



Shri Shivaji Education Society's,  
**MAHASATEE ARTS, COMMERCE & SCIENCE  
COLLEGE,**

Ulga, Karwar, UttaraKannada, Karnataka-581328

PhoneNo.:08382-257033  
MobileNo.:7975117573/9483645037

E-mail:sesmahasateek@gmail.com  
Website:[www.sesmacsc.co.in](http://www.sesmacsc.co.in)

## Criterion – V - Student Support and Progression

### 5.1.2 Capacity Development and Skills Enhancement Activities

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
<b>Soft Skills</b>				
2023-24	MIL Typing	17-11-2023-19-12-2023	24	Department of Kannada, MACSC College, Ulga
<b>Language and Communication Skills</b>				
2023-24	Orientation Programme	03-11-2023	160	Programme committee, MACSC College, Ulga
	Communication Skills in English	17-10-2023-23-11-2023	20	Department of English, MACSC College, Ulga
2022-23	Orientation Programme	09-11-2022	168	Programme committee, MACSC College, Ulga
	Communication Skills in English	02-11-2022 to 07-12-2022	22	Department of English, MACSC College, Ulga
2021-22	Orientation Programme	12-11-2021	185	Programme committee, MACSC College, Ulga
2019-20	Orientation Programme	27-07-2019	150	Programme committee, MACSC College, Ulga
<b>Life Skills</b>				
2023-24	Yoga	15-11-2023	25	Department of Commerce, MACSC College, Ulga
	Awareness Programme on Crime	12-12-2023	40	Programme committee, MACSC College, Ulga

2022-23	Field Work on Nursery and Gardening	30-11-2022	30	Department of Botany, MACSC College, Ulga
	Yoga - Health and Fitness	15-12-2022 to 15-01-2023	30	Department of Commerce, MACSC College, Ulga
	Field Study on Honeycomb Farming	24-12-2022	40	Department of Zoology, MACSC College, Ulga
	Mehendi and Rangoli Competition	08-03-2023	26	Women Welfare Committee, MACSC College, Ulga
	Drawing Competition	13-07-2023	20	Programme committee, MACSC College, Ulga
2021-22	Yoga	18-11-2021 to 17-12-2021	30	Department of Commerce, MACSC College, Ulga
	Field work on Prawns farming	06-01-2022	30	Department of Zoology, MACSC College, Ulga
	Food Fest	18-07-2022	40	Programme committee, MACSC College, Ulga
	Rangoli and Mehendi Competition	21-07-2022	20	Women Welfare Committee, MACSC College, Ulga
2019-20	Yoga	14-09-2019 to 13-10-2019	30	Department of Commerce, MACSC College, Ulga
	Self Defence Training Programme	24-09-2019	30	Aigal Martial Arts, Trust, Sadashivgad, Karwar and MACSC College Ulga
<b>Awareness of trends and Technology</b>				
2020-21	UUCMS Awareness Programme	21-09-2021	50	IQAC committee, MACSC College, Ulga



  
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**Shri Shivaji Education Society's,  
MAHASATEE ARTS, COMMERCE & SCIENCE COLLEGE, ULGA, KARWAR**

**ADD ON CERTIFICATE COURSE IN YOGA**

## **DEPARTMENT OF COMMERCE**

Our 30-hour Yoga course offers a comprehensive introduction to the ancient practice of yoga. Designed for beginners and those seeking to deepen their understanding, this program provides a solid foundation in yoga philosophy, asanas (poses), pranayama (breathing techniques), and meditation.

**Enroll Today and Discover the  
Transformative Power of Yoga**

**LAST DATE FOR ENROLLMENT 16-11-2023**



**23**



Shri Shivaji Education Society's,  
Mahasatee Arts, Commerce and Science College, Ulaga, Karwar  
Uttar Kannada, Karnataka-581328

Ref:MACS/2023-24/

DATE: 10-11-2023

### Proceeding of BOS meeting of Ad-on Course

Proceedings of the meeting of BOS of Add on course Entitled Yoga -by the Dept. of Commerce, held on 10-11-2023 at 3.30 pm in IQAC Room Agenda:

1. To approve the Ad-on courses
2. To frame syllabus for Ad-on courses
3. Implementation of Ad-on courses
4. Preparation of Time Table
5. Conduction of course, class/Exams

The following members were present:

1. Dr.V.V.Nayak-Principal Charman
2. Dr.I.R.Kajagar.Dept.of Pol-Science- Convener  
IQAC Co-ordinator
3. Smt.S.S.Gaonkar.HOD of Economics-Member
4. Smt.Roopaa D.Kudtarkar.HOD,Commerce-Member
5. Shri.Prasad S. Naik, FDC-Member
6. Shri.Raghavendra Shet- Entrepreneur
7. Shri.Sudheer Nagekar-ember-Alumni

Resolutions:

1. Read and confirmed the minutes of last meeting held on 17.10-2023. After detailed discussion the following resolutions were passed as under:

1. The panel of BOS scrutinized Add on course and finalized
2. The panel of BOS of Add on course recommended the syllabus model of different Add on course
3. The members expressed that Time table should be stipulated on Sunday and working days.
4. The panel of BOS of Add on course is approved to implement all the Add on courses as early as possible.

The meeting was concluded with the chairman thanking all the members for their active participation and co-operation.



Chairman Bos of Add-on Course

  
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ಮಹಾಸತಿ ಕಲಾ,ವಾಣಿಜ್ಯ ಹಾಗೂ ವಿಜ್ಞಾನ ಮಹಾವಿದ್ಯಾಲಯ ಉಳಗಾ,ಕಾರವಾರ-581328  
ನ್ಯಾಕನಿಂದ "ಬಿ" ಮಾನ್ಯತೆ ಪಡೆದಿದೆ

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Accredited by NAAC with "B" GradePhone:08382-257033

E-mail:sesmahasateek@gmail.com Website:www.sesmacs.co.in

Date: 10-10-2023

## DEPARTMENT OF COMMERCE

### STUDENT NOTICE

This is to inform all the students of B.Com that Department of Commerce is organizing an Add-on Certificate program in "Yoga" from the 15<sup>TH</sup> November 2023.

Interested student should immediately contact Smt.Roopa D.Kudtarkar, Head of the Commerce Department on or before 16<sup>th</sup> OCTOBER 2023. for further details in connection with the time Table or other related matters.

Sign. of HOD Commerce



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Date:14-10-2023

## DEPARTMENT OF COMMERCE

### STUDENT NOTICE

This is to inform all the students who have registered their name for the Add on Certificate course on "Yoga" classes will start from 15<sup>TH</sup> November-2023.

Add on Certificate course on "Yoga" classes will engaged at 4.00pm to 5.00pm on all working days.

HOD

Department of Commerce



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**List of students enrolled for "YOGA" Add-on Certificate course-2023-24**

Sl.No	Name of the Students
1	Miss.Anisha Ravindra Naik
2	Sri.Charan naik
3	Sri.Parshuram Buddappa Lamani
4	Miss.Sneha sanju talekar
5	Miss.Akhila Prabhakar Talekar
6	Miss.Preetika koyar Naik
7	Sri.Madan maruti Talekar
8	Miss.Ranjita Ravikant Naik
9	Miss.Vaishnavi satish Kolvekar
10	Miss.Tanvi maneshwar Gaonkar
11	Miss.Sahana Shrinivas Vernekar
12	Sri.Shivam Sanjay Gaonkar
13	Sri.Sandesh Nagendra Nakadi
14	Sri.Manohar Prakash Anvekar
15	Sri.Aman Sanal
16	Miss.Divya Madhu Gaonkar
17	Miss.Tanusha Vivekanand talekar
18	Sri.Aniketh Sudhakar Rane
19	Sri.Nagendra Sadanand Gunagi
20	Sri.Dishant Dinesh Talekar
21	Sri.Badal sandeep Naik
22	Miss.Neeta Dsouza
23	Sri.Akshay Shantaram Naik
24	Sri.Narendra suresh yellekar
25	Sri.Prakash Hanamant Bevoor



  
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**ULGA,KARWAR**

**Add-on Certificate Course: 2023-24**

**Syllabus for "YOGA"**

**Unit-I Basic Principles of Yoga.-10 hrs**

- Chapter No. 1 Yoga for Positive Health.  
Chapter No. 2 Yoga a way of healthy living.  
Chapter No. 3 Preventive and Promotive aspects of Yoga.  
Chapter No. 4. Health concept in Ayurveda.

**Unit-II Food and Nutrition. 10 hrs**

- Chapter No. 5. Yogic concept of Ahara.  
Chapter No. 6. Classification of food in modern concept.  
Chapter No. 7 Concept of Trigunas.  
Chapter No. 8. Balanced diet.

**Unit-III Concept of various Asanas. 10 hrs**

- Chapter 9 : Demonstration of various asanas.  
Chapter 10: Demonstration of various Pranayamas.  
Chapter 11 Demonstration of Bandha and Mudra.  
Chapter 12 : Demonstration of Kriyas (Jalaneti and Sutraneiti)



  
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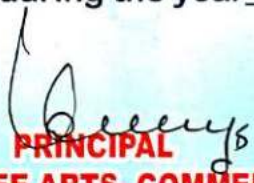


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Ulga, Karwar, Uttar Kannada, Karnataka - 581328  
**Affiliated to Karnatak University Dharwad**  
**IQAC Initiative**  
**ADD-ON COURSE**  
**Conducted by**  
**DEPARTMENT OF COMMERCE**  
**YOGA**

This is to certify that Mr./Ms Tanvi M. Gaonkar

Class B. Com I satisfactorily completed the course during the year 2023-24

  
**HOD. COMMERCE**

  
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**IQAC Initiative**  
**ADD-ON COURSE**  
Conducted by  
**DEPARTMENT OF COMMERCE**  
**YOGA**

This is to certify that Mr./Ms Aniketh S. Rane

Class B.sc I satisfactorily completed the course during the year 2023-24

  
HOD. COMMERCE

  
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On December 12, 2023, Shri Shivaji Education Society's Mahasatee Arts, Commerce & Science College, Dept. of Commerce organized a **Crime Awareness Program** in collaboration with the Karnataka Police Department, Kadra. The program was designed to raise awareness among students about the various types of crimes, preventive measures, and their role in maintaining law and order in society.

The event began with an introductory address by the Principal, Dr. Vinod Nayak, who emphasized the importance of educating young minds about the significance of crime prevention and the role of responsible citizens in fostering a safe and secure environment.

The resource persons from Kadra Police Station, including senior officers and constables, were invited to conduct the program. The police personnel shared valuable information on various aspects of crime, such as cybercrime, substance abuse, traffic safety, and women's safety. They highlighted common safety protocols and provided practical tips on how students can protect themselves and their communities from falling victim to crime.

The session also included a detailed discussion on the legal rights of individuals and the importance of cooperation with law enforcement authorities. Students were encouraged to report suspicious activities and misuse of social media platforms and to stay vigilant about potential threats.

The officers also conducted an interactive Q&A session, where students actively participated, asking questions related to crime prevention and safety measures. The session helped in clearing misconceptions and equipped students with the knowledge to identify and address potential dangers.

In his concluding remarks, Dr. Nayak thanked the police department for their support in organizing such an important awareness program. He urged the students to stay alert, be responsible citizens, and contribute towards creating a crime-free society.



**CRIME AWARENESS PROGRAM BY KARNATAKA POLICE DEPARTMENT  
KADRA**

**Held on 12-12-2023**



*Praveen*  
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SSES's Mahasatee Arts, Commerce and Science College's, Commerce Department visited Nursery and garden of medicinal plant at Devalmakkion 30<sup>th</sup> November 2022 for B.sc students.







*Becky*  
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**ADD ON CERTIFICATE COURSE IN YOGA**

## **DEPARTMENT OF COMMERCE**

Our 30-hour Yoga course offers a comprehensive introduction to the ancient practice of yoga. Designed for beginners and those seeking to deepen their understanding, this program provides a solid foundation in yoga philosophy, asanas (poses), pranayama (breathing techniques), and meditation.

**Enroll Today and Discover the  
Transformative Power of Yoga**

**LAST DATE FOR ENROLLMENT 15-12-2022**



**19**



ಶ್ರೀ ಶಿವಾಜಿ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯ

ಮಹಾಸತಿ ಕಲಾ,ವಾಣಿಜ್ಯ ಹಾಗೂ ವಿಜ್ಞಾನ ಮಹಾವಿದ್ಯಾಲಯ ಉಳಗಾ,ಕಾರವಾರ-581328  
ನ್ಯಾಕನಿಂದ "ಬಿ" ಮಾನ್ಯತೆ ಪಡೆದಿದೆ

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Date: 12-12-2022

### STUDENT NOTICE

This is to inform all the students of B.A./B.Com & B.Sc that our college is conducting an Add-on Certificate course on "YOGA" from 15-12-2022.Under the supervision of Yoga Guru Sri. Prakash Revankar.

Add-on Certificate course on "YOGA" classes will be engaged at 7.30am to 8.30 am on working days.

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ಶ್ರೀ ಶಿವಾಜಿ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯು

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### STUDENT NOTICE

This is to inform all the students of B.A./B.Com & B.Sc that our college is conducting an Add-on Certificate course on "YOGA" from 15-12-2022.Under the yoga guru Sri.Prakash Revankar

Interested students should contact Smt.Priyanka D.Naik on or before 12-12-2022 regarding Syllabus and course details.

  
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**List of students enrolled for "YOGA" Add-on Certificate course-2022-23**

Sl.No.	Name of the Students	CLASS	Signature of the students
1	Mr.Vaibhav.N.Naik	B.Com-III	Vaibhav
2	Mr.Abhay.K.Baadkar	B.Sc-III	Abh
3	Mr.Abhishek.R.Devadas	B.Sc-III	Abh
4	Mr.Gurunath.R.Naik	B.Sc-III	Gurunath
5	Mr.Manoj.P.Naik	B.Sc-III	Manoj
6	Miss.Namrata.A.Naik	B.Sc-III	Namrata
7	Miss Neha.H.Gunagi	B.Sc-III	Neha
8	Mr.Pankaj.R.Gaonkar	B.Sc-III	Pankaj
9	Mr.Prajwal.P.Gaonkar	B.Sc-III	Prajwal
10	Mr.Ritik.G.Naik	B.Sc-III	Ritik
11	Mr.Rohan.D.Powar	B.Sc-III	Rohan
12	Mr.Sarvesh.S.Naik	B.Sc-III	Sarvesh
13	Mr.Vishwa.R.Naik	B.Sc-III	Vishwa
14	Mr.Vinay.U.Madival	B.Sc-III	Vinay
15	Mr.Vigneshwar.U.Talekar	B.Sc-III	Vigneshwar
16	Miss Chetana.S.Marate	B.Com-III	Chetana
17	Mr.Sagar.P.Gunagi	B.Com-III	Sagar
18	Mr.Tandesh.U.Gaonkar	B.Com-III	Tandesh
19	Miss.Shrutika.S.Bandekar	B.Com-III	Shrutika
20	Miss.Shilpa.R.Kotharkar	B.Com-III	Shilpa

  
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**Add-on Certificate Course**

Syllabus for "YOGA"

**Unit-I Basic Principles of Yoga.-10 hrs**

Chapter No. 1 Yoga for Positive Health.

Chapter No. 2 Yoga a way of healthy living.

Chapter No. 3 Preventive and Promotive aspects of Yoga.

Chapter No. 4. Health concept in Ayurveda.

**Unit-II Food and Nutrition. 10 hrs**

Chapter No. 5. Yogic concept of Ahara.

Chapter No. 6. Classification of food in modern concept.

Chapter No. 7 Concept of Trigunas.

Chapter No. 8. Balanced diet.


**Unit-III Concept of various Asanas. 10 hrs**

Chapter 9 : Demonstration of various asanas.

Chapter 10: Demonstration of various Pranayamas.

Chapter 11 Demonstration of Bandha and Mudra.

Chapter 12 : Demonstration of Kriyas (Jalaneti and Sutraneti)

  
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# MAHASATEE ARTS, COMMERCE AND SCIENCE COLLEGE, ULGA, KARWAR (U.K.)

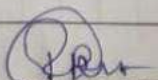
ATTENDANCE REGISTER FOR THE ACADEMIC YEAR 2022 - 2023

ADD ON CERTIFICATE COURSE IN YOGA

SUBJECT: \_\_\_\_\_

SEMESTER: \_\_\_\_\_

Admission No.	Roll	Name of the Student	-15/12/22	2/12/22	3/12/22	4/12/22	5/12/22	6/12/22	7/12/22	8/12/22	9/12/22	10/12/22	11/12/22	12/12/22	13/12/22	14/12/22	15/12/22	16/12/22	17/12/22	18/12/22	19/12/22	20/12/22	21/12/22	22/12/22	23/12/22	24/12/22	25/12/22	26/12/22	27/12/22	28/12/22	29/12/22	30/12/22	31
	1	Mr. Abhav. N. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	2	Mr. Abhay K. Bhandari	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	3	Mr. Anand R. Desai	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	4	Mr. Anurag R. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	5	Mr. Anand P. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	6	Mr. Anand A. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	7	Mr. Anand M. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	8	Mr. Anand R. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	9	Mr. Anand P. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	10	Mr. Anand G. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	11	Mr. Anand D. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	12	Mr. Anand S. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	13	Mr. Anand R. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	14	Mr. Anand V. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	15	Mr. Anand U. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	16	Mr. Anand S. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	17	Mr. Anand P. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	18	Mr. Anand U. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	19	Mr. Anand S. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	20	Mr. Anand S. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	21	Mr. Anand S. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	22	Mr. Anand S. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	23	Mr. Anand S. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	24	Mr. Anand S. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	25	Mr. Anand S. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	26	Mr. Anand S. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	27	Mr. Anand S. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	28	Mr. Anand S. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	29	Mr. Anand S. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	30	Mr. Anand S. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	31	Mr. Anand S. Nair	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

  
 Signature of Teacher :  
 (Prasanna Ramakrishna)

  
 Signature of Principal  
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 COM. & SCI. COLLEGE  
 ULGA, KARWAR - 581 328





Shri Shivaji Education Society's,  
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Accredited by NAAC with "B" Grade

**Affiliated to Karnataka University Dharwad**

**ADD-ON COURSE**

**Conducted by**

**DEPARTMENT OF PHYSICAL EDUCATION**

**YOGA**

This is to certify that Mr./Ms Shrutika. S. Bandekar.

Class B.Com- IV<sup>th</sup> Sem satisfactorily completed the course during the year 2022-2023

  
**HOD. PHYSICAL EDUCATION**

  
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PhoneNo.:08382-257033

E-mail:sesmahasateek@gmail.com

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Website:www.sesmacsc.co.in

**FIELD VISIT- 2022**

Zoology Department of SSES's Mahasatee Arts, Commerce and Science college, Dept. of Commerce organised field visit to Devalmakki on 24<sup>th</sup> December 2022 for B.sc final year students. Students were first introduced about the various types of bees in India, their habit and their habitat and their various features. Many things were shown and explained to the students.





*Becky*  
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**Mehandi And Rangoli Competition**

On celebration of International Women's Day on 8th March 2023, the Department of Hindi at Shri Shivaji Education Society's Mahasatee Arts, Commerce & Science College organized two engaging competitions: a Rangoli competition for boys and a Mehandi competition for girls.

The event aimed to foster creativity and cultural expression among students while promoting gender inclusivity and celebrating traditional art forms. The competitions were held in the college premises, drawing enthusiastic participation from students across various streams.





*Waseem*  
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MobileNo.:7975117573/9483645037

Website:www.sesmacsc.co.in

**Date: 13-08-2020**

## **Draining Competition**

On 13th July 2023, the Department of Commerce at Shri Shivaji Education Society's Mahasatee Arts, Commerce & Science College successfully conducted a **Painting Competition** for boys and girls. The event aimed to encourage creativity and artistic expression among the students, providing them with an opportunity to showcase their talent.



*Bosey*  
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**Shri Shivaji Education Society's,  
MAHASATEE ARTS, COMMERCE & SCIENCE COLLEGE, ULGA, KARWAR**

**ADD ON CERTIFICATE COURSE IN YOGA**

## **DEPARTMENT OF COMMERCE**

Our 30-hour Yoga course offers a comprehensive introduction to the ancient practice of yoga. Designed for beginners and those seeking to deepen their understanding, this program provides a solid foundation in yoga philosophy, asanas (poses), pranayama (breathing techniques), and meditation.

**Enroll Today and Discover the  
Transformative Power of Yoga**

**LAST DATE FOR ENROLLMENT 11-11-2021**



**21**

Ref: MACS/2021/22

DATE: 06-11-2021

Proceeding of BOS Meeting of Add on Course

Proceedings of the meeting of BOS of Add on course Entitled **Yoga** Add-on Course By the Dept. of Physical Education, held on 06-11-2021 at 3.30 pm in IQAC Room  
Agenda:

1. To approve the Ad-on courses
  2. To frame syllabus for Ad-on courses
  3. Implementation of Ad-on courses
  4. Preparation of Time Table
  5. Conduction of course, class/Exams
- The following members were present:
6. Dr. V. V. Nayak-  
Principal Charman
  7. Dr. I. R. Kajagar. Dept. of Pol-  
Science- Convener IQAC Co-  
ordinator
  8. Smt. S. S. Gaonkar. HOD of Economics-Member
  9. Smt. Roopa D. Kudtarkar. HOD, Commerce-Member
  10. Shri. Prasad S. Naik, FDC-Member
  11. Shri. Raghavendra Shet- Entrepreneur
  12. Shri. Sudheer Nagekar-  
Member-Alumni

Resolutions:

1. Read and confirmed the minutes of last meeting held on 17-11-2021
2. After detailed discussion the following resolutions were passed as under:
3. The panel of BOS scrutinized Add on course and finalized. The panel of BOS of Add on course recommended the syllabus model of different Add on course
4. The members expressed that Time table should be stipulated on Sunday and working days.
5. The panel of BOS of Add on course is approved to implement all the Add on courses as early as possible.

The meeting was concluded with the chairman thanking all the members for their active participation and co-operation.

  
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**STUDENT NOTICE**

This is to inform all the students of B.A./B.Com & B.Sc that our college is conducting an Add-on Certificate course on "YOGA" from 10-11-2021. Under the yoga guru Sri.Prakash Revankar

Interested students should contact Smt.Priyanka D.Naik on or before 15-11-2021 regarding Syllabus and course details.



  
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### STUDENT NOTICE

This is to inform all the students of B.A./B.Com & B.Sc that our college is conducting an Add-on Certificate course on "YOGA" from 18-11-2021. Under the supervision of Yoga Guru Sri. Prakash Revankar.

Add-on Certificate course on "YOGA" classes will be engaged at 7.30am to 8.30 am on working days.



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*[Handwritten Signature]*  
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List of students enrolled for "YOGA" Add-on Certificate course-2021-22

Sl.No	Name of the Students
1	Miss. Sakshi S. Govekar
2	Sri.Ganesh U.Revankar
3	Sri.Riyaz M. Mujavar
4	Sri.Sanju V.Lamani
5	Sri.Tukaram K.Lamani
6	Ujwala M.Kudatarkar
7	Miss.Linet L.Noronha
8	Sri. Ismail A. Shaikh
9	Sri.Jaganath V.Patnekar
10	Miss.Sonali V.Talekar
11	Sri. Basavraj S. Pujar
12	Sri. Mangesh V. Maskar
13	Sri.Glaneet G.Fernandes
14	Miss.Annapurna N.Gunagi
15	Sri.Siddhi S. Gouda
16	Miss. Sushma R.Gaonkar
17	Miss. Rasika E. Kotharkar
18	Sri.Vaibhav V.Devdas
19	Sri.Amit A.Talekar
20	Sri. Nagesh A. Mirashi
21	Sri. Omkar R. Pagi
22	Sri. Pankaj P. Gaonkar
23	Miss. Poonam U. Gaonkar
24	Sri.Sandesh S. Gunagi
25	Miss.Sankita R. Savant
26	Miss.Seema S. Gunagi
27	Miss.Manali S.Naik



  
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28	Miss. Sanchita S. Manjrekar
29	Sri. Yesudas P. Naik
30	Miss. Vaibhavi G. Pagi



  
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**ULGA,KARWAR**

**Add-on Certificate Course: 2021-22**

**Syllabus for "YOGA"**

**Unit-I Basic Principles of Yoga.-10 hrs**

- Chapter No. 1 Yoga for Positive Health.
- Chapter No. 2 Yoga a way of healthy living.
- Chapter No. 3 Preventive and Promotive aspects of Yoga.
- Chapter No. 4. Health concept in Ayurveda.

**Unit-II Food and Nutrition. 10 hrs**

- Chapter No. 5. Yogic concept of Ahara.
- Chapter No. 6. Classification of food in modern concept.
- Chapter No. 7 Concept of Trigunas.
- Chapter No. 8. Balanced diet.

**Unit-III Concept of various Asanas. 10 hrs**

- Chapter 9 : Demonstration of various asanas.
- Chapter 10: Demonstration of various Pranayamas.
- Chapter 11 Demonstration of Bandha and Mudra.
- Chapter 12 : Demonstration of Kriyas (Jalaneti and Sutraneti)



  
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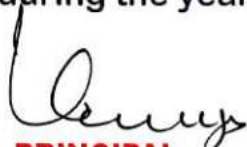


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**ADD-ON COURSE**  
Conducted by  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**YOGA**

This is to certify that Mr./Ms Varbhav v. Devdas

Class B.Sc I satisfactorily completed the course during the year 2021-22

  
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**ADD-ON COURSE**  
Conducted by  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**YOGA**

This is to certify that Mr./Ms Rasika E Kotharkar

Class B.Sc I satisfactorily completed the course during the year 2021-22

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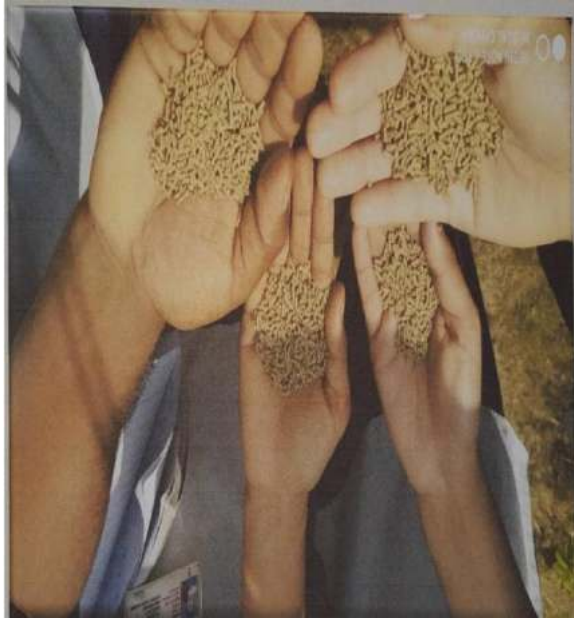
Website:www.sesmacsc.co.in

**Visit to Prawn Culture Centre at Hankon**

Ist year B.Sc. students of SSES's Mahasatee Arts, Commerce and Science College, Dept. of Commerce Students visited for Field trip to Prawn Culture Centre at Hankon on 06.01.2022. Freshwater prawn culture in India is undergoing a moderate transformation from traditional level to highly productive semi-intensive culture through intensive research and development efforts by the Indian Council of Agriculture Research, and various universities and state fishery departments.







*Booey*  
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Website:www.sesmacsc.co.in

On 18 July, 2022, Shri Shivaji Education Society's Mahasatee Arts, Commerce & Science College Dept. of Commerce has celebrated World Food Day with a unique and educational event – a Fireless Cooking Competition. The event highlighted the importance of nutritious food, food security, and sustainable eating practices, encouraging students to be mindful of their food choices.

Participants prepared a wide array of dishes without using fire, showcasing their creativity with healthy, no-cook recipes. The dishes included fresh salads, wraps, smoothies, and innovative snacks, each focusing on balanced nutrition and local, fresh ingredients. Students displayed impressive skill and imagination, creating dishes that were as visually appealing as they were nutritious.

Principal Dr. Vinod Nayak and faculty members were present to encourage the participants. They commended the students for their enthusiasm, creativity, and commitment to healthy eating. The event concluded with a prize ceremony, where the best dishes were recognized for their creativity, nutritional value, and presentation.

This fireless cooking competition not only celebrated World Food Day but also promoted sustainable eating habits among students, inspiring them to make healthier food choices in their daily lives.

food day celebrated on 18-07-2022





*Praveen*  
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Mehandi Competition

**Rangoli & Mehandi Competition**

On the occasion of Fun Week, the Department of Commerce at Shri Shivaji Education Society's Mahasatee Arts, Commerce & Science College organized a vibrant **Rangoli Competition for boys** and a creative **Mehandi Competition for girls** on **21st July 2022**. The event aimed to celebrate the theme "Art connects what words cannot," emphasizing the power of creativity and expression through art.



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**ADD ON CERTIFICATE COURSE IN YOGA**

## **DEPARTMENT OF COMMERCE**

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**Enroll Today and Discover the  
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**LAST DATE FOR ENROLLMENT 11-9-2019**



**19**

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**STUDENT NOTICE**

This is to inform all the students of B.A./B.Com & B.Sc that our college is conducting an Add-on Certificate course on "YOGA" from 08-09-2019. Under the yoga guru Sri.Prakash Revankar

Interested students should contact Smt.Priyanka D.Naik on or before 10-09-2019 regarding Syllabus and course details.



  
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**STUDENT NOTICE**

This is to inform all the students of B.A./B.Com & B.Sc that our college is conducting an Add-on Certificate course on "YOGA" from 14-09-2019. Under the supervision of Yoga Guru Sri. Prakash Revankar.

Add-on Certificate course on "YOGA" classes will be engaged at 7.30am to 8.30 am on working days.



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MAHASATEE ARTS,  
COM. & SCI. COLLEGE  
ULGA, KARWAR - 581328

**Add-on Certificate Course: 2019-20**

**Syllabus for "YOGA"**

**Unit-I Basic Principles of Yoga.-10 hrs**

- Chapter No. 1 Yoga for Positive Health.  
Chapter No. 2 Yoga a way of healthy living.  
Chapter No. 3 Preventive and Promotive aspects of Yoga.  
Chapter No. 4. Health concept in Ayurveda.

**Unit-II Food and Nutrition. 10 hrs**

- Chapter No. 5. Yogic concept of Ahara.  
Chapter No. 6. Classification of food in modern concept.  
Chapter No. 7 Concept of Trigunas.  
Chapter No. 8. Balanced diet.

**Unit-III Concept of various Asanas. 10 hrs**

- Chapter 9 : Demonstration of various asanas.  
Chapter 10: Demonstration of various Pranayamas.  
Chapter 11 Demonstration of Bandha and Mudra.  
Chapter 12 : Demonstration of Kriyas (Jalaneti and Sutraneti)



  
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Shri Shivaji Education Society's,  
**MAHASATEE ARTS, COMMERCE & SCIENCE COLLEGE, ULGA, KARWAR,**  
**Uttar Kannada, Karnataka-581328**

Accredited by NAAC with "B" Grade

Phone:08382-257033 E-mail:sesmahasateek@gmail.com Website:www.sesmacs.co.in

List of students enrolled for "YOGA" Add-on Certificate course-2019-20

Sl.No	Name of the Students
1	Sri.Amitkumar S. Kundapur
2	Sri.Deepesh D. Naik
3	Miss.Milagrin A.Rodrigus
4	Sri.Naveen N. Naik
5	Miss.Nitu R.Singh
6	Miss.Pavitra G.Manjrekar
7	Miss.Poornima M.Mokatkar
8	Miss. Akshata R. Savant
9	Miss. Khatunabi M. Shaikh
10	Sri.Ankush R Marathe
11	Sri.Estern A Fernandes
12	Sri.Gourav Naik
13	Miss.Pratima P Naik
14	Sri.Sanchit S Devali
15	Sri.Sandesh S Gunagi
16	Miss.Madhumati Garag
17	Sri.Sushant Naik
18	Sri.Aniket C. Gaonkar
19	Miss.Anuj A. Gavada
20	Sri.Emmenual M. Vegas
21	Sri.Farasik M. D'souza
22	Miss.Kavita P. Gouda
23	Sri.Manjunath C. Bhandari
24	Sri.Prateek S. Naik
25	Sri.Ratesh S. Velip
26	Sri.Sairam R. Gunagi
27	Sri.Vijendra Ghanshyam Asnotikar
28	Sri.Vikas Raghuvver Prabhu
29	Miss.Princilla Tvvanu Dsouza
30	Miss.Veena Madan Valekar



*[Signature]*  
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**Affiliated to Karnataka University Dharwad**  
**ADD-ON COURSE**

**Conducted by**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**YOGA**

This is to certify that Mr./Ms Gourav Naik.

Class B.Sc III satisfactorily completed the course during the year 2019-20

**HOD. PHYSICAL EDUCATION**

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**SCIENCE COLLEGE, Ulga, Karwar**



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The Department of Commerce of Shri Shivaji Education Society's Mahasatee Arts, Commerce & Science College organized a Self-Defence Programme on 24th August 2019 at 9:30 a.m. in the college premises. The event aimed at empowering young girls by equipping them with basic self-defence skills to face any challenging situation confidently.

The resource person for the event was **Shri Sunil Aigal**, a Master of Karate Class from Karwar, who is highly regarded for his expertise in martial arts and self-defence training. The programme began with a warm welcome and an introductory speech by the department head, emphasizing the importance of self-defence for women in today's society.

The session included a **demonstrative class** where Shri Aigal showcased various techniques that are easy to learn and highly effective for immediate response to threats. Participants were actively engaged in practicing these moves under his guidance. He also shared practical tips on using everyday objects for self-defence and handling potentially dangerous situations calmly and effectively.



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