



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)

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YOGA AND FITNESS CLUB

YOGA PRACTICE REPORT

2021-2022



SILVER JUBILEE YEAR

Swamy Vivekananda Vidya Samsthe (R)

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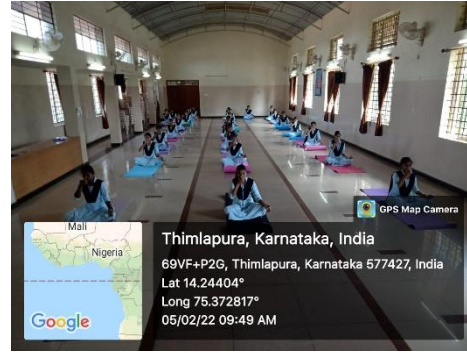


YOGA AND FITNESS CLUB

YOGA PRACTICE REPORT

1st Semester 2021- 2022

Date: 5-2-2022



Yoga Practice for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date: 5-3-2022



Yoga Practice for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, standing asanas and prayer practiced.

Date: 12-2-2022



Yoga Practice for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 19-3-2022



Yoga training in times of Covid-19 for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 26-3-2022



Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 9-4-2022



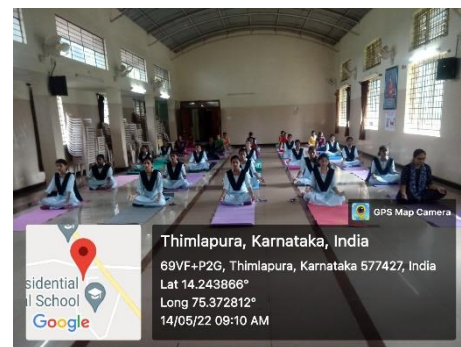
Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 30-4-2022



Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 14-5-2022



Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 4-6-2022



Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date: 14-06-2022



Live Guest Lecture on the topic “Balancing the Body, Mind and Soul” by Smt. Ritu Vohra. Organised By NCTE.

Date : 18-6-2022



Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 21-6-2022

International Yoga Day



On 21-06-2022 International Yoga Day was celebrated with the co-operation of all wings of Swamy Vivekananda Vidya Samsthe. Sri Mahanta Swamiji, Jademata. Sri M B Shivakumar, President, Swamy Vivekananda Vidya Samsthe, Dr. Shivakumar G.S., Management Representative Swamy Vivekananda Vidya Samsthe (R), & Principal kumadvathi College of Education, Shikaripura, Sri Kuberappa K, Administrative Co-ordinator, were also present in the programme. Heads of different wings of Swamy Vivekananda Vidya Samsthe as well as teaching and non-teaching faculties and students were present in the programme

YOGA PRACTICE

3rd Semester 2021- 2022

Date : 14-5-2022



Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 4-6-2022



Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 4-6-2022



Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date: 14-06-2022



Live Guest Lecture on the topic “Balancing the Body, Mind and Soul” by Smt. Ritu Vohra. Organised By NCTE.

Date : 18-6-2022



Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

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Date : 25-6-2022



Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 2-7-2022



Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 9-7-2022



Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 16-7-2022



Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 23-7-2022



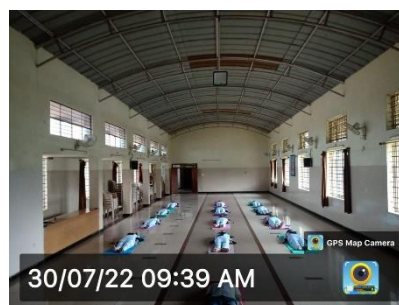
Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 29-7-2022



Yoga Activity on Yoga and Environment.

Date : 30-7-2022



Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 6-8-2022



Yoga Class for second semester student teachers. Class began with prayer on pathanjali yoga mantra, Sanghachadvam mantra, three-time omkara, warming up, 12 steps of Suryanamaskara and prayer practiced.

Date : 20-8-2022



Participating Five Asanas by Student teachers.


Principal
Kumadvathi College of Education
Shikaripura