



**Kanara Welfare Trust's
Divekar College of Commerce, Karwar.**

N.H. 66 , Kodibag, Karwar. 581 301, Karnataka.

08382225221

kwtdcekarwar@gmail.com, www.divekarcollege.ac.in

APPLIED FOR 4TH CYCLE

CRITERION 1

1.2 Academic Flexibility

1.2.2. Number of Add on/certificate programs offered during the last five years

1.2.3. Average percentage of students enrolled in certificate/Add-on programs as against the total number of students during the last five years.

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

Program Schedule

MORNING SESSION

Time	Event
7.20 am - 7.25 am	Prayer
7.25 am - 7.35 am	General Exercise
7.35 am - 8.00 am	Sitting/Standing Yogasana
8.00 am - 8.15 am	Pranayama
8.15 am - 8.20 am	Shavasana

EVENING SESSION

Time	Event
4.30 pm - 4.35 pm	Prayer
4.35 pm - 4.45 pm	General Exercise
4.45 pm - 5.10 pm	Sitting/Standing Yogasana
5.10 pm - 5.25 pm	Pranayama
5.25 pm - 5.30 pm	Shavasana

Contact:
Dr. B.R. Tole
Camp Co-ordinator
Divekar College of Commerce, Karwar



Kanara Welfare Trust's
Divekar College of Commerce, Karwar.



"Yoga is the Key to Flexibility"

Yoga Camp 2019

**From 8th July 2019
to
22nd July 2019**

Venue: College Gymkhana Hall

To,



City of Karwar

Karwar described aptly as the Eastern of Karavali is a coastal and port city of incomparable scenic beauty in the Taluk district of Uttara Kannada in Karnataka State. It is surrounded by the evergreen the Western Ghats, the blue Arabian Sea and the River Tal. It is at a distance of 520 kms. from Bangalore, about 21 kms. from Dabolim Airport, Goa, 170kms. from Hubli and 270 kms. from Mangalore.

Our Management

Our college is managed by Karara Welfare Trust that emerged from the movement spearheaded by its architect Dr. M.R. Divedkar for the empowerment of the poor and backward people. Shri. S.F. Kamat the incumbent the chairman of the KWT has continued the legacy of the architect and infused into the KWT the new vision of achieving integrated development of human personality through the instrumentality of education and community service.

About College

The Divedkar college of Commerce was started at Karwar in 1970 by the Karara Welfare Trust, with the encouragement of Dr. M.R. Divedkar, a trustee of the Divedkar Charity. The college offers Pre-university course, Bachelor of Commerce and Post-graduation in Commerce.

About Yoga

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.

Origin of Yoga

Yoga essentially originated in the subcontinent of India. It has been around since ancient times and was performed by yogis. The term yoga has been derived from a Sanskrit word which translates to basically union and discipline.

In the earlier days, the followers of Hinduism, Buddhism, and Jainism practiced it. Slowly, it found its way in Western countries. Ever since people from all over the world perform yoga to relax their minds and keep their bodies fit.

Furthermore, after the popularity of yoga, India became known for yoga worldwide. People all over the world have started to realize the benefits of yoga. Several workshops are held and now there are even professional yogis who teach this ancient practice to people so they can learn about it.



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Divekar College of Commerce, Karwar.



"Yoga is the Key to Flexibility"

Yoga Camp 2018

From 9th July 2018
to
23rd July 2018

Venue: College Gymkhana Hall

To,



City of Karwar

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Shri. B.R. Tole
Camp Co-ordinator
Divekar College of Commerce, Karwar



Kanara Welfare Trust's
Divekar College of Commerce, Karwar.



"Yoga is the Key to Flexibility"

Yoga Camp 2017

**From 16th August 2017
to
30th August 2017**

Venue: College Gymkhana Hall

To,



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"Yoga is the Key to Flexibility"

Yoga Camp 2016

**From 7th September 2016
to
21st September 2016**

Venue: College Gymkhana Hall

To,



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Divekar College of Commerce, Karwar.



"Yoga is the Key to Flexibility"

Yoga Camp 2015

From 28th July 2015
to
11th August 2015

Venue: College Gymkhana Hall

To,





Date: - 01/06/2015

Circular

As per the guidelines of UGC, Add-on courses need to be conducted by the College. Hence, Board of studies has to be composed. The members of Board of studies are selected based on the parameters of Seniority and subject experience. The staff members will be taking charge as members of Board of studies for the academic year 2015-16


IQAC Co-Ordinator
Co-ordinator
IQAC-DCC Karwar


Principal
PRINCIPAL
Kanara Welfare Trust's
Divekar College of Commerce
KARWAR - 581 301

DIVEKAR COLLEGE OF COMMERCE

Yoga center

KARWAR. N.K

2015-16

YOGA COURSE SYLABUSS

1. INTRODUCTION OF YOGA	1 - 6
2. AIMS AND OBJECTIVE OF YOGA	
3. SCOPE OF YOGA	
4. YOGA PRACTICE RULES AND REGULATION	
5. YOGA POSTURES STEP-BY-STEP	
6. THE SUN SALUTATION SURYANAMASKAR	
7. SITTING YOGASANAS	6 - 11
a) Padmasana [lotus pose]	
b) Shishuasana (Child Pose)	
c) JanuSirasana (One-Legged Forward Bend)	
d) Paschimottansana	
e) ArdhaMatsyendrasana (Sitting Half Spinal Twist)	
8. STANDINGYOGASANAS	11 - 15
a. Ardhabaddhapadmavrikshasana – half bound lotus tree pose. ...	
b. ArdhaBuddhaPadmotanasana – Half Bound Lotus Standing Forward Bend. ...	
c. Garudasana – Eagle Posture. ...	
d. Hasta Utthanasana- Raised Arms Pose. ...	
e. Kati Chakrasana – Waist Rotating Pose. ...	
9. PRANAYAMA	15 - 21
• ShitaliPranayama.	
• UjjayiPranayama.	
• KapalabhatiPranayama.	
• VilomaPranayama.	
• AnulomaPranayama	
Reference book ;	21 - 23

- | | | |
|---------------------------------------------|-----------------|--------------------------------------------|
| • Anatomy and Physiology of Yogic Practices | Gore, M.M. | New Age Books, New Delhi, 2007 |
| • Astadal Yoga Mala, (Vol I – VIII) | Iyengar, B.K.S. | Allied publishers Pvt. Ltd., Lucknow, 2009 |

DIVEKAR COLLEGE OF COMMERCE

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2016 -17

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DIVEKAR COLLEGE OF COMMERCE

Yoga center

KARWAR. N.K

2017 -18

YOGA COURSE SYLABUSS

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3. SCOPE OF YOGA	
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DIVEKAR COLLEGE OF COMMERCE

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KARWAR. N.K

2018 -19

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DIVEKAR COLLEGE OF COMMERCE

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2019 -20

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**DIVEKAR COLLEGE OF COMMERCE
YOGA CENTRE KARWAR
YOGA ADD ON COURSE FROM 28.07.2015 TO 11.08.2015**

FIRST WEEK						
MORNING SESSION						
Time/days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.20 a.m to 7.25 a.m	Prayer					
7.25 a.m to 7.35 a.m	General Exercise (Shri. BRT)	General Exercise (Shri. BRT)	General Exercie (Smt. TNH)	General Exercise (Shri. BRT)	General Exercise (Smt. TNH)	General Exercise (Shri. BRT)
7.35 a.m to 8.00 a.m	Standing yoga Asana Theory (Shri. BRT)	Standing Asana Tadasana & Utkatasana (Smt. TNH)	Standing Asana Uttara shishasana & AdhoMukhaSvanasana (Smt. TNH)	Standing Asana Virabhadrasana & Trikonasana (Shri. BRT)	Standing Asana Vrikshasana & Setu Bandha S arvangasana (Smt. TNH)	Standing Asana Virabhadrasana I & III (Shri. BRT)
8.00 a.m to 8.15 a.m	Sitting yogaasana theory (Smt. TNH)	Sitting asana Sukhasana & Vajrasana (Shri. BRT)	Sitting asana Dandasana & Paschimottanasana (Shri. BRT)	Sitting asana UpavishtaKonasana & BaddhaKonasana (Smt. TNH)	Sitting asana ArdhaChandrasana & Janusirasana (Smt. TNH)	Gomukhasana & Padmasana (Shri. BRT)
8.15 a.m to 8.20 a.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana



Evening Session						
Time & day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.30 p.m to 4.35 p.m	Prayer					
4.35 p.m to 4.45 p.m	General Exercise (Shri. BRT)	General Exercise (Shri. TNH)	General Exercise (Shri. BRT)	General Exercise (Shri. BRT)	General Exercise (Shri. BRT)	General Exercise (Shri. TNH)
4.45 p.m to 5.10 p.m	Tadasana & Utkatasana (Shri. BRT)	Standing Asana Ardha baddhapadma & Baddhapadmotanasa (Shri. TNH)	Krunchasana & Malasana (Shri. BRT)	Padangusth asana & Parivrtta asana (Shri. BRT)	Parasaritpapad ottan asana & Samasthiti asana (Shri. BRT)	Talasila & Tiryaka asana (Shri. TNH)
5.10 p.m to 5.25 p.m	Sitting asana Padmasmal & Bhada padmasana (Shri. BRT)	Sukhasana & Vajrasana (Shri. BRT)	Dandasana & Paschimottan asana (Shri. BRT)	Upavishta Konasana & Baddha Konasana (Shri. BRT)	Ardha Padmasana (Shri. TNH)	Gomukhasana & Chakkichalanasana (Shri. BRT)
5.25 p.m to 5.30 p.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Teaching faculties: - BRT - Shri. B.R.Tole

TNH - Shri. T.N.Harikantra

B.R.Tole
Yoga Co-ordinator
D. SIVAL INSTRUCTOR
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301



T.N.Harikantra
Principal
PRINCIPAL
KANARA WELFARE TRUST'S
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301

SECOND WEEK						
Morning sessions						
Time/days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.20 a.m to 7.25 a.m	Prayer					
7.25 a.m to 7.35 a.m	General Exercise (Shri. TNH)	General Exercise (Shri. BRT)	General Exercise (Shri.BRT)	General Exercise (Shri. TNH)	General Exercise (Shri. BRT)	General Exercise (Shri. BRT)
7.35 a.m to 8.00 a.m	Standing yoga Asana 1. Low Lunge 2. Vrikshasana (Shri. TNH)	1. Dog Split 2. Plank pose (Shri.BRT)	1. Chakravakasan 2. Sarvangasana (Shri. TNH)	1. Bhujangasana 2. Ashtanga Namaskara (Shri. BRT)	1. BaddhaKonasana 2. Sukhasana (Shri. BRT)	1. AnandaBalasana 2. Matsyendrasana (Shri. TNH)
8.05 am to 8.20 a.m	Kapalabhati (Shri. BRT)	Bhastrika Pranayama (Shri. TNH)	Bhramani (Shri. TNH)	Nadi -Shodhana (Shri. BRT)	Kapalabhati (Shri. TNH)	Bhastrika Pranayama (Shri.BRT)
8.20 a.m to 8.25 a.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana



Evening sessions						
Time/days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.30 p.m to 4.35 p.m	Prayer					
4.35 p.m to 4.45 p.m	General Exercise (Shri. TNH)	General Exercise (Shri.BRT)	General Exercise (Shri.BRT)	General Exercise (Shri. TNH)	General Exercise (Shri.BRT)	General Exercise (Shri.BRT)
4.45 p.m to 5.10 p.m	Standing yoga Asana 1.Low Lunge 2.Vrikshasana (Shri. TNH)	1.Dog Split 2.Plank pose (Shri.BRT)	1.Chakravakasana 2.Sarvangasana (Shri. TNH)	1.Bhujangasan 2. Ashtanga Namaskara (Shri.BRT)	1 BaddhaKonasana 2.Sukhasana (Shri.BRT)	1.Ananda Balasana 2.Matsyendrasana (Shri. TNH)
5.10 p.m to 5.25 p.m	Kapalabhati (Shri.BRT)	Bhastrika Pranayama (Shri. TNH)	Bhramani (Shri. TNH)	Nadi - Shodhana (Shri.BRT)	Kapalabhati (Shri. TNH)	Bhastrika Pranayama (Shri. BRT)
5.25 p.m to 5.30 p.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Teaching faculties:- BRT - Shri. B.R.Tole

TNH - Shri. T.N.Harikantra

B.R.
Yoga Co-ordinator
PHYSICAL INSTRUCTOR
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301



T.N.
Principal
PRINCIPAL
KANARA WELFARE TRUST'S
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301

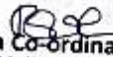
THIRD WEEK			
MORNING SESSIONS			
Time/days	Monday	Tuesday	Wednesday
7.20 a.m to 7.25 a.m	Prayer		
7.25 a.m to 7.35 a.m	General Exercise (Shri. TNH)	General Exercise (Shri.BRT)	General Exercise (Shri. TNH)
7.35 a.m to 8.00 a.m	Navasana & Janu Sirsana (Shri.BRT)	ParivrtaUtkatasana & Janu Sirsana & Pada Rajakapotasana (Shri.BRT)	Agnistambhasana & Krounchasana (Shri.BRT)
8.05 a.m to 8.20 a.m	Teaching Mudrasana Theory (Shri. TNH)	1. Chin Mudra 2. Abhaya Mudra 3. Adi Mudra (Shri. TNH)	1. Vayu Mudra 2. Akash Mudra 3. Prithvi Mudra (Shri. TNH)
8.20 a.m to 8.25 a.m	Shavasana	Shavasana	Shavasana



Evening sessions			
Time/days	Monday	Tuesday	Wednesday
4.30 p.m to 4.35 p.m	Prayer		
4.35 p.m to 4.45 p.m	General Exercise (Shri.BRT)	General Exercise (Shri.BRT)	General Exercise (Shri.BRT)
4.45 p.m to 5.15 p.m	Marichyasana & Paschimottanasana (Shri.BRT)	Marjariasana & Gorakshasana (Shri. TNH)	VajaraKapotanasana & UttanaShishosana (Shri.BRT)
5.15 p.m to 5.25 p.m	1. chin Mudra 2. Abhaya Mudra 3. Adi Mudra (Shri.TNH)	1. Dhyana Mudra 2. Aparasana Mudra 3. Agni Mudra (Shri. TNH)	1. Vayu Mudra 2. Akash Mudra 3. Prithvi Mudra (Shri. TNH)
5.25 p.m to 5.30 p.m	Shavasana	Shavasana	Shavasana

Teaching faculties: - BRT - Shri. B.R. Tole

TNH - Shri. T.N. Harikantra


Yoga Co-ordinator
PHYSICAL INSTRUCTOR
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301




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DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301

DIVEKAR COLLEGE OF COMMERCE
YOGA CENTRE KARWAR
YOGA ADD ON COURSE FROM 07.09.2016 TO 21.09.2016

FIRST WEEK

Morning sessions

Time/days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.20 a.m to 7.25 a.m	Prayer					
7.25 a.m to 7.35a.m	General Exercise (Shri. BRT)	General Exercise (Shri. BRT)	General Exercise (Shri. TNH)	General Exercise (Dr. BHN)	General Exercise (Shri. TNH)	General Exercise (Shri. BRT)
7.35 a.m to 8.00 a.m	Standing yoga Asana Theory (Shri. BRT)	Standing Asana Tadasana & Utkatasana (Shri. TNH)	Standing Asana Uttara shishasana & AdhoMukha Svanasana (Shri. TNH)	Standing Asana Virabhadrasana & Trikonasana (Dr. BHN)	Standing Asana Vrikshasana & Setu Bandha Sarvangasana (Shri.TNH)	Standing Asana Virabhadrasana I & III (Dr. BHN)
8.00 a.m to 8.15 a.m	Sitting yogaasana theory (Dr. BHN)	Sitting asana Sukhasana & Vajrasana (Shri. BRT)	Sitting asana Dandasana & Paschimottanasana (Shri. BRT)	Sitting asana Upavishta Konasana & Baddha Konasana (Smt. Sharada. K)	Sitting asana Ardha Chandrasana & Janusirsasana (Dr. BHN)	Gomukhasana & Padmasana (Shri. BRT)
8.15 a.m to 8.20 a.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Evening sessions

Time & day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.30 p.m to 4.35 p.m	Prayer					
4.35 p.m to 4.45 p.m	General Exercise (Shri. TNH)	General Exercise (Shri. TNH)	General Exercise (Shri. BRT)	General Exercise (Shri. BRT)	General Exercise (Shri. BRT)	General Exercise (Shri. TNH)
4.45 p.m to 5.10 p.m	Tadasana & Utkatasana (Smt. TNH)	Standing Asana Ardha baddhapadma & Baddha padmotanasana (Smt. TNH)	Krunchasana & Malasana (Shri. BRT)	Padangusthasana & Parivrtta asana (Shri. BRT)	Parasaritpa padottanasana & Samasthiti asana (Shri. BRT)	Talasila & Tiryaka asana (Smt. Sharada. K)
5.10 p.m to 5.25 p.m	Sitting asana Padmasmal & Bhada padmasana (Shri. BRT)	Sukhasana & Vajrasana (DR. BHN)	Dandasana & Paschimottan asana (Shri. BRT)	Upavishta Konasana & Baddha Konasana (Shri. BRT)	ArdhaPadmasana (Smt. TNH)	Gomukhasana & Chakki chulanasana (Smt. Sharada. K)
5.25 p.m to 5.30 p.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Teaching faculties:-

BRT – Shri. B.R.Tole

BHN- Dr. B.H.Nayak

TNH – Smt. T.N.Harikantra


Yoga Co-ordinator
PHYSICAL INSTRUCTOR
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301


PRINCIPAL
KANARA WELFARE TRUST'S
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301

SECOND WEEK

Morning sessions

Time/days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.20 a.m to 7.25 a.m	Prayer					
7.25 a.m to 7.35 a.m	General Exercise (Shri. TNH)	General Exercise (Shri. BRT)	General Exercise (DR.BHN)	General Exercise (Shri. TNH)	General Exercise (Shri. BRT)	General Exercise (Shri. BRT)
7.35 a.m to 8.00 a.m	Standing yoga Asana 1. Low Lunge 2. Vrikshasana (Shri. TNH)	1. Dog Split 2. Plank pose (Shri.BRT)	1. Chakravakasa 2. Sarvangasana (DR.BHN)	1. Bhujangasana 2. Ashtanga Namaskara (Shri. TNH)	1. BaddhaKonasana 2. Sukhasana (Shri. BRT)	1. Ananda Balasana 2. Matsyendrasana (DR.BHN)
8.05 am to 8.20 a.m	Kapalabhati (Shri. BRT)	Bhastrika Pranayama (Shri. TNH)	Bhramani (Shri. TNH)	Nadi - Shodhana (Shri. BRT)	Kapalabhati (Shri. TNH)	Bhastrika Pranayama (DR.BHN)
8.20 a.m to 8.25 a.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Evening sessions

Time /days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.30 p.m to 4.35 p.m	Prayer					
4.35 p.m to 4.45 p.m	General Exercise (Shri.BRT)	General Exercise (Shri. TNH)	General Exercise (DR.BHN)	General Exercise (Shri. TNH)	General Exercise (Shri. BRT)	General Exercise (Shri. BRT)
4.45 p.m to 5.10 p.m	Standing yoga Asana 1. Low Lunge 2. Vrikshasana (Shri. BRT)	1. Dog Split 2. Plank pose (Shri. TNH)	1. Chakravakasana 2. Sarvangasana (DR.BHN)	1. Bhujangasana 2. Ashtanga Namaskara (DR. BHN)	1. BaddhaKonasana 2. Sukhasana (DR. BHN)	1. Ananda Balasana 2. Matsyendrasana (Shri. TNH)
5.10 p.m to 5.25 p.m	Kapalabhati (Shri. BRT)	Bhastrika Pranayama (DR.BHN)	Bhramani (Shri. TNH)	Nadi - Shodhana (Shri. BRT)	Kapalabhati (Shri. TNH)	Bhastrika Pranayama (DR.BHN)
5.25 p.m to 5.30 p.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

BRT - Shri. B.R.Tole

Teaching faculties:-
BHN- Dr. B.H.Nayak

TNH - Shri. T.N.Harikantra

B.R.Tole
Yoga Co-ordinator
PHYSICAL INSTRUCTOR
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301



T.N.Harikantra
Principal
KANARA WELFARE TRUST'S
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301

THIRD WEEK			
Morning sessions			
Time/days	Monday	Tuesday	Wednesday
7.20 a.m to 7.25 a.m	Prayer		
7.25 a.m to 7.35 a.m	General Exercise (Shri. TNH)	General Exercise (Shri. BRT)	General Exercise (Shri.TNH)
7.35 a.m to 8.00 a.m	Navasana & Janu Sirsana (Shri. BRT)	Parivrtta Utkatasana & Janu Sirsana & Pada Rajakapotasana (DR.BHN)	Agnistambhasana & Krounchasana (DR.BHN)
8.05 a.m to 8.20 a.m	Teaching Mudrasana Theory (Shri. TNH)	1. Chin Mudra 2. Abhaya Mudra 3. Adi Mudra (DR.BHN)	1. Vayu Mudra 2. Akash Mudra 3. Prithvi Mudra (DR.BHN)
8.20 a.m to 8.25 a.m	Shavasana	Shavasana	Shavasana

Evening sessions			
Time/days	Monday	Tuesday	Wednesday
4.30 p.m to 4.35 p.m	Prayer		
4.35 p.m to 4.45 p.m	General Exercise (Shri. BRT)	General Exercise (Shri. BRT)	General Exercise (Shri. BRT)
4.45 p.m to 5.15 p.m	Marichyasana & Paschimottanasana (Shri. BRT)	Marjariasana & Gorakshasana (Shri. TNH)	VajaraKapotanasana & UttanaShishosana (DR.BHN)
5.15p.m to 5.25 p.m	1. chin Mudra 2. Abhaya Mudra 3. Adi Mudra (DR.BHN)	1. Dhyana Mudra 2. Apari Mudra 3. Agni Mudra (Shri.TNH)	1. Vayu Mudra 2. Akash Mudra 3. Prithvi Mudra (DR.BHN)
5.25 p.m to 5.30 p.m	Shavasana	Shavasana	Shavasana

Teaching faculties:-

BRT – Shri. B.R.Tole

BHN- Dr. B.H.Nayak

TNH – Shri. T.N.Harikantra


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KARWAR - 581 301

DIVEKAR COLLEGE OF COMMERCE
YOGA CENTRE KARWAR
YOGA ADD ON COURSE FROM 16.08.2017 TO 30.08.2017

FIRST WEEK						
Morning sessions						
Time/days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.20 a.m to 7.25 a.m	Prayer					
7.25 a.m to 7.35 a.m	General Exercise (DR. BRT)	General Exercise (Shri.TNH)	General Exercise (DR.BHN)	General Exercise (DR. BRT)	General Exercise (Shri. TNH)	General Exercise (DR. BRT)
7.35 a.m to 8.00 a.m	Standing yoga Asana Theory (DR.BHN)	Standing Asana Tadasana & Utkatasana (Shri. TNH)	Standing Asana Uttara shishasana & AdhoMukha Svanasana (DR.BHN)	Standing Asana Virabhadrasana & Trikonasana (DR. BRT)	Standing Asana Vrikshasana & Setu Bandha Sarvangasana (Shri. TNH)	Standing Asana Virabhadrasana I & III (DR. BRT)
8.00 a.m to 8.15 a.m	Sitting yogaasana theory (Dr. BHN)	Sitting asana Sukhasana & Vajrasana (DR. BRT)	Sitting asana Dandasana & Paschimottanasana (Shri.TNH)	Sitting asana Upavishta Konasana & Baddha Konasana (DR.BHN)	Sitting asana Ardha Chandrasana & Janusirsasana (DR. BRT)	Gomukhasana & Padmasana (Shri.TNH)
8.15 a.m to 8.20 a.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Evening sessions						
Time Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.30 p.m to 4.35 p.m	Prayer					
4.35 p.m to 4.45 p.m	General Exercise (Shri. TNH)	General Exercise (DR.BRT)	General Exercise (DR.BRT)	General Exercise (Shri. TNH)	General Exercise (DR.BHN)	General Exercise (Shri. TNH)
4.45 p.m to 5.10 p.m	Tadasana & Utkatasana (Shri. TNH)	Standing Asana Ardha baddhapadma & Baddha padmotanasana (DR.BRT)	Krunchasana & Malasana (DR.BRT)	Padangusthasana & Parivrtta asana (Shri.TNH)	Parasaritpa padottanasana & Samasthiti asana (DR.BHN)	Talasana & Tiryaka asana (Shri.TNH)
5.10 p.m to-5.25 p.m	Sitting asana Padmasana & Bhada padmasana (DR.BRT)	Sukhasana & Vajrasana (DR.BHN)	Dandasana & Paschimottanasana (Shri. TNH)	Upavishta Konasana & Baddha Konasana (DR.BRT)	ArdhaPadmasana (Shri. TNH)	Gomukhasana & Chakki chalanasana (Shri. TNH)
5.25 p.m to 5.30 p.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana


Teaching faculties:-

BRT – Dr. B.R.Tole

BHN- Dr. B.H.Nayak

TNH – Shri. T.N.Harikantra


Yoga Co-ordinator
PHYSICAL INSTRUCTOR
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301


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DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301

SECOND WEEK

Morning sessions

Time/days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.20 a.m to 7.25 a.m	Prayer					
7.25 a.m to 7.35 a.m	General Exercise (Shri. TNH)	General Exercise (DR.BRT)	General Exercise (DR.BRT)	General Exercise (Shri. TNH)	General Exercise (DR.BRT)	General Exercise (DR.BRT)
7.35 a.m to 8.00 a.m	Standing yoga Asana 1. Low Lunge 2. Vrikshasana (Shri. TNH)	1. Dog Split 2. Plank pose (DR.BRT)	1. Chakravakasana 2. Sarvangasana (Shri. TNH)	1. Bhujangasana 2. Ashtanga Namaskara (DR. BRT)	1. BaddhaKonasana 2. Sukhasana (DR.BRT)	1. Ananda Balasana 2. Matsyendrasana (Shri. TNH)
8.05 a.m to 8.20 a.m	Kapalabhati (DR.BHN)	Bhastrika Pranayama (Shri. TNH)	Bhramani (Shri. TNH)	Nadi -Shodhana (DR.BRT)	Kapalabhati (Shri. TNH)	Bhastrika Pranayama (DR.BRT)
8.20 a.m to 8.25 a.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Evening sessions

Time/days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.30 p.m to 4.35 p.m	Prayer					
4.35 p.m to 4.45 p.m	General Exercise (Shri. TNH)	General Exercise (Dr.BRT)	General Exercise (Dr.BRT)	General Exercise (DR.BHN)	General Exercise (Shri. TNH)	General Exercise (Shri. TNH)
4.45 p.m to 5.10 p.m	Standing yoga Asana 1. Low Lunge 2. Vrikshasana (Shri. TNH)	1. Dog Split 2. Plank pose (Dr.BRT)	1. Chakravakasana 2. Sarvangasana (Dr.BRT)	1. Bhujangasana 2. Ashtanga Namaskara (DR.BHN)	1. BaddhaKonasana 2. Sukhasana (Shri. TNH)	1. Ananda Balasana 2. Matsyendrasana (Shri. TNH)
5.10 p.m to 5.25 p.m	Kapalabhati (DR.BHN)	Bhastrika Pranayama (DR.BHN)	Bhramani (Shri. TNH)	Nadi - Shodhana (Dr.BRT)	Kapalabhati (Shri. TNH)	Bhastrika Pranayama (Dr.BRT)
5.25 p.m to 5.30 p.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Teaching faculties:-

BRT - Dr. B.R.Tole

BHN- Dr. B.H.Nayak

TNH - Shri. T.N.Harikantra

R.S.O.
Yoga Co-ordinator
PHYSICAL INSTRUCTOR
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301



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KANARA WELFARE TRUST'S
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301

THIRD WEEK			
Morning sessions			
Time/days	Monday	Tuesday	Wednesday
7.20 a.m to 7.25 a.m	Prayer		
7.25 a.m to 7.35 a.m	General Exercise (Shri. TNH)	General Exercise (DR.BRT)	General Exercise (DR.BHN)
7.35 a.m to 8.00 a.m	Navasana & Janu Sirsana (DR.BRT)	Pariivrtta Utkatasana & Janu Sirsana & Pada Rajakapotasana (DR.BRT)	Agnistambhasana & Krounchasana (DR.BHN)
8.05 a.m to 8.20 a.m	Teaching Mudrasana Theory (Shri. TNH)	1. Chin Mudra 2. Abhaya Mudra 3. Adi Mudra (DR.BHN)	1. Vayu Mudra 2. Akash Mudra 3. Prithvi Mudra (Shri. TNH)
8.20 a.m to 8.25 a.m	Shavasana	Shavasana	Shavasana

Evening sessions			
Time/days	Monday	Tuesday	Wednesday
4.30 p.m to 4.35 p.m	Prayer		
4.35 p.m to 4.45 p.m	General Exercise (DR.BRT)	General Exercise (DR.BRT)	General Exercise (DR.BRT)
4.45 p.m to 5.15 p.m	Marichyasana & Paschimottanasana (DR.BRT)	Marjarisana & Gorakshasana (Shri. TNH)	VajaraKapotasana & UttanaShishosana (DR.BHN)
5.15 p.m to 5.25 p.m	1. chin Mudra 2. Abhaya Mudra 3. Adi Mudra (DR.BHN)	1. Dhyana Mudra 2. .Apara Mudra 3. Agni Mudra (Shri. TNH)	1. .Vayu Mudra 2. Akash Mudra 3. Prithvi Mudra (DR.BHN)
5.25 p.m to 5.30 p.m	Shavasana	Shavasana	Shavasana

Teaching faculties:-

BRT – Dr.. B.R.Tole

BHN- Dr. B.H.Nayak

TNH – Shri. T.N.Harikantra

Roo
Yoga Co-ordinator
PHYSICAL INSTRUCTOR
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301



WZ
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DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581301

DIVEKAR COLLEGE OF COMMERCE
YOGA CENTRE KARWAR
YOGA ADD ON COURSE FROM 09.07.2018 TO 23.07.2018

FIRST WEEK						
Morning sessions						
Time/days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.20 a.m to 7.25 a.m	Prayer					
7.25 a.m to 7.35 a.m	General Exercise (DR. BRT)	General Exercise (DR. BRT)	General Exercise (Shri. TNH)	General Exercise (DR. BRT)	General Exercise (DR. BHN)	General Exercise (DR. BRT)
7.35 a.m to 8.00 a.m	Standing yoga Asana Theory (DR. BRT)	Standing Asana Tadasana & Utkatasana (Shri. TNH)	Standing Asana Uttara shishasana & AdhoMukha Svanasana (Shri. TNH)	Standing Asana Virabhadrasana & Trikonasana (DR. BRT)	Standing Asana Vrikshasana & Setu Bandha Sarvangasana (Shri. TNH)	Standing Asana Virabhadrasana I & III (DR. BRT)
8.00 a.m to 8.15 a.m	Sitting yogaasana theory (Dr. BHN)	Sitting asana Sukhasana & Vajrasana (Shri. TNH)	Sitting asana Dandasana & Paschimottanasana (DR. BRT)	Sitting asana Upavishta Konasana & Baddha Konasana (Shri. TNH)	Sitting asana Ardha Chandrasana & Janusirsasana (Shri. TNH)	Gomukhasana & Padmasana (DR. BHN)
8.15 a.m to 8.20 a.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Evening sessions						
Time & day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.30 p.m to 4.35 p.m	Prayer					
4.35 p.m to 4.45 p.m	General Exercise (Shri. TNH)	General Exercise (DR. BRT)	General Exercise (DR. BRT)	General Exercise (Shri. TNH)	General Exercise (DR. BRT)	General Exercise (Shri. TNH)
4.45 p.m to 5.10 p.m	Tadasana & Utkatasana (Shri. TNH)	Standing Asana Ardha baddhapadma & Baddha padmotanasana (DR. BRT)	Krunchasana & Malasana (DR. BRT)	Padangusthasana & Parivrtta asana (Shri. TNH)	Parasaritpa padottanasana & Samasthiti asana (DR. BRT)	Talanasana & Tiryaka asana (Shri. TNH)
5.10 p.m to 5.25 p.m	Sitting asana Padmasana & Bhada padmasana (DR. BRT)	Sukhasana & Vajrasana (DR. BHN)	Dandasana & Paschimottanasana (DR. BRT)	Upavishta Konasana & Baddha Konasana (DR. BHN)	ArdhaPadmasana (Shri. TNH)	Gomukhasana & Chakki chalanasana (DR. BHN)
5.25 p.m to 5.30 p.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Teaching faculties:-

BRT – Shri. B.R.Tole

BHN- Dr. B.H.Nayak

TNH – Smt. T.N.Harikantra


Yoga Co-ordinator
PHYSICAL INSTRUCTOR
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301


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KANARA WELFARE TRUST'S
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301

SECOND WEEK

Morning sessions

Time/days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.20 a.m to 7.25 a.m	Prayer					
7.25 a.m to 7.35 a.m	General Exercise (Shri.TNH)	General Exercise (DR.BRT)	General Exercise (DR.BRT)	General Exercise (Shri..TNH)	General Exercise (DR.BRT)	General Exercise (DR.BRT)
7.35 a.m to 8.00 a.m	Standing yoga Asana 1. Low Lunge 2. Vrikshasana (Shri.TNH)	1. Dog Split 2. Plank pose (DR.BRT)	1. Chakravakasana 2. Sarvangasana (Shri..TNH)	1. Bhujangasana 2. Ashtanga Namaskara (DR. BRT)	1. BaddhaKonasana 2. Sukhasana (DR.BRT)	1. Ananda Balasana 2. Matsyendrasana (Shri.TNH)
8.05a.m to 8.20 a.m	Kapalabhati (DR.BRT)	Bhastrika Pranayama (Shri.TNH)	Bhramani (Shri.TNH)	Nadi -Shodhana (DR.BRT)	Kapalabhati (Shri. TNH)	Bhastrika Pranayama (DR.BRT)
8.20 a.m to 8.25 a.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Evening sessions

Time/days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.30 p.m to 4.35 p.m	Prayer					
4.35 p.m to 4.45 p.m	General Exercise (DR.BRT)	General Exercise (Shri.TNH)	General Exercise (Dr.BRT)	General Exercise (DR.BHN)	General Exercise (DR.BRT)	General Exercise (Shri..TNH)
4.45 p.m to 5.10 p.m	Standing yoga Asana 1.Low Lunge 2.Vrikshasana (DR.BRT)	1.Dog Split 2. Plank pose (Shri..TNH)	1.Chakravakasana 2. Sarvangasana (Dr.BRT)	1.Bhujangasana 2. Ashtanga Namaskara (DR.BHN)	1.BaddhaKonasana 2.Sukhasana (DR.BRT)	1.Ananda Balasana 2.Matsyendrasana (Shri.TNH)
5.10 p.m to 5.25 p.m	Kapalabhati (DR.BHN)	Bhastrika Pranayama (DR.BRT)	Bhramani (DR.BRT)	Nadi - Shodhana (Dr.BRT)	Kapalabhati (Shri.TNH)	Bhastrika Pranayama (Shri.TNH)
5.25 p.m to 5.30 p.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Teaching faculties:-

BRT - Dr. B.R.Tole

BHN- Dr. B.H.Nayak

TNH - Shri. T.N.Harikantra

Rice
Yoga Co-ordinator
PHYSICAL INSTRUCTOR
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THIRD WEEK			
Morning sessions			
Time/days	Monday	Tuesday	Wednesday
7.20 a.m to 7.25 a.m	Prayer		
7.25 a.m to 7.35 a.m	General Exercise (Shri.TNH)	General Exercise (DR.BRT)	General Exercise (Shri. TNH)
7.35 a.m to 8.00 a.m	Navasana & Janu Sirsana (DR.BRT)	Parivrtta Utkatasana & Janu Sirsana & Pada Rajakapotasana (DR.BRT)	Agnistambhasana & Krounchasana (DR.BRT)
8.05 a.m to 8.20 a.m	Teaching Mudrasana Theory (Shri..TNH)	1. Chin Mudra 2. Abhaya Mudra 3. Adi Mudra (Shri.TNH)	1. Vayu Mudra 2. Akash Mudra 3. Prithvi Mudra (Shri.TNH)
8.20 a.m to 8.25 a.m	Shavasana	Shavasana	Shavasana

Evening sessions			
Time/days	Monday	Tuesday	Wednesday
4.30 a.m to 4.35 a.m	Prayer		
4.35 a.m to 4.45 a.m	General Exercise (DR.BRT)	General Exercise (DR.BRT)	General Exercise (DR.BRT)
4.45 a.m to 5.15 a.m	Marichyasana & Paschimottanasana (DR.BRT)	Marjarisana & Gorakshasana (Shri. TNH)	VajaraKapotanasana & UttanaShishosana (DR.BHN)
5.15a.m to 5.25 a.m	1. chin Mudra 2. Abhaya Mudra 3. Adi Mudra (DR.BHN)	1. .Dhyana Mudra 2. Aparas Mudra 3. Agni Mudra (Shri. TNH)	1. .Vayu Mudra 2. Akash Mudra 3. Prithvi Mudra (DR.BHN)
5.25 a.m to 5.30 a.m	Shavasana	Shavasana	Shavasana

BRT – Dr. B.R.Tole

Teaching faculties:-
BHN- Dr. B.H.Nayak

TNH – Shri. T.N.Harikantra

B.Tole
Yoga Co-ordinator
PHYSICAL INSTRUCTOR
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**DIVEKAR COLLEGE OF COMMERCE
YOGA CENTRE KARWAR
YOGA ADD ON COURSE FROM 08-07-2019 TO 22-07-2019**

FIRST WEEK						
Morning sessions						
Time/days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.20 a.m to 7.25 a.m	Prayer					
7.25 a.m to 7.35a.m	General Exercise (Dr. BRT)	General Exercise (Dr. BRT)	General Exercise (Shri. TNH)	General Exercise (Dr. BRT)	General Exercise (Dr. BHN)	General Exercise (Dr. BRT)
7.35 a.m to 8.00 a.m	Standing yoga Asana Theory (Dr. BRT)	Standing Asana Tadasana & Utkatasana (Shri. TNH)	Standing Asana Uttara shishasana & AdhoMukha Svanasana (Shri. TNH)	Standing Asana Virabhadrasana & Trikonasana (Dr. BRT)	Standing Asana Vrikshasana & Setu Bandha Sarvangasana (Shri.TNH)	Standing Asana Virabhadrasana I & III (Dr. BRT)
8.00 a.m to 8.15 a.m	Sitting yogaasana theory (Dr. BHN)	Sitting asana Sukhasana & Vajrasana (Shri. TNH)	Sitting asana Dandasana & Paschimottanasana (Dr. BRT)	Sitting asana Upavishta Konasana & Baddha Konasana (Shri.TNH)	Sitting asana Ardha Chandrasana & Janusirsasana (Shri.TNH)	Gomukhasana & Padmasana (Dr. BHN)
8.15 a.m to 8.20 a.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Evening sessions						
Time & day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.30 p.m to 4.35 p.m	Prayer					
4.35 p.m to 4.45 p.m	General Exercise (Shri. TNH)	General Exercise (Dr. BRT)	General Exercise (Dr. BRT)	General Exercise (Shri. TNH)	General Exercise (Dr. BRT)	General Exercise (Shri. TNH)
4.45 p.m to 5.10 p.m	Tadasana & Utkatasana (Shri. TNH)	Standing Asana Ardha baddhapadma & Baddha padmotanasana (Dr. BRT)	Krunchasana & Malasana (Dr. BRT)	Padangusthasana & Parivrtta asana (Shri. TNH)	Parasaritpa padottanasana & Samasthiti asana (Dr. BRT)	Talanasana & Tiryaka asana (Shri. TNH)
5.10 p.m to 5.25 p.m	Sitting asana Padmasana & Bhada padmasana (Dr. BRT)	Sukhasana & Vajrasana (DR. BHN)	Dandasana & Paschimottan asana (Dr. BRT)	Upavishta Konasana & Baddha Konasana (DR. BHN)	ArdhaPadmasana (Smt. Sharada .k)	Gomukhasana & Chakki chalanasana (DR. BHN)
5.25 p.m to 5.30 p.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Teaching faculties:-

BRT – Shri. B.R.Tole

BHN- Dr. B.H.Nayak

TNH – Smt. T.N.Harikantra


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SECOND WEEK

Morning sessions

Time/days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.20 a.m to 7.25 a.m	Prayer					
7.25 a.m to 7.35 a.m	General Exercise (Shri. TNH)	General Exercise (Dr. BRT)	General Exercise (Dr. BRT)	General Exercise (Shri. TNH)	General Exercise (Dr. BRT)	General Exercise (Dr. BRT)
7.35 a.m to 8.00 a.m	Standing yoga Asana 1. Low Lunge 2. Vrikshasana (Shri. TNH)	1. Dog Split 2. Plank pose (Dr. BRT)	1. Chakravakasana 2. Sarvangasana (Shri. TNH)	1. Bhujangasana 2. Ashtanga Namaskara (Dr. BRT)	1. BaddhaKonasana 2. Sukhasana (Dr. BRT)	1. Ananda Balasana 2. Matsyendrasana (Shri. TNH)
8.05 a.m to 8.20 a.m	Kapalabhati (Dr. BRT)	Bhastrika Pranayama (Shri. TNH)	Bhramani (Shri. TNH)	Nadi - Shodhana (Dr. BRT)	Kapalabhati (Shri. TNH)	Bhastrika Pranayama (DR.BRT)
8.20 a.m to 8.25 a.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Evening sessions

Time /days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.30 p.m to 4.35 p.m	Prayer					
4.35 p.m to 4.45 p.m	General Exercise (Dr..BRT)	General Exercise (Shri. TNH)	General Exercise (DR.BRT)	General Exercise (DR. BHN)	General Exercise (Dr. BRT)	General Exercise (Shri. TNH)
4.45 p.m to 5.10 p.m	Standing yoga Asana 1. Low Lunge 2. Vrikshasana (Dr. BRT)	1. Dog Split 2. Plank pose (Shri. TNH)	1. Chakravakasana 2. Sarvangasana (Dr. BRT)	1. Bhujangasana 2. Ashtanga Namaskara (DR. BHN)	1. BaddhaKonasana 2. Sukhasana (DR. BRT)	1. Ananda Balasana 2. Matsyendrasana (Shri. TNH)
5.10 p.m to 5.25 p.m	Kapalabhati (DR. BHN)	Bhastrika Pranayama (DR.BRT)	Bhramani (DR.BRT)	Nadi - Shodhana (Dr. BRT)	Kapalabhati (Shri. TNH)	Bhastrika Pranayama (DR.BHN)
5.25 p.m to 5.30 p.m	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Teaching faculties:-

BRT - Dr. B.R.Tole

BHN- Dr. B.H.Nayak

TNH - Shri. T.N.Harikantra

B.R.Tole
Yoga Co-ordinator
PHYSICAL INSTRUCTOR
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THIRD WEEK			
Morning sessions			
Time/days	Monday	Tuesday	Wednesday
7.20 a.m to 7.25 a.m	Prayer		
7.25 a.m to 7.35 a.m	General Exercise (Shri. TNH)	General Exercise (DR.. BRT)	General Exercise (Shri..TNH)
7.35 a.m to 8.00 a.m	Navasana & Janu Sirsana (DR.. BRT)	Parivrta Utkatasana & Janu Sirsana & Pada Rajakapotasana (DR.BRT)	Agnistambhasana & Krounchasana (DR.BRT)
8.05 a.m to 8.20 a.m	Teaching Mudrasana Theory (Shri. TNH)	1. Chin Mudra 2. Abhaya Mudra 3. Adi Mudra (Shri. TNH)	1. Vayu Mudra 2. Akash Mudra 3. Prithvi Mudra (Shri. TNH)
8.20 a.m to 8.25 a.m	Shavasana	Shavasana	Shavasana

Evening sessions			
Time/days	Monday	Tuesday	Wednesday
4.30 p.m to 4.35 p.m	Prayer		
4.35 p.m to 4.45 p.m	General Exercise (Dr.. BRT)	General Exercise (Dr.. BRT)	General Exercise (Dr. BRT)
4.45 p.m to 5.15 p.m	Marichyasana & Paschimottanasana (Dr.. BRT)	Marjariasana & Gorakshasana (Shri. TNH)	VajaraKapotanasana & UttanaShishosana (DR.BHN)
5.15p.m to 5.25 p.m	1. chin Mudra 2. Abhaya Mudra 3. Adi Mudra (DR.BHN)	1. Dhyana Mudra 2. Aparasana Mudra 3. Agni Mudra (Shri.TNH)	1. Vayu Mudra 2. Akash Mudra 3. Prithvi Mudra (DR.BHN)
5.25 p.m to 5.30 p.m	Shavasana	Shavasana	Shavasana

Teaching faculties:-

BRT – Dr.. B.R.Tole

BHN- Dr. B.H.Nayak

TNH – Shri. T.N.Harikantra

B.S.P.
Yoga Co-ordinator
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VALUE ADDED COURSE ON YOGA 2019-20
STUDENT ENROLLMENT LIST

Sl. No.	Name of the Student	Signature
1	Preeti B Singh	PBS
2	Smita V Mahale	Smita
3	Shivani G Revankar	SR
4	Meghna C Mhalsekar	Megha
5	Praful U Asnatikar	Praful
6	Shivjitha S Amadali	Shivjitha
7	Anusha A Shanbag	Anusha
8	Haseenabanu P	Haseenabanu
9	Raksha A Keni	Raksha
10	Ajay M Naik	Ajay
11	Alisha G Dsouza	Alisha
12	Chaitanya K Vernekar	Chaitanya
13	Kishan B Gurav	Kishan
14	Sampreet M Naik	Sampreet
15	Tushar D Pednekar	Tushar
16	Krutish K Naik	Krutish
17	Sanket S Naik	Sanket
18	Ajay A Pokle	Ajay
19	Saineedhi V Naik	Saineedhi
20	Mahmud S Qureshi	Mahmud
21	Prachita K Gajinkar	Prachita
22	Pranjali P Pednekar	Pranjali
23	Shrilakshmi N Shet	Shrilakshmi
24	Sahil R Naik	Sahil
25	Rachita R Rokhade	Rachita
26	Savio P Ruzario	Savio
27	Shruti R Naik	Shruti
28	Sankalp S Mayekar	Sankalp
29	Sanjana S Kalamkar	Sanjana
30	Chaitali Y Manjekar	Chaitali


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Ph:-08382-225221/220169



VALUE ADDED COURSE ON YOGA 2018-19
STUDENT ENROLLMENT LIST

Sl. No.	Name of the Student	Signature
1	Tejal V Nayak	Tejal
2	Vibha B Nayak	Vibha
3	Arpita N Gouda	Arpita
4	Ankita A Haldipur	Ankita
5	Megha R Shetti	Megha
6	Smitha S Gaonkar	Smitha
7	Divya S Kamble	Divya
8	Shreya V Revenkar	Shreya
9	Shruti M Nayer	Shruti
10	Nikhil C Madival	Nikhil
11	Sumanth D Naik	Sumanth
12	Ratik P Anvekar	Ratik
13	Saurav S Surav	Saurav
14	Manthan M Pednekar	Manthan
15	Prathemesh S Malikar	Prathemesh
16	Saharsh A Rane	Saharsh
17	Kiran K Gungi	Kiran
18	Akshay V Kolanka	Akshay
19	Vinuta V Ambedkar	Vinuta
20	Akshata V Banavali	Akshata
21	Ankush V Shetti	Ankush
22	Krathika V Pawar	Krathika
23	Pavan S Shetti	Pavan
24	Sujan K H	Sujan
25	Tejal V Naik	Tejal
26	Divya U Raikar	Divya
27	Shivam G Anvekar	Shivam
28	Afya M Shaikh	Afya
29	Pranali P Salunke	Pranali
30	Akshata R Talekar	Akshata


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VALUE ADDED COURSE ON YOGA 2017-18
STUDENT ENROLLMENT LIST

Sl. No.	Name of the Student	Signature
1	Aishwarya M Shetti	
2	Akshata A Bangu	
3	Akshata R Talekar	
4	Arpita A Kadam	
5	Amogh N Shet	
6	Ankita N Powar	
7	Anoop Shirodkar	
8	Baby Rathod	
9	Clavin Gudioho	
10	Diksha S Majalika	
11	Diya M Naik	
12	Gouresh U Savant	
13	Harshit Vajandar	
14	Kartik P Naik	
15	Kavya M Bhau	
16	Krapa G Revalkar	
17	M Sandhya	
18	Malik S Naik	
19	Manasi Nagekar	
20	Muskan R Shaikh	
21	Pavan N Gungi	
22	Pavitra H Kobrekar	
23	Pooja P Govekar	
24	Poonam K Pednekar	
25	Prathiviraj P Vernekar	
26	Priya Banavali	
27	Roshan kudalkar	
28	Sandesh R Naik	
29	Samida L Naik	
30	Rashmi V Kalkapur	


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VALUE ADDED COURSE ON YOGA 2016-17
STUDENT ENROLLMENT LIST

Sl. No.	Name of the Student	Signature
1	Aditi V Bandekar	Aditi
2	Arpita N Banare	Arpita
3	Praveen Shaikh	Praveen
4	Ashvini D Anvekar	Ashvini
5	Darshan D Borkar	Darshan
6	Darshan S Talekar	Darshan
7	Divya S Raikar	Divya
8	Gouresh G Pavaskar	Gouresh
9	Ayesh V Bandekar	Ayesh
10	Ankita K Vernekar	Ankita
11	Omkar S Raikar	Omkar
12	Pratisha P Bandekar	Pratisha
13	Pritesh P Bandekar	Pritesh
14	Diksha Chipkar	Diksha
15	Rashmi S Harikantra	Rashmi
16	Sachin B Salaskar	Sachin
17	Sampurna Pagi	Sampurna
18	Sangam M Madival	Sangam
19	Jyothi Pawaskar	Jyothi
20	Sanjana U Kadam	Sanjana
21	Shubham R Rai	Shubham
22	Smita G Rane	Smita
23	Satyajit U Kadam	Satyajit
24	Kartik Naik	Kartik
25	Suchitra L Kadekar	Suchitra
26	Sudheer S Kadam	Sudheer
27	Sunil N Talekar	Sunil
28	Susmita D Morge	Susmita
29	Vidhyashree V Kolamkar	Vidhyashree
30	Vasavi V Naik	Vasavi


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**VALUE ADDED COURSE ON YOGA 2015-16
STUDENT ENROLLMENT LIST**

Sl. No.	Name of the Student	Signature
1	MohammedM Siddiqui	
2	SapnilSM	
3	Diksha Nayak	
4	Toufique	
5	Dhanraj HN	
6	Aishwarya Vernekar	
7	Samanthi Y.M	
8	Altab Shaikh	
9	Pratiksha Shetty	
10	Subhangi Bhat	
11	Mohit Patel	
12	Ravikumar Naik	
13	Satyajit Kadam	
14	Pritesh Bandekar	
15	SachinSalaskar	
16	BaburaoSulunke	
17	RajanShirosikar	
18	Arpita Banare	
19	Sabha Shaikh	
20	Ranjit Tandel	
21	Suchitra Kodarkar	
22	Abhishek B	
23	Shubham Pai	
24	Gauresh Pawaskar	
25	Kartik Harikartra	
26	Deepa Pagi	
27	Narayan Bhat	
28	Nidhi Raikar	
29	Nitesh Bhav	
30	Megha Hegde	

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