



**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.


Principal
MAHASATEE ARTS,
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ULGA, KARWAR - 581328

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 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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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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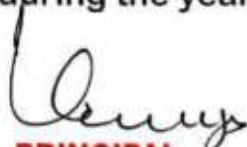


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ADD-ON COURSE
Conducted by
DEPARTMENT OF PHYSICAL EDUCATION
YOGA

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

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


HOD. PHYSICAL EDUCATION


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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

HOD. PHYSICAL EDUCATION

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SCIENCE COLLEGE, Ulga, Karwar**