



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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Shikaripura – 577 427

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YOGA AND FITNESS CLUB

YOGA PRACTICE REPORT

2018-2019



Silver Jubilee Year
Swamy Vivekananda Vidya Samsthe (R)



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YOGA PRACTICE REPORT 2018-2019



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Yoga Practice 2018-19

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

Date: 05-01-2019

Yoga Class



On 5th January 2019 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: 16-02-2019

Yoga Class



On 16th January 2019 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: 09-03-2019

Yoga Class



On 9th March 2019 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: 16-03-2019

Yoga Class



On 16th March 2019 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: 23-03-2019

Yoga Class



On 23rd March 2019 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: 27-04-2019

Yoga Class



On 27th April 2019 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: 11-05-2019

Yoga Class

On 11th May 2019 Yoga classes are conducted for Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation

Date: 08-06-2019

Yoga Class



On 08th June 2019 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: 21-06-2019

International Yoga Day



The International Yoga Day was celebrated on 21st June 2019 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 10:30 am and 11:30 am. 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: 22-06-2019

Yoga Class



On 22nd June 2019 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:06-07-2019

Yoga Class



On 7th July 2019 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:27-07-2019

Yoga Class



On 27th July 2019 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:03-08-2019

Yoga Class



On 3rd August 2019 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.

Sandhya
Principal
Kumadvathi College of Education
Shikanpura, Srivamogga dist.