

Accredited with B Grade (2.70 CGPA) Shivamogga Road

**a**: 08187 – 222383, 222

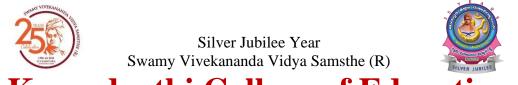
Shikaripura – 577 427

Shivamogga Dist E-Mail:kumadvathibed@gmail.com



**YOGA AND FITNESS CLUB** 

## **YOGA PRACTICE REPORT** 2019-2020



# **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 **a**: 08187 – 222383, 222067 Shikaripura – 577 427 Shivamogga District E-Mail: kumadvathibed@gmail.com



## **YOGA PRACTICE REPORT** 2019-2020



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Yoga Practice Report 2019-20

Date: 07-12-2019

### **Yoga Class**





On 7<sup>th</sup> December 2019 Yoga Classes are conducted for Student Teachers. The class started with Prayer Omkar, Pathanjali Yoga Mantra, Warming-up Exercises, 12 steps of Suryanamaskara, Guru mantra ware practiced for the students Teachers.

Date: 21-12-2019

#### **Yoga Class**



n 21<sup>st</sup> December 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 ware practiced for the students Teachers.

#### **Yoga Class**



On 28<sup>th</sup> December 2019 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 ware practiced for the students Teachers.

#### Date: 04-01-2020

#### **Yoga Class**



On 4<sup>th</sup> January 2020 Yoga classes are conducted for Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara ware practiced for the students Teachers.

#### Date: 11-01-2020

#### **Yoga Class**



On 11th January 2020 Yoga classes are conducted for Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara ware practiced for the students Teachers.

#### Date: 18-01-2020



**Yoga Class** 

On18th January 2020 Yoga classes are conducted for Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara ware practiced for the students Teachers.

#### **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 ware practiced for the students Teachers

Date: 14-02-2020 to 20-02-2020

#### NSS Special Camp 2019-2020



NSS Special camp is an important in the student's life. The NSS Special camp was organized on 14th to 20<sup>th</sup> January 2020 at Haragoppa Shikaripura taluk . First day NSS Special Camp Flag hoisting and oath taking Programme by our beloved Principal Dr Jayashree V.R, Kumadvathi College of Education, Shikaripur. Where the NSS Officers and NSS Volunteers and Villagers actively participated in the programme.

On 20th January 2019 Second day CTC Flag hosting Programme by Dr. Kiran Kumar K S Assistance Professor, Kumadvathi College of Education, Shikaripur,

where the staff and students teachers actively participated the programme. Sarvadhrma prayer, Yoga practiced, Evening 5 pm to 6 pm Rural games Conducted for the student teachers and Evening 6 pm down the flag.

On 21th January 2019 Third day CTC Flag hosting Programme by Mr. Nagendrappa S Assistance Professor, Kumadvathi College of Education, Shikaripur, Where the staff and students teachers actively participated the programme. Sarvadhrma prayer, Yoga practiced. Evening 6 pm down the flag.

#### Date: 29-02-2020

#### **Yoga Class**



On 29th February 2020 Yoga classes are conducted for Student Teachers. The class started with Prayer & Omkara, Warming-up Exercises, 12 steps of Suryanamaskara, Pranayama, Meditation, Prayer & Omkara ware practiced for the students Teachers.

lene of Education Kumadvathi C Shikanpura, Shivamogga dist.