



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)

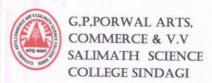
02/11/2022 TO 05/12/2022

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.

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

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

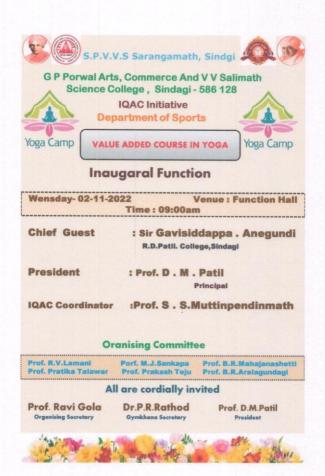
independently

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





V.V.Salimath Science College, CINDAGI-586128,



RAVI V. GOLA Physical Director,

Coordinator IQAC G.P. Porwal Arts, Commerce and G. P. PORWAL ARTS, COM & V.V.Salimath Science College, V. V. SALIMATH Sc. College. PRINCIPAL

G.P.PORWAL ARTS COMMERCE &

V.V.SALIMATH SCIENCE COLLEGE

SINDGI-536 128



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

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

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 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

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



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

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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 Anegund
2	Monday	06:00am to 07:00am	Gavisiddappa Anegund
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 V.... Imath Science College, \$1NDAGI-586128.

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

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V.V.SALIMATH SCIENCE COLLEGE
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,
Porwal Aris, Commerce and

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

PRINCIPAL G.P.PORWAL ARTS COMMERCE & TV SALIMATH SCIENCE COLLEGE SINDGL586 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
- > Halasana
- > Padahstasana
- > vakrasana
- > Shavasana

Unit-III Yoga Mudre

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

RAVI V. GOLA
Physical Director,
Porard Commerce on

Coordinator IQAC

B. P. PORWAL ARTS, COM 2

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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 Physical Director, Porwal Aris, Commerce and Jimath Science Cri Je,

511:DAGI-586120.

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

G.P.PORWAL ARTS COMMERCE &

V.SALIMATH SCIENCE COLEGE

SINDGI-586 128



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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

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

Coordinator IQAC
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V. V. SALIMATH Sc. College,

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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 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

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

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







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



Students Practicing Yoga





RAVI V. GOLA
Physical Director,

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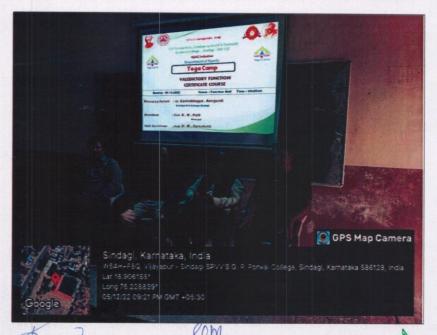
Validictory Function Of Value Added Course On Yoga

Validictory Function Of Value Added Course On Yoga

GPS Map Camera

Sindagi, Karnataka, India

NEAN-SEQ. (Illaydout - Sindagi SP/VS G. P. Porwal College, Sindagi Karnataka, Saétas India



RAVI W GOLA Physical Director,

Coordinator IQAC

P PORWAL ARTS, COM &

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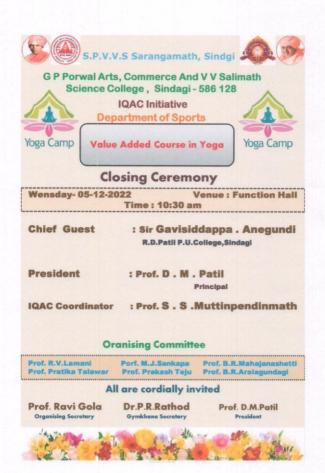
Certificate Distribution



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

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

G.P.PORWAL A S COMMERCE 6
9.V.SALIMATHEOLIPICE COLLEGE
SINDGI-586 428



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

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

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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	MutturaiBiradar
30	Chandrakantha Devanagaon
31	POOJA SIDDAPPA RODAGI
32	NINGAMMA
33	ANITA M
34	SHIVALEELA BIDARAKUNDI
35	BHOURAMMA

Physical Director,

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
13	SOMANAGOUDA PATIL
4	ANIL PYATI
5	SUPRITA PATIL
6	MALLAYYA
7	RUKMINI
8	PRIYANKA
9	SHIVANI
0	MADIVALAPPA MAGANAGERI

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

Coordinator IQA G. P. PORWAL ARTS, COM & G. P. PORWAL ARTS, COllege,

PRIVETPAL G.P.PORWAL ARTS COMMERCE & VV SALIMATH SCIENCE COLLEGE



SPVVSS

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



COLLEGE, SINDAGI-586128

EKARNATAKA

(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
ordinator IQAC
PORWAL ARTS, COM &

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

Principal
PRINCIPAL
PRINCIPAL
PRINCIPAL
V SALIMATH SCIENCE COLLEGE
SINDGI-586 128

2 2	Course : BA	SUB:	Physic	al Ed	ucatio	n		1	Name	of th	e Emp	loyee:	Rav	.V.Go	la	
S.no	Student name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	MallikarjunPujari	Man	Mes	Ma	NRo	MR	NR	NBo	Men	MR	Mu	New	NRU	Mere	Mes	ME
2	SomanagoudaPatil	Good	Spatel	Spold	Spatil				Spalid	1	-		1		0 4.1	Pool
3	Anil Pyati	Anib	Anip	Anip	Anib	Aris	Atrick	Anib	Ahip	Anip	Anip	Arip	Arrib	Arish	Arip	Anil
4	VikramBevinakatti	@	@	(B)	Bu	(B)	18	8	1	B	B	B.	B	(a)	Be	B
5	MadivalappaMaganageri	M.M	M.M	M.M	M.M	MM	M-M	M.M	M.M	M.M	M.M	M.M	M.M	MM	M.M	M.1
6	HusenabashaMulla	Hum	The -	Hum					Have	- 2		Her	سلا	Hum	المالا	Here
7	SadanandNingashetti	8	8	8	8	8.	8	8	8	8	8	8	8-	8	8	8
8	MallannaPujari	mejou	muju	mpaja	(Prous	mpig	mpig	rapic	topija	mperja	MODELICE.	marips	meio	mpaja	mpeijas	mp
9	RohitTalawar	zoh	20h	20/2	20h	Sahe		4	10	10	10	2000	1	nort	2011	20
10	Akash Rajput	Arraiped	maiped	projed	projed	Recip	Pair	Print	Amipu	Projed	Anaipal	Pasiful	Azeipal	Anciple	Praiped	Anoi
11	AslamMulla	A	A	A	A	Au	A	No	A	Ase	A	A	A	A	A	A
12	SagarAralagundagi	Bagari	eagon	gagar	Roger	2000	eage	eagen	Rogan	eaged	cager	eogl	engul	Backy	cagon	e,09
13	ShivashankarPadashetti	55P	SSP	59	59	55R	59	0	0	558	55P	558	/ U	550	55P	551
14	SupritaPatil	Supiro	Suprita	Suprito	Suprit	white	Que into							Suprito	Suprita	o. or
15	Rukmini	Rus	Que	(Que)	Que	Ow f	Qui	Que	Due 1	5	Que	Que	60	0	600	Qu

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	NR	NR	MRo	NR.	NR	NRu	MR	Men	MP	Men	Me	NRO	MRu	DR	I P
2	SomanagoudaPatil	Smlil	Spatil	Selil	Solil	Potil	Spale	Pili	Balil.	Spate	Patil	Spalil	Bolis	Postel	Solil,	Sprili
3	Anil Pyati	Arilp	Anily	Anilp	Anip	Arip	Apilp	Arris	Anip	Anip	Anilo	Arish	Aris	Anip	Anip	Arist
4	VikramBevinakatti	(B)	(B)	Bu	8	(B)	B	Ber	B	B	B	B	B	B	(B)	B
5	MadivalappaMaganageri	M.M	M.M	M.M		M.M	M.M		M.M		M.M	MM	M-M	M-M		M·M
6	HusenabashaMulla	H_	Here	Hum	Her	Har	سملا	11	Wood	Her	1000	تعملا	Here	Her	H	Here
7	SadanandNingashetti	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
8	MallannaPujari	marijas	marica			muje	mpije	mpays	Meir	mpija	maijas	marjar	mpage	Moura	mripu	mpcei
9	RohitTalawar	models	noble	nehl	nobe	andt-	add	2011	not	gold	nohl	nobl	nobl	ands!	nohl	not
10	Akash Rajput	major	Propul	Propel	Phoip!	Proips	Project	Paipu	People b	Azeipul	Proips	Ascips	Anapal	Asaipul	Azaipal	Docip
11	AslamMulla	Alus	Au	Aa	A	Au	AL	New	box	A	Au	A	1	Au	A	AS
12	SagarAralagundagi	Sagar	Sagar	Sagar	Bagar	Cogor	CORO	2 capar	eager	Sagar	gager	eggen	o oppr	o coord	eager	0,000
13	ShivashankarPadashetti	558	SER	-55P	55P	55P	558	558	SIP	-0	55P	55P	159P	55R	55P	550
14	SupritaPatil	-	Suprita	Suprito	Bugarla	Suprit	2.00710	Supak	Supirk	Supide	Suprito	Sunita		Service Services	Suprida	
15	Rukmini	6us	03	(O.W)	O. W.	Dues -	6.0	600	20/	60	Or .	O see	6.00	631	65	643

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	Oben	Com	der	(2)	6	(a)	an	an	(Den	(Dec	an	6	Ole.	Ben	Q~
2	Javeed Badami	of	1	a	TEL	X	K	dh.	of the	K.	of.	S	De	K	I	R
3	Darshan Kantigond	John .	Q/	De	OK	OK	OK	al	DK	OK	OK	OK	OK.	OR	de	DR.
4	Mounesh Pattar	Rush	Trava	Resort	Coon	Russel	Royal	Gued	Cours	Reco	Registra	Some	Rose	Rose	Brook	Bud
5	Sarfaraj Bhusanoor	*	1	Sept .	8	De la	B	3	130	But I	8×	Br	The same	Peul	Bio	3
6	Sunil	de	R	S	Es	8	Se	for	lo	Su	Sur	8-	Su	S	lu	gr.
7	Akash Sanamani	A	A	A	A	A	A	A	A	A	A	An	An	A	A	A
8	Sagar Padagnoor	But	But	Pert	Bent.	Red	P	Par	Real .	HOT .	Pat	100	Kon	Bot.	Be .	Pist .
9	Shreeshail Biradar	Pa	In	872	934	So	90	So	Bo	13.	3	le	8.	8	8	3
10	Satish Biradar	SB	SA	CB.	SB	&B	CR	38	SB	QB.	88	SB	SB	SB	SB	QB
11	Sallem	hollon	Rallen	Lallon	Pallon	Poller	Rolla	20lan	200 Days	Sollan	follon	Solle	Balm	Collen	Salen	Solo
12	Mayur Patil	NO	APP	PAP	TO	PAP	APP	PP	pp.	PAP	pro,	AP.	PAP.	PP	pp	mp
13	Shashidhar Biradar	37500	SAN	Spor	Spot	COR	SPO	500	800	Ses	Sass	Rose	Sight	SOUTH	SAM	can
14	Mutturaj Biradar	Mz	Mez	Miz	Monz	MA	M	Ms	Mrz	Mas	Mes.	Mps	Me	MPS	Ms	Ms
15	Chandrakantha Devanagaon	(Dont	Chart	Deel	Can	Care	CD	CON	Charles .	Que	(Que	C) out	Que	can	- CRI	Gold

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	B	6	De la	0	(2)	0	(a)	(2)	(2)	(D)	(Du	a
17	Javeed Badami	The	R	the	1	4	X	RO	女	P	Th	K	The	The	de l	th
18	Darshan Kantigond	DR	OA	DX.	DR.	DL	DX.	Poh	DA.	Od.	O.	OL	X	X	DX.	De
19	Mounesh Pattar	Cresson	Bush	Books	Russ	Count	Rosel	Que	Custo	Buck	Grandy	Quest	Resident	Proper	Course	COLOR
20	Sarfaraj Bhusanoor	100	1	Tool	Tel	tool	Pal	DI	- Frent	Bel	Fail	Tool	10	Tout	Tail	1
21	Sunil	2-	h	Se	en	2	80	er	2	Le.	2	2	2	2	2	2
22	Akash Sanamani	A	A	A	An	Au	A	A	An	A	A	A	A	A	Ar	A
23	Sagar Padagnoor	Tal-	But	But	By	Bu	BU	B	Bu	Pert	But	But.	But	Bus	But	gu
24	Shreeshail Biradar	20	13.	13	\$	les	18.	2	2	9	8.	3	1/2	9	8:	18
25	Satish Biradar	93	SB	ers	28	QB	SB	QB	SE	20	9B	913	er	203	803	83
26	Sallem	bellen	Raller	Rollen	Jollan	Salder	Rollin	Roller	Sollen	Solen	fallon	Lallen	Solle	Sollen	Solom	Rolle
27	Mayur Patil	ARP	PAP .	pp	m	the	mp	mo	the	PAP	m	MP.	PAP	mp.	m	m
28	Shashidhar Biradar	S. Bank	Carry	Silbet	Sout	الم	TOPO	230	- and	Second	State	Short	Can	SPO	Sat	SB
29	Mutturaj Biradar	ms.	Mas	pos.	MB	ma	B.	Ma	MA	ma	Mz.	NA-	Ma	Maz.	11/45-	000
30	Chandrakantha Devanagaon	CD4	CDA	CAST	CA.	CA	SP	يه	Carried States	ليسهن	CROW!	and.	المكان	CD!	CASA	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

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	OR_	THE .	000	AB.	120	pp.	DB-	PR	PR.	PR.	PR.	PR	AR
32	NINGAMMA	a	0	10	D	N	M	Q	R	0	a	2	R	A	O
33	ANITA M	A	A	A	A	A	A	A	A	A	A	A	A	A	-
34	SHIVALEELA BIDARAKUNDI	2	CAR	6	S	S	C.	S	2.	3	S	S	S	S	8
35	BHOURAMMA	B	0	B	B	Bo	10	B	B	B	B	B	B	B	B
36	PALLAVI METAGAR	Pur	Pu	Ru	Ru	B	Run	R	R	Pm	Ba	Puy	Pro	Bu	Bu
37	NINGAMMA	10	10	10	D	100	10	A	*	10	10	₩	N	₩	₩
38	RENUKA RAMAPPA AIGALI	100	PA	12	RA	RA	RA	RA	TA)	TAN O	A	8	A	RA	(A)
39	PARIMAL RAMAGA	D	#	10	超	BQ	R	120	户	100	DR	AR	BA	30	B
40	ASMA	1	TRS S	R	A	W.	A.	Ros	X	1	16	The same	15	June	K
41	TAYYABA HUSAIN INDIKAR	不	N	N	74	TY	78	TH	Ty	Te	The	70	TX	The	TH
42	MALLIKARJUN PUJARI	(m)		D	10	(m)	00	M	M	B	M	(M)	10	10	a
43	SOMANAGOUDA PATIL	50	800	Caro	90	000	00	80	90	Sen .	end	Sport	ج	6	con
44	ANIL PYATI	0	a	a.	a	an	0	10L	8	Be	A	a	a	a.	BL.
45	SUPRITA PATIL	L	Sa	Su	S	Ss	2	5	S	Si	2	S_	5	S	5
46	MALLAYYA	De	M	12	100	D	M	D	B	100	N	20	2	N	M
47	RUKMINI	R	D	Bo	Q	R	R	R	R	R	R	R	R	R	R
48	PRIYANKA	Pipe	Pue	Ps,	Pos	Pa	R	2	e	Pa	P	P	P	P	R
49	SHIVANI	8hhi	Sharm	Shran	Orten	Shiran	Shire	Shar'	gawon!	ghistoni	himi	Shirkoni	ghitani	Intran'	Libon
50	MADIVALAPPA MAGANAGERI	M.M	M·M	m.n	M.M	MW	www	Man	MAN	m.m	mm	M.M	MM	Min	M.M.

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	@B	PA	PAR	PR	AR.	R	1000	PA	M	MR.	PA	OB.	B	PR
32	NINGAMMA	10	0	D	Q	Q	0.	N	(2)	A	D	B	D	0	Q
33	ANITA M	A	A	A	A	A	A	A	A	A	A	A	A	A	A
34	SHIVALEELA BIDARAKUNDI	2	2	2	R	8	8	2	2	3	S	S	2	25	R
35	BHOURAMMA	P	R	12	10	Bo	B	B	R	R	B	Bo	R	B	B
36	PALLAVI METAGAR	Bu	Ray	Bay	RA	Pm	Ry	Ph	Ru	Bh	By	PM	Ry	By	Ry
37	NINGAMMA	A	1	数	24	M	N	DA	100	N	100	20	M	14	N
38	RENUKA RAMAPPA AIGALI	TRA	BA	KA	KA	(RA)	(2)	RA	KA	RA	RA	KA	W	10	RA
39	PARIMAL RAMAGA	10	B	13	B	Do	de	10	20	Re	12	The	12	10	10
40	ASMA	1	AC C	100	R	JK-	WX.	AR.	SPS	De s	1	AS	15	3	
41	TAYYABA HUSAIN INDIKAR	I	Tw	To	TI	TV	TH	13	TH	TH	70	The	P	To	78
42	MALLIKARJUN PUJARI	M	(1)	M	00	100	10	M	M	M	(20)	(M)	(DV)	an	(00)
43	SOMANAGOUDA PATIL	Con	Sol	Cool	200	500	500	Cod	and	20	200	600	Good	Sol	Sook
44	ANIL PYATI	Ob	e	OL	ď.	-	DL	a	Ms	Dis.	Ola.	De	m.	OL	De
45	SUPRITA PATIL	Sie	Sz	5	Su	50	Sa	Sa	Sm	Ss.	Sh	SA	Su	S	L
46	MALLAYYA	M	A	1	M	10	M	DO	Do.	M	100	No	Do	M	TO.
47	RUKMINI	B	B	R	Ru	B	R	R	R	R	R	R	R	R	R
48	PRIYANKA	e	P	8	P	2	2	P.	D	D	P	P	P	P	p
49	SHIVANI	galvani	Intrani	shivani	hivai		disar	Shiyai	Shi van'	Shin'	chaten'	Shi kari	Shiral	Shivan	davani
50	MADIVALAPPA MAGANAGERI			min.					7771		MIM	M.M		m.M	n.n

Physical Director,
Porwal Arts, Commerce and
Path Science College,
SCI-586128.

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

PRINCIPAL

G BEGRWAL ARTS COMMERCE &
Z V SALIMATH SCIENCE COLLEGE
NINDGI-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

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 RAVADOVSPOROLA

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

Coordinator IQAC sical Director, G. P. PORWAL ARTS, COM &

rts, Commerce and / V. SALIMATH Sc. College
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Principal, G. P. Porwal Arts, Comm &



SPVVS'S

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











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



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.comWeb: www.gppvvs.ac.in Ph: 08488-221244 Mobile : 9611032604

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 identity strengths and area of development To identity 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

Coordinator IQAC Physical Director, Coordinator IQAC
GP Porwal Arts. Commerce and G. P. PORWAL ARTS, COM &

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

The physical education department of our college conductedIntense physical program to those who are willing to join Police department Resource person is Ashok Pujari Para Commando in INDIAN ARMY. The training program wasConducted 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
SINDAGI-586125

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

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

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

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" fromon 17-01-2023 to31-01-2023 (15days) for B.A,B.Com and B.Sc students. Kindlypermit us the same for the welfare of our students.

Hoping thatthe authority will do the needful and oblige.

Thanking you

Place: Sindagi

Date: 09/01/2023

Head of Department A

Physical Director, G.P.Porwal Arts, Commerce and V.V.Salimath Science Col-SINDAGI-58612



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

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 (15days) 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.



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.Scstudents 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

Condectedby : 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-586123.



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

SI.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 Co. 199, SINDAGI-586128.

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

PRÍNCIPAL G.P.PORWAL ARTS COMMERCE & V.V.SALIMATH SCIENCE COLLEGI 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

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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

Physical Director
Porwal Arts, Commerce and

Imath Science College,

Coordinato

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

PRINCIPAL G.P.PORWAL ARTS COMMERGE & V.V.SALIMATH SCIENCE COLLEGI-1 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
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.

G.P.PORWAL ARTS COMMERCE & VV SALIMATH SCIENCE COLLEGE

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 EDUCATIONAND Sports

"Intense Physical Training Program to Police Department Aspirants"

Board of Studies

NAME	DESIGNATION
Prof. D.M.Patil _{Principal}	Chairman
Prof. Ravi.V. Gola _{Physical Director}	Co-Ordinator
Gollalppa Ijeri HeadConstable	Dept of Police Sindagi
Shri. Ashok Pujari _{Paratrooper}	Para Comandor
	Prof. Ravi.V. Gola _{Physical Director} Gollalppa Ijeri _{HeadConstable}

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, V. V. SALIMATH Sc. College, CINDGI-586128. G.P.PORWAL ARTS COMMERCED IV SALMMATH SCIENCE COLLEGE SINDGI-586 128

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

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

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LCOM Web: www.gppws.ac.in Ph: 08488-221244 Mobile: 9611032604

Pull-ups



zig zag way



Physical Director.

Coordinator IOAC

PRINCIPAL

Running



Long jump



RAVI V. GOLA
Physical Director,

Coordinator IOAC

PRINCIPAL

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

oprincipal@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

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







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



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 Colle
SINDAGI-58612

Principal
PRINCIPAL
G.P.PORWAL ARTS COMMERV.V.SALIMATH SCIENCE COLUMN SINDOL SECTION
PRINCIPAL SECTION SINDOL SEC



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

LIFE SKILLS

Yoga And Naturopathy

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

Content

Course	com	ponent
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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



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



YOGA AND NATUROPATHY



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: 5237



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Report On Yoga And Naturopathy



Yoga And Naturopathy Training Program was 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 programe is very essential to lead simple, and disease free natural life. The yoga Teacher explaind 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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Rani Channam Affiliated to Rani Channamma University, Belagavi

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

LIFE SKILLS : YOGA AND NATUROPALLIFE SKILLS : YOGA AND NATUROPATHY

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V. V. SALIMATH Sc. College,

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Yoga and Health

S.P.V.V.S'S

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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 precocious 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 peristals is the philosophical foundations of yogic principles and practices of Pranayama and meditation harness the mental harmony to develop the peace of mind,

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

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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

Coordinator IQAC

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Resource Person Dr. Kavita Rathod



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SINDAGI-586128 (DIST: VIJAYAPUR. KARNATAKA)

DEPARTMENT OF: PHYSICAL EDUCATION AND SPORTS Event Name: 40GA AND HEALTH

Date: 6/1/2021 To 8/1/2024

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DEPARTMENT OF: PHYSICAL EDUCATION

EVENT Name: 406A AND HEALTH

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

Time:

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SINDAGI-586128 (DIST: VIJAYAPUR. KARNATAKA)

DEPARTMENT OF: PRYSICAL EDUCATION

Date: 6/1/202/ to 8/1/202/

SI.NO	Name of the Participant	Course	Signature	Signature	Signature
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66	Mallammer Upper	BA	MIMO	M.M.U	M.Mu.
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DEPARTMENT OF: PHYSICAC EDUCATION
Event Name: 40GA AND HEALTH

Date: 6/1/2021 TO 8/1/2021

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