

SPVVS'S

**G.P.PORWALARTS,COMMERCE&V.V.SA
LIMATH SCIENCE COLLEGE, SINDGI**



BROCHURE



DEPARTMENT OF PHYSICAL EDUCATION

**VALUE ADDED COURSE IN YOGA
2018-19**

TITLE : VALUE ADDED COURSE IN YOGA (30days)

DATE : 06/07/2018 TO 04/08/2018

Inauguration

06/07/2018

Time : 10:30 AM

Valedictory

04/08/2018

Time : 10:30 AM



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

Presents

VALUE ADDED COURSE
IN YOGA-2018-19



Yoga is skill in action

Course Duration

30 hours

Daily 6:00am to 7:00am

Commencement Date

06/07/2018 to 04/08/2018

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

Smt. Prof. Kavita Rathod
Physical Director Bed
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

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.

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



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

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

Principal,
G. P. Porwal Arts, Comm &
V. V. Salimath Sc. College
SINDAGI-586128, College Code: 5224



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

Monday-06-07-2018

Venue : Function Hall

Time : 10:00am

Chief Guest : Kavita Rathod

President : Prof. R.S.Bhooshetti
Principal

IQAC Coordinator : Prof. R.M.Patil

Organising 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




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


Coordinator IQAC
G. P. PORWAL ARTS, COM &
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PRINCIPAL
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V.V.SALIMATH SCIENCE COLLEGE



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

DEPARTMENT OF PHYSICAL EDUCATION

Academic Year 2018-19

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 06-07-2018 to 04-08-2018(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: 25-06-2018

Head of Department
RAVI V. GOLA
Physical Director,
G.P.Porwal Arts, Commerce and
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SINDAGI-586128.



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DEPARTMENT OF PHYSICAL EDUCATION

Academic Year 2018-19

To

Head,

DEPARTMENT OF PHYSICAL EDUCATION

Sub: Permission to Conduct Value Added Course in “Yoga”

Ref: Your Letter dated on 25/06/2018

Sir/Madam,

With reference to subject cited above I herewith permit you to conduct Value Added Course in “Yoga” from 06-07-2018 to 04-08-2018(30days) for B.A B.Com and B.Sc. students.

Thanking you

Place: Sindagi

Date: 27-06-2018


Coordinator, IQAC
Coordinator IQAC
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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 06-07-2018 to 04-08-2018 , 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 04-07-2018.

Date:- 01-07-2018

Ravi.V.Gola
Director. Physical Education and sports


RAVI V. GOLA
Physical Director,
G.P.Porwal Arts, Commerce and
V.V.Salimath Science College,
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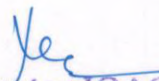
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DEPARTMENT OF PHYSICAL EDUCATION

Academic Year 2018-19

SLNO	DAY	Time	Resource Person
1	Sunday	06:00am to 07:00am	Kavita Rathod
2	Monday	06:00am to 07:00am	Kavita Rathod
3	Tuesday	06:00am to 07:00am	Kavita Rathod
4	Wednesday	06:00am to 07:00am	Kavita Rathod
5	Thursday	06:00am to 07:00am	Kavita Rathod
6	Friday	06:00am to 07:00am	Kavita Rathod
7	Saturday	06:00am to 07:00am	Kavita Rathod


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Department of Physical Education and Sports
Value Added Course in Yoga

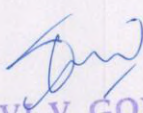
SYLLABUS

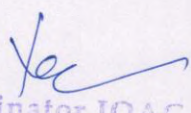
Introduction

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.


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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

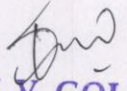
Asana

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

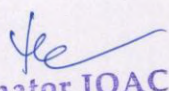
Unit-III

Yoga Mudre

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


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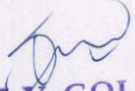
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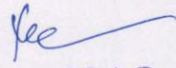
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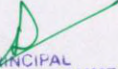
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**Department of Sports
Value Added Course in Yoga
Board of Studies**

SL.NO	NAME	DESIGNATION
1	Prof. R. S. Bhooshetti Principal	Principal/Chairman
2	Prof. Ravi. V. Gola	Co-Ordinator /
3	Prof. K. H. Somapur	Physical Director PES College Sindagi
4	Prof. Kavita Rathod	Physical Director Bed College Sindagi


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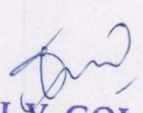
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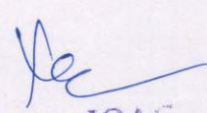
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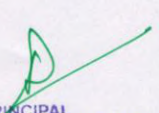
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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS 2018-19	
Name of Department	Department of Physical Education and Sports
Name of Activity	Value Added Course in "Yoga"
Duration	06-07-2018 to 04-08-2018 (30Hrs)
Time	06:00am to 07:00am
Venue	Indoor Stadium 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	30 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" 2018-19

REPORT

Yoga Practice was held in our college by Department of Sports and Physical Education from 06-07-2018 to 04-08-2018 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.

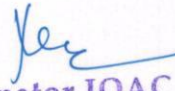
Yoga has so many benefits that it has become famous around the world. Different countries are practicing yoga and we should be proud to share our this rich cultural heritage.

Smt: Kavita Rathod

Organizer : Ravi .V. Gola

Number of Student Participated: 30


RAVI V. GOLA
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G.P.Porwal Arts, Commerce and


Coordinator IQAC
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Inaugural Function of Value Added Course Yoga - 06-07-2018 to 04-08-2018



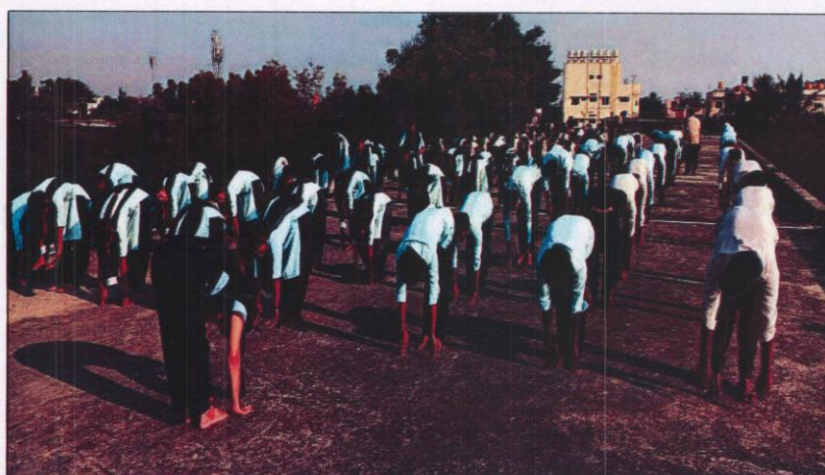
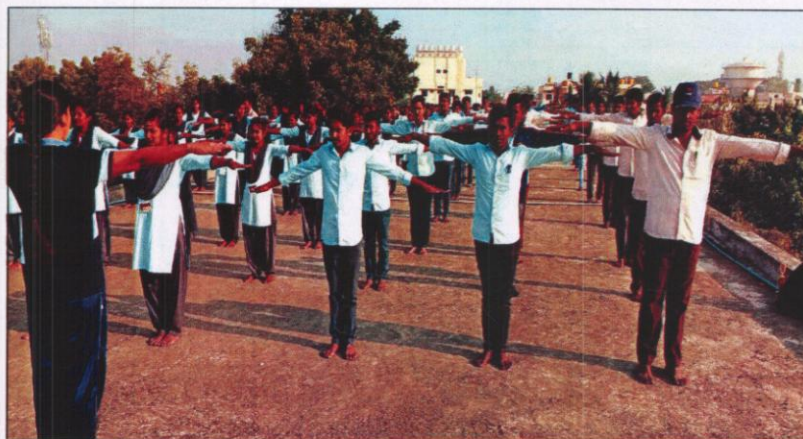
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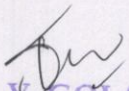
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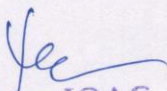
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Students Doing Yoga




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


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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

Tuesday - 04-08-2018

Venue : Function Hall

Time : 12:30pm

Chief Guest : Kavita Rathod

President : Prof. R. S. Bhooshetti
Principal

IQAC Coordinator : Prof. R. M. Patil

Organising Committee

Prof. R.V.Lamani
Prof. Pratika Talawar

Prof. M.J.Sankapa
Prof. Prakash Teju

Prof. B.R.Mahajanashetti
Prof. B.R.Aralagundagi

All are cordially invited

Prof. Ravi Gola
Organising Secretary

Dr.P.R.Rathod
Gymkhana Secretary

Prof. R.S.Bhooshetti
President


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Department Of Physical Education

Value Added Course Students Enrollment List:2018-19

Sl.No	Name of the Student	
1	Aditya C Patil	
2	Aishwarya Naik	
3	Boramma Kiranagi	
4	Bhojarayagoud	
5	Girish Rolli	
6	Akash Chalavadi	
7	Ambika B	
8	Bagavant S Y	
9	Basavaraj K	
10	Basavaraj Hiremath	
11	Archana B N	
12	Fareedsab H G	
13	Goutam S D	
14	Gururaj Sutar	
15	Babu N	
16	Siddangoud Salotagi	
17	Siddarth Tallolli	
18	Shreekant M	
19	Prakash Ammagol	
20	Prashant J	
21	Supriya R G	
22	Ulfath B	
23	Savita M T	
24	Shantabai J	
25	Bhagyashree	
26	Bhagyashree N	
27	Bhagya Pattar	
28	Bharati Bagali	
29	Bhuvaneshwari	
30	Gururaj P Kannur	

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STUDENT ATTENDANCE LIST- 8/2-2018 to 04-09-2018

Name of the Employee: Ravi.V.Gola

[illegible]

[illegible]

STUDENT ATTENDANCE LIST-

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
16)	Siddharajend. Salotagi	A	B	C	D	E	F	G	H	I	J	K	L	M	N
17)	Siddharth Talwar	A	B	C	D	E	F	G	H	I	J	K	L	M	N
18)	Shreekanth modani	A	B	C	D	E	F	G	H	I	J	K	L	M	N
19)	Prakash Hiragad	A	B	C	D	E	F	G	H	I	J	K	L	M	N
20)	Prajant-Jadhav	A	B	C	D	E	F	G	H	I	J	K	L	M	N
21)	SUPRIYA.R.G	A	B	C	D	E	F	G	H	I	J	K	L	M	N
22)	Urfath.B	A	B	C	D	E	F	G	H	I	J	K	L	M	N
23)	Savitri . M-Talwar	A	B	C	D	E	F	G	H	I	J	K	L	M	N
24)	Shantabai. Tadkar	A	B	C	D	E	F	G	H	I	J	K	L	M	N
25)	Rhaguethree.	A	B	C	D	E	F	G	H	I	J	K	L	M	N
26)	Rhagyashree X)	A	B	C	D	E	F	G	H	I	J	K	L	M	N
27)	Rhagya .Pattar	A	B	C	D	E	F	G	H	I	J	K	L	M	N
28)	Rhazati . Bagale	A	B	C	D	E	F	G	H	I	J	K	L	M	N
29)	Rhuvanshuvar	A	B	C	D	E	F	G	H	I	J	K	L	M	N
30)	Rudraj.P-kumar	A	B	C	D	E	F	G	H	I	J	K	L	M	N



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: 20.06.2018

To

Prof. Kavita. Rathod
Physical Director Department of
Physical Education B.Ed
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 2018-19. Kindly accept the same and do the needful.

Thanking You

Department Of Physical Education
and Sports

RAVI V. GOLA

Physical Director,

G.P.Porwal Arts, Commerce and
V.V.Salimath Science College,
SINDGI-586128.

RESOURCE PERSON PROFILE

Name : KAVITA RATHOD

Date of Birth : 01 -06-1988

Qualification : PH.D P.G.Dip in Yoga Studies
B.P.Ed & M.P.Ed

Designation : Physical Director

Service : Presently Working as a
Physical Director in
Shri Padmaraj B.Ed College,
Sindagi

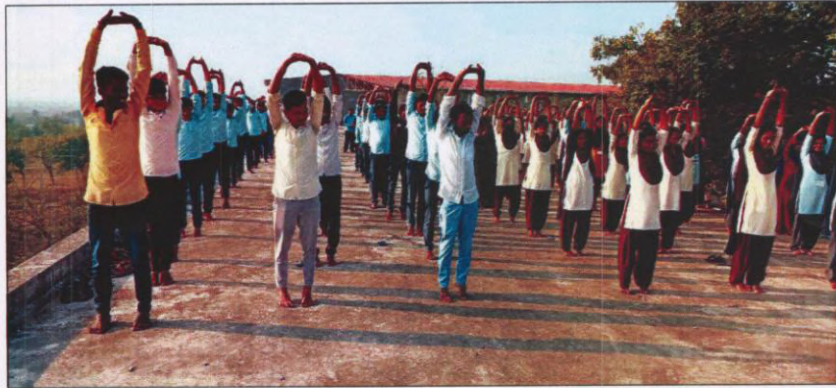
Achievement : Kabbadi, Yoga, VolleyBall,
Badminton, Hockey,
Basket Ball, Athletics.

Mobile No : 7619290380


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

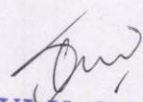

Coordinator IQAC
G. P. PORWAL ARTS, COM &
V. V. SALIMATH Sc. College
SINDGI-586128.

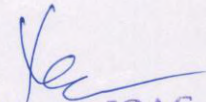

PRINCIPAL
G. P. PORWAL ARTS COMMERCE &
V. V. SALIMATH SCIENCE COLLEGE
SINDGI-586 128

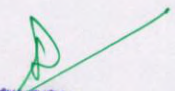


Validictory Function Of Value Added Course On Yoga




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


Coordinator IQAC
 G.P. Porwal Arts, COM &
 V.V. SALIMATH Sc. College,


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 V.V. SALIMATH SCIENCE COLLEGE
 SINDGI-586 128



SPVVSS

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IQAC INITIATIVE

Department of Physical Education

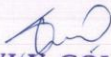
CERTIFICATE

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

Of has successfully completed 30 days **VALUE ADDED COURSE IN "YOGA"**

From (06-07-2018 to 04-08-2018)


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


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


Principal
G.P.PORWAL ARTS COMMERCE &
V.V.SALIMATH SCIENCE COLLEGE
SINDGI-586128