENUKA RAMAPPA AIGALI	CA
39	PARIMAL RAMAGA	(339)
40	ASMA	
41	TAYYABA HUSAIN INDIKAR	To
42	MALLIKARJUN PUJARI	(M)
43	SOMANAGOUDA PATIL	Small
44	ANIL PYATI	M
45	SUPRITA PATIL	9
16	MALLAYYA	M
17	RUKMINI	0
18	PRIYANKA	3
19	SHIVANI	ehen
50	MADIVALAPPA MAGANAGER	MM

RAVI V. COZA
Physical Director,
crwalArts, Commerce sec
Salimath Science College
SINDAGI-586128

Coordinator IQA G. P. PORWAL ARTS, COM & V. V. SALIMATH Sc. College, SINDGI-586128.

G.P.PORWAL ARTS COMMERCE & V.V.SALIMATH SCIENCE COLLEGE SINDGI-586 128

S.no	Student name	1	2	3	4	5	-			9			Ravi	-		45
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	MallikarjunPujari	MA	Mess	Ma	NR.	MR	NR	MBo	Men	MR	Mes	NRus	Men	Me	Men	M
2	SomanagoudaPatil	Sports	Spatel	Spold	Spall	State	Sali	Sali)	Sportil	Spatiol .	Suffi)	Balil .	Smil	Spelie	Spatil .	300
3	Anil Pyati	Anib	Anip	Anip	Anib	Anip	Atrick	Anib	Ahip	Anip	Anib	thip	Arip	Arish	Arip	Ani
4	VikramBevinakatti	@	@	(B)	Bu	(B)	1	8	1	B	(Be	B.	B	(a)	Be	(VE
5	MadivalappaMaganageri	M-M	M.M	M-M	M.M	Men		M.M	M.M	M.M	m.M	M.M	M.M	M.M	M.M	M
6	HusenabashaMulla	Hum	The	Hum	hu	Har	Ew	Hore		- Home	-12/-	Hue	صلا	- Hum	المحالة	He
7	SadanandNingashetti	8	8	8	8	8.	8	8	8	8	8	8	8	8	8	8
8	MallannaPujari	mejou	rpie	mpaje	(Trous	mpip	mpig	rapic	topup	mpuja	to wice	meijas	mpie		mpaijas	
9	RohitTalawar	20h	20hs	20h2	20h	1 4	-	V	zohu	10	10	2000	. 0	10	2011	90
10	Akash Rajput	Arraiped	braiped	projed	projed	Rouip	Pouil	pocitor	Projeti	Proipul	Anaigul	maigul	Azara	Anciple	Praiped	And
11	AslamMulla	A	A	Ass	A	ber .	A	No	A	Ase	A	De	A	Ase	A	A
12	SagarAralagundagi	Bagari	eagen	eagar	O COOK	0000	0 000	ongen	agan	o anort	o der	engel	Dogurt Dogurt	2 agent	engen	PU
3	ShivashankarPadashetti	55P	SSP	5F	59P	55R	598	590	55P	558	55P	558	10	20	55P	55
4	SupritaPatil	Suprita	Suprita	Sugnito	Swerich	-				Suprite					The Court of	
5	Rukmini	Que	Que	6.2	60	600	0	O w	600		00	00	60	0	6.0	0

STUDENT ATTENDENCE LIST 2022-2023

Course : BA

SUB : Physical Education

Name of the Employee: Ravi.V.Gola

S.no	Student name	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	MallikarjunPujari	Men	NR	MRo	New	NR	NRu	MR	Meu	MP	Men	Men	MA	MRU	DR	NP.
2	SomanagoudaPatil	Solil	Spatil	Petil	Sali	Polis	Spale	Bili	Spill.	Spatis	Patil	Spalil	Polis	Postel	Spalil	Sprili
3	Anil Pyati	Arily	Anilp	Anilp	Anip	Arip	Prilp	Anip	Anip	Aris	Anilo	Arish	Aris	Anip	Arisp	Aris
4	VikramBevinakatti	(B)	B	Bu	<b>B</b> -	13	B	Ber	B	B	B	B	B	B	(3)	B
5	MadivalappaMaganageri	M.M	M.M	M.M	M.M	M.M	M.M		M.M		M.M	MM	M-M	M-M	M-M	M·M
6	HusenabashaMulla	H	Huma	Hear	Hu	Har	سلا	1100	More	Her	1000	تعملا	Here	Her	H	Here
7	SadanandNingashetti	8	\$	8	8	8	8	8	8	8	8	8	8	8	8	8
8	MallannaPujari	mpijas	mpija	mpije	mpijo	muje	muje	mpaijo	Meir	mpija	maijos	mpujan	mpage	Moreira	mpijas	mprej
9	RohitTalawar	pole	noble	nont	nelsk	ned to	201	2011	nolt	gold	nohl	nohl	nohl	211dal	nohl.	note
10	Akash Rajput	Prajor	Arcipul	Project	De Je	Project	Project	Dayou	Project	Proper	Propi	Pacies	Anapal	Azaipul	Azripal	Projed
11	AslamMulla	Ales	Aus	Aa	A	Au	Acc	New	A.	A	A	A	1	Au	A	AS
12	SagarAralagundagi	Sagar	Bagan	Sagar	Baga	Baga	e popor	Bogort	gagar	Sagar	gagar	90901	epopor	Report	gagar	ocas
13	ShivashankarPadashetti	558	SER	-55P	55P	55P	558	558	558	550	55P	558	850	558	0	5582
14	SupritaPatil	Suprito	Suprita	Suprik	Sounde	Suprit	Suprito	Supak	Supit	Supiro	Supride	Suprida	Supit	Sections	Suprida	Supal
15	Rukmini	Cus	Que	Town	Russ	Lucy	Que!	Que	200/	60	500	Due	Que	600	600	6,00

#### STUDENT ATTENDENCE LIST 2022-2023

Course: B.com

SUB: Physical Education Name of the Employee: Ravi.V.Gola

S.no	Student name	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	Shivaputra Bhasagi	Obe	Con	an	a	6	(a)	(ale	an	(der	0	Qu	0	Or.	(Den	Q~
2	Javeed Badami	of	1	a	THE	X	h	de	of	K	R	8	De	T	I	R
3	Darshan Kantigond	Sole .	Q/	De	OK	OK	OK	OR	BK	OK	OK	OK	OK.	OR	Ok	DR.
4	Mounesh Pattar	Reside	George	Luca	Cooper	Rosson	Royal	Bued	Come	Reser	Restand	Low	Rose	Bush	Quest	Bud
5	Sarfaraj Bhusanoor	*	9	Seal .	8	Bur	B	3	1	But I	BX	Br	FIL	Peul	Bio	3
6	Sunil	de	R	Su	8	8	Se	for	for	Su	Sur	8-	Su	Si	le	gu.
7	Akash Sanamani	A	A	A	A	A	A	A	A	A	A	An	An	A	A	A
8	Sagar Padagnoor	Det	But	Port	Bent.	Red	Por	To the	Real	Ket	Pat	100	Kap	Bot .	See.	E.S
9	Shreeshail Biradar	Pa	In	872	931	So	90	So	So	13.	3	les	8.	2	8	8
10	Satish Biradar	SB	SA	CB.	SB	&B	CR	303	SB	QB.	88	SB	SB	SB	SB	CB
11	Sallem	Fallon	Rallen	Lallon	Pallon	Paller	Colla	Rollen	Rollen	Solan	follon	Solle	Belly	Coller	falen	Sals
12	Mayur Patil	TAP	DAP.	DAP	M	PAP	APP	PP	po	PAP	pro	AP.	PAP.	PAP	PP	mp
13	Shashidhar Biradar	STA	SAN	San	Spot	COOR	CRO	500	800	SOO	Som	Rose	Sight	South	SAN	com
14	Mutturaj Biradar	Ms	Mez.	Miz	Mon	MA	M	Mus	Mrz	Mas	Mec.	Mps	Me	MPS	Ms	Ms
15	Chandrakantha Devanagaon	C Doch	Chart	Deep	can	Education	CD	(Qu	Can't	Qui	(Que	C) out	Que	cgu	CRI	G. Qu

#### STUDENT ATTENDENCE LIST 2022-2023

Course : B.com And B.sc

SUB : Physical Education

Name of the Employee: Ravi.V.Gola

S.no	Student name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	Shivaputra Bhasagi	63	Ban	Car	8	0	D	0	(2)	0	(A)	(2)	(2)	(D)	(Du	a
17	Javeed Badami	The	R	the	1	4	X	RO	女	P	B	K	The	The	de l	H
18	Darshan Kantigond	DR	OA	D.	DR.	DL	DX.	DA	Od.	Od.	O.	OL	X	X	DX.	De
19	Mounesh Pattar	Cassed	Bush	Books	Religion	Book	Rosel	Busy	Queselo	Buck	Course	Course	Resident	Proper	Course	COLOR
20	Sarfaraj Bhusanoor	12	100	Tool	Tel	tool	Pal	DI	- Prout	Fiel	Fail	Tool	10	Tout	130	1
21	Sunil	2-	R	2	en	2r	80	er	2	Le.	2	2	2	2	2	2
22	Akash Sanamani	A	A	A	A	Au	A	A	An	A	A	A	A	A	Ar	A
23	Sagar Padagnoor	Tal-	But	But	By	12d	国山	B	Bu	Pert	But	Day.	But	Bus	But	gar
24	Shreeshail Biradar	20	3.	13.	3	Ma	18.	2	2.	2	8	3	1/2	9.	3:	12
25	Satish Biradar	93	SB	23	283	QB	SB	SB	SB	20	SB.	913	SPZ	203	803	RB
26	Sallem	Cellen	Caller	Rollen	Jollan	Salder	Rollin	Eller	Edlen	Eden	fallon	fallen	Solle	Sollen	Solom	8000
27	Mayur Patil	PP	APP	pp	m	the	ap	mp	m	PAP	pp	MP.	MP	mp.	m	m
28	Shashidhar Biradar	S. Bak	Sant	SiBot	Short	الم	TOP	230	Eggs	Second	State	200	Cool	SPO	Sat	SB
29	Mutturaj Biradar	ms.	Mas	pos.	MZ	ma	M.	Me	MA	ma	Mz.	NA-	Ma	Maz.	11/45-	100
30	Chandrakantha Devanagaon	04	CDA	CPOR	Co	CD	- COP	1	CAN	المنهي	Carry	and	C Du	(De	CASON	CD

RAVI V. GOLA
Physical Director,
G.P. Porwal Arts, Commerce and
V.V. Salimath Science Colle
SINDAGI-586128.

Coordinator IQAC
G. P. PORWAL ARTS, COM &
V. V. SALIMATH Sc. College
SINDGI-586128

PRINCIPAL
G.P.PORWAL ARTS COMMERCE S
V.V.SALIMATH SCIENCE COLLEGE
SINDGI-586 128

#### G.P.Porwal Arts, Commerce AndV.V.Salimath Science College, Sindagi-586128 STUDENT ATTENDENCE LIST 2022-23

**SUB: Physical Education** 

S.no	Student name	1	2	3	4	5	6	7	8	9	10	11	12	13	14
31	POOJA SIDDAPPA RODAGI	PB	PR-	THE .	000	JB.	120	pp.	DB-	PR	PR	12.	PR.	PR	AB
32	NINGAMMA	a	D	10	D	D	A	Q	R	0	A	2	R	A	R
33	ANITA M	A	A	A	A	A	A	A	A	A	A	A	A	A	*
34	SHIVALEELA BIDARAKUNDI	8	C	C	8	S	C.	S	2	3	S	S	S	S.	5
35	BHOURAMMA	R	0	D	B	B	10	12	10	B	B	B	B	B	B
36	PALLAVI METAGAR	Pur	Ru	Ru	Ku	B	Run	R	R	Pmy	Ba	Puy	Par	Rn	Bu
37	NINGAMMA	10	10	10	D	8	10	1	10	10	10	₩	A	<b>M</b>	₩
38	RENUKA RAMAPPA AIGALI	100	PA	2	RA	KA	RA	RA	T	(A)	TA TA	1	A	PA	(A)
39	PARIMAL RAMAGA	120	#	12	最	BQ	R	100	R	120	DR	100	BA	BO	B
40	ASMA	5	JRS.	R	A		AS.	Ros	No.	1	*	Marc	15	June	K
41	TAYYABA HUSAIN INDIKAR	万	TI	N	TA	TY	78	TH	Ty	Te	TY	70	T¥	The	TH
42	MALLIKARJUN PUJARI	(A)		Q	10	8	00	M	M	B	M	a	10	10	a
43	SOMANAGOUDA PATIL	50	800	Call	90	000	00	80	90	SER	end.	Sport	500	6	Son
44	ANIL PYATI	0	0	a	a	an	0	101	8	Be	a	a	a	a .	B.
45	SUPRITA PATIL	Su	Sa	Su	5	Ss	2	5	S	Si	2	S_	5	.5	5
46	MALLAYYA	De	M	12	100	D	M	D	M	100	De	N	2	N	M
47	RUKMINI	R	D	Bo	Q	R	R	R	R	R	R	R	R	R	R
48	PRIYANKA	Pine	Pas	Ps,	Pos	Pa	R	2	e.	Pa	P	P	P	P	R
49	SHIVANI	8hhi	Theren	-	Chren	Shiran	Shier	Shr.	gawon!	Shirkeni	hiari	Shirkeni	ghiani	Intrani	Yaloni
50	MADIVALAPPA MAGANAGERI	M.M	M·M	m.M	M.M	MM	10han	Man	MM	m.m	mm	m.y	MM	Min	M.M.

#### G.P.Porwal Arts, Commerce AndV.V.Salimath Science College, Sindagi-586128 STUDENT ATTENDENCE LIST 2022-23

#### SUB: Physical Education

S.no	Student name	16	17	18	19	20	21	22	23	24	25	26	27	28	29
31	POOJA SIDDAPPA RODAGI	@B	PA	PANR	PR	OR.	ar.	1000	PA	M	TR.	PA	OB.	B	PR
32	NINGAMMA	10	0	D	Q	A	0.	N	0	A	D	A	2	0	0
33	ANITA M	A	A	A	A	A	A	A	A	A	A	A	A	A	A
34	SHIVALEELA BIDARAKUNDI	2	2	2	R	2	8	2	2	3	S	S	8	25	8
35	BHOURAMMA	P	R	D	10	Bo	B	130	B	2	R	Bo	R	B	B
36	PALLAVI METAGAR	By	Ray	Ba	Ra	Pm	Ry	Ph	Ru	Pan	Bu	PM	Ry	Ry	Ry
37	NINGAMMA	A	A	200	A	N	W	DE	100	N	20	20	14	H	N
38	RENUKA RAMAPPA AIGALI	JEA	RA	BA	KA	RA		RA	KA	RA	RA	KA	TA	R	RA
39	PARIMAL RAMAGA	12	B	13	B	Do	TO	10	20	Re	12	10	12	10	10
40	ASMA	9	1	P	R	JK-	W.	AR.	SBS	RS	-	AS	35	3	
41	TAYYABA HUSAIN INDIKAR	I	Tow	THE	TI	N	TY	Ty	TH	7%	To	The	P	To	70
42	MALLIKARJUN PUJARI	M	M	M	000	100	10	a	00	00	(20)	W	(M)	an	m
43	SOMANAGOUDA PATIL	Cool	900	Cost	col.	500	Soo	Col	and	000	20	End)	Good	Sons	Sol
44	ANIL PYATI	Ob	e	OL	0	1	ML	a	Ms	Ds.	Ols.	Obe	OL.	OL	De
45	SUPRITA PATIL	Sie	Sz	5	Su	5-	Sm	Sa	Sa	5	S	SA	Su	5	L
46	MALLAYYA	M	A	1	M	No.	M	DO	Do.	M	No.	10	Do	M	TO
47	RUKMINI	B	B	R	Ry	B	R	B	R	R	R	R	R	R	R
48	PRIYANKA	e	P.	8	P	P	P	P.	D	D	P	P	P	P	p
49	SHIVANI	galvani	Intrani	Shivani	hivai		divar	shiver	Shi van'	Shin'	chaten'	Shi kar		Chivan	dava
50	MADIVALAPPA MAGANAGERI	Mim	man.	min.				-	200		1000			m.M	4144

Physical Director,
Porwal Arts, Commerce and
math Science College.

Coordinator IQAC
G. P. PORWAL ARTS, COM &
V. V. SALIMATH Sc. College,
SHNDGI-586128

S. BEBRWAL ARTS COMMERCE & V. SALIMATH SCIENCE COLLEGE NINDGL-586 128



#### **SPVVSS**

#### G.P.PORWAL ARTS COMMERCE AND V.V SALIMATH SCIENCE



COLLEGE, SINDAGI-586128



(Accredited at 'B' grade by NAAC)

(Affiliated to Rani Channamma University, Belagavi)

**IQAC INITIATIVE** 

Department of Physical Education

CERTIFICATE

This is certify that Kumara/Kumari.....

of has successfully completed 5 days VALUE ADDED COURSE IN YOGA

From 02-11-2022 to 05-12-2022)

Co-ordinator pordinator IQAC PORWAL ARTS, COM &

RAVI V. GOLA
Physical Director,
Porwal Arts, Commerce and
V. v. Salimath Science College,
SINDAGI-586128.

Principal
PRINCIPAL
PRINCIPAL
ARTS COMMERCE 8
V SALIMATH SCIENCE COLLEGE
SINDGI-586 128