



Swamy Vivekananda Vidya Samsthe (R), Shikaripura

ಕುಮದ್ವತಿ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ

KUMADVATHI COLLEGE OF EDUCATION



Aided, Permanently Affiliated to Kuvempu University, Recognised by NCTE & UGC Act 2(f), Section 12(B) & NAAC
Accredited with B Grade (2.70 CGPA)

Shivamogga Road
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YOGA AND FITNESS CLUB

YOGA PRACTICE REPORT

2015-2016



Silver Jubilee Year
Swamy Vivekananda Vidya Samsthe (R)



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YOGA PRACTICE REPORT 2015-2016



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Yoga Practice Report 2015-16

Date: 5/3/2016



On 05th March 2016 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra and Freehand exercises. Warming up exercises, Standing asana (Tadasana, Vrukshasana, Ardhachakrasana, Ardhakatichakrasana), Naadi Shuddhi (Sarala Pranayama) and Omkara with breathing concentration were practiced for the students Teachers.

Date: 19/3/2016



On 19th March 2016 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra and Freehand exercises. Warming up exercises, Surya Namaskara 12 step, Simmhasana and Anloma –Viloma Breathing practice with breathing concentration were practiced for the students Teachers.

Date: 16/4/2016



On 16th April 2016 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra and Freehand exercises. Warming up exercises, Surya Namaskara 12 step, 20 minutes Meditation Breathing practice with breathing concentration were practiced for the students Teachers.

Date:30/4/2016



On 30th April 2016 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra and Freehand exercises. Warming up exercises, Surya Namaskara 12 step, Uttitapadasana, Halasana, Sarvangasana, Dhnurasana & Shavasana were practiced for the students Teachers.

Date:7/5/2016



On 7th May 2016 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra and Freehand exercises. Warming up exercises Padmasan with bye count and Yoga Mudras ware practiced for the students Teachers.

Date:14/5/2016



On 14th May 2016 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra and Freehand exercises. Warming up exercises, Surya Namaskara 12 step, and bye count ware practiced for the students Teachers.

Date:21/5/2016



On 21st May 2016 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra and Freehand exercises. Warming up exercises, Surya Namaskara 12 step, Meditation and Anuloma – Viloma Breathing practice with breathing concentration were practiced for the students Teachers.

Date:4/6/2016



On 04th June 2016 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra and Freehand exercises. Warming up exercises, Surya Namaskara 12 step, Meditation and Anuloma – Viloma Breathing practice with breathing concentration were practiced for the students Teachers.

Date:20/8/2016



On 20th August 2016 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra and Freehand exercises. Warming up exercises, Surya Namaskara 12 step, Meditation and Anuloma – Viloma Breathing practice with breathing concentration were practiced for the students Teachers.

Date:27/8/2016



On 27th August 2016 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra and Freehand exercises. Warming up exercises, Surya Namaskara 12 step, 15 minutes Meditation practice with breathing concentration were practiced for the students Teachers.

Sudhees
Principal
Kumardvathi College of Education
Shikanpura, Srivamogga dist.