



KANARA WELFARE TRUST'S
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581301 (UTTARA KANNADA)
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Website:-www.divekarcollege.ac.in



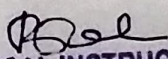
REPORT ON YOGA ADD ON COURSE FROM 08-07-2019 TO 22-07-2019

In our institution, the students are encouraged to practice yoga and to do meditation, as it will help them combat with different types of stress. The practice of Yoga stimulates the process of unity of mind, body and soul. Yoga is useful in maintaining physical and mental energy and meditation leads to spiritual peace.

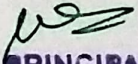
The academic year began with the celebration of the INTERNATIONAL YOGA DAY on the 21st of June 2019, in which around 140 students and 30 staff members attended the program. Inauguration of the program was conducted on 08-07-2019 at Divekar College, Gymkhana Hall. Camp was coordinated by Shri. B.R.Tole. Welcome speech was given by Smt. Pooja Naik lecturer in computer science. Inaugurator and chief guest of the function was Shri. Jagadish Nayak, Retired Physical Director. Dr. Keshava K.G., Principal of Divekar College was the president of the function. Vote of thanks was presented by Rajesh Marathi.

Yoga camp was conducted for 15 days where various yoga asana classes were practiced according to the time table such as general exercise, standing yoga asana theory, Dandasana and paschimottanasana, Ardha Chandrasana and janusirsasana, parasaritpapadottanasana and samasthiti asana etc. Teaching faculties were Shri. B.R.Tole, Dr. B.H.Nayak and Smt. T.N.Harikantra.

On 22-07-2019 closing ceremony was conducted in Divekar College, welcome speech was given by Miss. Reevon Rebello, lecturer in Commerce. Prof Mohan. V. Bhat, Retired Associate Professor was the chief guest of the function. Dr. Keshava K.G. Principal, was the president of the function. Shri Rajesh Marathi, lecturer in kannada presented vote of thanks.


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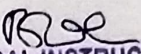


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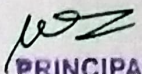


OUTCOME OF THE YOGA ADD ON COURSE

Yoga has helped the students in many aspects and visible changes in their behavior and attitude have been observed. Yoga helps them in being disciplined and physically fit. Meditation gives students a peaceful mind to think, be creative and productive. Yoga practice aids in having a balanced lifestyle with the ability to manage stress caused due to many factors. It has been noticed that yoga practice has improved positivity and nurtured healthy habits among the students. Students were also provided with the certificates.


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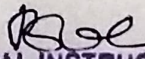
REPORT ON YOGA ADD ON COURSE FROM 09-07-2018 TO 22-07-2018

DivekarCollege of Commerce,ensures student development physiologically and psychologically.The mental wellbeing of the students is monitored and taken care of, and staff mentors counsel the students to practice yoga and meditate regularly.

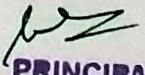
The academic year began with the celebration of the INTERNATIONAL YOGA DAY on the 21st of June 2018, in which around 140 students and 30 staff members attended the program. Inauguration of the program was conducted on 09-07-2018 at Divekar College, Gymkhana Hall. Camp was coordinated by Shri. B.R.Tole. Welcome speech was given by Dr. Keshava K.G. Assistant Professor. Inaugurator and chief guest of the function was Dr. Mallikarjun Hiremath,Ayush Medical Officer Govt. District Hospital. Dr. B. H. Nayak, Principal of Divekar College was the president of the function. Vote of thanks was presented by Shri. S.N. Dafedhar, IQAC Co-ordinator.

Yoga camp was conducted for 15 days where various yoga asana classes were practiced according to the time table such as general exercise, standing yoga asana theory, Dandasana and paschimottanasana, ArdhaChandrasana and janusirsasana, parasaritpapadottanasana and samasthiti asana etc. Teaching faculties were Shri. B.R.Tole, Dr. B.H.Nayak and Smt. T.N.Harikantra.

On 23-07-2018 closing ceremony was conducted in Divekar College, welcome speech was given by Shri. S.N. Dafedhar, IQAC Co-ordinator. Prof C.D.BhatDivekar College of Commerce was the chief guest of the function. Dr. B.H.Nayak. Principal, was the president of the function. Shri Rajesh Marathi, lecturer in kannada presented vote of thanks.


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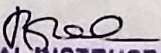


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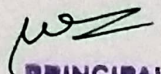


OUTCOME OF THE YOGA ADD ON COURSE

Yoga has helped the students in many aspects and visible changes in their behavior and attitude have been observed. Yoga helps them in being disciplined and physically fit. Meditation gives students a peaceful mind to think, be creative and productive. Yoga practice aids in having a balanced lifestyle with the ability to manage stress caused due to many factors. It has been noticed that yoga practice has improved positivity and nurtured healthy habits among the students. Students were also provided with the certificates.


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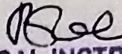
REPORT ON YOGA ADD ON COURSE FROM 16-07-2017 TO 30-08-2017

The College adapts and follows all schemes that are meant for the welfare of the students and the training on Yoga and meditation is one such student development scheme. The mental well-being of the students is monitored and taken care of, and staff mentors counsel the students to practice yoga and meditate regularly.

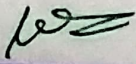
The academic year began with the celebration of the INTERNATIONAL YOGA DAY on the 21st of June 2017, in which around 150 students and 35 staff members attended the program. Inauguration of the program was conducted on 16-07-2017 at Divekar College, Gymkhana Hall. Camp was co-ordinated by Shri. B.R.Tole. Welcome speech was given by Shri Rajesh Marathi, lecturer in kannada. Inaugurator was Prof. Prashant Vernekar, Yoga Trainer, Karwar. Chief guest of the function was Dr. Mallikarjun Hiremath, Ayush Medical Officer Govt. District Hospital. Dr. M. H. Nayak, Principal of Divekar College was the president of the function. Vote of thanks was presented by Shri. Suresh Gudimani, librarian.

Yoga camp was conducted for 15 days where various yoga asana classes were practiced according to the time table such as general exercise, Sukhasana and Vajrasana, standing yoga asana theory, Dandasana and paschimottanasana, Ardha Chandrasana and janusirsasana, parasaritpapadottanasana and samasthiti asana etc. Teaching faculties were Shri. B.R.Tole, Dr. B.H.Nayak and Smt. T.N.Harikantra.

On 30-07-2017 closing ceremony was conducted in Divekar College, welcome speech was given by Shri. Suresh Gudimani, librarian. Dr. S.G.Bhat, Physical Director, Govt. College Karwar was the chief guest of the function. Dr. M.H.Nayak, Principal, Divekar College of Commerce was the president of the function. Shri Rajesh Marathi, lecturer in kannada presented vote of thanks.


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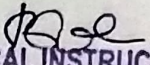
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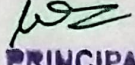


OUTCOME OF THE YOGA ADD ON COURSE

This year there was an improved awareness on yoga and meditation among the students. Practice of Yoga and meditation is well appreciated and is being followed as a regular practice in our college. Both boys and girls are motivated to practice in the morning and evening respectively in the college premises. The purpose of this practice is to provide a platform for the students to learn and adopt yoga as a means to rejuvenate and maintain a good lifestyle which will keep them away from stress factors. Students were rewarded with the certificate.


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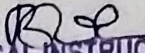
REPORT ON YOGA ADD ON COURSE FROM 7-09-2016 TO 21-09-2016

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective a technique to release stress. Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a yoga add on course was organized by our college Divekar College of Commerce, Karwar on 07-09-2016, for the students, and teaching and non-teaching staff participated with full interest, enthusiasm and eagerness with the protocols. Yoga instructor Dr. B.R. Tole took yoga session with great dedication.

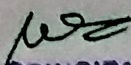
On account of the INTERNATIONAL YOGA DAY that is on 21st of June 2016, had conducted yoga add on course on 07-09-2016, in which around 150 students and 35 staff members attended the program. Inauguration of the program was conducted on 07-09-2016 at Divekar College, Gymkhana Hall. Camp was co-ordinated by Shri. B.R. Tole. Welcome speech was given by Shri Rajesh Marathi, lecturer in kannada. Inaugurator was Dr. A.J. Prakash, Yoga and Natural treatment Government hospital, Karwar. Chief guest of the function was Dr. Mallikarjun Hiremath, Ayush Medical Officer Govt. District Hospital. Dr. B. H. Nayak, Principal of Divekar College was the president of the function. Vote of thanks was presented by Prof. S.N. Dafedar, lecturer.

Yoga camp was conducted for 15 days where various yoga asana classes were practiced according to the time table such as general exercise, Sukhasana and Vajrasana, standing yoga asana theory, Dandasana and paschimottanasana, Ardha Chandrasana and janusirsasana, parasaritpapadottanasana and samasthiti asana etc. Asanas starting with warming up and stretching were followed by a Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the students. Teaching faculties were Shri. B.R. Tole, Dr. B.H. Nayak and Smt. T.N. Harikantra.

On 21-09-2016 closing ceremony was conducted in Divekar College, welcome speech was given by Shri. Suresh Gudimani, librarian. Dr. Shivanand Nayak, Principal Shivaji College of Education, Karwar was the chief guest of the function. Dr. B.H. Nayak, Principal, Divekar College of Commerce was the president of the function. Prof. Mohan. V. Bhat, lecturer in Commerce presented vote of thanks.


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OUTCOME OF THE YOGA ADD ON COURSE

In the present day when students face stress, tension, fear, etc., simple 'asanas' can help dispel these. Identify the major muscle groups and their application to yoga. Improve personal fitness through participation in yoga, muscular, strength, and muscular endurance activities. Demonstrate an understanding of health problems associated with inadequate fitness levels. Demonstrate an understanding of sound nutritional practices as related to health and physical performance. Asanas starting with warming up and stretching were followed by a Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the students.

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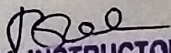
REPORT ON YOGA ADD ON COURSE FROM 28-07-2015 TO 11-08-2015

Yoga is an invaluable gift of ancient Indian tradition. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. So, in our institution, the students are encouraged to practice yoga and to do meditation, as it will help them combat with different types of stress. Yoga is useful in maintaining physical and mental energy and meditation leads to spiritual peace.

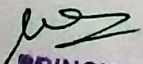
On account of the INTERNATIONAL YOGA DAY that is on 21st of June 2015, we had conducted yoga add on course on 28-07-2015, in which around 130 students and 28 staff members attended the program. Inauguration of the program was conducted on 28-07-2015 at Divekar College, Gymkhana Hall. Camp was co-ordinated by Shri. B.R.Tole. Welcome speech was given by Shri Rajesh Marathi, lecturer in kannada. Inaugurator was Prof. Prashant Vernekar, Yoga Trainer, Karwar. Chief guest of the function was Dr. Mallikarjun Hiremath, Ayush Medical Officer Govt. District Hospital. Dr. M. H. Nayak, Principal of Divekar College was the president of the function. Vote of thanks was presented by Shri. Suresh Gudimani, librarian.

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On 11-08-2015 closing ceremony was conducted in Divekar College, welcome speech was given by Shri. Suresh Gudimani, librarian. Dr. S.G.Bhat, Physical Director, Govt. College Karwar was the chief guest of the function. Dr. M.H.Nayak, Principal, Divekar College of Commerce was the president of the function. Shri Rajesh Marathi, lecturer in kannada presented vote of thanks.


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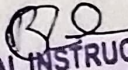


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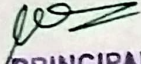


OUTCOME OF THE YOGA ADD ON COURSE

Yoga has helped the students in many aspects and visible changes in their behavior and attitude have been observed. Yoga helps them in being disciplined and physically fit. Meditation gives students a peaceful mind to think, be creative and productive. Yoga practice aids in having a balanced lifestyle with the ability to manage stress caused due to many factors. It has been noticed that yoga practice has improved positivity and nurtured healthy habits among the students. Students were also provided with the certificates. The practice of Yoga had lead to the union of individual consciousness with universal consciousness. In this programme we introduce yoga as a science of Holistic living and not merely as yoga postures. During the programme the student is taught the basic concepts of Yoga for wellness. This programme looks to train enthusiasts to teach general public wellness through yoga.


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