



**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 15-12-2022**



**19**



ಶ್ರೀ ಶಿವಾಜಿ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯು

ಮಹಾಸತಿ ಕಲಾ,ವಾಣಿಜ್ಯ ಹಾಗೂ ವಿಜ್ಞಾನ ಮಹಾವಿದ್ಯಾಲಯ ಉಳಗಾ,ಕಾರವಾರ-581328

ನ್ಯಾಕನಿಂದ "ಬಿ" ಮಾನ್ಯತೆ ಪಡೆದಿದೆ

ShriShivaji Education Society's,

**MAHASATEE ARTS,COMMERCE& SCIENCE COLLEGE,ULGA,KARWAR,**

**Uttar Kannada,Karnataka-581328**

Accredited by NAAC with "B" Grade

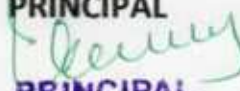
Phone: 08382-257033 E-mail:sesmahasateuk@gmail.com Website:www.sesmacs.co.in

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.

PRINCIPAL  
  
PRINCIPAL  
MAHASATEE ARTS,  
COM. & SCI. COLLEGE  
ULGA, KARWAR - 581 328



ಶ್ರೀ ಶಿವಾಜಿ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯು

ಮಹಾಸತಿ ಕಲಾ,ವಾಣಿಜ್ಯ ಹಾಗೂ ವಿಜ್ಞಾನ ಮಹಾವಿದ್ಯಾಲಯ ಉಳಗಾ,ಕಾರವಾರ-581328

ನ್ಯಾಕನಿಂದ "ಬಿ" ಮಾನ್ಯತೆ ಪಡೆದಿದೆ

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 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.

  
PRINCIPAL  
MAHASATEE ARTS,  
COM. & SCI. COLLEGE  
ULGA, KARWAR - 581 328



ಶ್ರೀ ಶಿವಾಜಿ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯು

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

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

**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

  
**PRINCIPAL**  
MAHASATEE ARTS,  
COM. & SCI. COLLEGE  
ULGA, KARWAR - 581 328



**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)

  
**PRINCIPAL**  
MAHASATEE ARTS,  
COM. & SCI. COLLEGE  
ULGA, KARWAR - 581 328

# 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	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. Abhishek N. Naik	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	2	Mr. Abhay K. Bhandari	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	3	Mr. Anshu R. Desai	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	4	Mr. Anurag R. Naik	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	5	Mr. Anand P. Naik	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	6	Mr. Ananta A. Naik	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	7	Mr. Anil M. Gaurav	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	8	Mr. Anant R. Gaurav	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	9	Mr. Anant P. Gaurav	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	10	Mr. Anil G. Naik	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	11	Mr. Rohan D. Patil	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	12	Mr. Anant S. Naik	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	13	Mr. Vishnu R. Naik	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	14	Mr. Vinay V. Marathe	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	15	Mr. Vinay U. Talwar	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	16	Mr. Chetan S. Marathe	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	17	Mr. Sagar I. Gaurav	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	18	Mr. Anant U. Gaurav	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	19	Mr. Anant S. Bhandari	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	20	Mr. Shilpa R. Kulkarni	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

  
 Signature of Teacher:  
 (Prasanna Rameshwar)

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





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

Ulga, Karwar, Uttar Kannada, Karnataka - 581328

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**

  
**PRINCIPAL**  
**MAHASATEE ARTS, COMMERCE &  
SCIENCE COLLEGE, Ulga, Karwar**