

SPVVS'S

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



BROCHURE



DEPARTMENT OF PHYSICAL EDUCATION

**VALUE ADDED COURSE IN YOGA
2019-20**

Title : VALUE ADDED COURSE IN Y OGA (30days)

Date :21/12/2019 TO 20/01/2020

**Inauguration
21/12/2019
Time : 10:30 AM**

**Valedictory
20/01/2020
Time : 10:30 AM**



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

Presents

VALUE ADDED COURSE
IN YOGA 2019-20



Yoga is skill in action

Course Duration

30 hours

Daily 6:00am to 7:00am

Commencement Date

21/12/2019 to 20/01/2020

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

6. To enable the students to become health wealthy.
7. To enable the students to maintain mental hygiene.
8. To develop in student the spirit of emotional stability.
9. To integrate moral, cultural and national values among student.
10. 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,
SINDGI-586128.

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: 5234


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


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

Value Added Course in "Yoga"


 Department of Sports
 

Inaugural Function

Saturday, 20-01-2019 **Venue : Function Hall**
Time : 10:30pm

Chief Guest : Kavita Rathod

President : Prof. R . S . Bhooshetti
Principal

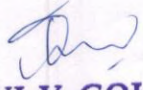
IQAC Coordinator : Prof. D . M . Patil

Organising Committee

<small>Prof. R.V.Lamani Prof. Pratika Talawar</small>	<small>Prof. M.J.Sankapal Prof. Prakash Teju</small>	<small>Prof. B.R.Bhajanashetti Prof. B.R.Aralogundagi</small>
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All are cordially invited

<small>Prof. Ravi Gola Organising Secretary</small>	<small>Dr.P.R.Rathod Gymkhana Secretary</small>	<small>Prof. R.S.Bhooshetti President</small>
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RAVI V. GOLA
 Physical Director,
 G.P. Porwal Arts, Commerce and


Coordinator IQAC
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PRINCIPAL
 G.P.PORWAL ARTS COMMERCE &
 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: goppprincipal@gmail.com Web: www.gppvvs.ac.in Ph: 08488-221244 Mobile : 9611032604

DEPARTMENT OF PHYSICAL EDUCATION

Academic Year 2019-20

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 21-12-2019 to 20-01-2020 (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: 13-12-2019


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



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DEPARTMENT OF PHYSICAL EDUCATION

Academic Year 2019-20

To
Head,
DEPARTMENT OF PHYSICAL EDUCATION

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

Ref: Your Letter dated on 13/12/2019

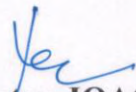
Sir/Madam,

With reference to subject cited above I herewith permit you to conduct Value Added Course in “Yoga” from 21-12-2019 to 20-01-2020 (30days) for B.A B.Com and B.Sc students.

Thanking you

Place: Sindagi

Date:16-12-2019


coordinator, IQAC
Coordinator IQAC
G. P. PORWAL ARTS, COM &
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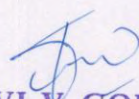
E-mail: gpprincipal@gmail.com Web: www.gppvvs.ac.in Ph: 08488-221244 Mobile : 9611032604

NOTICE

Our department has planned to start a value added course in "Yoga" from 21-12-2019 to 20-01-2020, 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. The interested Students shall enroll their names with the undersigned before 20-12-2019.

Date:- 17-12-2019

Ravi.V.Gola
Director. Physical Education and sports


RAVI V. GOLA
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DEPARTMENT OF PHYSICAL EDUCATION

Academic Year 2019-20

SL.NO	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

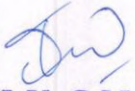
Asana


- 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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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. KavitaRathod	Physical Director BED College Sindagi


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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS 2019-20	
Name of Department	Department of Physical Education and Sports
Name of Activity	Value Added Course in "Yoga"
Duration	21-12-2019 to 20-01-2020(30Hrs)
Time	06:00am to 07:00am
Venue	Indoor Stadium and College Ground
Objectives	<ul style="list-style-type: none">➤ 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	60 students enrolled, completed the course and certified.
Outcomes	After completion of course students will be able <ul style="list-style-type: none">➤ 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 –2019-20

REPORT

Yoga Practice was held in our college by Department of Sports and Physical Education from 21-12-2019 to 20-01-2020. Students participated in the training at the Yoga camp every morning from 6 to 7 o'clock.

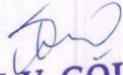
Yoga originated in ancient India. It is a group of physical, mental and spiritual practices. It can also be explained as an exercise that helps us maintain all the elements in our body. In addition, it helps us to relax our body and meditate. Yoga has numerous benefits. It keeps away many ailments from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

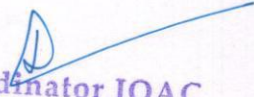
Yoga has so many benefits that it has become famous around the world. Different countries are practicing yoga and we should be proud to share our this rich cultural heritage.

Smt: Kavita Rathod

Organizer : Ravi .V. Gola

Number of Student Participated : 60


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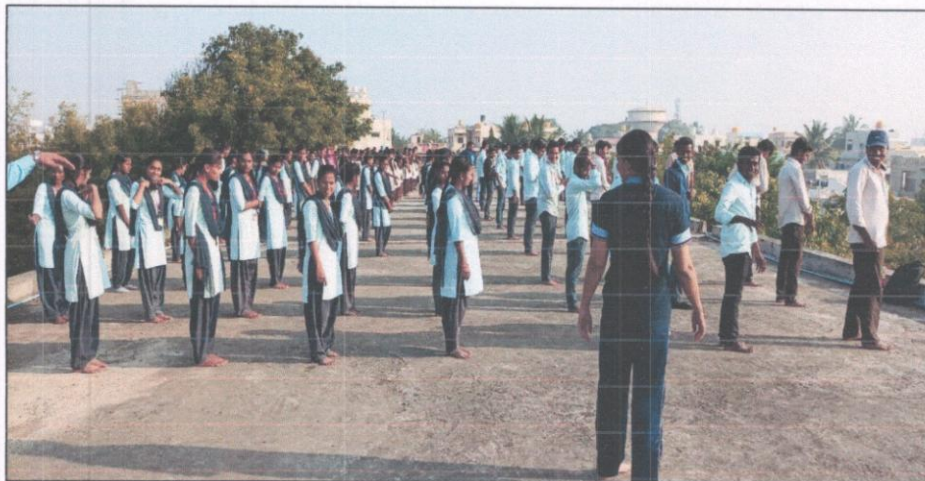

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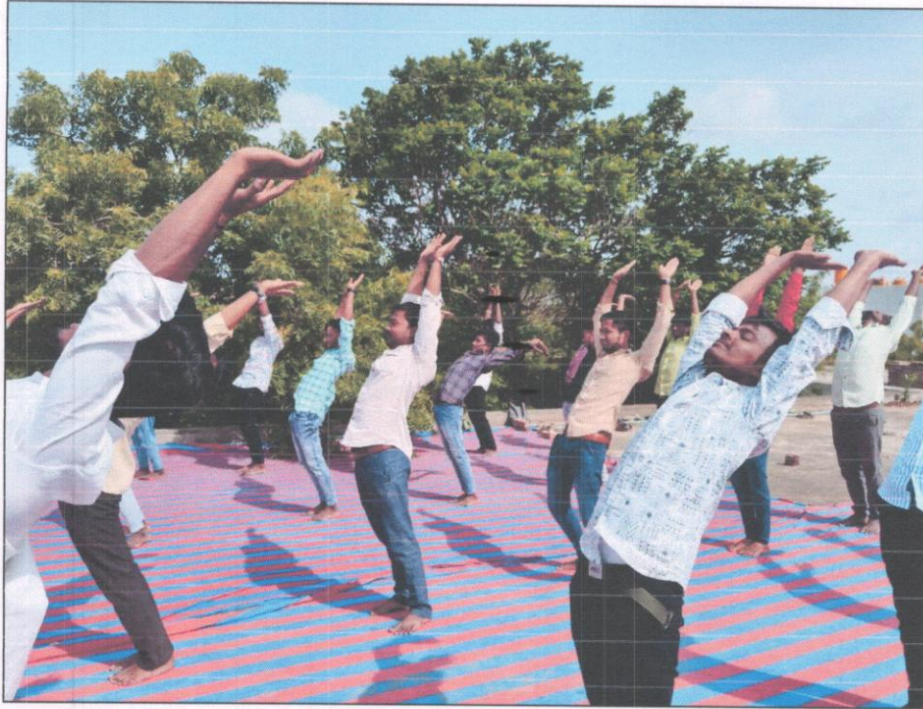
Inaugural Function of Value Added Course -Yoga 21-12-2019 to 20-01-2020




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


Coordinator IQAC
G.P.PORWAL ARTS, COMMERCE AND


PRINCIPAL



Validictory Function Of Value Added Course On Yoga



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

[Signature]
Coordinator IQAC
 G. P. PORWAL ARTS, COM &
 V. SAIVIMATH S.C. COLLEGE

[Signature]
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 & V. SAIVIMATH SCIENCE COLLEGE



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"


Yoga Camp **Closing Ceremony** **Yoga Camp**

Saturday, 21-12-2019 **Venue : Function Hall** **Time : 10:30pm**

Chief Guest : **Kavita Rathod**

President : **Prof. R . S . Bhooshetti**
Principal

IQAC Coordinator : **Prof. D . M . Patil**

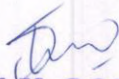
Oranising Committee

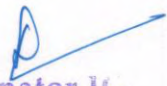
Prof. R.V.Lamani	Prof. M.J.Sankapal	Prof. B.R.Mahajanashetti
Prof. Pratika Talawar	Prof. Prakash Teju	Prof. B.R.Aralagundagi

All are cordially invited

Prof. Ravi Gola Organising Secretary	Dr.P.R.Rathod Gymkhana Secretary	Prof. R.S.Bhooshetti President
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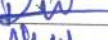






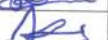








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Department Of Physical Education

Certificate Course Enrollment List:2019-20

Sl.No	Name of the Student	
1	Sachin Shivalal	
2	NingarajKattimani	
3	ShreedharBadiger	
4	Rohan Guttedar	
5	SatishakumarKolli	
6	IrammaHuggi	
7	ShrutiPatali	
8	JyotiChoudri	
9	ShivaleelaUkkali	
10	NeeammaHalakeri	
11	AsikGuttedar	
12	PrafulKurumall	
13	Ashok Ankalagi	
14	ManjurBalaganoor	
15	MalingaryAdavi	
16	Mallinath Paragon	
17	BasavarajNayakodi	
18	MalingarayHirekurubar	
19	AmougisiddaHalasangi	
20	JinendraMalli	
21	ChannammaTalawar	
22	VishalaxiGanganahall	
23	Ashiwini Bhandari	
24	NandiniPatil	
25	MadhuraHiremth	
26	Mahesh Pujari	
27	ParamanandaHadapad	
28	ShrishilSajjan	
29	BhagammaKattimani	
30	AshwaryaHarana	
31	BhimanagowdaBasanagond	
32	MalikarjunAmbegar	
33	Bassappa Madder	
34	MalikarjunHanumathray	
35	ParasuramChallavadi	
36	Kiran Biradar	
37	NijalingappaJalavadi	

38	VishwanathRathod	
39	Sachin Biradar	
40	Akash Melinamani	
41	BhagyashreeJalavadi	
42	BhagyashreeChour	
43	Shweta Dodamani	
44	BassammaKonasirasagi	
45	AshwaniPatil	
46	RAKESH BASAPPA AGASAR	
47	ABHINASHA KHAJAPPA BHANDARI	
48	BHAGYASHREE PRABHUGOUDA PATIL	
49	TRIVENI SHARANAPPA SAJJAN	
50	POOJA MADDAPPA MALASIDDA	
51	SARASWATI BASAVARAJ MOTAGI	
52	SUPRIYA JAGADEVAPPA CHANNUR	
53	SANGEETA ASHOK NAKETTINAVARU	
54	SANGEETA BASAPPA PUJARI	
55	PREMA NEHRUSING RAJAPUT	
56	VIJAYALAXMI SURESH BOMMANI	
57	PRATIBHA RAJAKUMAR KUBARI	
58	LALITA CHANFDRAM SANGAM	
59	BHAGYASHREE ASHOK MAILARI	
60	SANGEETA BASAPPA PUJARI	



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SPVVSS

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

Post: 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 30 days **VALUE ADDED COURSE IN "YOGA"**

From 21-12-2019 to 20-01-2020)

Co-ordinator
Coordinator IQAC
PORWAL ARTS, COM &
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STUDENT ATTENDANCE LIST 2019-20

SUB : Physical Education

S.no	Student name	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
45	RAKESH BASAPPA AGASAR	Aksh	Aksh	Aksh	Aksh	Aksh	Aksh	Aksh	Aksh	Aksh	Aksh	Aksh	Aksh	Aksh	Aksh	Aksh
46	ABHINASHA KHAJAPPA BHANDARI	Akh	Akh	Akh	Akh	Akh	Akh	Akh	Akh	Akh	Akh	Akh	Akh	Akh	Akh	Akh
47	BHAGYASHREE PRABHUGOUDA PATIL	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh
48	TRIVENI SHARANAPPA SAJJAN	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr
49	POOJA MADDAPPA MALASIDDA	Pj	Pj	Pj	Pj	Pj	Pj	Pj	Pj	Pj	Pj	Pj	Pj	Pj	Pj	Pj
50	SARASWATI BASAVARAJ MOTAGI	Sb	Sb	Sb	Sb	Sb	Sb	Sb	Sb	Sb	Sb	Sb	Sb	Sb	Sb	Sb
51	SUPRIYA JAGADEVAPPA CHANNUR	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su
52	SANGEETA ASHOK KETTINAVARU	Se	Se	Se	Se	Se	Se	Se	Se	Se	Se	Se	Se	Se	Se	Se
53	SANGEETA BASAPPA PUJARI	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg
54	PREMA NEHARUSING RAJAPUT	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr
55	VIJAYALAXMI SURESH BOMMANNI	Vj	Vj	Vj	Vj	Vj	Vj	Vj	Vj	Vj	Vj	Vj	Vj	Vj	Vj	Vj
56	PRATIBHA RAJKUMAR KUMBARI	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr
57	LALITA CHANDRAKANT SANGAM	Ll	Ll	Ll	Ll	Ll	Ll	Ll	Ll	Ll	Ll	Ll	Ll	Ll	Ll	Ll
58	BHAGYASHREE ASHOK MAILARI	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh	Bh
59	SANGEETA BASAPPA PUJARI	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg	Sg
60	SUREKHA MANAPPA KEMBHAVI	Sr	Sr	Sr	Sr	Sr	Sr	Sr	Sr	Sr	Sr	Sr	Sr	Sr	Sr	Sr

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

Physical Director,
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PRINCIPAL
G.P.PORWAL ARTS COMMERCE & V.V.SALIMATH SCIENCE 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)**

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

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Ref.NO.....

Date: 14.12.2019

To
Prof.Kavita. Rathod
Physical Director Department of
Physical Education Bed
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 2019-20. Kindly accept the same and do the needful.

Thanking You

Department Of Physical Education
RAM 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
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Coordinator IQAC
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