



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

2020-2021



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)

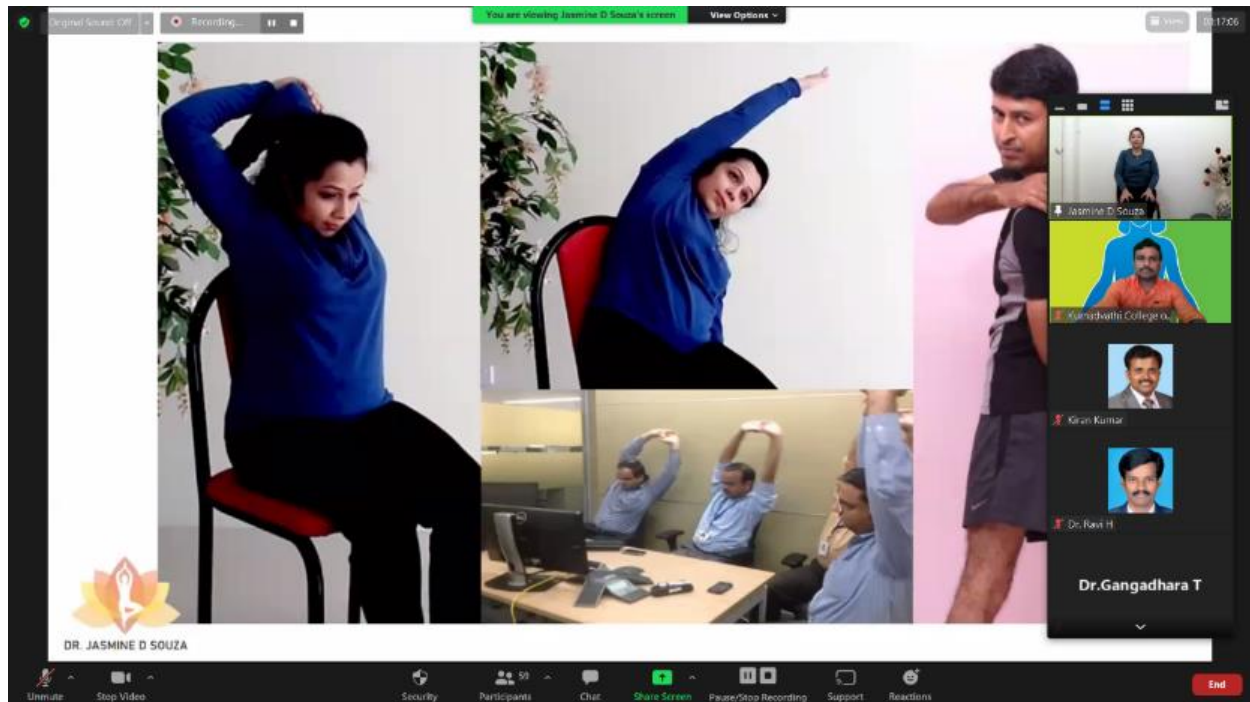
Shivamogga Road

Shikaripura – 577 427

Shivamogga District

☎: 08187 – 222383, 222067

E-Mail: kumadvathibed@gmail.com



YOGA PRACTICE REPORT 2020-2021



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

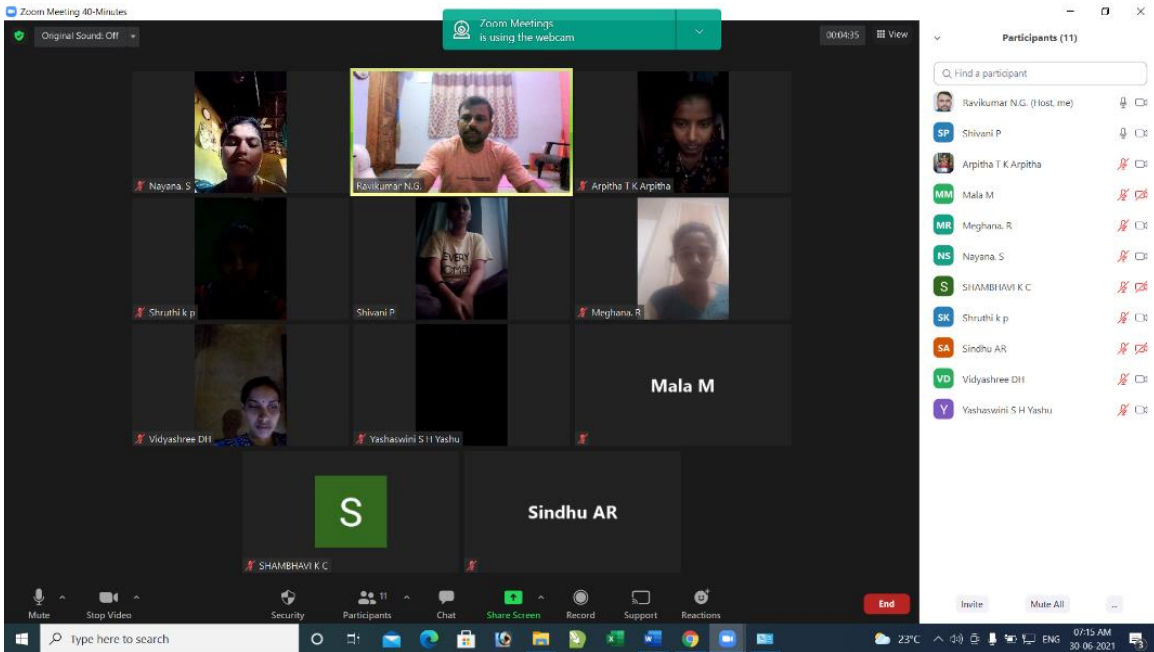
Shivamogga District

☎: 08187 – 222383, 222067

E-Mail: kumadvathibed@gmail.com

Date: 23-04-2021 to 21-6-2021

Online Yoga class preparation. Online regular yoga class for 1st and 3rd semester student teachers, Instructions of yoga class. Class starting with Pathanjali yoga mantra, sanghachadvam mantra, Warming-Up, three-time chanting omkara, Meditation, 12 steps of SuryaNamskara, Asamnas.Pranayama like Anuloma-Viloma, Suryabedhana pranayama, breathing exercise, and guru mantra practiced.





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

**In Collaboration With
IQAC, Physical Education and Sports Wing, NSS & YRC of KCE**

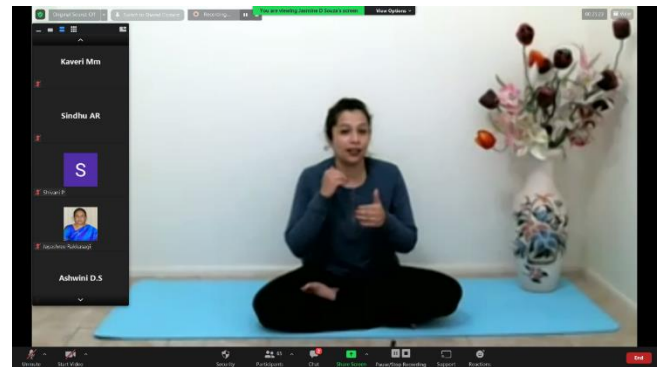
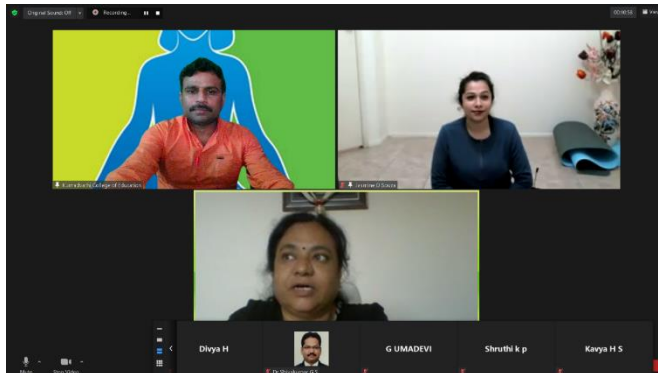
**ONLINE SPECIAL LECTURE ON "NEED OF YOGA IN DAILY LIFE" ON
OCCASION OF "7th" INTERNATIONAL YOGA DAY 2021**

Place : Online through Zoom meeting cloud app

Date : 21/06/2021

Time : 04:30 PM

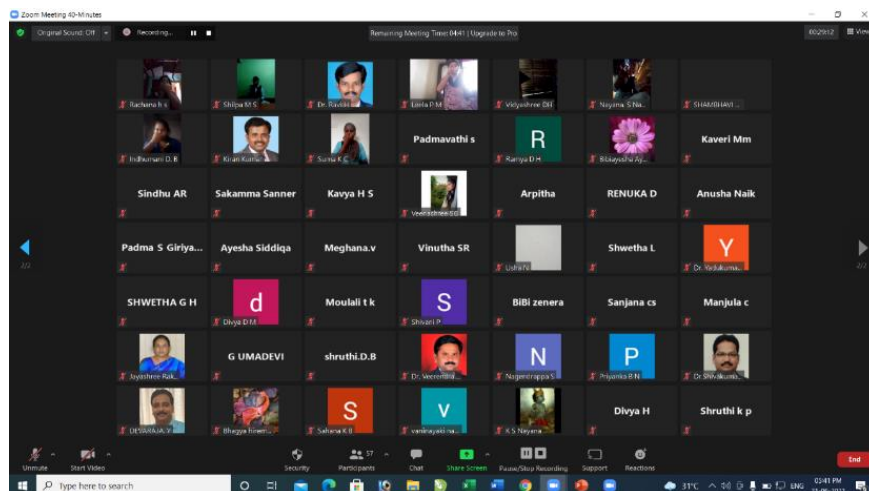
REPORT



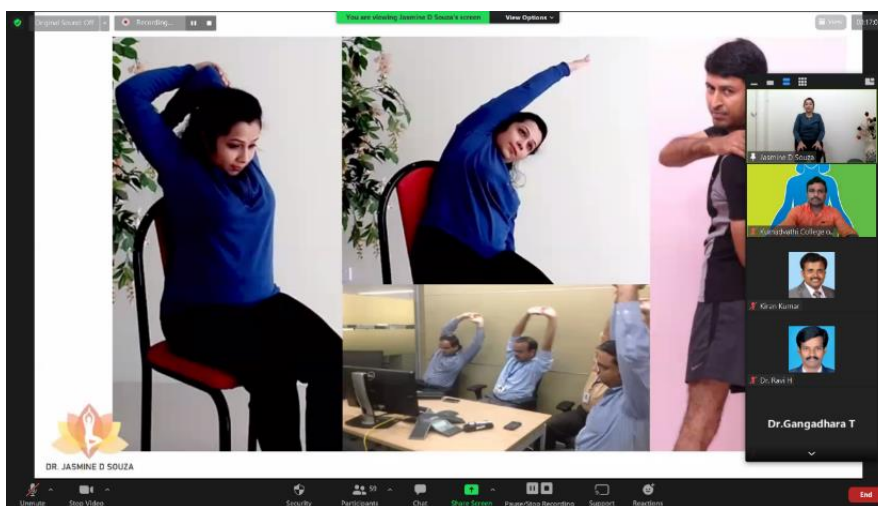
On 21st June, 2021 Online special lecture on “Need of Yoga in Daily Life” on the Occasion of ‘7’th International Yoga Day conducted by IQAC, Physical Education & Sports wing, NSS and Youth Red cross wing of Kumadvathi Collge of Education, Shikaripura.

The Eminent Guest Speaker Dr. Jasmine D Souza, B.N.Y.S., MD President’s Gold Medal – Excellence in Yoga & Academics, Naturopath and Yoga Consultant, Sydney, Australia. Yoga and Pranayama for the benefit of students particularly those who are fearing the examinations. She emphasized that Pranayama helps in relieving the stress in the day-to-day life style.

The programme was presided over by Dr. Jayashree V. R. Principal, Kumadvathi College of Education, Shikaripura.



organized YOGA's demonstration, Lecture online our college premises on 21st June 2021 at 04:30pm. More than with teaching and non-teaching staffs and Student teachers have taken part and effectively performed the various hard and easy steps of Yoga under the guidance of the resource person Madam Dr. Jasimne D Souza and her two gentle and friendly trainees.



Date: 22-06-2021

Online Yoga class preparation. Online Yoga class for 1st semester. Class joined with collegiate fitness development live training in YouTube live.

Date: 23-06-2021

Online Yoga class preparation. Online Yoga class for 3rd semester. Class joined with collegiate fitness development live training in YouTube live.

Date: 24-06-2021

Online Yoga class preparation. Online Yoga class for 1st semester. Class started with prayer warming up suryanamaskara and guru mantra practiced.

Date: 25-06-2021

Online Yoga class preparation. Online Yoga class for 3rd semester. Class started with prayer warming up suryanamaskara, standing asanas and guru mantra practiced.

Date: 26-06-2021

Online Yoga class preparation. Online Yoga class for 1st semester. Class started with prayer warming up suryanamaskara, asanas and guru mantra practiced.

Date: 28-06-2021

Online Yoga class preparation. Online Yoga class for 3rd semester. Class started with prayer warming up suryanamaskara, pranayama, shavasana and guru mantra practiced.

Date: 29-06-2021

Online Yoga class preparation. Online Yoga class for 1st semester. Class started with prayer warming up, 12 steps suryanamaskara, asanas and guru mantra practiced.

Date: 30-06-2021

Online Yoga class preparation. Online Yoga class for 3rd semester. Class started with prayer warming up, 12 steps suryanamaskara, asanas and guru mantra practiced.

Date: 01-07-2021

Online Yoga class preparation. Online Yoga class for 1st semester. Class started with prayer meditation, warming up, suryanamaskara and guru mantra practiced.

Date: 02-07-2021

Online Yoga class preparation. Online Yoga class for 3rd semester. Class started with prayer meditation, warming up, suryanamaskara and guru mantra practiced.

Date: 06-07-2021

Online Yoga class preparation. Online Yoga class for 1st semester. Class started with prayer meditation, warming up, suryanamaskara and guru mantra practiced.

Date: 07-07-2021

Online Yoga class preparation. Online Yoga class for 3rd semester. Class started with prayer meditation, warming up, suryanamaskara and guru mantra practiced.

Date: 08-07-2021

Online Yoga class preparation. Online Yoga class for 1st semester. Class started with prayer meditation, warming up, suryanamaskara and guru mantra practiced.

Date: 09-07-2021

Online Yoga class preparation. Online Yoga class for 3rd semester. Class started with prayer meditation, warming up, suryanamaskara and guru mantra practiced.

Date: 13-07-2021

Online Yoga class preparation. Online Yoga class for 1st semester. Class started with prayer meditation, warming up, suryanamaskara and guru mantra practiced.

Date: 14-07-2021

Online Yoga class preparation. Online Yoga class for 3rd semester. Class started with prayer meditation, warming up, suryanamaskara and guru mantra practiced.

Date: 15-07-2021

Online Yoga class preparation. Online Yoga class for 1st semester. Class started with prayer meditation, warming up, suryanamaskara and guru mantra practiced.

Date: 16-07-2021

Online Yoga class preparation. Online Yoga class for 3rd semester. Class started with prayer meditation, warming up, suryanamaskara and guru mantra practiced.

Date: 19-07-2021

Online Yoga class preparation. Online Yoga class for 3rd semester. Class started with prayer meditation, warming up, suryanamaskara and guru mantra practiced.

Date: 20-07-2021

Online Yoga class preparation. Online Yoga class for 1st semester. Class started with prayer meditation, warming up, suryanamaskara and guru mantra practiced.

Date: 22-07-2021

Online Yoga class preparation. Online Yoga class for 3rd semester. Class started with prayer meditation, warming up, suryanamaskara and guru mantra practiced.

Date: 23-07-2021

Online Yoga class preparation. Online Yoga class for 1st semester. Class started with prayer meditation, warming up, suryanamaskara and guru mantra practiced.


Principal
Kumadvathi College of Education
Shikanpura, Srivamogga dist.