



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
E-Mail:kumadvathibed@gmail.com



YOGA AND FITNESS CLUB

YOGA PRACTICE REPORT

2019-2020



Silver Jubilee Year
Swamy Vivekananda Vidya Samsthe (R)



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

Shikaripura – 577 427

Shivamogga District

☎: 08187 – 222383, 222067

E-Mail: kumadvathibed@gmail.com



YOGA PRACTICE REPORT 2019-2020



Swamy Vivekananda Vidya Samsthe (R), Shikaripura

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

Shikaripura – 577 427

Shivamogga District

☎ : 08187 – 222383, 222067

E-Mail : kumadvathibed@gmail.com

Yoga Practice Report 2019-20

Date: 07-12-2019

Yoga Class



On 7th 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 were practiced for the students Teachers.

Date: 21-12-2019

Yoga Class



On 21st 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 were practiced for the students Teachers.

Date: 28-12-2019

Yoga Class



On 28th 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 were practiced for the students Teachers.

Date: 04-01-2020

Yoga Class



On 4th 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 were 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 were practiced for the students Teachers.

Date: 18-01-2020

Yoga Class



On 18th 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 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: 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 20th 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. Sarvadhrama 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. Sarvadhrama 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 were practiced for the students Teachers.

Sudheesha
Principal
Kumadvathi College of Education
Shikarpur, Srivamogga dist.