

### 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 16-11-2023



23



#### ShriShivaji Education Society's, Mahasatee Arts, Commerce and Science College, Ulaga, Karwar Uttar Kannada, Karnataka-581328

Ref:MACS/2023-24/

DATE: 10-11-2023

#### Proceeding of BOS meeting of Ad-on Course

Proceedings of the meeting of BOS of Add on course Entitled Yoga -by the Dept. of Commerce, held on 10-11-2023 at 3.30 pm in IQAC RoomAgenda:

- 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:

- 1. Dr. V. V. Nayak-Principal Charman
- Dr.I.R.Kajagar.Dept.of Pol-Science- Convener

**IQAC** Co-ordinator

- 3.Smt.S.S.Gaonkar.HOD of Economics-Member
- Smt.Roopa D.Kudtarkar.HOD,Commerce-Member
- Shri.Prasad S. Naik, FDC-Member
- Shri.Raghavendra Shet- Entrepreneur
- Shri.Sudheer Nagekar-ember-Alumni

#### Resolutions:

- 1.Read and confirmed the minutes of last meeting held on 17.10-2023. After detailed discussion the following resolutions were passed as under:
- L. The panel of BOS scrutinized Add on course and finalized
- 2. The panel of BOS of Add on course recommended the syllabus model of different Add on course
- 3. The members expressed that Time table should be stipulated on Sunday and working days.
- 4. 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.

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Chairman Bos of Add

MAHASATEE ARTS, COM. & SCI. COLLEGE



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ShriShivaji 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

Date: 10-10-2023

#### DEPARTMENT OF COMMERCE

#### STUDENT NOTICE

This is to inform all the students of B.Com that Department of Commerce is organizing an Add-on Certificate program in "Yoga" from the 15<sup>TH</sup> November 2023.

Interested student should immediately contact Smt.Roopa D.Kudtarkar, Head of the Commerce Department on or before 16<sup>th</sup> OCTOBER 2023. for further details in connection with the time Table or other related matters.

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Date:14-10-2023

#### **DEPARTMENT OF COMMERCE**

#### STUDENT NOTICE

This is to inform all the students who have registered their name for the Add on Certificate course on "Yoga" classes will start from 15<sup>™</sup> November-2023.

Add on Certificate course on "Yoga" classes will engaged at 4.00pm to 5.00pm on all working days.

HOD

Department of Commerce

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PRINCIPAL
MAHASATEE ARTS,
COM. & SCI. COLLEGE
ULGA, KAPWAR · 581 355

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#### List of students enrolled for"YOGA" Add-on Certificate course-2023-24

Sl.No	Name of the Students								
1	Miss.Anisha Ravindra Naik								
2	Sri.Charan naik								
3	Sri.Parshuram Buddappa Lamani								
4	Miss.Sneha sanju talekar								
5	Miss. Akhila Prabhakar Talekar								
6	Miss.Preetika koyar Naik								
7	Sri.Madan maruti Talekar								
8	Miss.Ranjita Ravikant Naik								
9	Miss. Vaishnavi satish Kolvekar								
10	Miss.Tanvi maneshwar Gaonkar								
11	Miss.Sahana Shriniyas Vernekar								
12	Sri.Shivam Sanjay Gaonkar								
13	Sri.Sandesh Nagendra Nakadi								
14	Sri.Manohar Prakash Anvekar								
15	Sri.Aman Sanal								
16	Miss.Divya Madhu Gaonkar								
17	Miss.Tanusha Vivekanand talekar								
18	Sri.Aniketh Sudhakar Rane								
19	Sri.Nagendra Sadanand Gunagi								
20	Sri.Dishant Dinesh Talekar								
21	Sri Badal sandeep Naik								
22	Miss.Neeta Dsouza								
23	Sri.Akshay Shantaram Naik								
24	Sri.Narendra suresh yellekar								
25	Sri.Prakash Hanamant Bevoor								



MAHASATEE ARTS, COM, & SCI. COLLEGE ULGA. KARWAR - 581 329

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

Add-on Certificate Course: 2023-24

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

Ulga, Karwar, Uttar Kannada, Karnataka - 581328

Affiliated to Karnatak University Dharwad

IQAC Initiative

ADD-ON COURSE

Conducted by

## DEPARTMENT OF COMMERCE YOGA

This is to certify that Mr./Ms_	Tanvi	M.	Gankar	
			- Company of the Comp	

Class B. cm I satisfactorily completed the course during the year 2023 - 24

HOD. COMMERCE

MAHASATEE ARTS, COMMERCE &
SCIENCE COLLEGE, Ulga, Karwar



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IQAC Initiative
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YOGA

This is to certify that Mr./Ms Dniketh S. Rane

Class B.Sc I satisfactorily completed the course during the year 2023 -24

HOD. COMMERCE

PRINCIPAL

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