



GOOD NEWS WELFARE SOCIETY'S
ARTS AND COMMERCE FIRST GRADE COLLEGE
KALAGHATGI - 581204 Dist: DHARWAD, KARNATAKA STATE
(Managed by Montfort Brothers of St Gabriel)



IQAC-INITIATIVE
N.S.S UNIT I & II
YOUTH RED CROSS UNIT

JOINTLY
Yoga, Pran
on th

S.1.2 online yoga
pranayam, meditation

INTERNATIONAL YOGA DAY

From 28-06-2021 to 04-07-2021

Time 5 PM to 6.30 PM

Google meet Link : <http://meet.google.com/iva-gaox-tmi>

PRESIDENT
Rev.Bro. Niju Thomas
Vice Chairman
GNWS, Kalaghatgi

Resource Person
Dr. Panchalingappa.J
Kavalur

Chief Guest
Dr. Thirumurgan
Chief Medical Officer
Mahishi Trust Yoga &
Naturopathy Hospital
Dharwad

Prof. M.S. Muragodmath
IQAC & NAAC Co-ordinator

Prof.(Smt) Anita Bhat
Chairperson

Dr. B.G. Biradar
Principal

Smt. Zakiya Soudagar
N.S.S. Programme Officer UNIT-II
Joint Organizing Secretary

Dr. Mahesh D Horakeri Librarian
Organizing Secretary
N.S.S. Programme Officer UNIT-I &
Youth Red Cross, Programme Officer


Co-Ordinator
Internal Quality Assurance Cell

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**GOOD NEWS WELFARE SOCIETY'S ARTS AND COMMERCE FIRST
GRADE COLLEGE, KALAGHATGI-581204
WEBINAR ON YOGA, PRANAYAM AND MEDIATION**

TIME TABLE

FROM 28/06/2021 TO 04/07/2021

SL. NO.	Particulars	Date
1	Inauguration –Basic information about Yoga	28/06/2021
2	Importance of Pranayama and Practicing simple pranayama	29/06/2021
3	Surya Namaskar and steps of meditation &Pranayama	30/06/2021
4	Important pranayama along with Surya namaskar	01/07/2021
5	Important pranayama along with Surya namaskar	02/07/2021
6	Important pranayama along with Surya namaskar	03/07/2021
7	Closing ceremony and oral feedback	04/07/2021


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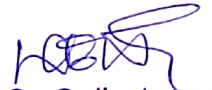
Contents :

Yoga - Yoga is an ancient practice that may have originated in India.

- A. styles of yoga combine physical postures,
- B. breathing techniques, and meditation.
- C. Yoga involves movement, meditation, and breathing techniques to promote mental and physical well-being.

Pranayama :

- a. yogic breathing practices
 - b. regulating breathing.
 - c. Meditation - mental practice
 - d. pranayama and meditation
 - e. stress management --[anxious, tense and worried, consider trying meditation.]
- Anyone can practice meditation. It's simple and inexpensive. And it doesn't require any special equipment.



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ARTS AND COMMERCE FIRST GRADE COLLEGE

KALAGHATGI - 581204 Dist: DHARWAD , KARNATAKA STATE

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IQAC INITIATIVE

STATE LEVEL WEBINAR ON YOGA, PRANAYAMA, MEDITATION NSS I & II AND YOUTH RED CROSS UNIT



CERTIFICATE OF PARTICIPATION

This is to certify that Dr. Mahesh D. Horakeri
Of GNWS ARTS AND COMMERCE FIRST GRADE COLLEGE, KALAGHATGI
has participated in "**State Level Webinar on Yoga, Pranayama, Meditation**" Organised by
GNWS Arts & Commerce First Grade College, Kalaghatgi with IQAC Initiative NSS I & II and Youth Red
Cross Unit from 28-06-2021 to 04-07-2021.

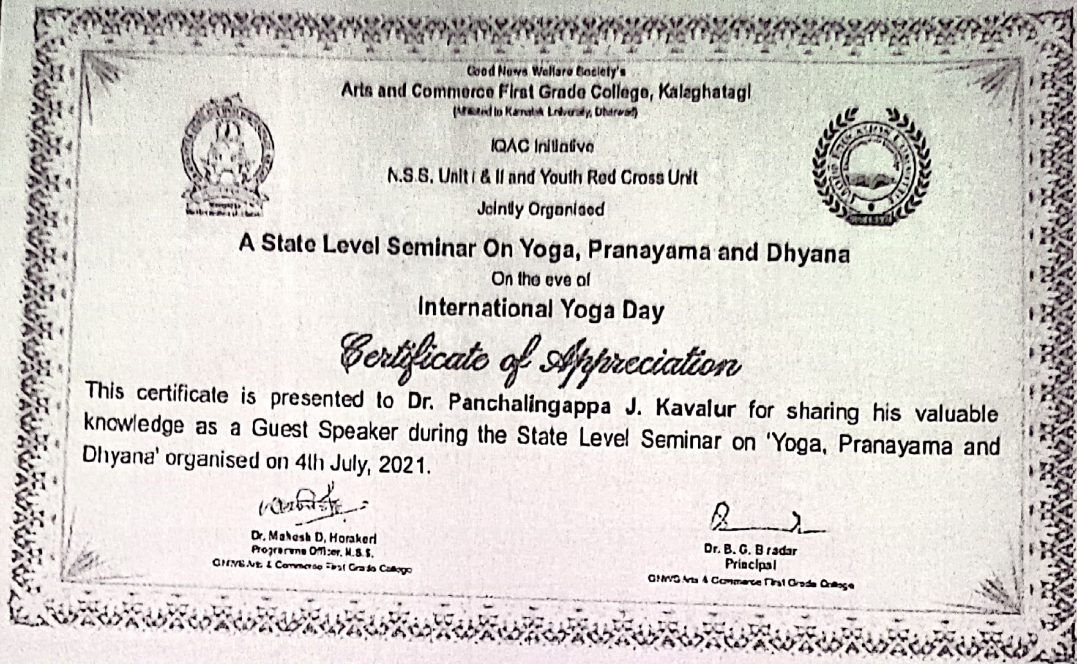
Dr. Mahesh D Horakeri
Convener

DR. B. G. Biradar
Principal

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BIO-DATA OF SHRI PANCHALINGAPPA J. KAVALUR



01. Name : Dr. Panchalingappa J. Kavalur
 02. Father's Name : Jambanna
 03. Mother's Name : Nelavva
 04. Date of Birth : 12-08-1959
 05. Date of Place : Ramdurga, Dist : Belgaum
 06. Education : B.Com, Brammavidya Sadak, CYS in Yoga, Advance Reke, Vipasana Dyana Sadak
 07. Occupation : Yoga Teacher 6.00am to 8.00am in Shri Aroodha Yoga Kendra, HUBLI
 08. Address : # 47, " Navagruha" Bafana Nagar, Near Siddarudhamath, Old HUBLI - 24.
 09. State : Karnataka
 10. Cell : 9902612025
 11. Telephone : 0836 - 2302936
 12. E-mail : kavalurpj@gmail.com
 13. Founder : Shri Aroodha Yoga Kendra, Navaayodyanagar, HUBLI
 14. Yoga Camp : Yoga camps in ▸ Shri Siddarudha Math, ▸ K. Sharma Kalyana Mantap, ▸ R.N. Shetty Stadium, ▸ Nehru Stadium ▸ Adargunchi, ▸ Noolvi, ▸ Halyal, ▸ Yanegundi, (Manikyeshwari Asram) ▸ Anegundi, ▸ Shri Achutashram ▸ Adoni - Shrinivas Kota, ▸ Ballari, ▸ South Central Railway, ▸ Hescom

Yoga Awards

01.	2nd Place - (Silver Medal)	Karnataka State Yoga Association (R) Bangalore - 2006, Hubli
02.	6th Place	Karnataka State Yoga Association (R) Bangalore - 2006, Belgaum
03.	4th Place	Yoga Spandana & Varsha Yoga Kendra Davangere - 2006, Davangere
04.	5th Place	36th National Yoga championship - 2011, Dharmastala
05.	4th Place	31st Karnataka State Yoga championship - 2011, Doddaballapur
06.	3rd Place - (Bronze Medal) Professional	38th Karnataka State Yoga championship - 2018, Chokkodi
07.	Yoga Bhushana Prabodha Patra With Gold Medal	Ministry of Health & Family Welfare New Delhi, & Sri Vedavyasa Yoga Foundation (R) Mysore,
08.	3rd Place - (Bronze Medal) Professional	3rd Federation of Yoga Sports Cup- 2018-19, Ranchi (Jarkhand)
09.	6th Place - Professional	43rd National Yoga Sports Championship - 2018-19, Patiyala (Panjab)
10.	2nd Place - (Silver Medal) Professional	Yoga Sports Association of Dharwad - 2019
11.	1st Place - (Gold Medal) Professional	39th Karnataka State Yogasana Championship Sirsi - 2019
12.	2nd Place - (Silver Medal)	Dr. Rajkumar Memorial National Level Open Yoga Championship - 2019, Bangalore
13.	5th Place	Mysore Dasara Mahotshava - 2019, Mysore
14.	2nd Place - (Silver Medal) Professional	9th Asian Yoga Sports Championship - 2019, Yeosu, South Korea. International Yoga Sports Championship Qualified - 2020,
15.	3rd Place - (Bronze Medal) Professional	45th National Yogasana Sports Championship - 2020-21, Live Onl
16.	4th Place	Kundalini Yoga Shala Virtual Yogasana Competation - 2020-21, Live Onl
17.	2nd Place - (Silver Medal) Professional	3rd Dharwad District Yogasana Competition - 2020-21, Live Onlin
18.	4th Place	Kundalini Yoga Shala Virtual Yogasana Competation - 2020-21, Live On
19.	3rd Place - (Bronze Medal) Professional	45th National Yogasana Sports Championship - 2020-21, Live On
20.	4th Place	Kundalini Yoga Shala Virtual Yogasana Competation - 2020-21, Live On
21.	5th Place (Gold Medlist)	above 60 age 2nd International Yogasana Championship - 2020, India above 60 age 2nd International Yogasana Championship - 2020, India (Merit Certific
22.	4th Place	Hiranyagarbhaya Vedic and Yogic Institute Live Onlie - 2020 Hiranyagarbhaya Vedic and Yogic Institute Live Onlie - 2020 (Merit Certific
23.	4th Place	South India Interstate & Uts Yogasana Sports Competition Live Onlie South India Interstate & Uts Yogasana Sports Competition Live Onlie - 2020 (Merit Ca
24.		Appreciation Certificate given by art of learning Institute
25.		Certificate given by Vishwa swastya shodh evam vikas sanstha - 2020 Live
26.		Certificate given by 1st Global Online Video Yogasna Sports Championship - 2020 Liv


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Yoga Certificate and Achievements Awards

01.	Yoga-Visharad Certificate in Yoga by Shri Dr. Veermoneshwar Shivacharya Jagadguru 1008 Balehonur - 2014
02.	Yogacharya Award Given by Shri Siddharudhamath Trust Comtee Hubli Dist. Judge Shri V. Shrishaniand Dharwad - 2014
03.	CYS Certificate in Yoga in Karnataka University Dharwad - 2015
04.	Yoga Teacher in Patanjali Yoga Samiti, Haridwar, in Training Given by Baba Ramdevji - 2009
05.	International Yoga Conference & Spiritual Science by KUD - Yoga Department - 2009
06.	Karnataka Darshan Parishat - Fourth Conference 2010, Yanagundi
07.	Mysore Vivekananda Yoga Education and Research Institution (R), Mysore - 2010
08.	Integral Yoga Satsanga (R)- Mangalore - 2011
09.	Alawas Shikhana Pratistana Mudubidre (D.K) - 2013
10.	Shri Achuthashram - (Brama Vidya) Virapurgadde (Adytama Sadan) - Adoni
11.	National Health Mission Ayush Dept. Govt of India Select as a Yoga Teacher to teach the Yoga Place : 1) Banathikatta, Hubli 2) Heggeri, Hubli
12.	Shantivan trust Dharmastala Given award For the Teaching the Yoga at Kokkanoor
13.	Shantivan trust Dharmastala Given Merit Certificate For Yoga at Kokkanoor
14.	Sadguru Chessmartz & Music Academy Hubballi given Particpate Certificate
15.	Doctorate award given by National Virtual University For Peace and Education, Bangalore - 2017
16.	Doctorate award given by International Global Peace University, Colmbatore - 2020


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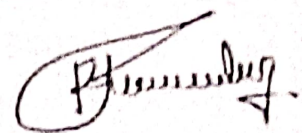
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STATE, NATIONAL, ASIAN YOGA REFEREE

01.	South India Open yoga Championship - 2018, Kalburgi
02.	Karnataka Rajya Yogasana Championship - 2019, Haveri
03.	Asian Yoga Federation - 2019 as Yoga Teacher, South Korea
04.	Yoga Federation Of India - 2019, Haryana
05.	39th Karnataka State Yogasana Championship - 2019, Sirsi
06.	Jyana Yogashtama - Vijaypur
07.	Yoga Federation of India - Ranchi, - 2018-19
08.	43rd National Yoga Sports Championship - 2018-19, Patiala (Panjab)
09.	Puducherry & Tamilnadu Inter State Yoga Sports Championship - 2019
10.	Vijayapur District Yoga Association Vijayapur - 2018-19
11.	Asian Yoga Federation - Asian Yoga Referee
12.	Yoga Federation of India - National Yoga Referee (A - Grade)
13.	Yoga Federation of India - National Yoga Referee (B - Grade)
14.	Yoga Federation of India - National Yoga Referee (C - Grade)
15.	Yoga Federation of India - Gaziyabad, Uttar Pradesh
16.	Karnataka State Yoga Referee - 2012, Mysore
17.	International Yoga Festival - 2017, Dharmastala
18.	2nd Federation Yoga Sports Cup - 2017-18
19.	42nd National Yoga Sports Championship - 2017-18, Uttar Pradesh
20.	Yoga Sports Association of Dharwad - 2018-19
21.	4th Federation Yogasana Sports Cup - 2020

Date : 05-07-2021

Place : HUBLI



Panchalingappa Kavalu



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From :

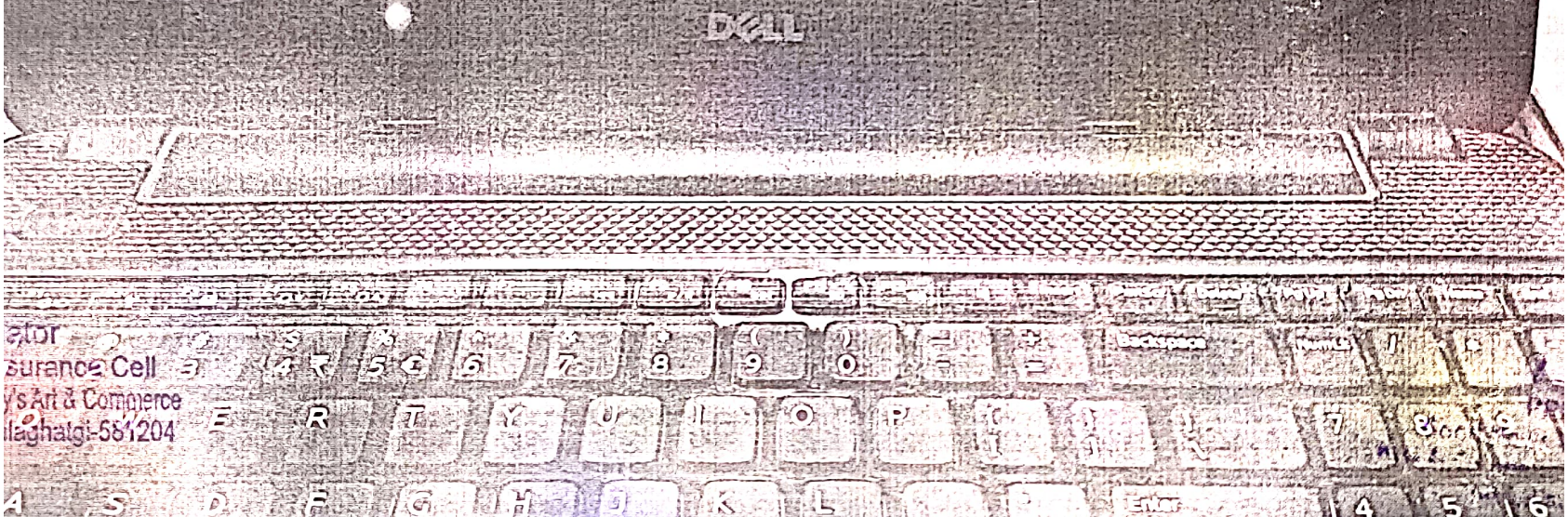
Panchalingappa J. Kavalur

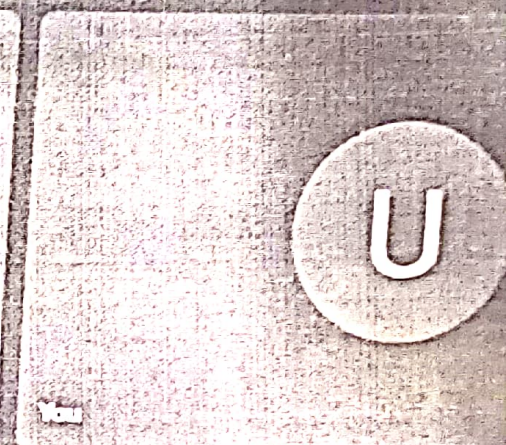
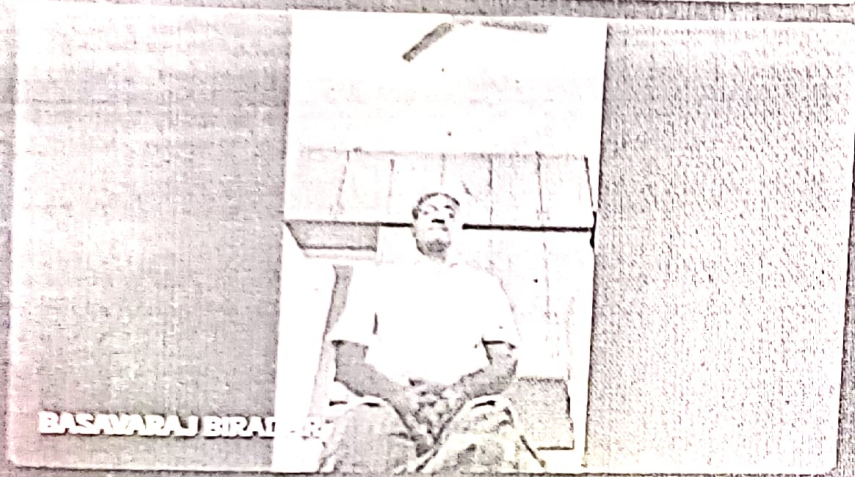
47, " Navagruha" Bafana Nagar,

Near Siddarudhamath, HUBLI - 580 024.

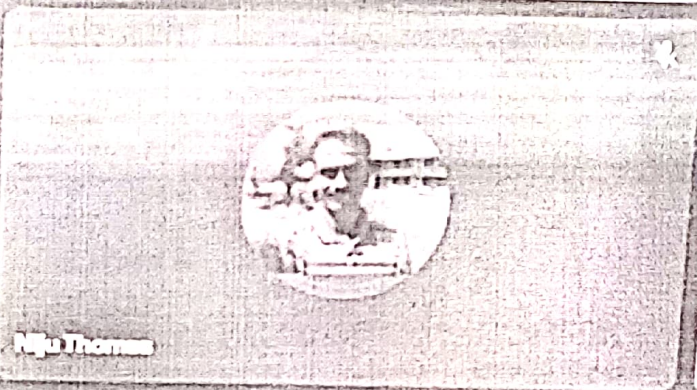
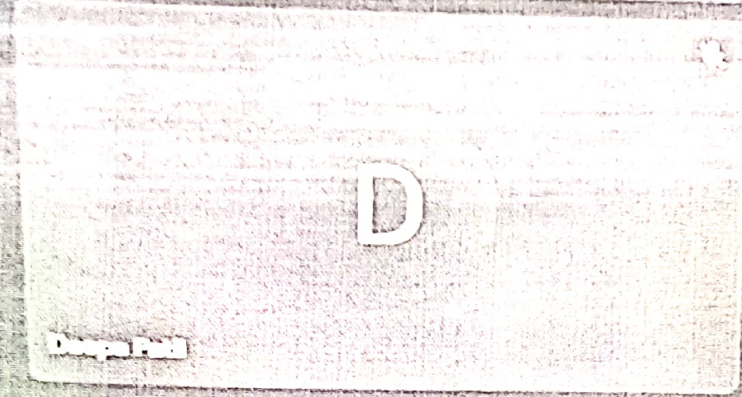
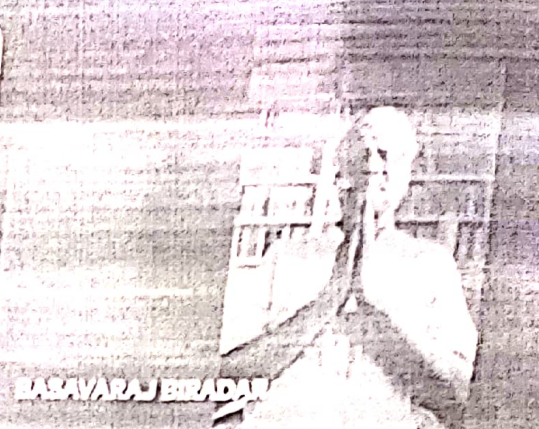
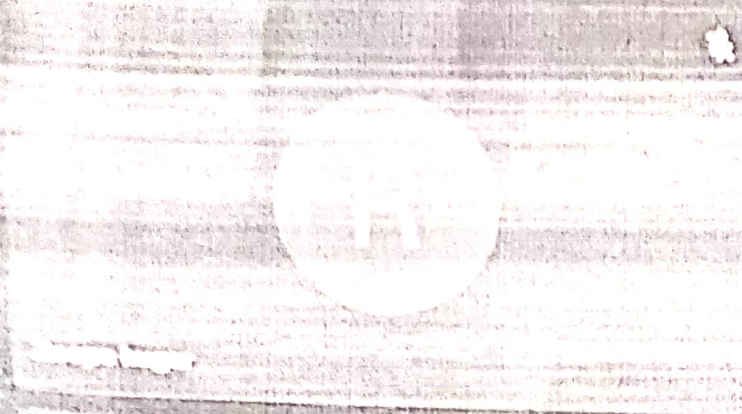
Cell : 9902612025, Tel.:0836 - 2302936 (Res.)

The Google Meet interface displays a grid of participants. The top row includes three circular profile icons and two video feeds. The bottom row contains four video feeds. The toolbar at the bottom features icons for mute, video on/off, chat, and other controls. The meeting title 'Yoga Pranayama & D...' is visible in the top left of the toolbar area.





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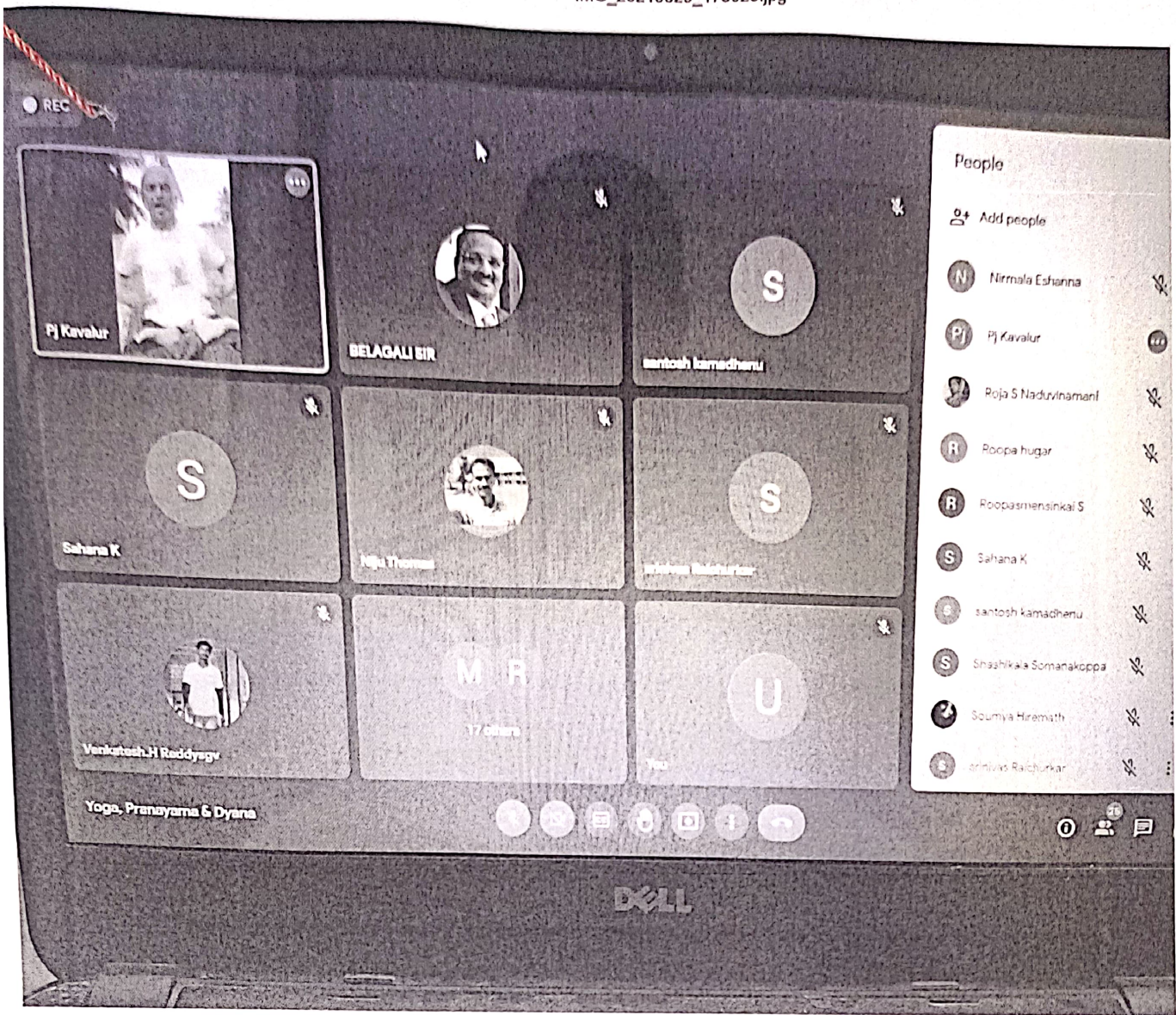
6:05 PM | Yoga, Pranayama & Dyana



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DELL

2-7-2021
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