



SPVVS'S

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



BROCHURE



DEPARTMENT OF PHYSICAL EDUCATION

**VALUE ADDED COURSE IN YOGA
2022-23**

VALUE ADDED COURSE IN YOGA (30days)

02/11/2022 TO 05/12/2022

Inauguration

02/11/2022 10:15AM

Valedictory

05/12/2022 10:30Am



G,P,PORWAL ARTS,
COMMERCE & V.V
SALIMATH SCIENCE
COLLEGE SINDAGI

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

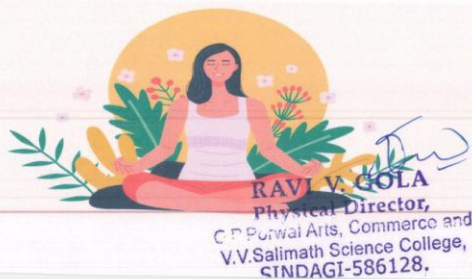
In today's world filled with busyness & anxiety, we need to take out time for healing our mind, body and soul. This program is designed to benefit all these aspects to help you achieve a healthy lifestyle. We wish to equip all our stakeholders with a rejuvenating life choice and make the most of it.

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



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

[Signature]
Principal,
G. P. Porwal Arts, Comm &
V. V. Salimath Sc. College
SINDAGI-586128. College Code: 5234



S.P.V.V.S Sarangamath, Sindgi



**G P Porwal Arts, Commerce And V V Salimath
Science College , Sindagi - 586 128**



IQAC Initiative
Department of Sports
VALUE ADDED COURSE IN YOGA



Inaugural Function

Wensday- 02-11-2022	Venue : Function Hall
Time : 09:00am	

Chief Guest	: Sir Gavisiddappa . Anegundi R.D.Patil. College,Sindagi
President	: Prof. D . M . Patil Principal
IQAC Coordinator	: Prof. S . S.Muttinpendinmath

Oranising Committee

Prof. R.V.Lamani Prof. Pratika Talawar	Prof. M.J.Sankapa Prof. Prakash Teju	Prof. B.R.Mahajanashetti Prof. B.R.Aralagundagi
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All are cordially invited

Prof. Ravi Gola Organising Secretary	Dr.P.R.Rathod Gymkhana Secretary	Prof. D.M.Patil President
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RAVI V. GOLA
Physical Director,
G.P.Porwal Arts, Commerce and
V.V.Salimath Science College,



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



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



S.P.V.V.S'S

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

Ref.NO.....

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
and Sports

RAVI W. GOLA
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

Achievement : 3 year's Hand Ball in National
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


RAVI V. GOLA

Physical Director,

G. P. Porwal Arts, Comm &
V. V. Salimath Sc. College


Coordinator IQAC

G. P. PORWAL ARTS, COM &
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Principal,

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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” from 02-11-2022 to 05-12-2022 (30 days) 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
Physical Director,
G.P.Porwal Arts, Commerce and
V.V.Salimath Science College,
SINDAGI-586128.



S.P.V.V.S'S

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COLLEGE, SINDGI – 586 128** (Dist :Vijayapur. Karnataka State)

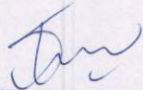
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DEPARTMENT OF PHYSICAL EDUCATION

Academic Year 2022-23

SL.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
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SINDGI-586128.


Coordinator IQAC
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SINDGI-586 128



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Department of Physical Education and Sports
Value Added Course in Yoga

SYLLABUS

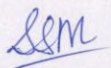
Introduction

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


Coordinator IQAC
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V. V. SALIMATH Sc. College,


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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

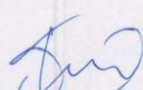
Asana

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

Unit-III

Yoga Mudre

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


RAVI V. GOLA
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G.P. Porwal Arts, Commerce & Science College


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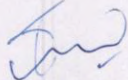

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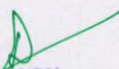
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Department of Sports
Value Added Course in Yoga
Board of Studies

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
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G.P.Porwal Arts, Commerce and
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Coordinator IQAC
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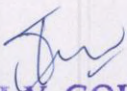


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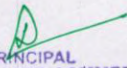
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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS 2022-23

Name of Department	Department of Physical Education and Sports
Name of Activity	Value Added Course in "Yoga"
Duration	02-11-2022 to 05-12-2022 (30Hrs)
Time	06:00am to 07:00am
Venue	Indoor Stadium and College Ground
Objectives	➤ To enable the students to become health wealthy. ➤ To enable the students to maintain mental hygiene. ➤ To develop in student the spirit of emotional stability. ➤ To integrate moral, cultural and national values among student. ➤ To enable the students to attain higher level of consciousness.
No. of Participants	50 students enrolled, completed the course and certified.
Outcomes	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. ➤ To build self-confidence and enhance body gesture/ language


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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.

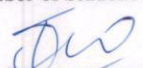
Yoga originated in ancient India. It is a group of physical, mental and spiritual practices. It can also be explained as an exercise that helps us maintain all the elements in our body. In addition, it helps us to relax our body and meditate. Yoga has numerous benefits. It keeps away many ailments from 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. GOLA
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G.P. Porwal Arts, Commerce and
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SINDAGI-586128


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



[Signature]
RAVI V. GOLA
Physical Director,
G.P. Porwal Arts, Commerce & V.V. Salimath Science College

[Signature]
Coordinator
G. P. PORWAL ARTS, COM &
V. V. SALIMATH Sc. College

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Students Practicing Yoga

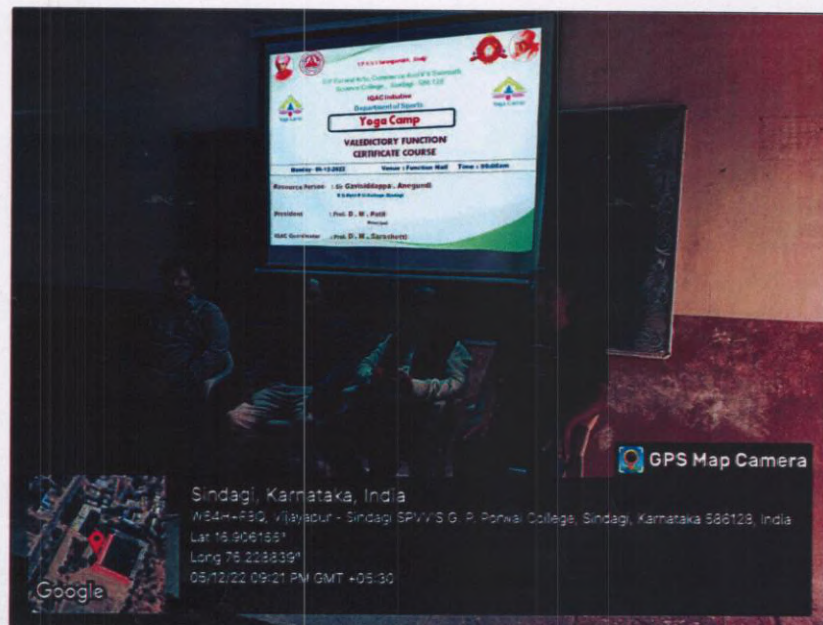
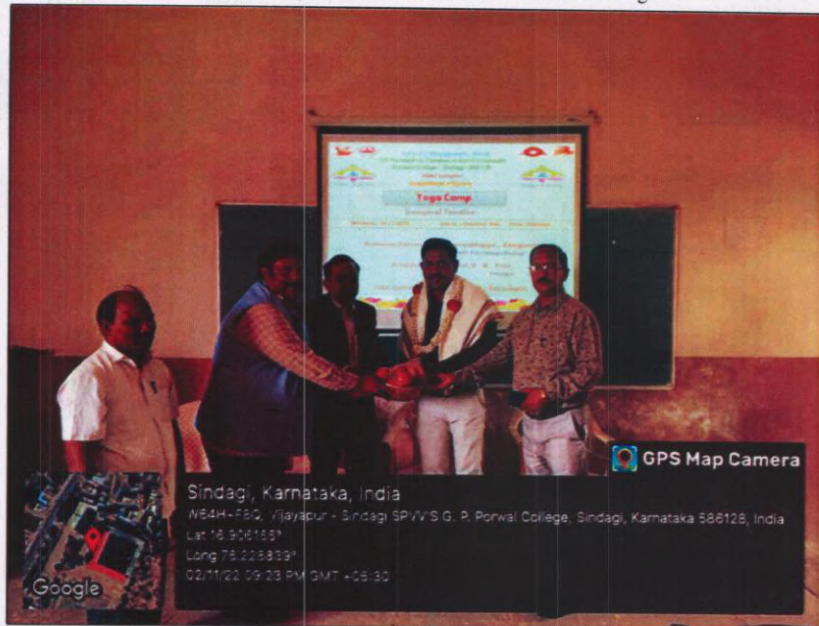


RAW V. GOLA
RAW V. GOLA
Physical Director,
G.P. PORWAL

SEM
COORDINATOR
G. P. PORWAL ARTS, COM &

D
PRINCIPAL
G.P. PORWAL ARTS, COMMERCE &

Validictory Function Of Value Added Course On Yoga



Ravi V. Gola
RAVI V. GOLA
 Physical Director,

SEM
Coordinator IQAC
 G. P. PORWAL ARTS, COM &

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Certificate Distribution



Ravi V. Gola
RAVI V. GOLA
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S.M.
Coordinator IQAC
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S.P.V.V.S Sarangamath, Sindgi



**G P Porwal Arts, Commerce And V V Salimath
Science College , Sindagi - 586 128**



IQAC Initiative
Department of Sports
Value Added Course in Yoga



Closing Ceremony

Wensday- 05-12-2022 **Venue : Function Hall**
Time : 10:30 am

Chief Guest	: Sir Gavisiddappa . Anegundi R.D.Patil P.U.College,Sindagi
President	: Prof. D . M . Patil Principal
IQAC Coordinator	: Prof. S . S .Muttinpendinmath

Oranising Committee

Prof. R.V.Lamani	Prof. M.J.Sankapa	Prof. B.R.Mahajanashetti
Prof. Pratika Talawar	Prof. Prakash Teju	Prof. B.R.Aralagundagi

All are cordially invited

Prof. Ravi Gola Organising Secretary	Dr.P.R.Rathod Gymkhana Secretary	Prof. D.M.Patil President
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RAVI V. GOLA
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 G.P.Porwal Arts, Commerce and
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Department Of Physical Education

Certificate Course Enrollment List:2022-23

S.no	Name of the Student	
1	Mallikarjun Pujari	
2	Somanagoud Patil	
3	Anil Pyati	
4	Vikram Bevinakatti	
5	Madivalappa Maganageri	
6	Husenbasha Mulla	
7	Sadanand Ningashetti	
8	Mallanna Pujari	
9	Rohit Talawar	
10	Akash Rajput	
11	Aslam Mulla	
12	Sagar Aralagundagi	
13	Shivashankar Padashetti	
14	Suprita Patil	
15	Rukmini	
16	Shivaputra Bhasagi	
17	Javeed Badami	
18	Darshan Kantigond	
19	Mounesh Pattar	
20	Sarfaraj Bhusanoor	
21	Sunil	
22	Akash Sanamani	
23	Sagar Padaganoor	
24	Shreeshail Biradar	
25	Satish Biradar	
26	Sallem	
27	MayurPatil	
28	ShashidharBiradar	
29	MutturajBiradar	
30	Chandrakantha Devanagaon	
31	POOJA SIDDAPPA RODAGI	
32	NINGAMMA	
33	ANITA M	
34	SHIVALEELA BIDARAKUNDI	
35	BHOURAMMA	

RAVI V. GOLA

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36	PALLAVI METAGAR	Pu
37	NINGAMMA	CA
38	RENUKA RAMAPPA AIGALI	GA
39	PARIMAL RAMAGA	PA
40	ASMA	PA
41	TAYYABA HUSAIN INDIKAR	PA
42	MALLIKARJUN PUJARI	PA
43	SOMANAGOUDA PATIL	PA
44	ANIL PYATI	PA
45	SUPRITA PATIL	PA
46	MALLAYYA	PA
47	RUKMINI	PA
48	PRIYANKA	PA
49	SHIVANI	shani
50	MADIVALAPPA MAGANAGER	MM

RAVI V. GOJA
Physical Director
G. P. PORWAL Arts, Commerce and
V. V. SALIMATH Science College,
SINDGI-586128

Coordinator IQA
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PRINCIPAL
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SINDGI-586128

Name of the Employee: Ravi.V.Gola

[illegible]

Name of the Employee: Ravi.V.Gola

[illegible]

STUDENT ATTENDANCE LIST 2022-2023

Course : B.com

SUB : Physical Education

Name of the Employee: Ravi.V.Gola

[illegible]

STUDENT ATTENDANCE 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	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
17	Javeed Badami	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
18	Darshan Kantigond	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
19	Mounesh Pattar	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
20	Sarfaraj Bhusanoor	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
21	Sunil	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
22	Akash Sanamani	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
23	Sagar Padagnoor	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
24	Shreeshail Biradar	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
25	Satish Biradar	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
26	Sallem	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
27	Mayur Patil	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
28	Shashidhar Biradar	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
29	Mutturaj Biradar	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q
30	Chandrankantha Devanagaon	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q

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G.P.Porwal Arts, Commerce And V.V.Salimath Science College, Sindagi-586128

STUDENT ATTENDANCE LIST 2022-23

SUB : Physical Education

[illegible]

G.P.Porwal Arts, Commerce And V.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	P	P	P	P	P	P	P	P	P	P	P	P	P	P
32	NINGAMMA	N	N	N	N	N	N	N	N	N	N	N	N	N	N
33	ANITA M	A	A	A	A	A	A	A	A	A	A	A	A	A	A
34	SHIVALEELA BIDARAKUNDI	S	S	S	S	S	S	S	S	S	S	S	S	S	S
35	BHOURAMMA	B	B	B	B	B	B	B	B	B	B	B	B	B	B
36	PALLAVI METAGAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	NINGAMMA	N	N	N	N	N	N	N	N	N	N	N	N	N	N
38	RENUKA RAMAPPA AIGALI	R	R	R	R	R	R	R	R	R	R	R	R	R	R
39	PARIMAL RAMAGA	P	P	P	P	P	P	P	P	P	P	P	P	P	P
40	ASMA	A	A	A	A	A	A	A	A	A	A	A	A	A	A
41	TAYYABA HUSAIN INDIKAR	T	T	T	T	T	T	T	T	T	T	T	T	T	T
42	MALLIKARJUN PUJARI	M	M	M	M	M	M	M	M	M	M	M	M	M	M
43	SOMANAGOUDA PATIL	S	S	S	S	S	S	S	S	S	S	S	S	S	S
44	ANIL PYATI	A	A	A	A	A	A	A	A	A	A	A	A	A	A
45	SUPRITA PATIL	S	S	S	S	S	S	S	S	S	S	S	S	S	S
46	MALLAYYA	M	M	M	M	M	M	M	M	M	M	M	M	M	M
47	RUKMINI	R	R	R	R	R	R	R	R	R	R	R	R	R	R
48	PRIYANKA	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	SHIVANI	S	S	S	S	S	S	S	S	S	S	S	S	S	S
50	MADIVALAPPA MAGANAGERI	M	M	M	M	M	M	M	M	M	M	M	M	M	M

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SPVVSS

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

DIST-VIJAYAPUR

COLLEGE, SINDAGI-586128

STATE-KARNATAKA

(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
Coordinator IQAC
PORWAL ARTS, COM &
V.V SALIMATH SC. College,


RAVI V. GOLA
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Principal
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V.V SALIMATH SCIENCE COLLEGE
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