



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
☎ : 08187 – 222383, 222

Shikaripura – 577 427

Shivamogga Dist
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YOGA AND FITNESS CLUB

YOGA PRACTICE REPORT

2016-2017



Silver Jubilee Year
Swamy Vivekananda Vidya Samsthe (R)



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Shivamogga Road

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E-Mail : kumadvathibed@gmail.com

Date: 11-03-2017

First Semester

Yoga Class



On 11th March 2017 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: 11-03-2017

Second Semester

Yoga Class



On 11th March 2017 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: 18-03-2017

First Semester

Yoga Class



On 18th March 2017 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: 18-03-2017

Second Semester

Yoga Class



On 18th March 2017 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra and Freehand exercises. Warming up exercises, Padhmasana practiced by count, Bhujangasana, Siddhasana, Paschimotanasana practiced for the students Teachers.

Date: 01-04-2017

First Semester

Yoga Class



On 1st April 2017 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra and Freehand exercises. Warming up exercises, Yoga practice and Stress management, Surya Namaskara 12 step, Meditation and Anuloma – Viloma Breathing practice with breathing concentration ware practiced for the students Teachers.

Date: 01-04-2017

Second Semester

Yoga Class



On 1st April 2017 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 ware practiced for the students Teachers.

Date: 8-04-2017

First Semester

Yoga Class



On 8th April 2017 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra and Freehand exercises. Warming up exercises, yoga for stress management, Surya Namaskara 12 step, Meditation and Anuloma – Viloma Breathing practice with breathing concentration ware practiced for the students Teachers.

Date: 8-04-2017

Second Semester

Yoga Class



On 08th April 2017 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra and Freehand exercises. Warming up exercises, 20 minutes of meditation with giving instruction and shavasana practiced for the students Teachers.

Date: 22-04-2017

First Semester

Yoga Class



On 22nd April 2017 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra, Pranayama- Anulom-Vilom, Chandranuloma, Suryanuloma, Nadishudhi, Ujjaiyi pranayama, brhamari pranayama, and Shavasana Practiced for the students.

Date: 22-04-2017

Second Semester

Yoga Class



On 22nd April 2017 Yoga class are conducted for B.Ed Student Teachers. The class started with Omkaara, Yogamantra, Pranayama- Anulom-Vilom, Chandranuloma, Suryanuloma, Nadishudhi, Ujjaiyi pranayama, brhamari pranayama, and Shavasana Practiced for the students.

Date: 13-05-2017

First Semester

Yoga Class



On 13th May 2017 Yoga class are conducted for B.Ed Student Teachers. Class started with Omkaara, Yogamantra and Freehand exercises with breathing Standing Asanas, Pranayama and Meditation practiced for the students Teachers.

Date: 20-05-2017

Second Semester

Yoga Class



On 20th May 2017 Yoga class are conducted for B.Ed Student Teachers. Yogasan for cure common diseases the class started with Omkaara, Yogamantra and Freehand exercises with breathing concentration Tadasana, Bhujangasana, Neck, Trunk, Joints Pain Related Exercises practiced practiced for the students Teachers.

Date: 27-05-2017

First Semester

Yoga Class



On 27th May 2017 Yoga class are conducted for B.Ed Student Teachers. Class started with Omkaara, Yogamantra and Freehand exercises with breathing concentration Tadasana, Bhujangasana, trataka for eye practiced for the students Teachers.

Date: 21-06-2017

International Yoga Day



On 21-06-2017 World Yoga Day was celebrated with the co-operation of all wings of Swamy Vivekananda Vidya Samsthe. Inaugurated by Sri Mahantaha Swamiji Mahasamsthana Jade, blessing over the function, Sri B.Y Raghavendra Secretary Swamy Vivekananda Vidya Samsthe (R) and Member of legislative Assembly, presided over the function, Shikaripura, M B Shivakumar, President, Swamy Vivekananda Vidya Samsthe, Smt. Tejaswini Raghavendra, Director, Swamy Vivekananda Vidya Samsthe (R), Shikaripura, pesent in the programme . Heads of different wings of Swamy Vivekananda Vidya Samsthe as well as teaching and non-teaching faculties and students were present in the programme



The International Yoga Day was celebrated on 21st June to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. Our College in everyday conducting Yoga for all residential students and staff. The student teachers of first year and Second year with the Staff performed Yoga between 3:30 pm and 4:30 pm. Suryanamaskara, Different yoga postures like Tadasana, Utkatasana, Vrikshasana, Virabhadrasana finally ended with Pranayama and meditation. Prayers were recited before and after the programme. Heartfelt thanks to our Prime Minister, Mr. Narendra Modi for giving an opportunity for colleges to celebrate the International Yoga Day. The College is also thankful to Kuvempu University, NCTE and UGC for initiating this under them, also for inculcating Yoga as a part of the syllabus.

Date: 01-07-2017

Health Check-up



On 1st July 2017 Annual medical check-up (inclusive of Vision, Dental, Obesity and physical examination) are held at the College premises. The medical check-up is followed by a descriptive report for individual student's teacher so that follow-up by the parents is an easy task. This also ensures that staffs have a better understanding of the health of the Students. Health cards are maintained year after year to check the progress of every student. In house first-aid training/workshops are held regularly for teachers and students so that they are better equipped to attend to emergencies.

Fordees
Principal
Kumadvathi College of Education
Shikanpura, Shivamogga dist.