



Swamy Vivekananda Vidya Samsthe (R)

KUMADVATHI COLLEGE OF EDUCATION

Aided, Permanently Affiliated to Kuvempu University,
Recognised by NCTE & UGC Act 2(f), Section 12 (B) &

NAAC Accredited With "A+" Grade (3.27 CGPA)

Shikaripura – 577 427, Shivamogga Road, Shivamogga Dist.

☎ : 08187 – 222383, 222067



ಸ್ವಾಮಿ ವಿವೇಕಾನಂದ ವಿದ್ಯಾಸಂಸ್ಥೆ (ರಿ)

ಕುಮದ್ವತಿ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ

ಅನುದಾನಿತ, ಕುವೆಂಪು ವಿಶ್ವವಿದ್ಯಾನಿಲಯಕ್ಕೆ ಶಾಶ್ವತ ಸಂಯೋಜಿತ, ಎನ್.ಸಿ.ಟಿ.ಇ
ಹಾಗೂ ಯು.ಜಿ.ಸಿ, ಅಧಿನಿಯಮ 2(f), ಸೆಕ್ಷನ್ 12(B) ಮನ್ನಣೆ ಪಡೆದಿದೆ &
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YOGA AND FITNESS CLUB

YOGA PRACTICE REPORT

2022-23



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IQAC Initiatives Physical Education and Sports

Date of the Programme	21-06-2023
Title of the Programme	“Celebration of 9th International Yoga Day”
Objectives of the Programme	International Yoga Day aims to develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence. Yoga helps to keep the internal organs in the body to function properly by increasing the oxygen and blood flow.
Programme Co-Ordinator/s	Sri Ravikumara N G, Physical Education Director
Number of Student Teacher Participated	85
Details / Report of the Programme	On 21-06-2023 International Yoga Day was celebrated with the co-operation of all wings of Swamy Vivekananda Vidya Samsthe. Sri Mahanta Swamiji, Jademata. Sri. B.Y Vijayendra, MLA, Shikaripura and Treasurer, Swamy Vivekananda Vidya Samsthe, Sri M B Shivakumar, President, Swamy Vivekananda Vidya Samsthe, Dr. Shivakumar G.S., Management Representative Swamy Vivekananda Vidya Samsthe (R), & Principal Kumadvathi College of Education, Shikaripura, Sri Kuberappa K, Administrative Co-ordinator, were also present in the programme. Heads of different wings of Swamy Vivekananda Vidya Samsthe as well as teaching and non-teaching faculties and students were present in the programme. Swamijis, dignitaries, teachers and students performed yoga during this time.

Glimpse of the Programme / Activity





Signature of the Programme Co-ordinator


Principal
Kumadvathi College of Education
Shikaripura



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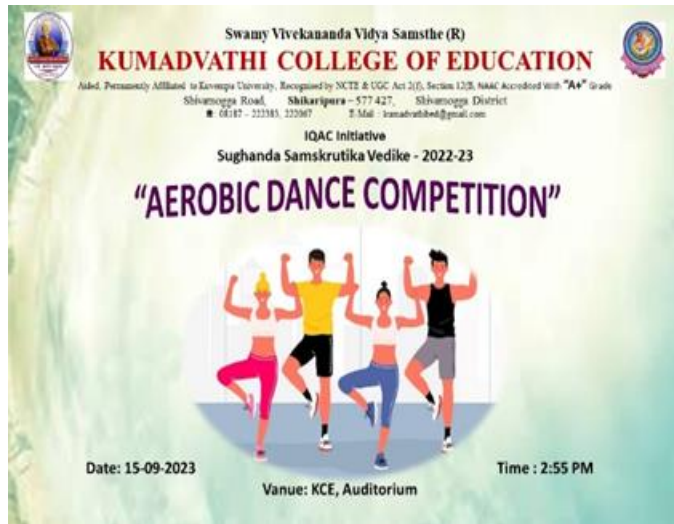
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IQAC Initiatives Physical Education and Sports

Date of the Programme	15-09-2023
Title of the Programme	Aerobic Dance Competition
Objectives of the Programme	- To improve the condition of your heart and lungs. - To increase muscular strength, endurance and motor fitness. - weight management. - Stronger bones and reduced risk of osteoporosis. - Setter coordination, agility and flexibility.
Programme Co-Ordinator/s	Ravikumara N G, Physical Education Director
Number of Student TeacherParticipated	48
Details / Report of theProgramme	An Aerobic competition was organized by the Physical Education and Sports Department on 15th September 2023 at 2:55 PM. All the Student Teachers participated in the programme. The student teachers actively participated in the programme. The programme was found meaningful and it was very needful for our student teachers and also for the society. In the programme the Principal and all the staff members were also present. Finally in the competition, the following student teachers have won the prizes as follows.
Welcome Speech	Sri. Nagaraj , Student Teacher, KCE, Shikaripura
Vote of Thanks	Miss. Nisha B , Student Teacher, KCE, Shikaripura
Anchoring	Miss. Priyadarshani K S A , Student Teacher, KCE, Shikaripura

Glimpse of the Programme / Activity



G. Ravi Kumar

Signature of the Programme Co-ordinator

Principal

Kumadvathi College of Education
Shikaripura



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Date of the Programme	Every Saturday
Title of the Programme	Yoga Practice
Objectives of the Programme	• To enable the student to have good health. • To practice mental hygiene. • To possess emotional stability. • To integrate moral values. • To attain higher level of consciousness.
Programme Co-Ordinator/s	Ravikumara N G, Physical Education Director
Number of Student TeacherParticipated	48
Details / Report of theProgramme	Yoga Practice was conducted by the Physical Education and Sports Department on every Saturday at 09 am. Starting includes the practice of Patanjali Yoga Mantra, Ekata Mantra, Meditation, Warming-Up Exercises, 12 steps of Suryanamaskara, various Asanas, Pranayama and Guru Mantra. All the Student Teachers are participated in the Yoga Session.

Glimpse of the Yoga Practice



G. Ravi Kumar

Signature of the Programme Co-ordinator

Principal
Principal
Kumadvathi College of Education
Shikaripura