



**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 3rd Cycle by NAAC

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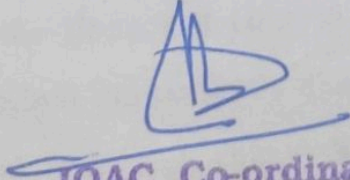
Web: www.bldeasbkcp.org

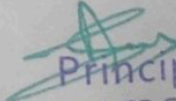


Date: 24-01-2020

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 02-02-2020 to 14-02-2020. The Certified Yoga Instructor **Shri Basavaraj Dodamani** 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 29-01-2020.


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-2019-20

According to Prime Minister Narendra Modi "Yoga guarantees wellness as well as fitness. Yoga is not merely an exercise but a way to attain peace through physical, mental and spiritual well being." "Peace and harmony are related to Yoga. People across the world must practice it."

On 21 June, 2015, first time International Yoga Day was celebrated with the theme "Yoga for Harmony and Peace". The College organised 13 Day Yoga Training Programme for the enrolled 30 Students of the College from from 02-02-2020 to 14-02-2020. The Classes were held in our College Campus daily from 6.15 am to 7.15 am. The Yoga Instructor Shri Basavaraj Dodamani gave lessons of the importance of yoga in our life or the benefits of yoga was taught here in these classes along with the various Yoga postures.

It is rightly said that if we want to maintain a balance between oneself and environment then yoga is necessary for every human. We can't deny the fact that since ancient times in India yoga is being practiced. The 'yoga' word is derived from the Sanskrit which means 'to join or to unite'. Exercises of yoga have a physical effect and also bring a balance between body, soul and mind. Several years ago, sages analysed nature and cosmos through meditation.

The importance of life is the health of our body. If health is not good then we will not be able to achieve our goals or will not remain happy. It is rightly said that "Health is not everything, but without health everything is nothing". The necessity to have yoga in our daily life was explained to the Students during the Course. The Yoga at the physical level comprises several postures or asanas to keep the body healthy. The mental techniques in Yoga include breathing exercises or pranayama and meditation to discipline the mind.

According to the Bhagavad Gita "A person is said to have achieved yoga, the union with the Self, when the perfectly disciplined mind gets freedom from all desires, and becomes absorbed in the Self alone." Yoga helps in developing the body and mind

but yes it is not a substitute for medicine. Also, with any sort of exercise or yoga, it is also necessary to maintain a proper diet or we can say that the food we eat is also responsible for good health. The food that we eat poses an impact on both our body as well as our psyche that is our habits and qualities. A well-balanced diet structure was explained in this Course.

"Yoga is not only about 'Rog Mukti' (Eradication of diseases) but also 'Bhog Mukti' (desisting from the worldly greed)." - PM Narendra Modi

"Yoga is not about what one can get out of it. It is rather about what one can give up, what one can get rid of"- PM Narendra Modi.

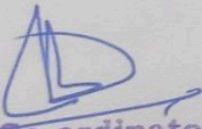
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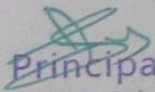
It is rightly said that "Health is not everything, but without health everything is nothing".

The Importance of Yoga practicing which further builds and develops physical health was told to the Students. The following outcomes of it were also taught in these Classes,



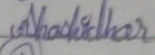

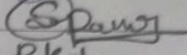
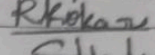
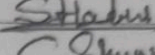
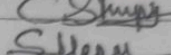
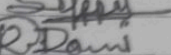
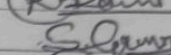

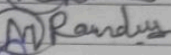
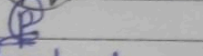

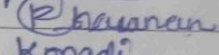
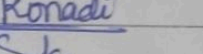

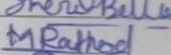
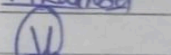
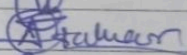
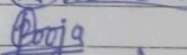
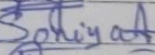
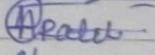
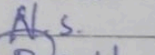
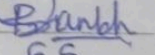
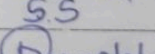
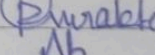
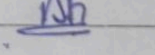
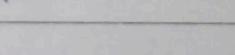

- It develops mental health.
- It develops social health.
- It develops spiritual health.
- It helps in our self-realization.

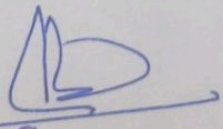
Yoga was taught at the physical level and several postures or asanas were taught to keep the body healthy. The mental techniques in Yoga include breathing exercises or pranayamas and meditation to discipline the mind.



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B.L.D.E. Association's
S.B. Arts and K.C.P. Science College Vijayapur
Yoga Course-2019-20
List of Students Attended

Sl. No	Name of the student	Signature
1)	Kavita Dolli	
2)	Ashwini Biradar	
3)	Shashikala Rathod	
4)	Pooja Babanagar	
5)	Sangeeta Panchchannavar	
6)	Rohit Kokare	
7)	Shridhar Hadimani	
8)	Channaveer Simpi	
9)	Siddalingappa Uppar	
10)	Rakesh Dodamani	
11)	Shivalingappa Gennur	
12)	Ramesh Rathod	
13)	Mahesh Padnur	
14)	Praveen Chalawadi	
15)	Prashant Madigyal	
16)	Parashuram Hosamani	
17)	Bhimaray Konadi	
18)	Siddappa Kavatagi	
19)	Shreedhar Bellundagi	
20)	Manjunath Rathod	
21)	Vinod Khavekar	
22)	Annapoorna Talavar	
23)	Pooja Sinakhed	
24)	Soniya Awati	
25)	Akshata Patil	
26)	Ninganagouda Sumbadad	
27)	Rohan Desai	
28)	Shivani Sankh	
29)	Priyanka Viraktamath	
30)	Sriraksha Hamitkhani	
31)		


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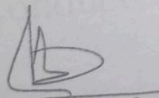
Yoga Course (IQAC Initiative)

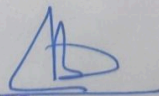


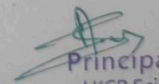
BLDE Associati

Certificate

This is to certify that Mr./Ms. Kavita Dolla
has completed the Thirteen Days Yoga Course From 02-02-2020 to 14-02-2020
Conducted by the College during the Year 2019-20


Co-Ordinator, IQAC


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



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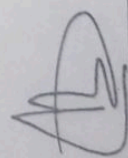
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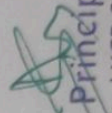
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Certificate

This is to certify that Mr./Ms. Ashwini Biradar
has completed the Thirteen Days Yoga Course From 02-02-2020 to 14-02-2020
Conducted by the College during the Year 2019-20


Co-Ordinator, IQAC


IQAC, Co-ordinator
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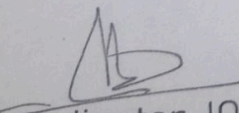
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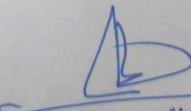


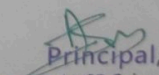
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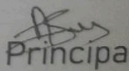
Certificate

This is to certify that Mr./Ms. Shashikala Pathod.
has completed the Thirteen Days Yoga Course From 02-02-2020 to 14-02-2020
Conducted by the College during the Year 2019-20


Co-Ordinator, IQAC


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


Principal,
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Principal