



DR. B. B. HEGDE FIRST GRADE COLLEGE

KUNDAPURA.

YOGA AND SPIRITUAL CLUB

PRINCIPAL : PROF. DOMA CHANDRASHEKAR

CO-ORDINATOR : HAREESHA.B

JOINT-CO-ORDINATOR : SUDHIR KUMAR

STUDENT CO-ORDINATOR : DAKSHATH SHETTY III B.COM

AKSHATHA III B.COM

ಡಾ. ಬಿ. ಬಿ. ಹೆಗ್ಡೆ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜು: ವಿಶ್ವ ಯೋಗ ದಿನಾಚರಣೆ



ಸುಮಾರು ಐದು ಸಹಸ್ರ ವರ್ಷಗಳಿಗಿಂತ ಹಿಂದಿನಿಂದಲೂ ಯೋಗ ಪ್ರಚಲಿತದಲ್ಲಿದೆ. ಆರಂಭದಲ್ಲಿ ಆಧ್ಯಾತ್ಮಿಕ ಕ್ಷೇತ್ರದಲ್ಲಿ ಮಾತ್ರ ಪ್ರಚಲಿತದಲ್ಲಿದ್ದ ಯೋಗ, ಕಳೆದ ನೂರು ವರ್ಷಗಳಿಂದ ಜಗತ್ತಿನಾದ್ಯಂತ ಪ್ರಚಾರದಲ್ಲಿದೆ. ಶಾರೀರಿಕ ವ್ಯಾಯಾಮ ಮಾತ್ರ ಯೋಗವಲ್ಲ, ಮಾನಸಿಕ ಸಮತೋಲನಕ್ಕೂ ಯೋಗ ಮುಖ್ಯ. ಯೋಗ ವ್ಯಕ್ತಿತ್ವಕ್ಕೆ ಸಮಗ್ರತೆಯನ್ನು ತಂದುಕೊಡುತ್ತದೆ. ವಿದ್ಯಾರ್ಥಿ ದೆಸೆಯಲ್ಲೇ ವಿದ್ಯಾರ್ಥಿಗಳು ಯೋಗದಲ್ಲಿ ತೊಡಗಿಕೊಳ್ಳಿ ಎಂದು ಕುಂದಾಪುರದ ಪತಂಜಲಿ ಆರೋಗ್ಯಧಾಮದ ವೈದ್ಯರಾದ ಡಾ. ಸಾತಪ್ಪ ಹೇಳಿದರು.

ಅವರು ಕಾಲೇಜಿನ ಯೋಗ ಮತ್ತು ಆಧ್ಯಾತ್ಮ ಸಂಘ ಹಾಗೂ ಎನ್.ಎಸ್.ಎಸ್. ಘಟಕದ ಜಂಟಿ ಅಶ್ರಯದಲ್ಲಿ ನಡೆದ 'ವಿಶ್ವ ಯೋಗ ದಿನಾಚರಣೆ'ಯಲ್ಲಿ ಮಾತನಾಡಿದರು.

ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲರಾದ ಪ್ರೊ. ದೋಮ ಜಂದ್ರಶೇಖರ್‌ರವರು ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿದ್ದರು. ವಾಣಿಜ್ಯ ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥರಾದ ಶ್ರೀ ರಾಜೇಶ್ ಶೆಟ್ಟಿ, ಎನ್.ಎಸ್.ಎಸ್. ಯೋಜನಾಧಿಕಾರಿ ಶ್ರೀ ಸತೀಶ್ ಶೆಟ್ಟಿ ಹೆಸ್ಟುತ್ತಾರು, ಯೋಗ ಮತ್ತು ಆಧ್ಯಾತ್ಮ ಸಂಘದ ಸಂಯೋಜಕ ಶ್ರೀ ಹರೀಶ್.ಬಿ.ಬಿ. ಉಪಸ್ಥಿತರಿದ್ದರು. ವಿದ್ಯಾರ್ಥಿ ಲೋಕೇಶ್ ಸ್ವಾಗತಿಸಿದರು. ಸುನಿಲ್ ಅತಿಥಿಗಳನ್ನು ಸಭೆಗೆ ಪರಿಚಯಿಸಿದರು, ವಿದ್ಯಾರ್ಥಿನಿ ಕುಮಾರಿ ಅಭಿನಯ ವಂದಿಸಿದರು, ಪ್ರಗತಿ ಶೆಟ್ಟಿ ಕಾರ್ಯಕ್ರಮ ನಿರೂಪಿಸಿದರು.

PROGRAMME : WORLD YOGA DAY CELEBRATION

DATE : 21.06.2017

RESOURCE PERSON : Dr. SATHAPPA

Pathanjali Clinic, Kundapura.

Dr. Sathappa, gave a speech on yoga and spiritual field. He told that it not only helps us to improve physical fitness but also gives mental stability. Yoga makes the personality of a man complete. He told to the students to involve themselves in the field of yoga from their students life itself.

Co-Ordinator

(HbK)

(HAREESHA B)

Joint Co-ordinator

Sudh

(SUDHIR KUMAR)

15.7.17  
PRINCIPAL  
DR. B. B. HEGDE FIRST GRADE COLLEGE  
KUNDAPURA - 576 201

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

Date: 12.07.2017

Name of the Association: Yoga and Spiritual C

Name of the Programme: Yoga Training.

Brief Report: The Alumni of our College Mr. Ku  
who is presently pursuing M.Sc. in Yog<sup>ic</sup>  
in Mangalore University, was given Training  
to the members of the Yoga and Spiritual Club.  
He also explained the importance of Action  
of yoga and spiritual in the Daily route of  
Students.

Co-ordinator

(HBE) (HAREESHA-B)

Joint. Co-ordinator

Sud' (SIDHEER KUMAR)

Name of the programme : Yoga Training

Date : 12.07.2017

Report : The Alumni of our College Mr. Kusha who is presently pursuing M.Sc. in Yogic Science in Mangalore University, was given Training to the members of the Yoga and Spiritual club. He also explained the importance of Adoption of Yoga in the daily routine of Students.

Co-ordinator

HbK

HAREESHA B

Joint-Co-ordinator

Sudh

(SUDHIR KUMAR)

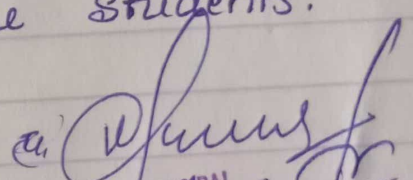
15/7/17  
 PRINCIPAL  
 DR. B. B. HEGDE FIRST GRADE COLLEGE  
 KUNDAPURA - 576 201

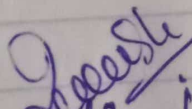
Name of the programme : Yoga training.

Date - 13-02-2019

Report : Mr. Harish Kanchar department of computer science of our college was given wonderful information about how to control our mind, health and stress by the adoption of Yoga in our daily life. He also explained the importance and gave more information about Spirituality, for the students.

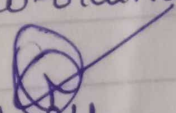
Director

  
Principal  
DR. B. B. HEGDE FIRST GRADE COLLEGE  
KUNDAPURA - 576 201

  
Co-ordinator

(Mr. Mahesh Babu)

Joint co-ordinator

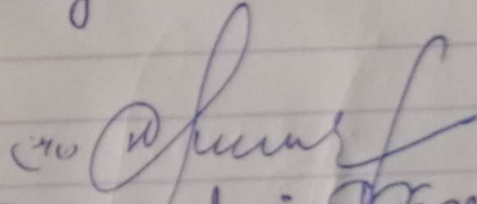
  
(Ms. Chaitra)

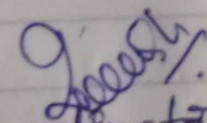
Name of the programme : Yoga training

Date : 13-03-2019

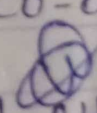
Report : Mr. Harish Kanchar department of Computer Science and Ms. Chaitra department of physics of our college were given a wonderful yoga practise for the students. They taught the students very well about 'Soorya Namaskara'. The students were utilised this practise in their daily life.

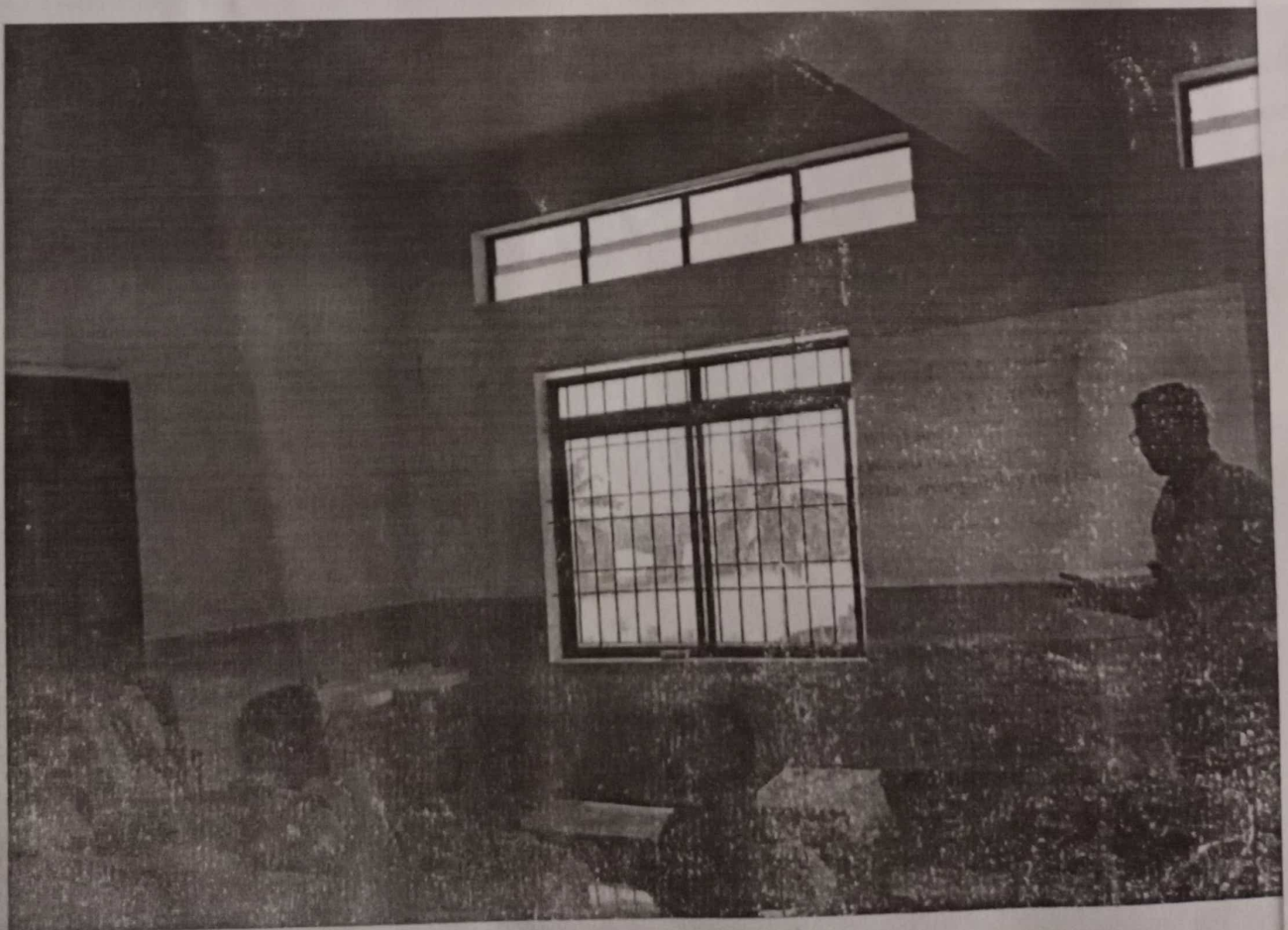
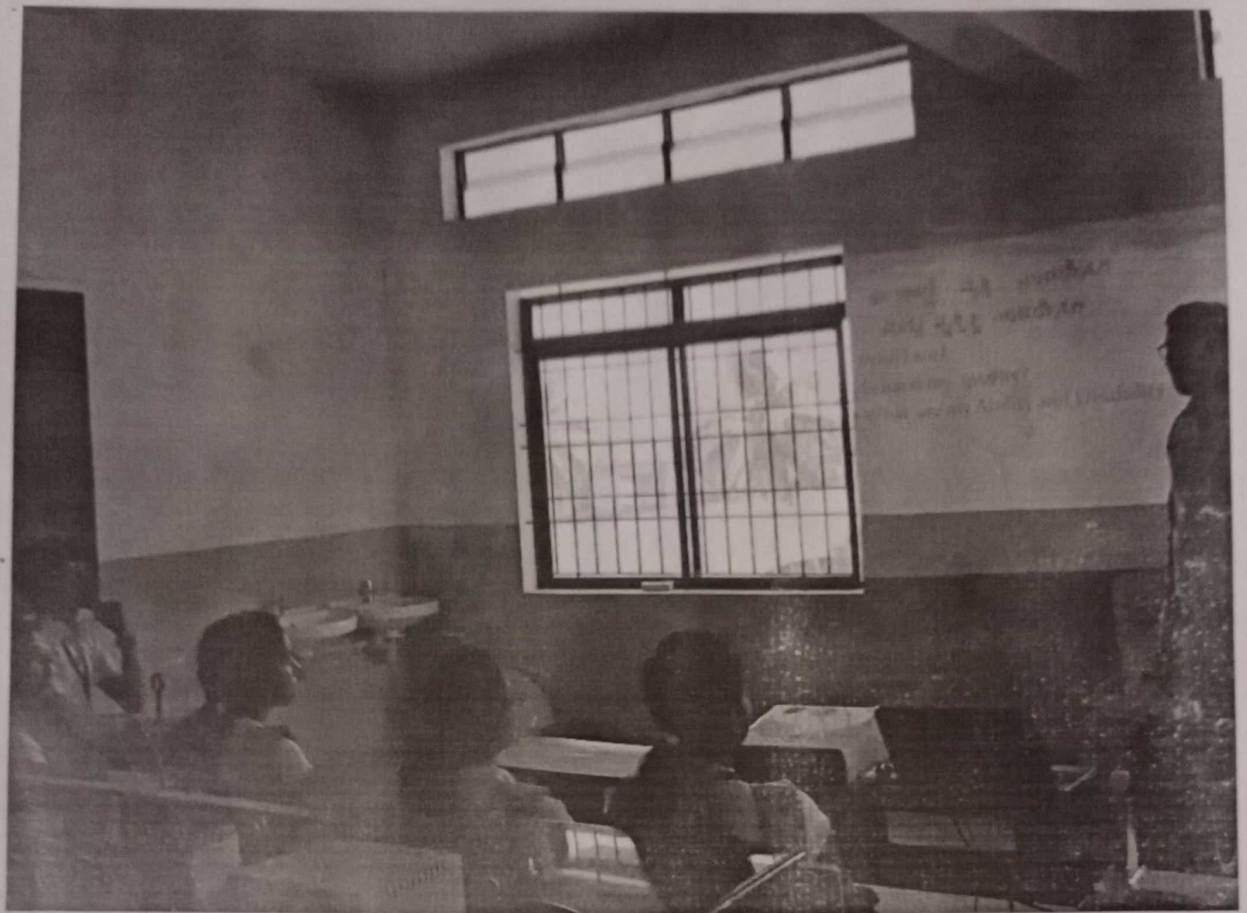
Director

  
Principal in-charge  
PRINCIPAL  
DR. B. B. HEGDE FIRST GRADE COLLEGE  
KUNDAPURA - 576 201

  
Co-ordinator

(Mr. Mahesh Babu)

Joint co-ordinator  
  
(Ms. Chaitra)

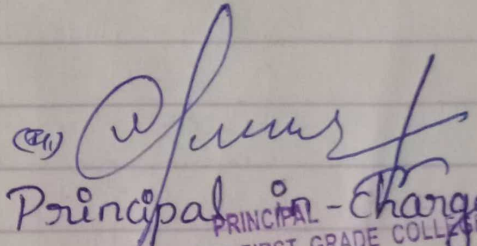


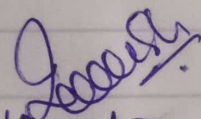
Name of the programme : Yoga training.

Date - 27-03-2019.

Report - : Mr. Harish Kanchan of our college who is a resource person for yoga training gave the speech about the 'person and personality'. He said that our personality will provide the great respect in the society. So the person and personality is very necessary in today's life.

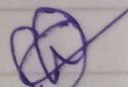
Director

  
Principal in-Charge  
DR. B. B. HEGDE FIRST GRADE COLLEGE  
KUNDAPURA - 576 201

  
Co-ordinator

(Mr. Mahesh Babu)

Joint - Co-ordinator

  
(Ms. Chaitra)

09.07.2018

## LIFE SKILL DEVELOPMENT

## Life Skill programme - yoga.

Meeting Minutes : 2018 - 2019

Agenda :

- \* yoga life skill
- \* Syllabus
- \* Enrolment of Students
- \* Special Students.

Meeting Minutes :

- \* Introducing yoga and meditation under life skill programme.
- \* Framing Syllabus convenient to time
- \* Finding of Special Students who actually needs yoga.
- \* Decided to conduct classes by the faculties of Dr. B. B. Hegde College.
- \* Dictating Syllabus to the Students.

Members present

Sowmya

vivek

Sureshvivek

Ranjith  
T.A

Principal  
Principal

18.03.2019

## Agenda of the Meeting:

- + Evaluation
- + Yoga practical session
- + Issuing Certificate
- + Attendance.
- + programme.

## Meeting Minutes:

- + Evaluated Students progress after attending yoga classes.
- + Decided to conduct yoga practical classes
- + Decided to issue participation certificate to all the students
- + Verify the students attendance and participation
- + Decided to give programme and yoga Asanas.

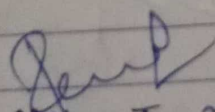
Members present

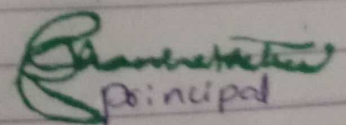
Dhanush

Devi

Rajaram

Df

  
Ranjith . T . A

  
Principal

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

13.07.2019

## Life Skill - Yoga programme.

## Meeting Minutes

## Agenda :

- \* Syllabus
- \* Enrolment of Students
- \* Time and duration
- \* Alloting classes

## Meeting Minutes :

\* Syllabus was finalised by discussing with the external member Mr. Pradeep Shetty, Rishi's p.v. College, Kundapura.

\* Decided to conduct classes by the faculties of Dr. B.B. Hegde College, Kundapura.

\* permitted to enroll only interested students.

\* It was decided to take classes early in the morning and for few in the evening.

## Members present :

Srinidhi      Anidhi  
Charishma      @

Ranjith . T . ai

Principal

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

15.02.2020.

### Agenda:

- Code of discipline
- Types of Yogasanas
- Yoga - theory & Con.
- Issuing Certificate
- Evaluation.

### Meeting Minutes:

\* Decided to Compel the Students to attend Classes regularly.

\* Along with different Asanas divided and practice meditation.

\* Planned and impart some knowledge regarding Yoga and its health benefits etc.

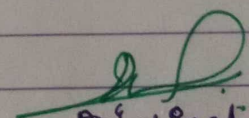
\* Decided to issue participation Certificate to all the Students.

\* Evaluated Students progress after attending yoga classes.

### Members present:

Neela (N)   
 Kalpana (K)

Ranjith. T.N

  
Principal

14.07.2018

## FIRST AID TRAINING

Meeting Minutes - 2018.2019

## Agenda :

- \* First Aid Training
- \* Syllabus
- \* Enrollment of Student
- \* Special Students

## Meeting Minutes :

- \* Introducing first aid Trainings programme under life skill programme.
- \* Framing Syllabus convenient to time
- \* Finding of Special Students who actually needs first aid training.
- \* Decided to conduct Classes by the faculties of Dr. B. B. Hegde College, Kundapura

## Members present

Archana

~~Amrutesh~~

Shanthala

Soni

*Ranjith T. N*  
Ranjith T. N

*Chandrabhatla*  
Principal

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

02.02.2019

## First aid Training

### Agenda :

- \* Evaluation
- \* Issuing Certificate

### Meeting Minutes :

\* Evaluated Students progress after attending first aid classes.

\* Decided to issue participation Certificate to all the Students.

\* practical classes conducted by the Teachers of Dr. B. B. Hegde College, Kundapura.

### Members present :

Dinesh Dinesh  
Ambika Ambika

Ranjith  
Ranjith . T . al

Chandrashekar  
Principal

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

20.07.2019

# First Aid Training

## Meeting Minutes:

### Agenda:

- \* Syllabus
- \* Enrollment of Students
- \* Alloting Classes
- \* Time and duration

\* Syllabus was finalised by discussing with the External member Mr. Pradeep Shetty, Physical Education Director, R.A.S Po College, Kundapura.

\* Decided to conduct classes by the faculties of Dr. B. B. Hegde F.G. College, Kundapura

\* Permitted to enroll only interested Students.

\* It was decided to take classes early in the morning and for few in the evening.

### Members Present:

Vijayalaxmi *P. S. Bani*  
 Kalpana *Ravi*

*Ranjith*  
 Ranjith. T. X

*[Signature]*  
 Principal

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

22.02.2020

Agenda: \*

- \* Code of Discipline
- \* theory class
- \* practical class

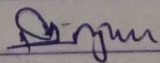
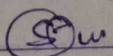
Meeting Minutes:

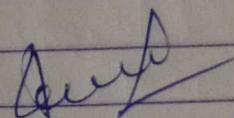
→ Decided to compel the Students to attend classes regularly.

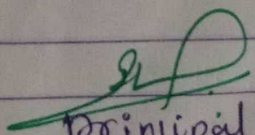
• Along with different practical classes decided and practical meditation and first aid training.

→ Planned and impart some knowledge regarding first-aid and its healthy benefit etc.

Members Present:

Arjun   
Sachin 

  
Ranjith. T. A

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

Roll No.	Name of the Student	Date	Month	Progressive Period No.	Period of the Day
2308	Ananth Niyak	1	1	2	3
2316	Ashwini	1	2	3	4
2342	Pooja	1	2	3	3
2439	Pranima.H	1	2	2	3
2462	Sandeep	0	1	2	3
2490	Sandhya	1	2	3	3
2501	Anusha	1	2	3	4
2599	Hansitha	0	1	2	3
2614	Chaitra	1	2	2	3
2646	Rahul	0	1	2	3
2809	Mahesh	1	1	2	3
2711	Prasanna	1	2	3	4
2519	Bhaskar	1	2	3	4
2633	Pallavi	1	1	2	3
2621	Meena	1	1	2	3
2801	Dakshina Snudhy	0	1	2	3
2708	Makina	1	2	2	3
2720	Vijaykumar	1	2	2	3

1 2 3 4 5 6 7 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21 22 23 24 25 26  
 27 28 29 30 31

1 2 3 4 5 6 7 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21 22 23 24 25 26  
 27 28 29 30 31



