

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 15-12-2022

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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:sesmahasateeuk@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.

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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 - 581 325



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

SI.No.	Name of the Students	CLASS	Signature of the students
1	Mr.Vaibhav.N.Naik	B.Com-III	reubliar
2	Mr.Abhay.K.Baadkar	B.Sc-III	ABL
3	Mr.Abhishek.R.Devadas	B.Sc-III	ADL
4	Mr.Gurunath.R.Naik	B.Sc-III	Cuvenett.
5	Mr.Manoj.P.Naik	B.Sc-III	nemera
6	Miss.Namrata.A.Naik	B.Sc-III	Nerneviter
7	Miss Neha.H.Gunagi	B.Sc-III	Nielia
8	Mr.Pankaj.R.Gaonkar	B.Sc-III	Ply 0
9	Mr.Prajwal.P.Gaonkar	B.Sc-III	Panbar
10	Mr.Ritik.G.Naik	B.Sc-III	lotile
11	Mr.Rohan.D.Powar	B.Sc-III	lity
12	Mr.Sarvesh.S.Naik	B.Sc-III	Sconlerly
13	Mr.Vishwa.R.Naik	B.Sc-III	Velshuler
14	Mr.Vinay.U.Madival	B.Sc-III	Venery
15	Mr.Vigneshwar.U.Talekar	B.Sc-III	ritily
16	Miss Chetana.S.Marate	B.Com-III	Childreng,
17	Mr.Sagar.P.Gunagi	B.Com-III	Legen
18	Mr.Tandesh.U.Gaonkar	B.Com-III	revelet.
19	Miss.Shrutika.S.Bandekar	B.Com-III	Scoutille
20	Miss.Shilpa.R.Kotharkar	B.Com-III	Shilpo

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ShriShivaji Education Society's, MAHASATEE ARTS,COMMERCE& SCIENCE COLLEGE,ULGA,KARWAR, Uttar Kannada,Karnataka-581328 <u>Add-on Certificate Course</u>

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)

OM. & SCI. COLLEGE ULGA, KARWAR - 581 325

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

ATTENDENCE REGISTER FOR THE ACADEMIC YEAR 2023 - 2023

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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 **Affiliated to Karnataka University Dharwad ADD-ON COURSE Conducted by DEPARTMENT OF PHYSICAL EDUCATION BODART OF PHYSICAL EDUCATION BODART OF PHYSICAL EDUCATION BODART OF PHYSICAL EDUCATION BODART OF PHYSICAL EDUCATION Shrutika**. S. Bandekar. Class <u>B. com</u>- Ty⁴Soc</sup> satisfactorily completed the course during the year <u>2022 - 2023</u>

HOD. PHYSICAL EDUCATION

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MAHASATEE ARTS, COMMERCE & SCIENCE COLLEGE, Ulga, Karwar