1.2.1 Yoga Education

GOOD NEWS WELFARE SOCIETY'S ARTS & COMMERCE FIRST GRADE COLLEGE, KALGHATAGI - 581204

Notice

This is to here by bring to the notice of the student is that from **08/11/2021 to 03/12/2021**, we are conducting certificate course/ value added course on "YOGA EDUCATION", who are interested to participate in this Value-Added course please enroll your name with Dr. M D Horakeri & Mr. Basavaraj Hullikatti on or before **04/11/2021.**

Department of Physical Education and

Library & Information Science

PRINCIPAL
Good News Welfare Society's
Arts & Commerce First Grade College,
Kalaghatgi-581204

Principal

YOGA EDUCATION

COURSE OBJECTIVE

Yoga helps in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

Briefly the objectives of Yoga are:

- To enable the student to have a healthy life
- To practice mental hygiene.
- To have emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.
- The main objectives of the Yogic practices are to make one free from
  a. Diseases,
  b. Ignorance,
  c. Egoism,
  d. Stress.

COURSE CONTENT

METHODS OF DOING ASANAS

2 hrs per day, Total 40 hours

- PRAYER
- LOOSENING THE JOINTS
- SITTING POSTURE:
  1. Swastikasana
  2.Virasana
  3.Upavista konasana
- STANDING POSTURE:
  1. Tadasana
  2.Tadasana Urdhvahastasana
  3.Tadasana Urdhva Baddha hastasana
- LYING POSTURE:
- SUPINE
  1. SHAVASANA
  2. ARDHA PAVANA MUKTASANA
  3. SUPTA BADDHA KONASANA
  4. SETU BANDHASANA
- PRONE
  1. BHUJANGASANA
  2.SALAMBA BHUJANGASANA
  3.SHALABASANA
  4.DHANURASANA

ADVANCED ASANAS:

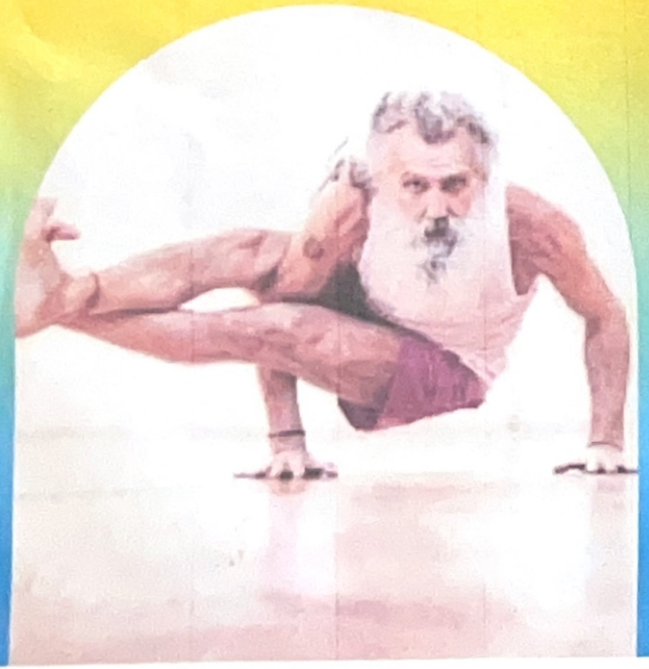
1. Adho Mukha Vrksasana
2. Bakasana
3. Hanumanasana
4. Eka Pada Rajakapotasana

COURSE OUTCOME

- At the end of the Yoga, The student will develop the physical stability.
- It will keep them young & energetic.
- At the end of the Yoga, The student will Strengthen the hamstring, calf, and back muscles.
- It will relieve the stiffness of joint, particularly at knee, hip and ankle.
- It will remove excess fat in the abdominal region
- It will give more flexibility to the vertebral column
- At the end of the Session, The student was extremely beneficial to the spinal column.
- It will enlarge the thoracic cavity.
- It will strengthen the back and abdomen muscles.
- It will help to make the maximum range of movement in all directions in the hip joint.
- At the end of the Yoga, The student will develop the balancing power in the body.
- It will help loosen the spinal column.
- It will reduce the excess fat in the sideways.
- It will strengthen the ankles and tones the muscles of the legs.
- At the end of the session, The student will promote the spinal bone growth

G.N.W.S's ARTS & COMMERCE FIRST GRADE COLLEGE, KALGHATGI

Managed by
Montfort Brothers of St.Gabriel



GET IN TOUCH

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ARTS & COMMERCE FIRST GRADE COLLEGE
KALGHATAGI-581204

VALUE ADDED COURSE ON

YOGA EDUCATION

2021-2022

Duration: 40 hrs

INTRODUCTION

Yoga is a way of a better living. It ensuresefficiency in work, and a better control over mind and emotions. Through yoga one can achieve both physical and mental harmony.

Health is the greatest blessing of all. Health is not just the absence of disease. To enable the individuals to lead a life of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Physical Education may provide the right direction and needed actions to improve the health of members of any community, society, nation and the world as a whole. An educational system encompassing the mental, emotional, social and physical dimensions of health becomes imperative to bring about all around development in children.

YOGA MEANING:

Yoga is the movement of the body through different positions (postures).

DEFINITION:

"Yoga is a skill in actions." - Lord Krishna.

"Yoga is the way or method through which internal and external facilities of man meets in totality and changes occur and by which may achieve God or feel his existence and may become the part of Him." - Sri Aurobindo

OBJECTIVE:

Yoga helps in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. Briefly the aims and objectives of Yoga are

- To enable the student to have a healthy life
- To practice mental hygiene.
- To have emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.
- The main objectives of the Yogic practices are to make one free from

  - Diseases,
  - Ignorance,
  - Egoism,
  - Stress.

GUIDELINES FOR PRACTICING ASANAS

We have to keep in mind that while going in for asana practice, we have to adhere to general conditions with regard to dress time of practice place of practice etc., so as to achieve the maximum benefits.

- **Dress:** What is the dress proper for the asanas? The minimum possible dress is recommended. More area of our body should be exposed to the atmosphere. The dress should be lost and preferably elastic in nature prefer cotton materials to other kinds.
- **Time:** It can be practiced both in the morning and in the evening. The morning session will be good, because during the mornings the atmosphere is pure and calm and it is very easy to focus our mind in a desired direction. '
- **Place:** The place of practice is very important. While is practice you should not be disturbed by other external factors. 80 your place that you are free from disturbance and select pooja room or separate hall or better if you have open terrace. The place should have proper ventilation, free from dust ants and quite calm in nature.

- **Body:** Body should be clean, particularly our stomach, and intestine should be empty. Finish your morning routines, take your bath, and after 15 minutes, practice the asanas. The important instruction, the body should be light and fresh. Hence the asanas are done during in the early morning hours or during the evening.
- **Sequence:** Usually the Yogic asanas are done along with Pranayama and meditation practices in the following sequence. Complete the asanas first. then follow it with Pranayama and go for meditation the last.
- **Spread:** The asana is done on a flat horizontal surface covered with a clean blanket preferably a cotton cloth.
- **Age limit:** According to yoga literature, both male and female can practice the asanas right from the age of twelve. However the children should not remain in their final pose for long duration as adults do
- **Priority:** For good results asana practice should begin with Savasana. This helps the body to attain normal metabolism level which is a suitable "stage for beginning the practice.
- **Concentration:** During the asana practice the concentration is a must it is easily achieved when you attempt to see the tip of the nose with your eyes or dry to see with your eyes the centre of your forehead
- **Initiation:** Yogic asana practice needs initiation from a teacher. That is in the initial stage the learning should be from an experienced „Guru' is essential
- **Diet:** Yoga teachers insist that two quarter of the stomach volume alone should be filled with food, one quarter with water and the remaining quarter should be kept empty

BENEFITS OF YOGA:

ASANAS

Asanas - (Postures) Asanas means holding the body in a particular posture to bring stability to the body and poises to the mind. The Practice of asana brings firmness to the body and vitality to the body and mind.

The people of ancient Greece believed in the principle. “A sound mind in a sound body”. By practicingasana,one frees himself from physical disabilities and mental distractions. It is a state of complete equilibrium of body, mind and spirit asanas may be of the following types

- Meditative Asanas
- Relaxation Asanas
- Cultural Asanas

COURSE CONTENT:

Asanas are very useful and important from the view point of physical, mental and spiritual growth of an individual.

Methods of Doing Asanas

PRAYER

- **LOOSENING THE JOINTS**

1.SITTING POSTURE:

- Swastikasana
- Virasana
- Upavistakonasana

2.STANDING POSTURE:

TIME TABLE

GOOD NEWS WELFARE SOCIETY's ARTS & COMMERCE FIRST GRADE COLLEGE
KALGHATAGI – 581204

Department of Library & Physical Education Jointly organizes IQAC Initiative

Value Added Course on " YOGA EDUCATION "

2021 – 2022

From 08/11/2021 to 03/12/2021

DAY	TIME 9:00am to 10:00am	BREAK	TIME 3:30pm to 4:30pm
Monday	Standing Posture		Standing Posture
Tuesday	Sitting Posture		Sitting Posture
Wednesday	Lying Posture (Supine)		Lying Posture (Supine)
Thursday	Lying Posture (Prone)		Lying Posture (Prone)
Friday	Advanced Asanas		Advanced Asanas
Saturday	--		--

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RESOURCE PERSON PROFILE



NAME	: SMT. VIJAYALAXMI G AIHOLE
QUALIFICATION	: B Ed, C PEd
OCCUPTION	: PHYSICAL EDUCATION TEACHER
WORKING PLACE	: GIRLS ENGLISH SCHOOL, KALAGHATGI
EXPERIENCE	: 39 YEARS IN G E SCHOOL, KALAGHATGI23 YEARS YOGA TEACHER IN DHARWAD07 YEARS RESOURCE PERSON IN DHARWAD01 YEAR YOGA + PHYSICAL EDUCATIONTEACHER IN SWAMI VIVEKANDA SCHOOL, KALAGHATGI
MOBILE NUMBER	: 9036808992

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Value Added Course on "Yoga Education"

Time: 30 min **Marks: 20**

I. Answer all the questions.

1. Which day is celebrated as "International Day of Yoga?"

a) June 23, b) June 20 c) June 21 d) June 22.

2. The purpose of yoga as taught by the ancients is to attain

a) Perfect health, b) peace of mind, c) stress relief, c) enlightenment or self-realization.

3. What is the recommended time period for the practice of Kumbhaka (pranayama) according to Hatha Pradeepika?

a) Before sunrise b) after sunrise c) morning and evening d) morning, midday, evening, midnight.

4. The yoga class usually begin with a

a) Prayer, b) Suryanamaskar, c) Yogic Sukshanavyayama, d) Yogasana.

5. Yoga means

a) just an exercise, b) a way to distract oneself, c) an escape from reality, d) a process for elevating oneself.

6. _____ is an ancient science that harmonies the body, mind and spirit.

a) Yoga, b) outdoor game, c) fight, d) medicine.

7. Who is the father of yoga?

a) Krishnamacharya, b) Gautambudda, c) Maharishi Patanjaliadi d) Shankaracharya.

8. During yoga breathing should be

a) Fast, b) normal, c) deep, d) cautions.

9. How many stages are there in a Surya namaskar?

a) 10 b) 12 c) 11 d) 9.

10. In which year the first International Day of Yoga was celebrated

a) 2016 b) 2017 c) 2015 d) 2014

W.S.S. ARTS & COMMERCE COLLEGE KALGHATGI

Attendance Register

Value Added Course on "YOGA EDUCATION"

Attendance Register - from 08/11/2021 to 03/12/2021

S.No	Name	8	9	10	11	12	13	14	15	16	17	18	19	20
1	MALLIKARJUN DODAMANI				—	—	—	—	A	B	—	—	—	—
2	SHREEKANTH HULGOD													
3	CHANDRIKA MELINMANI													
4	JANSON VELPULLA													
5	SURAJ BENAKANNAVAR													
6	M KAREMALLAPPANAVAR													
7	BASAYYA DODDAPUJAR													
8	RANJANA PATIL													
9	AKSHATA SANGALAD													
10	GEETA BYHATTI													
11	PREMA GOKUL													
12	BIKKU KOKKARE		—	—	—	—	—	—	A	B	—	—	—	—
13	DAKHLU PATAKARE													
14	SANGAPPA ITAGI													
14	PRIYANKA HIREMATH													
15	SHOBHA KURABAR													
17	MANJUNATH LAMANI													
18	RESHMA SHAIKH													
19	LAXMI BHOVI													
20	NETRAVATI DHONI													
21	VIRESH PUJAR													
22	BHAGYA PATIL						—	—	—	—	A	B	—	—
23	PREETI KANAVALLI													

Sl.No	NAME	8	9	10	11	12	13	14	15	16	17	18	19	20
24	KRISHNA JINNUR													
25	RANJITA GUDINAVAR													
26	AISHWARYYA HIREMATH								AB					
27	PREETI MUDIGOUDAR													
28	SWARNA BISARALLI													
29	RAVI KOPPAD													
30	MAHALXMI HIREMATH													
31	OMA CHANDUKAR													
32	ROSHAN BENGERI													
33	SANJEEV ULLAGADDI													
34	NETRA JODALLI													
35	VIDYA HIREMATH													
36	TEJASHWANI LAMANI													
37	DEEPA MANE													
38	VANITA LAMANI													
39	ANUSHA NIKKAM													
40	KAVERI LAMANI													
41	PAKKIRGOUDA PATIL													
42	KIRAN LAMANI													
43	AKSHATA BHOVI													

S.NO	NAME	8	9	10	11	12	13	14	15	16	17	18	19	20
44	NAGARAJ LAMANI													
45	POOJA LAMANI	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
46	ASHWANI DODDAMANI													
47	GAYATRI CHATNI								A	B				
48	MANJULA LAMANI													
49	UMESH LAMANI													
50	RITA REBELLO													

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Value Added Course on "YOGA EDUCATION"

FEEDBACK

Sl No	QUESTIONS	Satisfactory	Good	Excellent
1	HOW DO YOU FEEL AFTER DOING EACH SESSION?	✓		
2	HOW DO YOU COMMENT ON YOGA		✓	
3	HOW DO YOU APPRECIATE AYOGA TEACHER			✓
4	IS IT USEFUL IN YOUR FUTURE?		✓	

(Vaani)

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4	IS IT USEFUL IN YOUR FUTURE?		✓	

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FEEDBACK

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2	HOW DO YOU COMMENT ON YOGA	✓		
3	HOW DO YOU APPRECIATE AYOGA TEACHER		✓	
4	IS IT USEFUL IN YOUR FUTURE?			✓

(Rema)

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Department of Library & Physical Education jointly organizes

Value Added Course on "YOGA EDUCATION"

FEEDBACK

Sl No	QUESTIONS	Satisfactory	Good	Excellent
1	HOW DO YOU FEEL AFTER DOING EACH SESSION?			✓
2	HOW DO YOU COMMENT ON YOGA	✓		
3	HOW DO YOU APPRECIATE AYOGA TEACHER			✓
4	IS IT USEFUL IN YOUR FUTURE?		✓	

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Academic year –2021-22

Report on Yoga Education

The Department of Library science and Physical Education have jointly organized an IQAC Initiative **"Value Added Course on yoga Education " from 08th November 2021 to 3rd December 2021** [Monday to Saturday] in the college premises for students. It was inaugurated by our society secretary Rev. Bro. Niju Thomas, which was presided over by the principal Dr. B G Biradar. Both in their speech advised the students to attend the course regularly and insisted them to utilize the opportunities provided. The IQAC coordinator Dr. M D Horakeri and M S muagodmath, Dr. V R Betgar, S R Yemmi, Anita Bhat, G R Soolibhavi, Neelamma Nenekki, and office staff were present on the occasion . The Resource person was an eminent Yoga teacher **Smt. Vijayalaxmi G Aihole** was also present. she conducted the practical & theory classes five days per week from 9:00 am to 10:00 am and from 3.30 pm to 4.30 pm each day. There were totally 50 students enrolled the certificate / value added course. As it was said in the beginning itself that 75% of attendance is compulsory to get Certificate, Maximum students attended the classes. During the course study the resource person focused the following topics:

Course Discription : Theory & Asanas Sitting Posture: Swastikasana, Virasana, Upavista konasana Standing Posture: Tadasana, Tadasana Urdhvahastasana, Tadasana Urdhva Baddha Hastasana Lying Posture (Supine): Shavasana, Ardha Pavana Muktasana, Supta Baddha Konasana, Setu Bandhasana (Prone): Bhujangasana, Salamba Bhujangasana,Shalabasana, Dhanurasana Advanced Asanas: Adho Mukha Vrksasana, Bakasana, Hanumanasana, Eka Pada Rajakapotasana, Vrikshasana, Natarajasana, Ashvasthasana, utkatasana (in variation), Pranayama Anulom- vilom, Suryabheden, Uijayi, Bhrameri, Shetaali, Sheetkari.

At the end of last day feedback was collected from students which gave us a good impact on the course.

Course co-coordinator

Principal

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KALGHATAGI - 581204

CERTIFICATE

This is to certify that Kumar / Kumari .....Shoba Kusbar.....of

BA/B.Com.....B.A (L).....as participated in IQAC initiated certificate course / Value

Added Course on .....Yoga Education.....organized by

DOS in.....held at Good News Welfare Society's Arts and Commerce First Grade College

Kalghatgi from 08-11-2024 to 03-12-2024 To.....

ORGANIZING SECRETARY

IQAC CO-ORDINATOR

PRINCIPAL

GOOD NEWS WELFARE SOCIETY'S ARTS & COMMERCE FIRST GRADE COLEGE

KALGHATAGI - 581204

CERTIFICATE

This is to certify that Kumar / ~~Kumari~~ .....Sangappa.....Itagi.....of

BA/B.Com.....BA.....as participated in IQAC initiated certificate course / Value Added Course on .....Yoga Education.....organized by DOS in.....held at Good News Welfare Society's Arts and Commerce First Grade College Kalghatgi from .....To..... 08-11-2021 to 03-12-2021

ORGANIZING SECRETARY

IQAC CO-ORDINATOR

PRINCIPAL

GOOD NEWS WELFARE SOCIETY'S ARTS & COMMERCE FIRST GRADE COLEGE

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CERTIFICATE

This is to certify that Kumar / Kumari Geeta Byahatti of

BA/B.Com B.A as participated in IQAC initiated certificate course / Value

Added Course on Yoga Education organized by

DOS in held at Good News Welfare Society's Arts and Commerce First Grade College

Kalghatgi from 08-11-2021 To 03-12-2021

ORGANIZING SECRETARY | IQAC CO-ORDINATOR | PRINCIPAL

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CERTIFICATE

This is to certify that Kumar / ~~Kumari~~ Shreekanth Hulgod .....of

BA/B.Com.....BCom.....as participated in IQAC initiated certificate course / Value

Added Course on .....Yoga Education.....organized by

DOS in.....held at Good News Welfare Society's Arts and Commerce First Grade College

Kalghatgi from 08-12-2021 to 03-12-2021 To.....

ORGANIZING SECRETARY

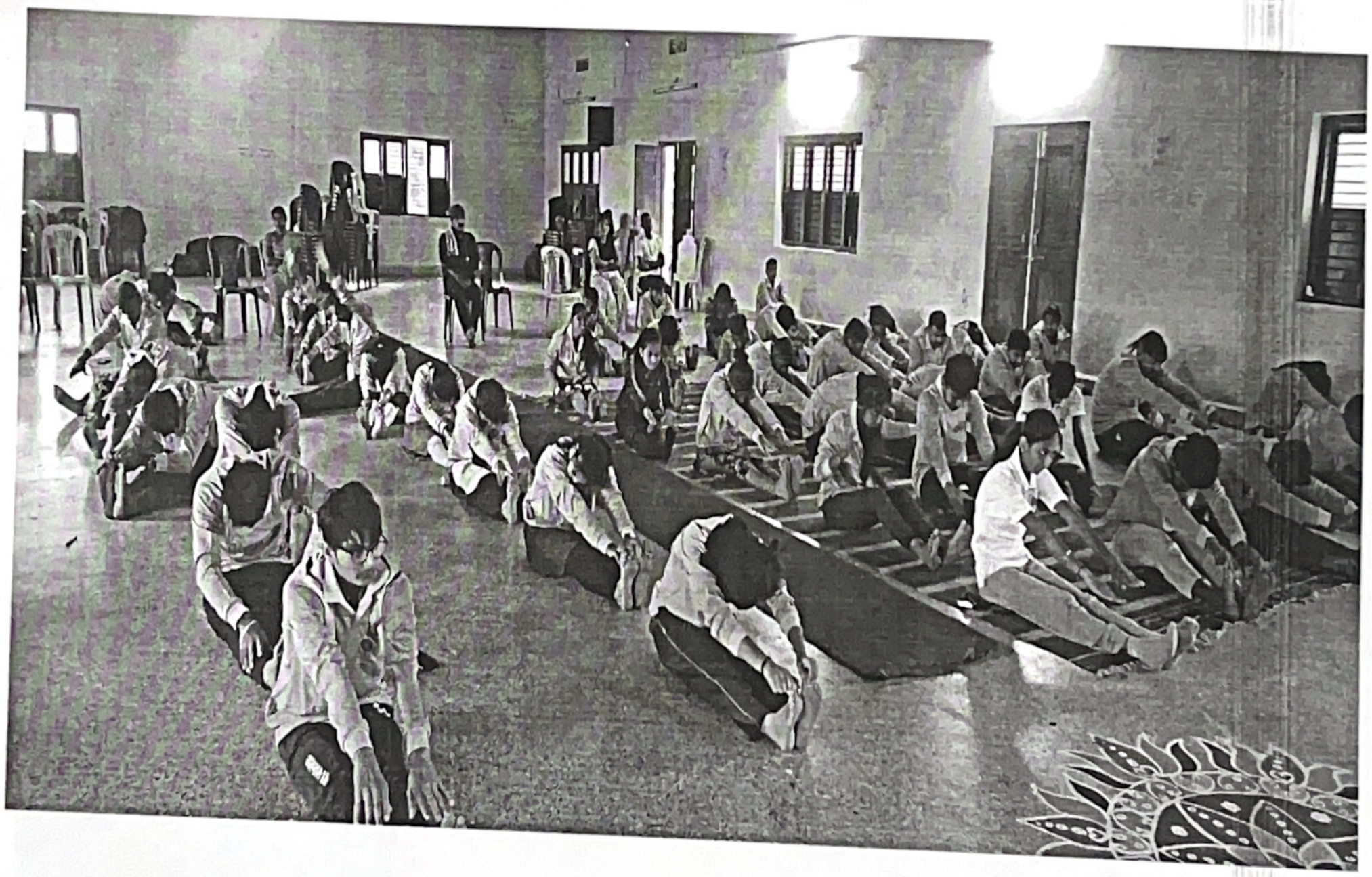
IQAC CO-ORDINATOR

PRINCIPAL

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YOGA TEACHER ,Teaching YOGA

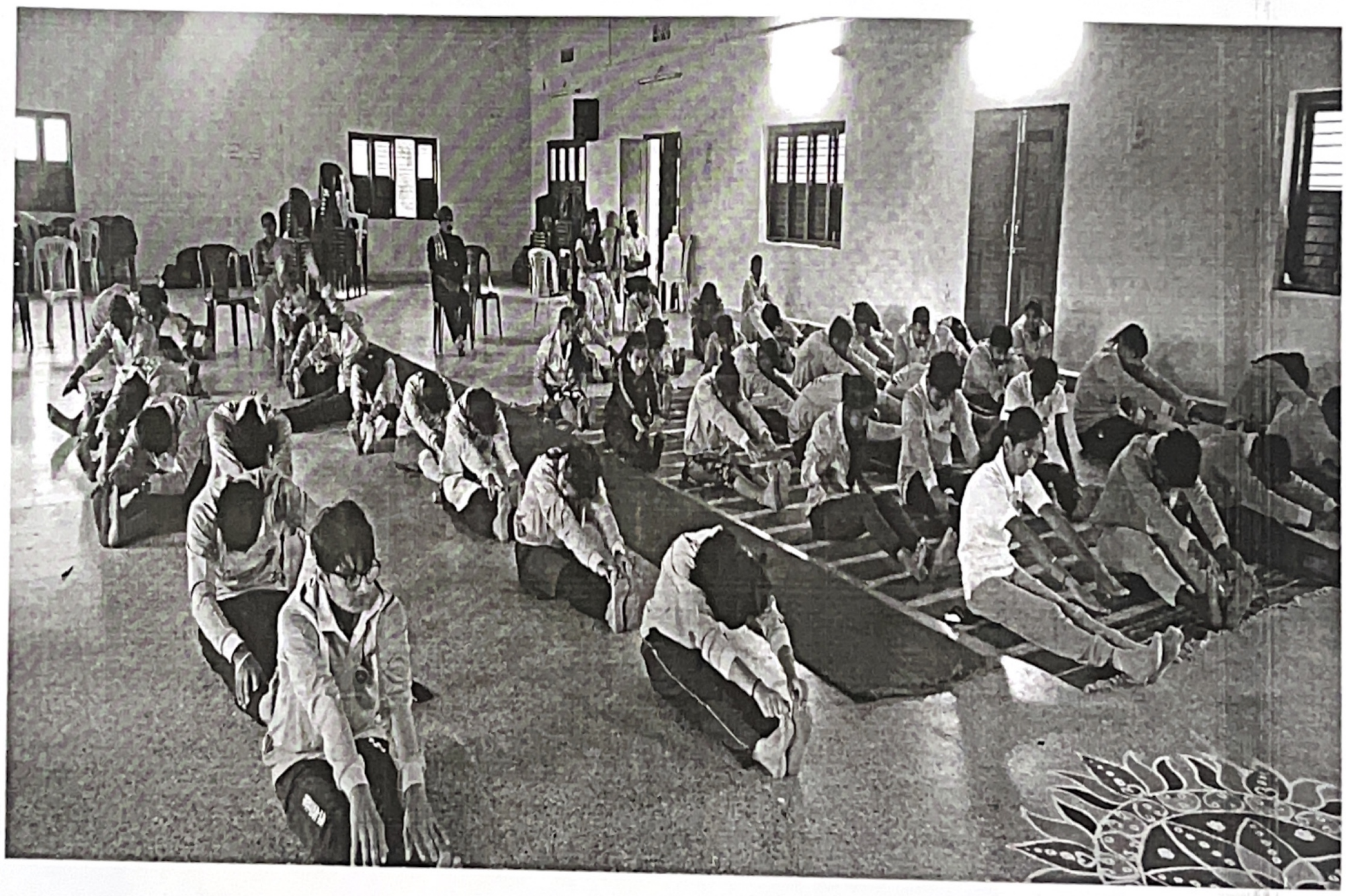


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Yoga Class in Auditorium



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