



B. L. D. E. ASSOCIATION'S  
**S. B ARTS AND K. C. P SCIENCE COLLEGE,**

SHRI B. M. PATIL ROAD (Solapur Road), VIJAYAPUR  
ACCREDITED at 'A' Grade in 3<sup>rd</sup> Cycle by NAAC

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Web: www.bldeasbkcp.org



Date: 29-01-2016

### Notice

This is to hereby inform the Students of all U.G. and P.G. streams that a 13 Day Yoga Course will be organised in our College from **12-02-2016 to 24-02-2016**. The Certified Yoga Instructor **Smt. Suman Kulkarni** will be holding the Classes. The timing of the Classes will be 6.15 am to 7.15 am. The interested Students should enroll their names with their respective Heads of the Department before **08-02-2016**.

**IQAC, Co-ordinator**  
S.B.Arts & K.C.P.Science College,  
Vijayapur.

**Principal,**  
S.B. Arts and KCP Science College  
VIJAYAPUR



## **Report on the Yoga Training Programme for the Students-2015-16**

The College organised 13 days Yoga Training Programme from 12-02-2016 to 24-02-2016. The students from various Programmes participated in the Programme. Smt. Suman Kulkarni, the Certified Yoga Instructor from Patanjali Yoga Center engaged the Classes for the Students.

The 27 Students were given awareness about the art of practicing yoga which ultimately helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone.

### **Awareness of Benefits of Yoga was explained for Students**

It Boosts Self-Esteem and Confidence: Yoga helps to instill confidence and to bring learning to children on an experiential level. Yoga teaches them to persevere, be patient, and work towards their goals. Yoga also provides tools for practicing compassion, mindfulness, generosity, focus, strength, and flexibility. Taking a short meditation break during the day and attending regular yoga classes can help teachers greatly reduce their anxiety level and give them the energy they need to interact with their students. Yoga can also help teachers better cope with the physical demands of their jobs.

The College through this training also gave lessons of the following concepts,

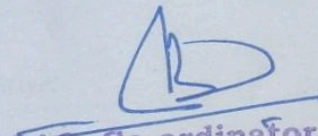
- Yoga is not a religion, it is a way of living that aims towards a healthy mind in a healthy body.
- Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being. They have little to do with the development of the spiritual or astral body.

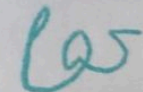


The Yogic exercises recharges the body with cosmic energy and facilitates:

- Attainment of perfect equilibrium and harmony
- Promotes self- healing.
- Removes negative blocks from the mind and toxins from the body
- Enhances personal power
- Yoga to live with greater awareness
- Helps in attention, focus and concentration, especially important for children
- Reduces stress and tension in the physical body by activating the parasympathetic nervous system
- Yoga for better relationships

The aspirant felt rejuvenated and energized. Thus, yoga bestows upon every aspirant the powers to control body and mind.

  
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B.L.D.E. Association's  
S.B. Arts and K.C.P. Science College Vijayapur  
Yoga Course-2015-16  
List of Students Attended

Sl. No	Name of the student	Signature
1)	Gururaj Bammanahalli	
2)	Lalabahaddur Koroshi	
3)	Kashinath Pujari	
4)	Ashwini Manashetti	
5)	Bhagyashree Kamagond	
6)	Bhagyashree Kyatannavar	
7)	Laxmi Kudari	
8)	Manand Navi	
9)	Sandeep Rathod	
10)	Sanyogita Hiremal	
11)	Shilpa Sasabal	
12)	Vijaylaxmi Biradar	
13)	Sunanda Benur	
14)	Shruti Bellundagi	
15)	Parvati Nimbrgi	
16)	Pooja Kumbar	
17)	Aishwarya Patil	
18)	Ishwari Kori	
19)	Ankita Deshpande	
20)	Chinna Bidari	
21)	Veena Katti	
22)	Soumya Biradar	
23)	Poornima Bhosale	
24)	Laxmi Indi	
25)	Pavangouda Patil	
26)	Rajeshree Nandagol	
27)	Sanjeeta Patil	

IQAC, Co-ordinator

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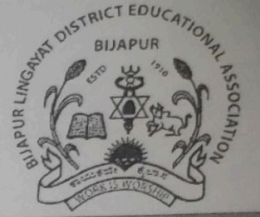
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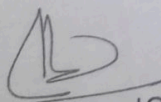


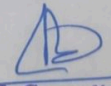
BLDE Association

Yoga Course (IQAC Initiative)


## Certificate

This is to certify that Mr./Ms. Gururaj Bammanahalli  
has completed the Thirteen Days Yoga Course From 12-02-2016 to 24-02-2016  
Conducted by the College during the Year 2015-16

  
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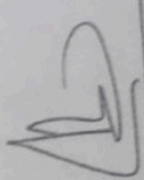
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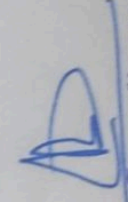


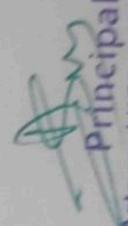
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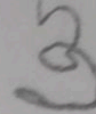
# Certificate

This is to certify that Mr./Ms. Lalabahadur Koroshi  
has completed the Thirteen Days Yoga Course From 12-02-2016 to 24-02-2016  
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IQAC, Co-ordinator  
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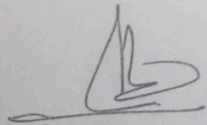
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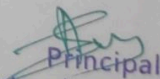
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
## Certificate

This is to certify that Mr./Ms. Kashinath Pejari  
has completed the Thirteen Days Yoga Course From 12-02-2016 to 24-02-2016  
Conducted by the College during the Year 2015-16

  
Co-Ordinator, IQAC

  
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