

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

ADD ON CERTIFICATE COURSE IN YOGA

DEPATRMENT 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

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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" GradePhone:08382-257033

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

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 CourseBy the Dept. of Physical Eduaction, 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 ofcourse, class/ExamsThe following members were present:
- 6. Dr.V.V.Navak-Principal Charman
- 7. Dr.I.R.Kajagar.Dept.of Pol-Science- ConvenerIQAC Coordinator
- 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:
- The panel of BOS scrutinized Add on course and finalized. The panel of 3. 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 aspossible.

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.



SCI. COLLEGE WAR - 581 325



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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.



PRINCIPAL COLLEGE A KARWAR - 581 355



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

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

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List of students enrolled for"YOGA" Add-on Certificate course-2021-22

SI.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	



A & SCI. COLLEGE ULGA KAPWAR . 581 375

Den tati dan D Maik	28	Miss. Sanchita S. Manjrekar
0 Miss.Vaibhavi G.Pagi	29	Sri, Yesudas P.Naik



PRINCIPAL MAHASATEE ARTS, DOM. & SCI. COLLEGE UI.GA KAPWAR - 581 345



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



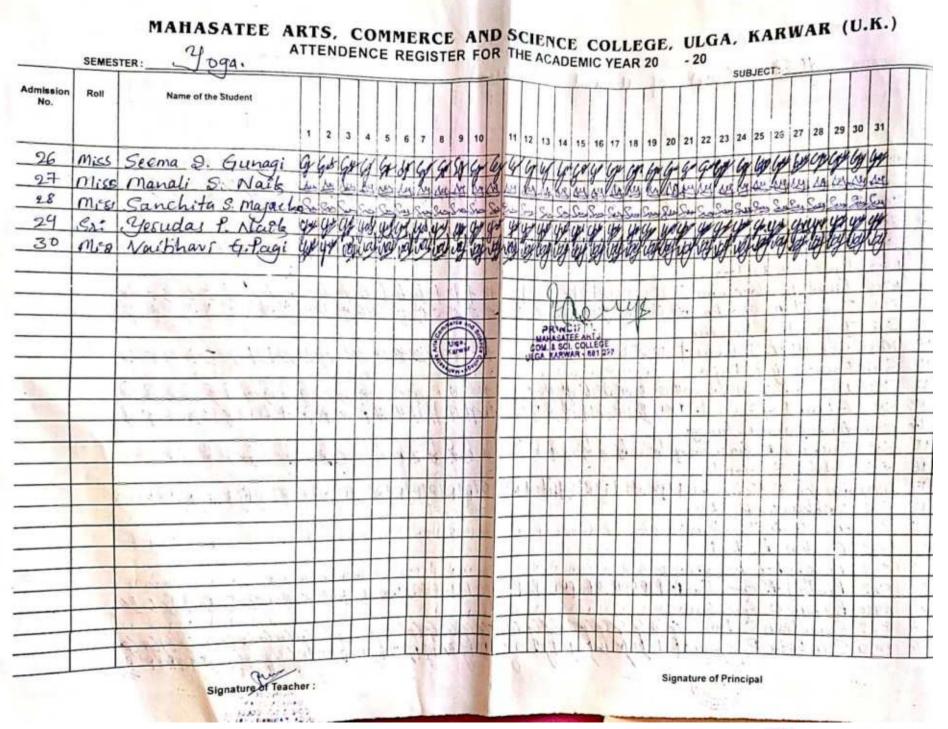
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MAHASATEE ARTS, COMMERCE AND SCIENCE COLLEGE, ULGA, KARWAR (U.K.) ATTENDENCE REGISTER FOR THE ACADEMIC YEAR 2021 - 20 22

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ertify that Mr./Ms Varbhav V. Develos	22

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DEPARTMENT OF PHYS	SICAL EDUCATION
This is to certify that Mr./MsRastkaClass	the course during the year <u>2021 - 92</u> PRINCIPAL MAHASATEE ARTS, COMMERCE & SCIENCE COLLEGE, Ulga, Karwar