



DIVEKAR COLLEGE OF COMMERCE

KARWAR (U.K.)-581301. Ph : 08382-225221

(NAAC Re-accredited at B-Grade, CGPA-2.47)

Email-kwtdcckarwar@gmail.com Web : divekarcollegeac.in



YOGA CENTRE



CERTIFICATE

This is to certify that Mr./Ms. Ajay . A. Pokle
student of Divekar College of Commerce, Karwar has participated in the yoga camp
from 08-07-2019 to 22-07-2019 organised by Yoga Centre of
KWT'S D.C.C. Karwar.

TESTET
Kishor

[Signature]
Sharada Kishor
Yoga Teacher
Karwar

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

[Signature]
DR. Keshava K.G.
Principal
Divekar College of Commerce, Karwar

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YOGA CENTRE



CERTIFICATE

This is to certify that Mr./Ms. Shruti M Nayer.
student of Divekar College of Commerce, Karwar has participated in the yoga camp
from 09-07-2018 to 23-07-2018 organised by Yoga Centre of
KWT'S D.C.C. Karwar.

ATTESTED

Sharada Kishor
Yoga Teacher
Karwar

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

Dr. B.H. Nayak
Principal
Divekar College of Commerce, Karwar

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YOGA CENTRE



CERTIFICATE

This is to certify that Mr./Ms. GOURESH . U. SAVANT
student of Divekar College of Commerce, Karwar has participated in the yoga camp
from 16-08-2017 to 30-08-2017 organised by Yoga Centre of
KWT'S D.C.C. Karwar.

ATTESTED
[Signature]

[Signature]
Sharada Kishor
Yoga Teacher
Karwar

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

[Signature]
Dr. B.H. Nayak
Principal
Divekar College of Commerce, Karwar



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YOGA CENTRE



CERTIFICATE

This is to certify that Mr./Ms. Divya . S. Raikar.
student of Divekar College of Commerce, Karwar has participated in the yoga camp
from 07 - 09 - 2016 to 21 - 09 - 2016. organised by Yoga Centre of
KWT'S D.C.C. Karwar.

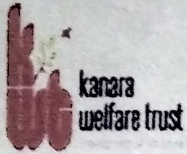
ATTESTED
[Signature]

[Signature]
Sharada Kishor
Yoga Teacher
Karwar

[Signature]
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YOGA CENTRE



This is to certify that Mr./Ms. Mohit Patel
student of Divekar College of Commerce, Karwar has participated in the yoga camp
from 28-07-2015 to 11-08-2015 organised by Yoga Centre of
KWT'S D.C.C. Karwar.

ATTESTED

[Signature]
Elty

[Signature]
Sharada Kishor
Yoga teacher
Karwar

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

[Signature]
Dr.M.H.Naik
Principal
Divekar College of Commerce, Karwar

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,



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

ATTESTED
[Signature]

City of Karwar

Karwar described aptly as the Kashmir of Karnataka is a coastal and port city of incomparable scenic beauty in the forest district of Uttara Kannada in Karnataka State. It is surrounded by the evergreen the Western Ghats, the blue Arabian Sea and the River Kali. It is at a distance of 570 kms. from Bangalore, about 92 kms. from Dabolium Airport, Goa, 170kms. from hubli and 270 kms. from mangalore.

Our Management

Our college is managed by Kanara Welfare Trust that emerged from the movement spearheaded by its architect Dr. Dinakar Desai for the empowerment of the poor and backward people. Shri. S.P. 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 Divekar college of Commerce was started at Karwar in 1970 by the Kanara Welfare Trust, with the encouragement of Dr. M. R. Divekar, a trustee of the Divekar 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 this 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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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 2018

From 9th July 2018
to
23rd July 2018

Venue: College Gymkhana Hall

To,



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DIVEKAR COLLEGE OF COMMERCE
KARWAR - 581 301

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Contact:

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



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Divekar College of Commerce, Karwar.



"Yoga is the Key to Flexibility"

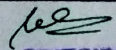
Yoga Camp 2017

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

Venue: College Gymkhana Hall

To,




PRINCIPAL
KANARA WELFARE TRUST'S
DIVEKAR COLLEGE OF COMMERCE
KARWAR - 561 301

City of Karwar

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Shri. B.R. Tole

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Divekar College of Commerce, Karwar.



"Yoga is the Key to Flexibility"

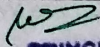
Yoga Camp 2016

From 7th September 2016
to
21st September 2016

Venue: College Gymkhana Hall

To,




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Contact:

Shri. B.R. Tole

Camp Co-ordinator

Divekar College of Commerce, Karwar

ATTESTED
[Signature]



Kanara Welfare Trust's
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,



[Signature]
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