

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

PROGRAMME REPORT: 2023 - 2024

Date	Name of the Programme	Resource persons' details
21-06-2024	"International Yoga Day" Celebration	Mr Karunakar Shetty Yoga Teacher Katkeri

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 Katkeri, 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. Umash Shetty 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.

21/06/2024

(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
Accredited by NAAC with B++ Grade (Cycle I)
(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
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 Cadet Corps

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Yoga & Fitness Certificate Course June 21, 2024

Organise



International Yoga Day



Guest
Sri. Karunakar Shetty
Yoga Teacher
Katkere



Principal
A. Hegde First Grade College
Kundapura - 5

43.	Pragya	BCM23054	I. B. Com 'A'	Pragya
44.	Antheeb	BCM2308	I. B. Com 'B'	Antheeb
45.	Sujay	BCM23064	I. B. Com 'A'	Sujay
46.	Rakshith	BCM23043	I. B. Com 'A'	Rakshith
47.	Chethan Shetty	CM21015	II B. Com A	Chethan Shetty
48.	Pravraj Nayanar	CM21030	II B. Com A	Pravraj Nayanar
	Pravraj Shetty	CM21011	II B. Com A	Pravraj Shetty



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International Yoga Day



Guest
Sri. Karunakar Shetty
Yoga Teacher
Katkere





ಕುಂದಾಪುರ: ಕುಂದಾಪುರದ ಡಾ| ಬಿ.ಬಿ. ಹೆಗ್ಡೆ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜಿನ ಎನ್‌ಸಿಸ್ 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., ಎನ್‌ಸಿಸ್ ಕಾರ್ಯಕ್ರಮಾಧಿಕಾರಿ ದೀಪಾ ಪೂಜಾರಿ ಉಪಸ್ಥಿತರಿದ್ದರು.

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