



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

2017-2018



Silver Jubilee Year
Swamy Vivekananda Vidya Samsthe (R)



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YOGA PRACTICE REPORT 2017-2018



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Yoga Practice Report 2017-18

Date: 10-03-2018

Yoga Class



On 10th March 2018 Yoga classes are conducted for first year and second year B.Ed Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara were practiced for the students Teachers.

Date: 17-03-2018

Yoga Class



On 17th March 2018 Yoga classes are conducted for first year and second year B.Ed Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara were practiced for the students Teachers.

Date: 24-03-2018

Yoga Class



On 24th March 2018 Yoga classes are conducted for first year and second year B.Ed Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara were practiced for the students Teachers.

Date: 19-05-2018

Yoga Class



On 19th May 2018 Yoga classes are conducted for first year and second year B.Ed Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 30 minutes of Meditation with instruction, Shavasan, Prayer & Omkara were practiced for the students Teachers.

Date: 21-06-2018

Report on International Yoga Day



The 4th International Yoga Day was celebrated on 21st June 2018 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.

Date: 15-08-2018

Yoga Class



On 15th August 2018 Yoga classes are conducted for first year and second year B.Ed Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara were practiced for the students Teachers.

Date: 18-08-2018

Yoga Class



On 18th August 2018 Yoga classes are conducted for first year and second year B.Ed Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 30 minutes of Meditation with instruction, Shavasan, Prayer & Omkara were practiced for the students Teachers.

Date: 26-08-2018

Yoga Class



On 26th August 2018 Yoga classes are conducted for first year and second year B.Ed Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara were practiced for the students Teachers.

Date: 01-09-2018

Yoga Class



On 1st September Yoga classes are conducted for first year and second year B.Ed Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara were practiced for the students Teachers

Date: 08-09-2018

Yoga Class



On 8th September 2018 Yoga classes are conducted for first year and second year B.Ed Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara were practiced for the students Teachers.

Date: 15-09-2018

Yoga Class



On 15th September Stress a state of mental tension and worry caused by problems in your life, work, etc. Something that causes strong feelings of worry or anxiety. Physical force or pressure Yoga is a holistic method of fitness that aims at balancing the body through various poses and meditative techniques.

Date: 22-09-2018

Yoga Class



On 22nd September 2018 Yoga classes are conducted for Student Teachers. The class started with Prayer Pathanjali Yoga Mantra & Omkara, Freehand Exercises, 12 steps of Suryanamaskara, Asanas, Meditation, Prayer & Omkara were practiced for the students Teachers.

Date: 06-10-2018

Yoga Class



On 6th October 2018 Yoga classes are conducted for Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara were practiced for the students Teachers.

Date: 13-10-2018

Yoga Class



On 13th October 2018 Yoga classes are conducted for Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara were practiced for the students Teachers.

Date: 13-10-2018

Sports Practice



On 13th October 2018 the Class started with Warming up, Line formation, Mass Dumb bell one to fifth Exercises by count and Continuous one by one practiced for the student teachers.

Date: 20-10-2018

Yoga Class

On 20th October 2018 the Class started with Warming up, Line formation, Mass Dumb bell one to fifth Exercises by count and Continuous one by one practiced for the student teachers.

Date: 27-10-2018

Yoga Class



On 27th October 2018 Yoga classes are conducted for Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara were practiced for the students Teachers.

Date: 27-10-2018

Sports Practice



On 27th October 2018 the Class started with Warming up, Line formation, Mass Dumb bell one to fifth Exercises by count and Continuous one by one practiced for the student teachers.

Date: 10-11-2018

Yoga Class



On 10th November 2018 Yoga classes are conducted for Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara were practiced for the students Teachers.

Date: 17-11-2018

Yoga Class



On 17th November 2018 Yoga classes are conducted for Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara were practiced for the students Teachers.

Date: 24-11-2018

Yoga Class



On 24th November 2018 Yoga classes are conducted for Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara were practiced for the students Teachers.

Date: 07-12-2018

Yoga Class



On 07th December 2018 Yoga classes are conducted for Student Teachers. The class started with Prayer & Omkara, Freehand Exercises, 12 steps of Suryanamaskara, Pranayama, Standing Asanas, Sitting Asanas, Meditation, Pranayama, Prayer & Omkara were practiced for the students Teachers

Address
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