



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

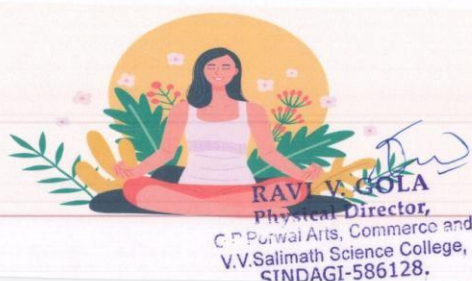
In today's world filled with busyness & anxiety, we need to take out time for healing our mind, body and soul. This program is designed to benefit all these aspects to help you achieve a healthy lifestyle. We wish to equip all our stakeholders with a rejuvenating life choice and make the most of it.

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
P. PORWAL ARTS, COMM &
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

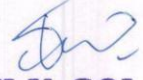
Oranising Committee

Prof. R.V.Lamani	Prof. 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
 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.


 PRINCIPAL
**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

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-536124.



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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,
SINDGI-586128.



S.P.V.V.S'S

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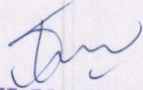
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DEPARTMENT OF PHYSICAL EDUCATION

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


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Coordinator IQAC
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Department of Physical Education and Sports
Value Added Course in Yoga

SYLLABUS

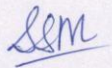
Introduction

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-586128


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


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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

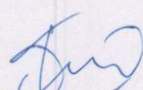
Asana

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

Unit-III

Yoga Mudre

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


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


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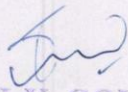

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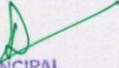
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Department of Sports
Value Added Course in Yoga
Board of Studies

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


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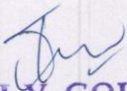


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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS 2022-23

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.

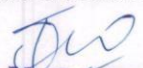
Yoga originated in ancient India. It is a group of physical, mental and spiritual practices. It can also be explained as an exercise that helps us maintain all the elements in our body. In addition, it helps us to relax our body and meditate. Yoga has numerous benefits. It keeps away many ailments from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


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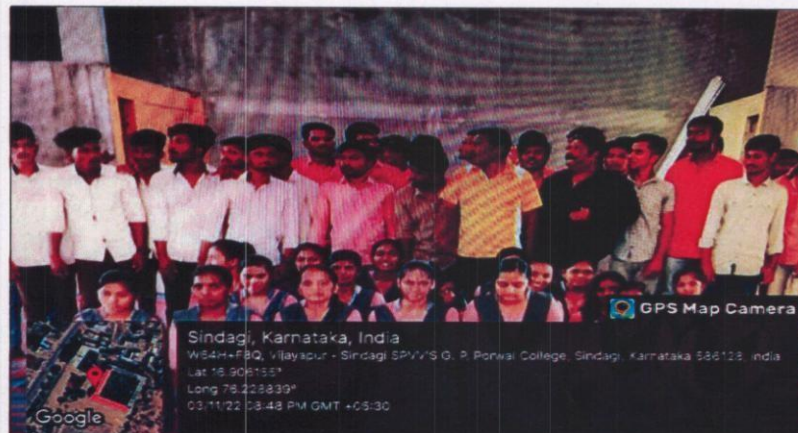
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Inaugural Function of Value Added Course -Yoga 02-11-2022 to 05-12-2022



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

S.M. Srinivas
Coordinator,
G. P. PORWAL ARTS, COM &
V. V. SALIMATH Sc. College

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Students Practicing Yoga

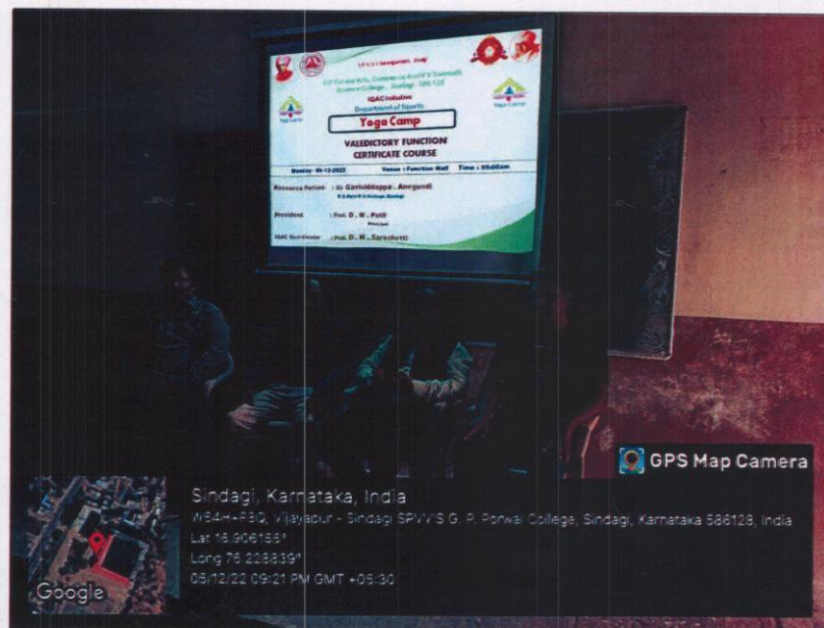
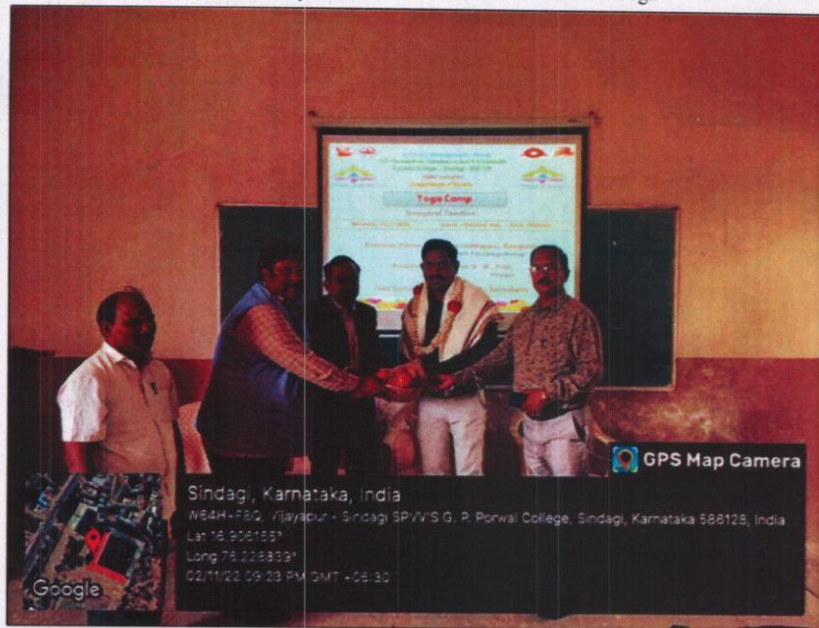


RAVI V. GOLA
Physical Director,
GPRB

SEM
Coordinator
G. P. PORWAL ARTS. COLLEGE


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G. B. PRADEEP APTES COMMERCE & ACCOUNTS

Validictory Function Of Value Added Course On Yoga

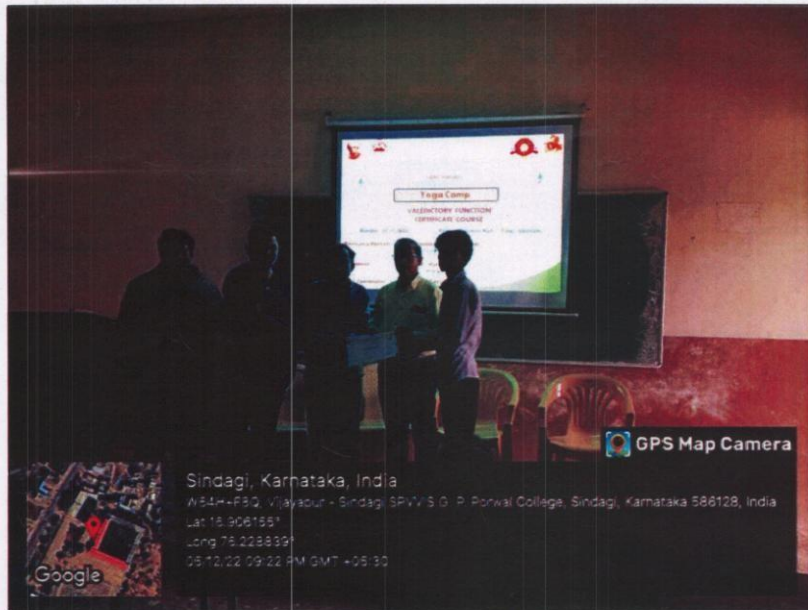


Ravi V. Gola
RAVI V. GOLA
Physical Director,
G. P. PORWAL ARTS, COM & S. P. PORWAL COLLEGE

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Certificate Distribution



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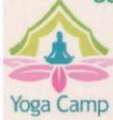
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S.P.V.V.S Sarangamath, Sindgi



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


 Yoga Camp

**IQAC Initiative
Department of Sports**

Value Added Course in Yoga


 Yoga Camp

Closing Ceremony

Wensday- 05-12-2022
Time : 10:30 am

Venue : Function Hall

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. Pratika Talawar

Porf. 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. D.M.Patil
 President




RAVI V. GOLA
 Physical Director,
 G.P.Porwal Arts, Commerce and
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Coordinator IQAC
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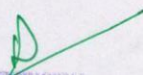
Department Of Physical Education

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
Physical Director,
G. P. Porwal Arts, Commerce and


Coordinator IQAC
G. P. PORWAL ARTS, COM &



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


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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
Co-ordinator IQAC
PORWAL ARTS, COM &
V.V SALIMATH SC. College,


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


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

Name of the Employee: Ravi.V.Gola

[illegible]

Course : BA

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

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

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	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
32	NINGAMMA	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
33	ANITA M	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
34	SHIVALEELA BIDARAKUNDI	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
35	BHOURAMMA	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
36	PALLAVI METAGAR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
37	NINGAMMA	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
38	RENUKA RAMAPPA AIGALI	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
39	PARIMAL RAMAGA	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
40	ASMA	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
41	TAYYABA HUSAIN INDIKAR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
42	MALLIKARJUN PUJARI	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
43	SOMANAGOUDA PATIL	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
44	ANIL PYATI	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
45	SUPRITA PATIL	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
46	MALLAYYA	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
47	RUKMINI	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
48	PRIYANKA	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
49	SHIVANI	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
50	MADIVALAPPA MAGANAGERI	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR

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

SPM
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



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

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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

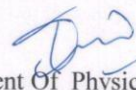
Prof. Gavisiddappa Anegundi
Physical Director Department of
Physical Education R D Patil
College Sindagi

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
RAVINDRA 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, Commerce and
Science College


Coordinator IQAC

G. P. PORWAL ARTS, COM &

V. SALIMATH Sc. College

SINDOL 596139


Principal,

G. P. Porwal Arts, Comm &

V. V. Salimath Sc. College

SINDOL 596139 College Code: 5961



SPVSS

G.P.PORWALARTS,COMMERCE&V.
V.SALIMATH SCIENCE COLLEGE,
SINDGI



BROCHURE



DEPARTMENT OF PHYSICAL EDUCATION

TRAINING COURSE

2022-23

Title : Intense Physical Training Program to Police
Department Aspirants(5.1.2)

Date: 17/01/2023 TO 31/01/2023

Inauguration
17/01/2023

Valedictory
31/01/2023



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

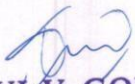
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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS 2022-23

Name of Department	Department of Physical Education and Sports
Name of Activity	"Intense Physical Training Program to Police Department Aspirants"
Duration	17/01/2023 to 31/01/2023 (15Hrs)
Time	06:00am to 07:00am
Venue	Indoor Stadium and College Ground
Objectives	➤ To determine the level of fitness ➤ To identify strengths and area of development ➤ To identify bases of physical activities ➤ To motivate and guide students ➤ Describe the benefits of physical activities
No. of Participants	21 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


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


Coordinator IQAC
G. P. PORWAL ARTS, COM &


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

Report

The physical education department of our college conducted Intense physical program to those who are willing to join Police department Resource person is Ashok Pujari Para Commando in INDIAN ARMY. The training program was Conducted for (15 days). Physical training is integral part for those who join Police department. The training increases their physical fitness level. The training includes, pull-ups, push-ups, shuttle run, sit-ups, standing long jump, sitting forward bend, and the plank.


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


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


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V.V.SALIMATH SCIENCE COLLEGE
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DEPARTMENT OF PHYSICAL EDUCATION

Academic Year 2022-23

To

IQAC Co-ordinator

Date:09/01/2023

Sub :Request for Permission to Conduct **“Intense Physical Training Program to Police Department Aspirants”**

Sir/Madam,

With reference to subject cited above I would like to bring to your kind information that our department is going to conduct **“Intense Physical Training Program to Police Department Aspirants”** from on 17-01-2023 to 31-01-2023 (15days) 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: 09/01/2023


Head of Department
RAVINDRA K. GOLA
Physical Director,
G.P.Porwal Arts, Commerce and
V.V.Salimath Science College,
SINDAGI-586128



S.P.V.V.S'S

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

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DEPARTMENT OF PHYSICAL EDUCATION

Academic Year 2022-23

To

Head,

DEPARTMENT OF PHYSICAL EDUCATION

**Sub :Permission to Conduct "Intense Physical Training
Program to Police Department Aspirants"**

Ref : Your Letter dated on 09/01/2023

Sir/Madam,

With reference to subject cited above I herewith permit you to conduct Value Added Course in "**Intense Physical Training Program to Police Department Aspirants**" from 17-01-2023 to 31-01-2023 (15 days) for B.A B.Com and B.Sc students.

Thanking you

Place: Sindagi

Date: 10/01/2023


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

S.P.V.V.S'S



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

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

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Date: 12/01/2023

DEPARTMENT OF PHYSICAL EDUCATION& SPORTS

NOTICE

It is hereby informed to all
the B.A, B.Com, B.Sc students that “**Intense Physical Training
Program to Police Department Aspirants**” will be conducted on 17-
01-2023 to 31-01-2023 at 06:00 am. Those who are interested can
apply before 15-01-2023.

Date:-12-01-2023

Conducted by : **Ravi V. Gola**

Director. Physical Education and sports

RAVI V. GOLA

Physical Director,

G.P.Porwal Arts, Commerce and

V.V.Salimath Science College,

SINDGI-586123.



S.P.V.V.S'S
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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	Ashok Pujari
2	Monday	06:00am to 07:00am	Ashok Pujari
3	Tuesday	06:00am to 07:00am	Ashok Pujari
4	Wednesday	06:00am to 07:00am	Ashok Pujari
5	Thursday	06:00am to 07:00am	Ashok Pujari
6	Friday	06:00am to 07:00am	Ashok Pujari
7	Saturday	06:00am to 07:00am	Ashok Pujari


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



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Department of Physical Education and Sports

“Intense Physical Training Program to Police Department Aspirants”

Introduction

Maintaining Physical and Fitness is a life long process its should always be part of our life style.

If thinking of becoming a Police officer, you Probably know that it is a physicaley demanding position, most, if not all, police department require you to participate in physical ability test (PAT) is an essential part of the hiring to become a police squad.

The physical ability program aims who are ready to face daily challenges to becoming a Police Officer

Objectives:

1. To determine the level of fitness
2. To identity strengths and area of development
3. To identity bases of physical activities
4. To motivate and guide students
5. Describe the benefits of physical activities


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


Coordinator IQAC
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V. V. SALIMATH Sc. College.


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V.V.SALIMATH SCIENCE COLLEGE,
SINDGI-586 128

SYLLABUS:

- 4 X 10 m shuttle run
- Handgrip strength test / push up
- Vertical jump
- 800 m Run
- Sit-ups
- Bench press
- Sprint
- Steadily long jump


RAVI V. GOLA
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Department of PHYSICAL EDUCATION AND Sports

“Intense Physical Training Program to Police Department Aspirants”

Board of Studies

SL.NO	NAME	DESIGNATION
1	Prof. D.M.PatilPrincipal	Chairman
2	Prof. Ravi.V. GolaPhysical Director	Co-Ordinator
3	Gollalppa Ijeri HeadConstable	Dept of Police Sindagi
4	Shri. Ashok PujariParatrooper	Para Comandor


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


Coordinator IQAC
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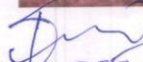
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Pull-ups



zig zag way




RAVI V. GOLA
Physical Director.


Coordinator IOAC


PRINCIPAL

Running



Long jump



Ravi V. Gola
RAVI V. GOLA
Physical Director,

SSM
Coordinator IQAC

[Signature]
PRINCIPAL

S.P.V.V.S'S



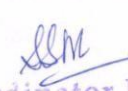
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E-mail: gppprincipal@gmail.com Web: www.gppvvs.ac.in Ph: 08488-221244 Mobile : 9611032604

S.No	Name
1.	MOUNESH BADIGER
2.	SHASHIDHAR BIRADAR
3.	NINGAPPA BHOVER
4.	BASALINGAYYA HIREMATH
5.	SATISH BIRADAR
6.	PRASHANT NAYAK
7.	MOUNESH PATTAR
8.	AMULKUMAR RAMESH HUGAR
9.	ASLAM MULLA
10.	SAGAR ARALGUNDAGI
11.	VIKRAM BEVINAKATTI
12.	SACHIT S K
13.	SANTOSH
14.	JATTAPPA DUGUR
15.	RAJABAKSH NIMBAL
16.	RIYAJ
17.	DEVARAJ JAKOND
18.	AKASH RAMGOND
19.	SHIVARAJ
20.	DERSHAN KANTIGOUND
21.	PRAVEEN RATHOD


RAVI V. GOLA
Physical Director,


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


PRINCIPAL
G.P.PORWAL ARTS COMMERCE &
V.V.SALIMATH SCIENCE COLLEGE



SPVVSS



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

Dist: Vijayapur

COLLEGE, SINDAGI-586128

State:Karnataka

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(Affiliated to Rani Channamma University, Belagavi)

IQAC INITIATIVE

Department of Physical Education

CERTIFICATE

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

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

npleted 15 days“Intense Physical Training Program to Police Department Aspirants”from (17-01-2023

31-01-2023)


Co-ordinator
ordinator IQAC
ORWAL ARTS, COM &
ALIMATH Sc. College,
INDGI-586128.


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


Principal
PRINCIPAL
G.P.PORWAL ARTS COMMERCE
V.V.SALIMATH SCIENCE COLLEGE
SINDAGI-586128



**G.P.PORWAL ARTS, COMMERCE AND V.V.SALIMATH SCIENCE
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LIFE SKILLS

Yoga And Naturopathy

Title	Yoga And Naturopathy
Date	13/11/2019 To 22/11/2019
Training Out comes	To enhance health fitness
	To overcome stressful life
	To Overcome various diseases like Sugar, B.P etc...
Resource Person	Shri.Ramesh Kamannavar : Yoga Teacher Gurubasava Mahamane Managundi Dharwad Poojya Shree Basavananda Swamiji: Gurubasava Mahamane Managundi Dharwad

Content

Course component
Naturopathy: Role Introduction to Naturopathy. Role of Naturopathy .Management and Benefits of Naturopathy in day to day life
Yoga And Health: Objectives and need of Yoga for Positive health. Yogic principles of healthy living. Stress management through yoga


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




Principal,
G. P. Porwal Arts, Comm &
V. V. Salimath Sc. College
SINDGI-586128. College Code: 5274



S.P.V.V.S'S

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

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

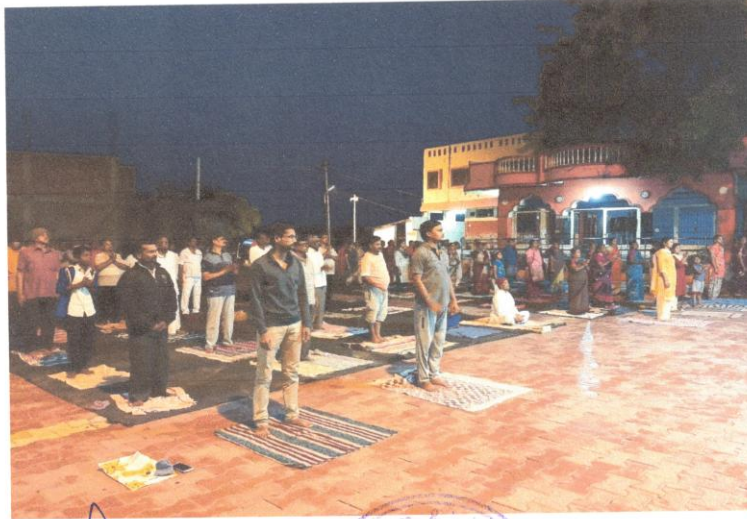
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YOGA AND NATUROPATHY




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




Principal,
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V. V. Salimath Sc. College
SINDGI-586128. College Code: 5237

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



Report On Yoga And Naturopathy



Yoga And Naturopathy Training Program was conducted from 13/11/2019 to 22/11/2019. The program was mainly organized to come out of stressful day to day life. The programme is very essential to lead simple, and disease free natural life. The yoga Teacher explained about different Asanas. It was very much useful to understand how to cure diseases like B P < Sugar and kidney stones by Yoga And Naturopathy.


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

LIFE SKILLS : YOGA AND NATUROPATHY

DATE : 13-11-2019 TO 22-11-2019

STUDENTS ATTENDANCE SIGNATURE

Sl No	Name of the Students	13	14	15	16	17	18	19	20	21	22
01	chetan Hiremath	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
02	Gauramma, choudhary	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
03	Anjana Hadapada	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
04	Bhurali,	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
05	Aishwarya Hoscmani	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
06	Bhagyashree, Patil	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>

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SINDGI-586128. College Code: 5234

Sl No	Name of the Students	13	14	15	16	17	18	19	20	21	22
07	Bhagyashree, Konis	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
08	Chaitra, Hiremath	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
09	Anil, Shivanagi	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
10	Bhavyashree Bhajant	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
11	Abdul Fawraj	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
12	Bhagyashree, Badiger	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
13	Ambekarish	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
14	Bhimashankar, Homar	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
15	Anil, Moolimani	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
16	Sunanda, M. Udaga	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
17	Mantesh, S. Bizaradar	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
18	Shreeshaill, K. Ugganar	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
19	Rayagond, M. Naris	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
20	Vilas R. Rathoda	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
21	Prashant, M. Yalawar	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>

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V. V. Salimath Sc. College,
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SI No	Name of the Students	13	14	15	16	17	18	19	20	21	22
22	Kaveri, J. Nagori	Kaveri	Kaveri	Kaveri	Kaveri	Kaveri	Kaveri	Kaveri	Kaveri	Kaveri	Kaveri
23	Ajit, M. Audimari	Ajit	Ajit	Ajit	Ajit	Ajit	Ajit	Ajit	Ajit	Ajit	Ajit
24	Roopa, C. Bivolar	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa
25	madhumati. Manoth	Man	Man	Man	Man	Man	Man	Man	Man	Man	Man
26	Jayashri, A. Yankhandi	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy
27	mallamma. S. Blasagi	MB	MB	MB	MB	MB	MB	MB	MB	MB	MB
28	malingaray, B. Talaker, MT	MT	MT	MT	MT	MT	MT	MT	MT	MT	MT
29	Parvati, S. Choudhri	Pchud	Pchud	Pchud	Pchud	Pchud	Pchud	Pchud	Pchud	Pchud	Pchud
30	Umesh. Y. Kalagi	Kalagi	Kalagi	Kalagi	Kalagi	Kalagi	Kalagi	Kalagi	Kalagi	Kalagi	Kalagi

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Yoga and Health



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2020-21

YOGA AND HEALTH



Yoga is an ancient solution to modern problems. It has gained a lot of popularity around the world.. The very much need of the education system is that education by which character is formed, strength of mind is increased, the intellect is expanded, and by which one can stand on one's own feet.' Yoga is not simply Asanas and Pranayamas. It also involves certain ethical practices. These ethical practices are known as Yamas and Niyamas. No educational system is effective unless it incorporates into itself these ethical practices.

yoga is the process of eliminating all thoughts in the mind and allowing it to settle down to silence. Attainment of such a balance ultimately leads to a balanced and healthy mind and body

Health is precious treasure of individual who is looking to lead meaningful life. In the current scenario it is quite challenging to enjoy the best productivity for a person through the good physical and mental health.

The advancement in the science and technology has increased the sedentary and semi sedentary lifestyle leading to lack of physical activity. In addition to this Stressful situations are also contributing a lot for the rise in psychosomatic diseases.

World health organization and other policy makers on health care system are thriving a lot to adapt holistic health care measures which can be effective in the prevention of lifestyle and psychosomatic diseases such as hypertension, diabetes mellitus and obesity etc.

The principles and practices of Yoga in the form of therapy are being used as preventative complementary and alternative medicine in dealing with various physical and mental disorders.

Yoga interventions are known to affect physical health by improving muscular fitness, increasing motor control and performance, alter metabolism and autonomic function and improve ventilatory functions of the lungs including a prolongation of breath holding time. The practices of Asanas and pranayama are effective for the improvement of strength and flexibility. Enhances the joints range motions, blood circulation, purification of the gastro intestinal tract. These health benefits are well known for enhancing the functional capacity of different systems in our body such as improved digestion, lung capacity, and stimulation of peristalsis. The philosophical foundations of yogic principles and practices of Pranayama and meditation harness the mental harmony to develop the peace of mind,

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LIFE SKILLS

2020-21

YOGA AND HEALTH

Title	Yoga and health
Date	06-01-2021 To 08-01-2021
Training Out comes	To develop Physical health
	To lead stress free life
	To improve mental health
Resource Person	Dr.Kavita Rathod Physical Director Padmaraj B.Ed College Sindgi

Yoga and Health training program conducted from Date:06-01-2021 to 08-01-2021 .The Resource person Dr.Kavita Rathod trained students to promote health by Yoga


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Resource Person **Dr.Kavita Rathod**



SCM
Coordinator IQAC
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G P PORWAL ARTS, COMMERCE AND V.V.SALIMATH SCIENCE COLLEGE

SINDAGI-586128 (DIST: VIJAYAPUR, KARNATAKA)

DEPARTMENT OF : PHYSICAL EDUCATION AND SPORTS

Event Name: YOGA AND HEALTH



Date: 6/1/2021 To 8/1/2021

Time:

Sl.NO	Name of the Participant	Course	Signature	Signature	Signature
1	Shruti Kiranagi	B.com	[Signature]	[Signature]	[Signature]
2	Afreen .X. Valagi	B.com	[Signature]	[Signature]	[Signature]
3	Nagesh. A. Halakatti	B.com	[Signature]	[Signature]	[Signature]
4	Madhur Rathod	B.com	[Signature]	[Signature]	[Signature]
5	Shreeashail S. Sengupta	B.com	[Signature]	[Signature]	[Signature]
6	Ningamagoud R. Patil	B.com	[Signature]	[Signature]	[Signature]
7	Haregiri. A. Goli	B.com	[Signature]	[Signature]	[Signature]
8	ANIL .B. WOLARI	B.com	[Signature]	[Signature]	[Signature]
9	Sachin M. Uppar	B.com	[Signature]	[Signature]	[Signature]
10	Shivaranda -S. Jogaleshwar	B.com	[Signature]	[Signature]	[Signature]
11	Netra. V. Hippanagi	B.com	[Signature]	[Signature]	[Signature]
12	Priyanka. Parvendra. Suman	B.com	[Signature]	[Signature]	[Signature]
13	Ahuni. C. Goni	B.com	[Signature]	[Signature]	[Signature]
14	Munna R. PARNASHETTI	B.com	[Signature]	[Signature]	[Signature]
15	Ningam Amateppa	B.com	[Signature]	[Signature]	[Signature]
16	Imran. F.B.	B.com	[Signature]	[Signature]	[Signature]
17	Vijayawase. P. Paltanashetti	B.com	[Signature]	[Signature]	[Signature]
18	Ganiga. S. Rajantoni	B.com	[Signature]	[Signature]	[Signature]
19	Shitranagouda. Patil	B.com	[Signature]	[Signature]	[Signature]
20	Vijayakumari. Kogonoor	B.com	[Signature]	[Signature]	[Signature]
21	Radhika. Walikar	B.com	[Signature]	[Signature]	[Signature]
22	Bhroni. Ladlongi	B.com	[Signature]	[Signature]	[Signature]
23	Sushma. Easwar	B.com	[Signature]	[Signature]	[Signature]
24	Savita. R. Patil	B.com	[Signature]	[Signature]	[Signature]
25	Jetteppa. Hachyal	B.com	[Signature]	[Signature]	[Signature]
26	Aishwarya. R. Ahuri	B.com	[Signature]	[Signature]	[Signature]
27	Akash. D. Badiger	B.com	[Signature]	[Signature]	[Signature]
28	Yadalinga. C. Walikar	B.com	[Signature]	[Signature]	[Signature]
29	Changa. S. Pallapurmath	B.com	[Signature]	[Signature]	[Signature]
30	Kaveri. M. Chavan	B.com	[Signature]	[Signature]	[Signature]

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SINDAGI-586128 (DIST: VIJAYAPUR, KARNATAKA)



DEPARTMENT OF: PHYSICAL EDUCATION

Event Name: YOGA AND HEALTH

Date: 6/1/2021 To 8/1/2021

Time:

Sl.NO	Name of the Participant	Course	Signature	Signature	Signature
31	Aishwarya S. Hallyappa	B.Sc	[Signature]	[Signature]	[Signature]
32	Anusha A. Gumat	B.Sc	[Signature]	[Signature]	[Signature]
33	Anjali C. Rajapat	B.Sc	[Signature]	[Signature]	[Signature]
34	[Signature]	B.Sc	[Signature]	[Signature]	[Signature]
35	Rashmi D. Katti	B.Sc	R.D.K	R.D.K	R.D.K
36	Tamir mulla	B.Sc	[Signature]	[Signature]	[Signature]
37	Supriya. Dorur	B.Sc	[Signature]	[Signature]	[Signature]
38	Sahana S. Gumat	B.Sc	[Signature]	[Signature]	[Signature]
39	Bhagyachree M. Umangi	B.Sc	[Signature]	[Signature]	[Signature]
40	Nayya Valagi	B.Sc	Nayya	Nayya	Nayya
41	Sachidanandayya S.H	B.Sc	[Signature]	[Signature]	[Signature]
42	Minika H. Bajantri	B.Sc	[Signature]	[Signature]	[Signature]
43	Pratikha T. Biradar	B.Sc	[Signature]	[Signature]	[Signature]
44	Padmavati Prasad Bogar	B.Sc	P.T. Bogar	P.T. Bogar	P.T. Bogar
45	Achesh -wari	B.Sc	[Signature]	[Signature]	[Signature]
46	Rooja	B.Sc	[Signature]	[Signature]	[Signature]
47	Prasanna S. B	B.Sc	[Signature]	[Signature]	[Signature]
48	Vaani A.K	B.Sc	[Signature]	[Signature]	[Signature]
49	Shilpa S. Katti	B.Sc	[Signature]	[Signature]	[Signature]
50	Ashwini Vaggar	B.Sc	[Signature]	[Signature]	[Signature]
51	Vijay R.T	B.Sc	[Signature]	[Signature]	[Signature]
52	Apoorva A. Marakal	B.Sc	[Signature]	[Signature]	[Signature]
53	Vijay	B.Sc	[Signature]	[Signature]	[Signature]
54	Devidrand. V.G.	B.Sc	[Signature]	[Signature]	[Signature]
55	Manjunathgouda -patil	B.Sc	[Signature]	[Signature]	[Signature]
56	Chetan G.S	B.Sc	[Signature]	[Signature]	[Signature]
57	Sujata malipati	B.Sc	[Signature]	[Signature]	[Signature]
58	Bhagyashree S. Sarda	B.Sc	[Signature]	[Signature]	[Signature]
59	Samrini Talawadi	B.Sc	[Signature]	[Signature]	[Signature]
60	Yashanappa Gouda F. Patil	B.Sc	[Signature]	[Signature]	[Signature]

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SINDAGI-586128 (DIST: VIJAYAPUR, KARNATAKA)



DEPARTMENT OF: PHYSICAL EDUCATION

Event Name: YOGA AND HEALTH

Date: 6/1/2021 to 8/1/2021

Time:

Sl.NO	Name of the Participant	Course	Signature	Signature	Signature
61	Kavya. Talavari	BA	Kavya	Kavya	Kavya
62	Crinash Sindhe	BA	Crinash	Crinash	Crinash
63	Kiran. Pawar	BA	K.B.Pawar	K.B.Pawar	K.B.Pawar
64	Sanjaya. V. pattnashetti	BA	SJ	SJ	SJ
65	Amrapurna S. Galavade	BA	AG	AG	AG
66	Mallamma. Uppar	BA	M.M.U	M.M.U	M.M.U
67	Deepika. Biradar	BA	P.P.B	P.P.B	P.P.B
68	Priya S. Keri	BA	P	P	P
69	Siddhantegada	BA	SB	SB	SB
70	AKSHATA. A. Gundar	BA	AK	AK	AK
71	Pooja. A. Biradar	BA	Piradar	Piradar	Piradar
72	chochideshwar. d	BA	CBP	CBP	CBP
73	Deepak babababu	BA	Deepak	Deepak	Deepak
74	Bhagyashree. P. Keri	BA	BK	BK	BK
75	Sachin. Pawar	BA	S	S	S
76	Sadanna malakar	BA	Sadanna	Sadanna	Sadanna
77	Maneshwar. Hiremath	BA	DMH	DMH	DMH
78	Shrutu. S. Mallu	BA	Shrutu	Shrutu	Shrutu
79	Shikharaj Wafikar	BA	Shikharaj	Shikharaj	Shikharaj
80	Sangam. S. Kannadi	BA	Sangam	Sangam	Sangam
81	Shaila. U.K. Kale	BA	Shaila	Shaila	Shaila
82	Ashwini S. Hebbal	B.A.	A.S.H	A.S.H	A.S.H
83	Swati. S. Hebbal	B.A.	S.S.H	S.S.H	S.S.H
84	Laxmi	B.A.	L	L	L
85	Nivedita. S. Sulpi	BA	N	N	N
86	Sheela. Biradar	B.A.	Shub	Shub	Shub
87	Vishal. Hiremath	B.A.	V	V	V
88	Taskeen. M. Banamashwar	B.A.	Taskeen	Taskeen	Taskeen
89	Laxmi. M. Wargi	B.A.	L	L	L
90	Bhagya. Patel	BA	B	B	B

SM

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SINDGI-586128 (DIST: VIJAYAPUR, KARNATAKA)

DEPARTMENT OF: PHYSICAL EDUCATION

Event Name: YOGA AND HEALTH



Date: 6/1/2021 To 8/1/2021

Time:

SI.NO	Name of the Participant	Course	Signature	Signature	Signature
91	SPDAPPA. V. Bagallur	B.com			
92	Kajal. P. Pawar	B.com			
93	Anil. Malakappa. Madakar	B.com			
94	Vishwanath. S. Teen.	B.com			
95	Siddhappagoud. Bistadon	B.com			
96	Pratwal	B.com			
97	Naveen. Hirumath	B.com			
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