



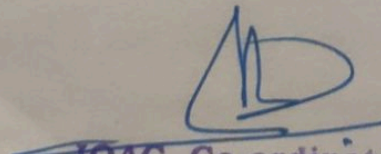
B. L. D. E ASSOCIATION'S  
**S. B ARTS AND K. C. P SCIENCE COLLEGE,**  
SHRI B. M. PATIL ROAD (Solapur Road), VIJAYAPUR  
ACCREDITED at 'A' Grade in 3<sup>rd</sup> Cycle by NAAC  
Phone: (08352) – 261766, (08352) 262770 Extn. 2223, 2224  
Fax: 08352 – 261766 E-mail: bldeasbkcp@gmail.com Web: www.bldeasbkcp.org

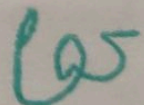


Date: 10-02-2017

### 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 **24-02-2017 to 08-03-2017**. The Certified Yoga Instructor **Shri Sanjay Swami** 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 21-02-2017.

  
**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 - 2016-17

The College organised 13 Day Yoga Training Programme for the enrolled 24 Students of the College from 24-02-2017 to 05-03-2017 in the College. The term "yoga" comes from a Sanskrit word meaning "union." Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress. Physical postures strengthen and tone muscles, and when performed in rapid succession, can provide cardiovascular conditioning.

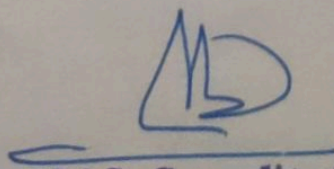
### **Importance of Yoga in Modern Life**

The importance of yoga in modern life was told here to the Students. The Yoga teaches us the knowledge of how to lead a healthy living. It improves our concentration, creativity and sharpens our memory. So another importance of yoga in modern life can be that yoga improves our muscle strength, stamina and bring immune and mental stability.

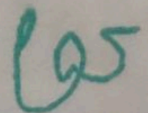
### **Importance of Yoga Teacher**

A yoga teacher is a fitness and wellness professional who leads group classes in yoga. They teach students how to perform the various stretching poses, practice meditation and promote mindfulness in addition to overall wellbeing. These professionals are also often referred to as "yoga instructors" and "yogis." This was perfectly blended with Shri Sanjay Swami, a Certified Yoga Instructor from Patanjali Yoga Center who handled the Classes in the Training Programme.

All the enrolled 24 Students after the completion of the Course held a very positive feedback of it and further wanted to spread their experiences with other students which would further create awareness among the other Students.



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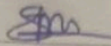
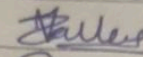
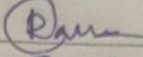
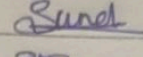
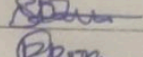
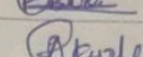
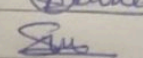
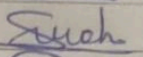
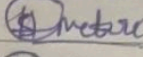
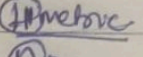
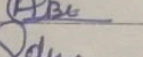
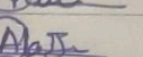
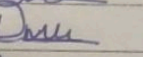
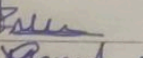
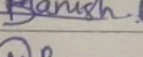
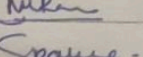
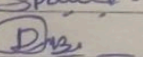
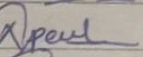
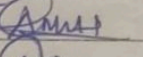
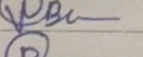
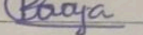

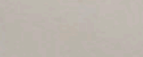




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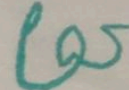


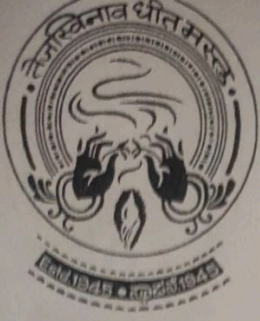
B.L.D.E. Association's  
S.B. Arts and K.C.P. Science College Vijayapur  
Yoga Course-2016-17

List of Students Attended

Sl. No	Name of the student	Signature
1)	Sachina Malli	
2)	Vaishnavi Zalkikar	
3)	Kaseebai Masuti	
4)	Raveendra Rathod	
5)	Sandeep Daler	
6)	Shweta Shreeshailappagol	
7)	Priyadarshini Biradar	
8)	Asharani Koli	
9)	Sabu Tadalagi	
10)	Suresh Chavan	
11)	Hanamantray Metri	
12)	Ashwini Biradar	
13)	Veena Duddagi	
14)	Akshata Jogur	
15)	Laxmi Marathe	
16)	Ranjita Awati	
17)	Basamma Biradar	
18)	Manisha Patil	
19)	Shilpa Pawar	
20)	Daneshwari Bagali	
21)	Neelamma Pattanshetti	
22)	Anuradha Hamidkhani	
23)	Vikita Balamkar	
24)	Pooja Rajaput	

  
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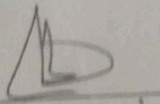


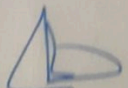
BLDE Association


Yoga Course (IQAC Initiative)


## Certificate

This is to certify that Mr./M/s. Sachin Malli  
has completed the Thirteen Days Yoga Course From 24-02-2017 to 08-03-2017  
Conducted by the College during the Year 2016-17

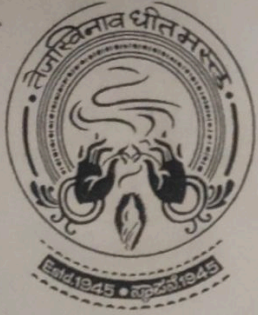
  
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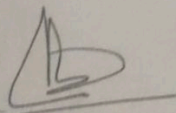



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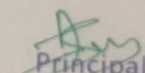
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
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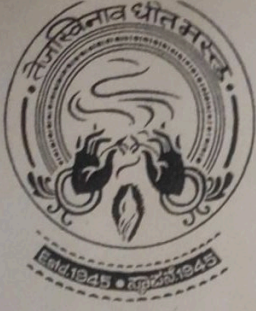
This is to certify that Mr./Ms. Vaishnavi Zalkikar  
has completed the Thirteen Days Yoga Course From 24-02-2017 to 08-03-2017  
Conducted by the College during the Year 2016-17

  
Co-Ordinator, IQAC

  
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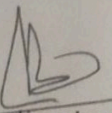


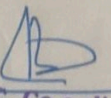
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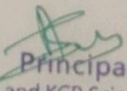
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
## Certificate

This is to certify that Mr./Ms. Kaseebai Masut  
has completed the Thirteen Days Yoga Course From 24-02-2017 to 08-03-2017  
Conducted by the College during the Year 2016-17

  
Co-Ordinator, IQAC

  
IQAC, Co-ordinator  
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