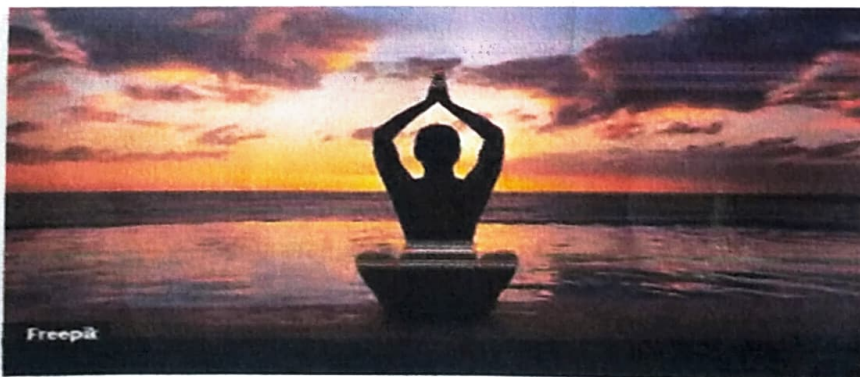




**Shri Annadaneshwar Arts, Science and Commerce
College and P.G Centre, Naregal - 582119**
(Re-Accredited at "B" level by NAAC)

IQAC Initiative

**Organized by
Department of Physical Education
Value added course in yoga**





Shri Annadaneshar Arts, Science and Commerce College was founded in June 1966. The S.A.V.V.P Samiti is a non-profit organisation founded by his Holiness Lingaikya Annadana Mahasamiji and the selfless dedicated patriotic devotees who were social luminaries. Our college is one of the biggest rural institutions in north Karnataka imparting higher education. The multi faculty college offering the Undergraduate Programme in Arts, Science, Commerce and Post Graduation in Mathematics, Commerce and Kannada. The college campus is spread over an area of 11.7 acres. It is well equipped with sophisticated infrastructural facilities, Library, Gym, Chemistry Lab, Physics Lab, Zoology Lab, Play Ground, Canteen and Vehicle Stand, Ladies hostel and auditorium. The college play ground has a 200 meter track and separate ground for Basket-ball, Volley-ball, Kabaddi, Tennicoit, and Kho-Kho Ground.

About the Department

The Department of Physical Education develops warrior leaders of character who are physically and mentally tough by engaging cadets in activities that promote and enhance a healthy lifestyle, physical fitness, movement behaviour, and psychomotor performance.

About the Course

Yoga is an ancient art that connects the mind and body. It is an exercise that we perform by balancing the elements of our bodies. In addition, it helps us meditate and relax. Moreover, yoga helps us keep control of our bodies as well as mind. It is a great channel for releasing our stress and anxiety. Yoga gained popularity gradually and is now spread in all regions of the world. It unites people in harmony and peace.

Learning Outcome

Yoga has numerous benefits if we look at it closely. You will get relief when you practice it regularly. As it keeps away the ailments from our mind and body. In addition, when we practice several asanas and postures, it strengthens our body and gives us a feeling of well-being and healthiness.

Furthermore, yoga helps in sharpening our mind and improving our intelligence. We can achieve a higher level of concentration through yoga and also learn how to steady our emotions. It connects us to nature like never before and enhances our social well-being.

In addition, you can develop self-discipline and self-awareness from yoga if practiced regularly. You will gain a sense of power once you do it consistently and help you lead a healthy life free from any problems. Anyone can practice yoga no matter what your age is or whichever religion you follow.

In short, yoga has several benefits. Everyone must practice it to keep their health maintained and also benefit from it. It is the secret to living a healthy and long life without the use of any artificial means like medicines or any other shortcuts of any kind

Course Module

Unit – I: Introduction

- i. Meaning and Importance of Yoga.
- ii. History of Yoga.
- iii. The Yoga Sutra: General Consideration.
- iv. Misconceptions about Yoga.

Unit - II: Foundation of Yoga

- i. The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.
- ii. Yoga in the Bhagavadgita - Karma Yoga, Gayan Yoga and Bhakti Yoga.

Unit - III Asanas and Paranyama

- i. Meaning of Asanas, Classifications of Asanas and Principles of Asanas.
- ii. Meaning of Paranyam, Different Types of Paranyams and Principles of Paranyams.
- iii. Meaning and types of Meditations
- iv. Meaning of Shatkarm and types of Shatkarms

Who Can Participate

- The program is designed for students who are currently pursuing B.A ,B.Sc and B.com Students

Responsible Persons

1	Mr S.B Goudar Physical education director S A College Naregal
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Duration of the course

- **Duration:** 30 hrs Practical and 15 hrs theory

PATRONS

- **Shri Somanna Harlapur**
Chairman, College Governing Body
- **Shri Mahntesh Somankatti**
General Secretary, S.A.V.V.P, Samiti Naregal
- **S. G Hiremath**
Administrator, S.A.V.V.P, Samiti Naregal
- **V.V Vastrad**
Member, College Governing Body
- **Basavaraj Veerapur**
Member, College Governing Body

CHAIRMAN

- Prof S.G. Keshannavar - Principal

ORGANISING SECRETARY CUM COORDINATOR

- Mr. S B Goudar

PERSONAL PROFILE

NAME : S.B. GOUDAR

PHYSICAL EDUCATION DIRECTOR. S A COLLEGE, NARAGAL
EDUCATION QUALIFICATION: M.P. ED, M. PHIL

EXPERIENCE : CURRENTLY WORKING AS A PHYSICAL EDUCATION DIRECTOR IN S
A COLLEGE NAREGAL , SINCE 7/07/2008

**Worked as a Karnataka University Dharwad. Selection committee
Member and Coach in sports Games.**

- a) Worked as a Karnataka University Dharwad. Selection committee Member Ball Badminton (women Team) – 2016 – 17
- b) Worked as a Karnataka University Dharwad. Selection committee Member Ball Badminton (Men Team) – 2017-18
- c) Worked as a Karnataka University Dharwad. Selection committee Member Mallkamb (M&W) Team – 2021-22
- d) Worked as a Karnataka University Dharwad. Selection committee Member Swimming (M&W) Team – 2022-23
- e) Worked as a Karnataka University Dharwad. Taekwondo Team Manager in all India Inter Vribersity
- f) Worked as a Karnataka University Dharwad. Selection committee Member Ball Badminton (Women's Team) Committee convenor – 2018-19
- g) Worked as a Karnataka University Dharwad. Ball Badminton Team Coach for the men Team All India Inter tournament -2017-18
- h) Worked as a. Kabaddi official held at GFGC Ramdurga for University Belgaum – 2016-17
- i) Worked as a Karnataka University Dharwad. Ball Badminton Coach for All India Inter University 2016-17
- j) Worked as a Karnataka University Dharwad. Selection committee Member Kabaddi (Women's Team) Selection Committee Member for the year. 2016-17
- k) Worked as a 3 / 38 Bn Associate NCC officer From 2011 to 2019 in our college
- l) Worked as a Returning Officer in Gram panchayat in Ron Taluk at koujageri Gram panchayat From 3/12/2021 to 6/1/2022
- m) Worked as a Returning Officer in Gram panchayat in Gajendrgad Taluk at Shantgeri Gram panchayat From 17/3/2021 to 31/3/2021
- n) State Leval Webinar Organised
- o) Organised State Leval Quzi compitation

EXAMINATION WORK TO THE KUD

1. Attended to the KUD Squad Member in Gadag Distirict 28/3/2023 to 21/4/2023
2. Attended to the KUD Deputy chif ExternalExamination head at K.S.S college Ron on 28/28/2023 to 15/3/2023
3. Attended to the KUD Deputy chif External Examination head at Rajugandhi B.Ed. college Ron on 19/7/22 to 26/7/2022.
4. Attended to the KUD SKVP College Holealur on 16/9/2022 to 12/10/2022
5. Attended to the KUD SKVP College Holealur on 29/8/22 TO 5/9/2022
6. Attended to the KUD Rajugandhi B.Ed College Ron on 23/9/2021 to 1/10/2021
7. Attended to the KUD SKVP Holealur on 16/8/2021 to 9/9/2021
8. Attended to the KUD SMBK first Grade college Naregal on 22/3/2022 to 30/4/2022
9. Attended to the KUD Rajugandhi B.Ed College Ron on 19/7/2022 to 26/2022
10. Attended to the KUD Rajugandhi B.Ed College Ron on. 10/10/2019 to 15/10/2019
11. Attended to the KUD Rajugandhi B.Ed College Ron on 11/6/2018 to 18/6/2018
12. Attended to the KUD SKVP College Holealur on 7/4/2018 to 28/4/2018

SAMINAR WORKSHOP & PAPER PRESENTED

- 1 State Level webinar Organized our department on 2021
- 2 State level Quiz Organized our department on
- 3 Paper Presented with ISBN or ISSN -05.Participation - state,National & International Seminar and work shop -1
- 4 Participation in Yoga one month work shop – 2
- 5 Worked as a Returning officer in Grampnchayat in Ron Taluk at :Coujageri Gram Panchayat. From : 3-12-2021 to 6-1-2022
- 6 Worked as a Returning officer in Grampnchayat in Gajendragad Taluk at Santagiri Gram Panchayat From : 17-3-2021 to 31-3-2021

S.A.V.V.P Samitti's
Shri Annadaneshwar Arts, Science and Commerce College and P.G centre
Naregal-582119

Notice

It is informed all the student of UG and PG enroll their names for value-added course on Yoga and meditation for the academic year 2021-22
Interested student to meet Shri S. B.Goudar Physical Education Director to enroll their names on or before 02-11-2021



Physical Education Director



Principal

PRINCIPAL

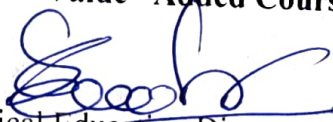
**Shri Annadaneshwar Arts, Science,
and Commerce College, NAREGAL**
Tal.Gajendragad, Dist.Gadag

S.A.V.V.P Samitti's
Shri Annadaneshwar Arts, Science and Commerce College and P.G centre
Naregal-582119


Time-Table

Time	Mon	Tue	Wed	Thu	Fri	Sat
7 to 7.30 Am	Suryanamaskar Padasana Vrukshasana	Ardhchakrasana Vajarasana Yoga mudrasana	Bhujanagasana Paadahastana	Trikonasana Deep breathing practice	Naadishodha pranayam	Meditation
7.30 to 8.00Am	Vrukshasana	mudrasana	Paadahastana	Deep breathing practice	Naadishodha pranayam	Meditation
8.00 to 8.30Am	Padasana	Vajarasana	Bhujanagasana	Trikonasana	Naadishodha pranayam	Meditation

Value -Added Course on Yoga from 04-11-2021 to 03-12-2021


Physical Education Director




Principal
Shri Annadaneshwar Arts, Science,
and Commerce College, NAREGAL
Tal. Gajendragad, Dist. Gadag

