



**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 16-11-2023



23



Shri Shivaji 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 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:

1. Dr.V.V.Nayak-Principal Charman
2. Dr.I.R.Kajagar.Dept.of Pol-Science- Convener
IQAC Co-ordinator
3. Smt.S.S.Gaonkar.HOD of Economics-Member
4. Smt.Roop D.Kudtarkar.HOD,Commerce-Member
5. Shri.Prasad S. Naik, FDC-Member
6. Shri.Raghavendra Shet- Entrepreneur
7. 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:

1. 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.



Chairman Bos of Add-on Course


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ಶ್ರೀ ಶಿವಾಜಿ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯ
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" GradePhone:08382-257033

E-mail:sesmahasateek@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 15TH November 2023.

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

Sign. of HOD Commerce



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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 15TH 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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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 Shrinivas 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




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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 Sutraneiti)




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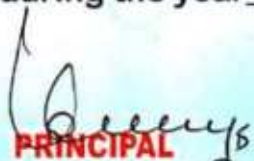


Shri Shivaji Education Society's,
MAHASATEE ARTS, COMMERCE & SCIENCE COLLEGE,
Ulga, Karwar, Uttar Kannada, Karnataka - 581328
Affiliated to Karnatak University Dharwad
IQAC Initiative
ADD-ON COURSE
Conducted by
DEPARTMENT OF COMMERCE
YOGA

This is to certify that Mr./Ms Tanvi M. Gaonkar

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


HOD. COMMERCE


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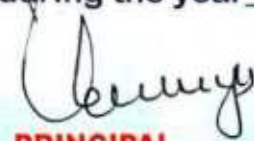
**IQAC Initiative
ADD-ON COURSE**

**Conducted by
DEPARTMENT OF COMMERCE
YOGA**

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

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


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