



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 ವಿಶ್ವವಿದ್ಯಾಲಯಕ್ಕೆ ಶಾಶ್ವತ ಸಂಯೋಜಿತ, ಎನ್.ಸಿ.ಟಿ.ಇ  
ಹಾಗೂ ಯು.ಜಿ.ಸಿ, ಅಧಿನಿಯಮ 2(f), ಸೆಕ್ಷನ್ 12(B) ಮನ್ನಣೆ ಪಡೆದಿದೆ &

**"A+" ಗ್ರೇಡ್‌ನೊಂದಿಗೆ NAAC ಮಾನ್ಯತೆ ಪಡೆದಿದೆ (3.27 ಸಿ.ಜಿ.ಪಿ.ಎ)**

**ಶಿಕಾರಿಪುರ- 577 427, ಶಿವಮೊಗ್ಗ ರಸ್ತೆ, ಶಿವಮೊಗ್ಗ ಜಿಲ್ಲೆ**

✉ kumadvathibed@gmail.com

🌐 www.kumadvathibed.in



**YOGA AND FITNESS CLUB**

**YOGA PRACTICE REPORT**

**2023-24**



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

✉ kumadvathibed@gmail.com

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 &  
"A+" ಗ್ರೇಡ್‌ನೊಂದಿಗೆ NAAC ಮಾನ್ಯತೆ ಪಡೆದಿದೆ (3.27 ಸಿ.ಜಿ.ಪಿ.ಎ)

ಶಿಕಾರಿಪುರ- 577 427, ಶಿವಮೊಗ್ಗ ರಸ್ತೆ, ಶಿವಮೊಗ್ಗ ಜಿಲ್ಲೆ

🌐 www.kumadvathibed.in

## IQAC Initiatives

### PHYSICAL EDUCATION AND SPORTS 2023-24

|                                                |               |
|------------------------------------------------|---------------|
| Date of the Programme                          | 02-03-2024    |
| Title of the Programme                         | Yoga Practice |
| Glimpse of the Programme of Annual Sports Meet |               |



|                        |               |
|------------------------|---------------|
| Date of the Programme  | 09-03-2024    |
| Title of the Programme | Yoga Practice |



|                                                                                    |               |
|------------------------------------------------------------------------------------|---------------|
| Date of the Programme                                                              | 16-3-2024     |
| Title of the Programme                                                             | Yoga Practice |
|  |               |

|                                                                                     |                   |
|-------------------------------------------------------------------------------------|-------------------|
| Date of the Programme                                                               | 16-3-2024         |
| Title of the Programme                                                              | Swimming Practice |
|  |                   |

|                                                                                      |               |
|--------------------------------------------------------------------------------------|---------------|
| Date of the Programme                                                                | 23-03-2024    |
| Title of the Programme                                                               | Yoga Practice |
|  |               |

|                                                                                                                                                                        |                                                      |                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|--------------------------------------------------------------------------------------|
| Date of the Programme                                                                                                                                                  | 30-03-2024                                           |                                                                                      |
| Title of the Programme                                                                                                                                                 | Yoga Practice                                        |                                                                                      |
|     |                                                      |                                                                                      |
| Date of the Programme                                                                                                                                                  | 06-04-2024                                           |                                                                                      |
| Title of the Programme                                                                                                                                                 | Yoga Practice on eve of World Health Day             |                                                                                      |
|   |                                                      |                                                                                      |
| Date of the Programme                                                                                                                                                  | 06-04-2024                                           |                                                                                      |
| Title of the Programme                                                                                                                                                 | Physical Fitness Training On eve of World Sports Day |                                                                                      |
|                                                                                     |                                                      |  |



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 &

**"A+" ಗ್ರೇಡ್‌ನೊಂದಿಗೆ NAAC ಮಾನ್ಯತೆ ಪಡೆದಿದೆ (3.27 ಸಿ.ಜಿ.ಪಿ.ಎ)**

ಶಿಕಾರಿಪುರ- 577 427, ಶಿವಮೊಗ್ಗ ರಸ್ತೆ, ಶಿವಮೊಗ್ಗ ಜಿಲ್ಲೆ

✉ kumadvathibed@gmail.com

🌐 www.kumadvathibed.in

## IQAC Initiatives, Physical Education & Sports

|                                                |                                                                                                                                                                               |
|------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date of the Programme                          | 15-06-2024                                                                                                                                                                    |
| Title of the Programme                         | Yoga practice on eve of International Yoga Day                                                                                                                                |
| Objectives of the Programme                    | To increase public awareness of the various advantages of Yoga practice.                                                                                                      |
| Resource Persons/ Chief Guest of the Programme | Ravikumar N G, Physical Education Director, Kumadvathi College of Education                                                                                                   |
| Programme Co-Ordinator/s                       | Ravikumara N G, Physical Education Director & NSS. PO                                                                                                                         |
| Number of Student TeacherParticipated          | 49                                                                                                                                                                            |
| Details / Report of the Programme              | On 21 <sup>st</sup> June 2024 at 09:00 am conducted Yoga Practice on eve of International Yoga Day for B.Ed Student Teachers of Kumadvathi College of Education, Shikaripura. |

### Glimpse of the Yoga practice on eve of International Yoga Day



Signature of the Programme Co-ordinator

Principal  
Kumadvathi College of Education  
Shikaripura



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



✉ kumadvathibed@gmail.com



ಸ್ವಾಮಿ ವಿವೇಕಾನಂದ ವಿದ್ಯಾಸಂಸ್ಥೆ (ರಿ)  
**ಕುಮದ್ವತಿ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ**

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

**"A+" ಗ್ರೇಡ್‌ನೊಂದಿಗೆ NAAC ಮಾನ್ಯತೆ ಪಡೆದಿದೆ (3.27 ಸಿ.ಜಿ.ಎ)**

ಶಿಕಾರಿಪುರ- 577 427, ಶಿವಮೊಗ್ಗ ರಸ್ತೆ, ಶಿವಮೊಗ್ಗ ಜಿಲ್ಲೆ

🌐 www.kumadvathibed.in

## IQAC Initiatives, Physical Education & Sports

|                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date of the Programme                          | 21-06-2024                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Title of the Programme                         | Celebration of International Yoga Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Objectives of the Programme                    | To increase public awareness of the various advantages of Yoga practice.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Resource Persons/ Chief Guest of the Programme | Ravikumar N G, Physical Education Director, Kumadvathi College of Education                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Programme Co-Ordinator/s                       | Ravikumara N G, Physical Education Director & NSS. PO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Number of Student TeacherParticipated          | 55                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Details / Report of the Programme              | On 21-06-2024 International Yoga Day was celebrated with the co-operation of all wings of Swamy Vivekananda Vidya Samsthe. Sri Mahanta Swamiji, Jademata. 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. |

### Glimpse of the Celebration of International Yoga Day





*G. Ramesh Kumar*

Signature of the Programme Co-ordinator

*Ramesh Kumar*  
Principal

Kumadvathi College of Education  
Shikaripura



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) ಮನ್ಯುಕ್ ಪಡೆದಿದೆ &

**"A+" ಗ್ರೇಡ್‌ನೊಂದಿಗೆ NAAC ಮಾನ್ಯತೆ ಪಡೆದಿದೆ (3.27 ಸಿ.ಜಿ.ಪಿ.ಎ)**

ಶಿಕಾರಿಪುರ- 577 427, ಶಿವಮೊಗ್ಗ ರಸ್ತೆ, ಶಿವಮೊಗ್ಗ ಜಿಲ್ಲೆ

✉ kumadvathibed@gmail.com

🌐 www.kumadvathibed.in

## PHYSICAL EDUCATION AND SPORTS 2023-24

|                                                |               |
|------------------------------------------------|---------------|
| Date of the Programme                          | 14-9-2024     |
| Title of the Programme                         | Yoga Practice |
| Glimpse of the Programme of Annual Sports Meet |               |

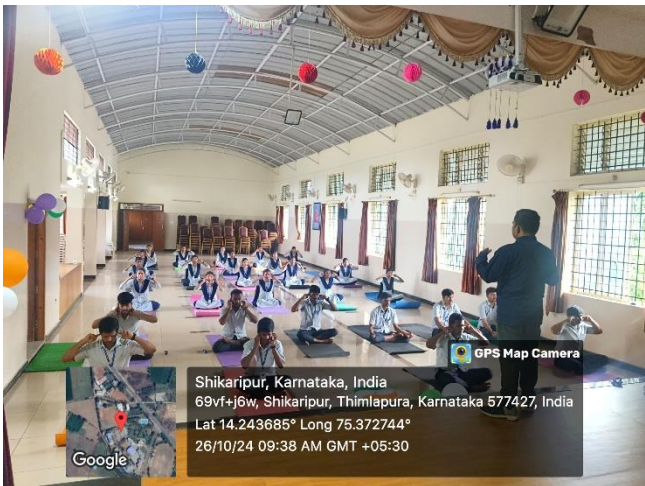


|                        |                         |
|------------------------|-------------------------|
| Date of the Programme  | 28-9-2024               |
| Title of the Programme | Yoga & Fitness Training |



69VF+J6W, Shikaripura, Thimlapura, Karnataka 577427, India  
Shikaripur  
Karnataka  
India  
2024-09-28(Sat) 09:31(am)

|                                                                                                                                                                                                                                                                                               |                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| Date of the Programme                                                                                                                                                                                                                                                                         | 05-10-2024      |
| Title of the Programme                                                                                                                                                                                                                                                                        | Sports Practice |
| <div>  <div>  </div> </div> <div>  </div> |                 |

|                                                                                                                                                                                                                                                                                                                                                                                                     |                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Date of the Programme                                                                                                                                                                                                                                                                                                                                                                               | 26-10-2024                          |
| Title of the Programme                                                                                                                                                                                                                                                                                                                                                                              | Yoga Practice for Stress Management |
| <div>  <div>  </div> </div> <div>  <div>  </div> </div> |                                     |

*G. Ravi Kumar Ho*

Signature of the Programme Co-ordinator

*[Signature]*  
Principal  
Kumadvathi College of Education  
Shikaripura

|                                                                                                                                                                                                        |                     |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|--|
| Date of the Programme                                                                                                                                                                                  | 09-11-2024          |  |
| Title of the Programme                                                                                                                                                                                 | Yoga Practice       |  |
| <div><div></div><div></div></div>   |                     |  |
| Date of the Programme                                                                                                                                                                                  | 30-11-2024          |  |
| Title of the Programme                                                                                                                                                                                 | Basketball Coaching |  |
| <div><div></div><div></div></div> |                     |  |
| Date of the Programme                                                                                                                                                                                  | 30-11-2024          |  |
| Title of the Programme                                                                                                                                                                                 | Yoga Practice       |  |

*G. Ramesh Kumar*

*P. S. Srinivas*  
Principal  
Kumadvathi College of Education  
Shikaripura



|                        |               |
|------------------------|---------------|
| Date of the Programme  | 07-12-2024    |
| Title of the Programme | Yoga Practice |



|                        |                                                      |
|------------------------|------------------------------------------------------|
| Date of the Programme  | 21-12-2024                                           |
| Title of the Programme | Meditation Practice on eve of 'World Meditation Day' |



*G. Ramesh Kumar*

Signature of the Programme Co-ordinator

*P. S. Srinivas*  
Principal  
Kumadvathi College of Education  
Shikaripura



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 &  
"A+" ಗ್ರೇಡ್‌ನೊಂದಿಗೆ NAAC ಮಾನ್ಯತೆ ಪಡೆದಿದೆ (3.27 ಸಿ.ಜಿ.ಪಿ.ಎ)

ಶಿಕಾರಿಪುರ- 577 427, ಶಿವಮೊಗ್ಗ ರಸ್ತೆ, ಶಿವಮೊಗ್ಗ ಜಿಲ್ಲೆ

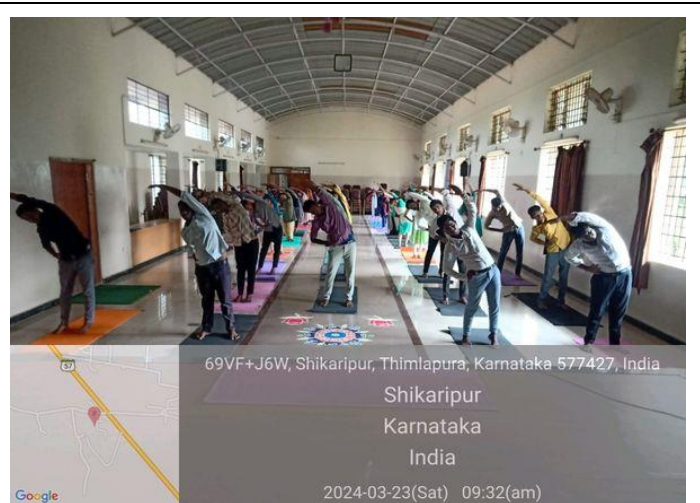
✉ kumadvathibed@gmail.com

🌐 www.kumadvathibed.in

## IQAC Initiatives, Physical Education and Sports

|                                       |                                                                                                                                                                                                                                                                                                                                                        |
|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date of the Programme                 | Every Saturday                                                                                                                                                                                                                                                                                                                                         |
| Title of the Programme                | Yoga Practice                                                                                                                                                                                                                                                                                                                                          |
| Objectives of the Programme           | <ul style="list-style-type: none"> <li>To enable the student to have good health.</li> <li>To practice mental hygiene.</li> <li>To possess emotional stability.</li> <li>To integrate moral values.</li> <li>To attain higher level of consciousness.</li> </ul>                                                                                       |
| 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. Ramesh Kumar*

Signature of the Programme Co-ordinator

*Principal*  
Principal

Kumadvathi College of Education  
Shikaripura