

List of students enrolled Yoga Course

Yoga Course 2020-21

1	Nafessa Bunu	V
2	Menalatha Mudhareddy	V
3	Deepak Tongali	V
4	Jaya Lamani	V
5	Suhanda Lamani	V
6	Prabhakar S.K	V
7	Anasay Bansode	V
8	Prabhashan Sunkad	V
9	Sandeep More	V
10	Andanamma Bendigeri	III
11	Meghana Bendigeri	III
12	Meghana Kulkarni	III
13	Anuradha Vastrad	III
14	Asharani J.	I
15	Nireetha Rao	I

*[Signature]*  
Course Coordinator

*[Signature]*  
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*[Signature]*

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**KARNATAKA PROGRESSIVE EDUCATION SOCIETY'S**  
**Dr. G.M.PATIL LAW COLLEGE**

NEAR TAHASHILDAR OFFICE, D. C. COMPOUND, DHARWAD - 580001

Affiliated to Karnataka State Law University, Hubballi.  
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**Date :9-1-2021**

**TIME TABLE OF YOGA COURSE**

**DATE: 12/01/2021 to 12/02/2021**

SL. NO	WORKING DAYS	TIME
1	Monday	5.30 pm to 6.30 pm
2	Tuesday	5.30 pm to 6.30 pm
3	Wednesday	5.30 pm to 6.30 pm
4	Thursday	5.30 pm to 6.30 pm
5	Friday	5.30 pm to 6.30 pm
6	Saturday	5.00 pm to 7.00 pm

**Co-ordinator**

**PRINCIPAL**

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Add-on Course Photos 2020-21

- Yoga Course



Photo 1: Students Chanting Omkar

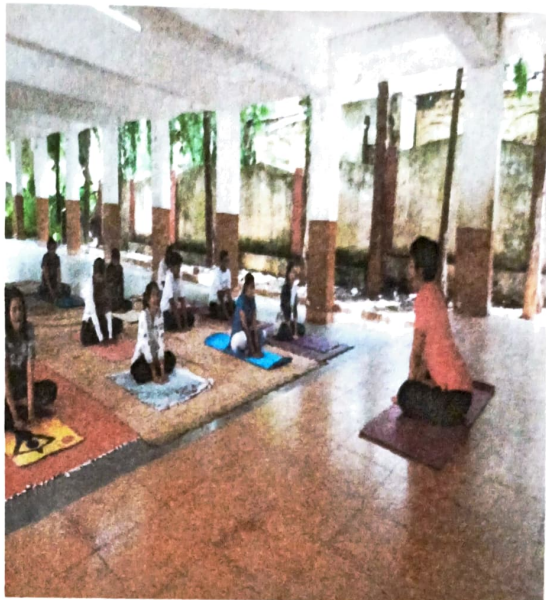



Photo 2: Smt. Savitri S. S engaging class.



Photo 3: Students practicing Asanas




Photo 4: Students practicing Asanas

  
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**PRIZES SECURED IN VARIOUS INTERNATIONAL, NATIONAL AND  
STATE LEVEL COMPETITIONS**

- Participated in 13th South India Yoga Federation and secured 1st place organized by SGS International Yoga Foundation College and Research Centre Bangalore.
- Participated and awarded 4th place in the competition organized by Swami Vivekananda Yoga Anusandhan Samstana, Himalaya Yoga Olympaid, Bangalore on 02/3/2003 at Kalamandir, Belgaum under the sponsorship of SGSIYF and Belgaum District Yoga Association.
- Participated in 23rd State Yogasana Competition organized by SGS International Yoga Foundation Bangalore in September 2003 and secured 6th place.
- Selected as 'UNIVERSITY BLUE' in the year 2003-2004 competition was held at Bhagalpur, Bihar.
- Secured 3rd position in competition organized by Shree Murugamath in 2005.
- Secured 1<sup>st</sup> place and won gold Medal in Karnataka state Championship in 2006.
- Secured 3<sup>rd</sup> place in 2007 in Open state level yoga competition held at Mangalore.
- Participated in 29th Karnataka State yoga Championship in 2009 and secured 5th place organized by AVOPA Birds Yoga Shikshana Kuteer, Bellary.
- Participated in 35th National Championship and secured 6th place, organized by Goa Yoga Association in 2010.
- Participated in 29th Karnataka State Yoga Championship in 2010 and secured 2nd place organized by Rotary Bangalore, Banashankari, Bangalore.
- Participated in 35th Karnataka state Yogasana Championship in 2015 and secured 1st place organized by Karnataka State Amateur Yoga Sports Association, Doddaballapur.
- Secured 1<sup>st</sup> place in 13th South India open Yogasana Championship in 2015.
- Secured 1st prize in 35th Karnataka State Yogasana Championship 2016 in 25-35 women's category.
- Secured 3<sup>rd</sup> prize in 36<sup>th</sup> Karnataka state Yogasana Championship in 2016.
- Successfully participated in Bhramari pranayama competition organized by international Naturopathy organization, Surya foundation. Secured 1<sup>st</sup> place in Karnataka state in which 32 states were participated with more than 25,000 participants.

  
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**Smt. SavitriShettemmanavar,**

National Yoga Referee

- Presently Secretary of DharwadZilla Yoga Association, Dharwad.

### **ACADEMIC PROFILE**

- Completed Diploma of National yoga Referee Grade-C exam conducted by Yoga Federation of India in 2018 Reg. No. YFI/NYR/1014/2018 at Shri. B. M. Kankanwadi Ayurveda Mahavidyalaya, KLE Academy of higher education and Research, Belgaum.
- Cleared the Yogasana Referee examination conducted by Karnataka State Amature Yoga Sports Association (R) in 2016.
- P. G. Diploma in Yoga studies from Karnataka University, Dharwad in 2006.
- Bachelor of Commerce from Karnataka University, Dharwad in 2004.

### **PROFESSIONAL EXPERIENCE**

- Worked as part time lecture of ACPRS Dr. R. D. Ranade College of Yogic Science and Research, Hindwadi Belgaum in 2006-2007.
- Worked as Yoga teacher in Kendriya Vidyalaya, Dharwad in 2017-2018.
- Conducted Yoga sessions for general public for the period of 1 month in Ayurveda hospital as a part of 'KLE Ayur Yoga' training programme.

### **PARTICIPATION AND ORGANIZATION OF WORKSHOPS**

- Participated in workshop for 'Personality for Youth' organized at Kannada Department Dr. R. C. Hiremath Vishwaniketan, Karnatak University Dharwad.
- Participated in Vocational 'Workshop for Yoga teachers' in October 2002 in Dharwad.
- Organized 15 days workshop for 8th and 9th students in Government High School, Belgaum in 2004.
- Participated in Yoga workshop on 'Patanjali Yoga its Philosophy and practice' in March 2005 organized by department of Yoga studies, Karnataka University, Dharwad from 28th to 31st March 2005.
- Participated in Vocational Yoga Camp organized by cultural, Natural and Yoga Studies Department, Karnataka Arts College, Dharwad in June 2005.
- Participated in Yoga workshop on 'Pathanjali Yoga its Philosophy and practice' in March 2005 organized by Karnataka University, Dharwad.



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Feedback Form on Yoga Course

Date: 12-2-2021

Name

Nireesha S. Rao

Semester

I

Mobile No

8073696411

Email-Id:

Name of the Instructor:

Smt.Savitri S. S., National Yoga Referee

OmSwayam Yoga, Dharwad.

1. Was the Yoga course beneficial for you?

a) Yes

b) No

2. Did the Course helped you to understand importance of yoga on your mind and body?

a) Yes

b) No

3. Did you feel the Instructor was knowledgeable?

a) Yes

b) No

4. Was the Instructor flexible and adoptive?

a) Yes

b) No

5. Whether all the instructions given by the Instructor were clear?

a) Yes

b) No

6. The Instructor was very well organised.

a) Yes

b) No

7. The Instructor was responsive and cleared all your doubts.

a) Yes

b) No

8. Suggested if any :

It was good experience. We want

regularly

Signature of the Student

Nireesha

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K.P.E.S's Dr G.M Patil Law College, Dharwad.Feedback Form on Yoga Course

Date : 12-2-2021

Name : KIRAN I HOSKERI  
 Semester : IV<sup>th</sup> semester  
 Mobile No : 7411317499  
 Email-Id : Hoskerikiran8@gmail.com

**Name of the Instructor:**

Smt. Savitri S. S, National Yoga Referee

1. Was the Yoga class beneficial for you?  
 a) Yes                      b) No
2. Did you enjoy the classes?  
 a) Yes                      b) No
3. Did you feel the Instructor was knowledgeable?  
 a) Yes                      b) No
4. Was the Instructor flexible and adoptive?  
 a) Yes                      b) No
5. Whether All the Instructions given by the Instructor were clear?  
 a) Yes                      b) No
6. The Instructor was very organised .  
 a) Yes                      b) No
7. The Instructor was responsive and cleared all doubts  
 a) Yes                      b) No
8. Suggest any : please continue it every year  
because it most helpful for students

Rohit

Signature of the Student

Optd  
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## Summary Report on Add-on Course

As per the decision taken by college Management and Add-on course committee the following Add-on Courses were conducted successfully for the Academic year 2020-21.

Each add-on programme was conducted for 30 hours. The curriculum content is separately framed for each course. The students of different semester are permitted to enroll add on courses of their choice. For the academic year 2021-22, there were 2 add-on courses. During the odd semester Add-on course on Yoga was conducted and Communication Skills and Personality Development course was conducted during even semester. Certificate of completion is given to students only those who attend 90% of classes engaged. Majority of the student participants expressed their gratitude to the Institution for having conducted these value based courses without imposing any fees on them. The course helped students to be active during the pandemic.

As there were many changes in the Academic calendar and because of lock down other 3 add-on courses were not conducted. The students who have attended the course are very much satisfied that the yoga course was very much useful for them during the Pandemic to maintain their health and they also continued to practice yoga daily. Of the overall percentage of the students participation in different add on courses is more than 80% as against the ceiling limit of intake. The financial burden was supported by our esteemed Management.

  
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