



**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 11-9-2019



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ShriShivaji 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

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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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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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 Raghuvveer Prabhu
29	Miss.Princilla Tvvanu Dsouza
30	Miss.Veena Madan Valekar



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Ulga, Karwar, Uttar Kannada, Karnataka - 581328
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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

PRINCIPAL
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SCIENCE COLLEGE, Ulga, Karwar