

Dr. B. B. HEGDE FIRST GRADE COLLEGE, KUNDAPURA

PROGRAMME REPORT: 2023 - 2024

Date	Name of the Programme	Resource persons' details
31-06-2024	"International Yoga Day" Celebration	Mr Karunakar Shetty Yoga Teacher Kotkeri

BRIEF REPORT

Dr. B. B. Hegde National Service Scheme Unit 1 & 2, NSS Unit in collaboration with Yoga and Fitness Certificate course conducted International yoga day programme.

Sri Karunakara Shetty Kotkeri, yoga trainer emphasized that yoga helps to balance the body and mind of a person. He stated that yoga should not be understood in the limited sense of pranayama and physical exercise but rather as a path leading to all round evolution of life. The principal of college Prof. K. Umashetty presided over the programme. Vice principal Dr. Chethan Shetty welcomed guests. Yoga and Fitness co-ordinator Mrs. Revathi D introduced guest. N.C.C care taker Mr. Harish proposed vote of thanks and NSS programme officer Ms. Deepa Poojary conveyed master of ceremony.

31/06/2024

(Revathi D)

FACULTY COORDINATOR

IQAC COORDINATOR

I.Q.A.C. Co-ordinator

Dr. B. B. Hegde First Grade College  
Kundapura-576201

PRINCIPAL

Dr. B. B. Hegde First Grade College  
Kundapura-576201

Encl: Notice/Invitation/Agenda/Attendance/Feedback/Geotagged photos/News Paper cuttings etc.

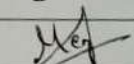
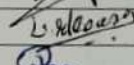
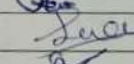

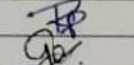
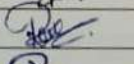
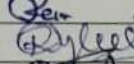



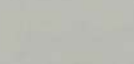


**Dr. B. B. Hegde First Grade College, Kundapura**

**Notice, Date. 20/06/2024**

All the Yoga & Fitness Certificate Course, NSS and NCC students are hereby informed to assemble in the College Auditorium International Yoga Day Celebration programme on 21/06/2024 at 9.00 AM without fail.

  
**Principal**

Dr. B.B. Hegde First Grade College  
Kundapura -576201

<b>Class &amp; Section</b>	<b>Room No.</b>	<b>Signature</b>
II B.Com. 'C'	001	
II B.Com. 'A'	003	
II B.B.A.	004	
I B.Com. 'D'	005	
I B.Com. 'C'	101	
I B.Com. 'A'	102	
I B.Com. 'B'	103	
II B.Com. 'B'	106	
I B.B.A.	108	
II B.Com. 'D'	109	
II B.Sc.	110	
II BCA	204	
I BCA	202	



**Dr. B. B. HEGDE FIRST GRADE COLLEGE, KUNDAPURA**  
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[A Unit of Coondapur Education Society (R.), Kundapura]

**National Service Scheme (Unit 1 & 2)**

**National Cadet Corps**

in association with

**Yoga & Fitness Certificate Course**

Organise



# International Yoga Day

(A programme under IQAC)

Date : **21-06-2024** | Time : **09:00 A.M**

Venue : **Mookambika Auditorium**



President  
**Prof. K Umesh Shetty**  
 Principal

Guest  
**Sri. Karunakar Shetty**  
 Yoga Teacher  
 Katkere



**WELCOME**

**Dr. Chethan Shetty K**  
**Ms. Deepa Poojary**  
 NSS Programme Officers

**Prof. K. Umesh Shetty**  
 Principal

**Mr. Hareesha B.**  
**Mr. Sharath Kumar**  
 NCC Care takers

**Mrs. Revathi D.**  
 Yoga Instructor

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## National Service Scheme Unit (1&2)

## National Cadet Corps

&

## Yoga & Fitness Certificate Course

Organize

### International Yoga Day

Date: 21-06-2024

Time: 9:00 A.M.

Venue: Mookambika Auditorium

#### ----- PROGRAMME AGENDA -----

Prayer	: <b>Manoj</b> I B.Com. (C)
Welcome	: <b>Dr. Chethan Shetty K.</b> NSS Program Officer
Guest Introduction	: <b>Mrs. Revathi D.</b> Yoga Instructor
Guest Speech	: <b>Sri. Karunakar Shetty</b> Yoga Teacher Katkeri
Presidential Remarks	: <b>Prof. K. Umesh Shetty</b> Principal
Memento	:
Note of thanks	: <b>Mr. Hareesha B.</b> NCC Care taker
Master of Ceremony	: <b>Ms. Deepa Poojary</b> NSS Programme Officer

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**Dr. B. B. HEGDE FIRST GRADE COLLEGE, KUNDAPURA**  
**STUDENT ATTENDANCE**

Programme : International Yoga Day Celebration  
Date : 21.06.2024  
Coordinator : Mrs Revathi D

Sl. No.	Name of the Student	Roll No.	Class & Section	Signature
1.	Anisha	BBA23004	I BBA	
2.	Aishwarya	BBA23002	I BBA	
3.	Kalpna	BBA23009	I BBA	
4.	Ankita	Bcm23006	I Bcom A	
5.	Danishan	Bcm23008	I Bcom A	
6.	Nisha C Devadiga	Bcm23034	I Bcom A	
7.	Akshay	Bcm23082	I Bcom B	
8.	Paishan	Bcm23091	I Bcom B	
9.	Growthan	Bcm23094	I Bcom B	
10.	Pareekshitha shetty	Bcm23110	I Bcom B	
11.	Ravindra	Bcm23126	I Bcom B	
12.	Shanthyruru	Bcm23134	I Bcom B	
13.	Shivani K shetty	Bcm23136	I Bcom B	
14.	T Sukeerthan	Bcm23150	I Bcom B	
15.	Vinutha	Bcm23156	I Bcom B	
16.	Deepaka	Bcm23178	I Bcom C	
17.	Sumith	Bcm23228	I Bcom C	
18.	Ravindra	Bcm23203	I Bcom C	
19.	Shreesna.S	Bcm23216	I Bcom C	
20.	Venkates P shanubag	Bcm23223	I Bcom C	
21.	Vinutha	Bcm23236	I Bcom C	
22.	nagraj Chandrabas	Bcm23203	I Bcom	
23.	prathwin Shebbar	Bcm23009	Bcom B	
24.	Athul	Bcm23089	Bcom B	
25.	mithun Devadiga	Bcm23128	Bcom C	
26.	Ashwin	Bcm23023	II B.com B	
27.	Amith	Bcm22105	II B.com B	
28.	Pooja	Bcm22144	II B.com B	
29.	Badrup	Bcm22147	II B.com B	
30.	Anusha	Bcm22110	II B.com B	
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**Principal**  
Dr. B. B. Hegde First Grade College  
Kundapura

FEED BACK (✓) ON PROGRAMMES

NAME OF THE PROGRAMME  
 RESOURCE PERSON/S  
 Date of the Programme

: International Yoga Day Celebration  
 : Mrs Kamunokar Shete  
 : 21/06/2024

	Excellent	Good	Average	Poor
1. Concept of the Programme	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Communication ability of the Resource person/s	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Motivation capacity of the Resource person/s	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Innovative ideas of the Resource person/s	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Effectiveness of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Interaction session of the programme	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Time Management of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Relevance of topic of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Overall quality of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Any suggestions :				

Date : 21.6.2024  
 Revathi D. 

Name & Signature Mithun

Name & Signature of the Co-ordinator:

Class & Section I B.com 21



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National Service Scheme (Unit 1 & 2)

National Cadet Corps

in association with

Yoga & Fitness Certificate Course June 21, 2024

Organise



# International Yoga Day



Guest  
Sri. Karunakar Shetty  
Yoga Teacher  
Katkere



Principal  
Dr. B. B. Hegde First Grade College  
Kundapura - 576201

Principal  
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**Yoga & Fitness Certificate Course** June 21, 2024

Organise



# International Yoga Day



Guest  
**Sri. Karunakar Shetty**  
Yoga Teacher  
Katkere



Prin  
Dr. B. B. Hegde F  
Kundapur



ಕುಂದಾಪುರ: ಕುಂದಾಪುರದ ಡಾ. ಬಿ.ಬಿ. ಹೆಗ್ಡೆ ಪ್ರಥಮ ದರ್ಜೆ  
 ಕಾಲೇಜಿನ ಎನ್‌ಸಿಸ್ಸ್ ಘಟಕ (1 ಮತ್ತು 2), ಎನ್.ಸಿ.ಸಿ. ಘಟಕ  
 ಹಾಗೂ ಯೋಗ ಮತ್ತು ಫಿಟ್‌ನೆಸ್ ಸರ್ಟಿಫಿಕೇಟ್ ಕೋರ್ಸ್‌ನ  
 ಆಶ್ರಯದಲ್ಲಿ ಯೋಗ ತರಬೇತುದಾರ ಕರುಣಾಕರ ಶೆಟ್ಟಿ  
 ಕಟ್ಟೇರಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಯೋಗ ತರಬೇತಿ ನೀಡಿದರು.  
 ಪ್ರಾಂಶುಪಾಲ ಪ್ರೊ. ಕೆ. ಉಮೇಶ್ ಶೆಟ್ಟಿ ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿದ್ದರು.  
 ಉಪ-ಪ್ರಾಂಶುಪಾಲ ಹಾಗೂ ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನಾ  
 ಘಟಕದ ಕಾರ್ಯಕ್ರಮಾಧಿಕಾರಿ ಡಾ. ಬೇತನ್ ಶೆಟ್ಟಿ ಕೋವಾಡಿ,  
 ಯೋಗ ಮತ್ತು ಫಿಟ್‌ನೆಸ್ ಸರ್ಟಿಫಿಕೇಟ್ ಕೋರ್ಸ್‌ನ ಸಂಯೋಜಕಿ  
 ರೇವತಿ ಡಿ., ಎನ್.ಸಿ.ಸಿ. ಕೇರ್ ಟೀಕರ್‌ಹರೀಶ್ ಬಿ., ಎನ್‌ಸಿಸ್ಸ್  
 ಕಾರ್ಯಕ್ರಮಾಧಿಕಾರಿ ದೀಪಾ ಪೂಜಾರಿ ಉಪಸ್ಥಿತರಿದ್ದರು.



ಕುಂದಾಪುರ: ಕುಂದಾಪುರದ ಡಾ. ಬಿ.ಬಿ. ಹೆಗ್ಡೆ ಪ್ರಥಮ ದರ್ಜೆ  
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 ಕಾರ್ಯಕ್ರಮಾಧಿಕಾರಿ ದೀಪಾ ಪೂಜಾರಿ ಉಪಸ್ಥಿತರಿದ್ದರು.