



B. L. D. E. ASSOCIATION'S
S. B. ARTS AND K. C. P. SCIENCE COLLEGE

Smt. Bangaramma Sajjan Campus, Shri B. M. Patil Road (Solapur Road), Vijayapur-586103

Accredited with CGPA of 2.99 at 'B' Grade in 4th Cycle by NAAC

(Affiliated to Rani Channamma University, Belagavi)

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**Report on Capacity Building & Skill Enhancement Activity:
"YOGA & MEDITATION"**

Date	: 24 th to 29 th July 2023
Event	: Capacity Building & Skill Enhancement Activity: 'Yoga & Meditation'
Time	: 6.00 to 8.00 pm
Venue	: Ladies Hostel, BLDE Campus
Organized By	: The Students' Council
Event Co-ordinator	: Dr. Bhakti Mahindrakar
Event President	: Dr. R.M.Mirdhe

Event Description:

The Students' Council organized one week Capacity Building & Skill Enhancement Activity: 'Yoga & Meditation' from 24th to 29th July 2023 every day evening from 6.00 to 8.00 pm at Ladies Hostel. The Skill Enhancement Activity was organised for all the girl students of both UG & PG Programme with the objective towards Focusing on strength, flexibility and breathing, yoga is one of the oldest forms of exercise. Originating in India more than 5,000 years ago, yoga has been changed over the years and is now a common activity in many gyms and fitness centres across the world.

Session Details:

The event was inaugurated on 24th of Jul 2023 with Surya Namaskar, Smt Laxmibai Kolaragi an expert Yoga & Meditation trainer with her expertise instructed the students for different Aasanas & Pranayama. More than 60 students, Principal Dr. R. M. Mirdhe, Prof. S. B. Patil & Event Coordinator Dr. Bhakti Mahindrakar actively participated & practiced Yoga throughout the week.

Valedictory session was organised on last day along with Yoga & Meditation, students expressed their feedback & experience. Prof. Malati Chanagond introduced & felicitated Yoga Trainer & Yogashree Awardee Smt. Laxmibai Kolaragi.

Dr. Bhakti Mahindrakar proposed presidential remarks & elaborated about the significance of Yoga & Meditation in the present era.

Summary:

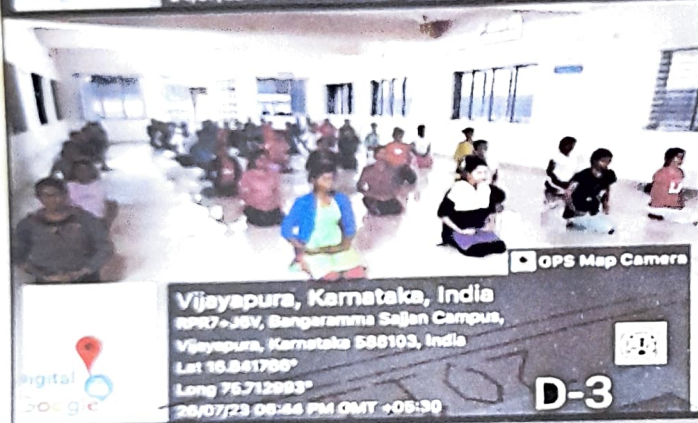
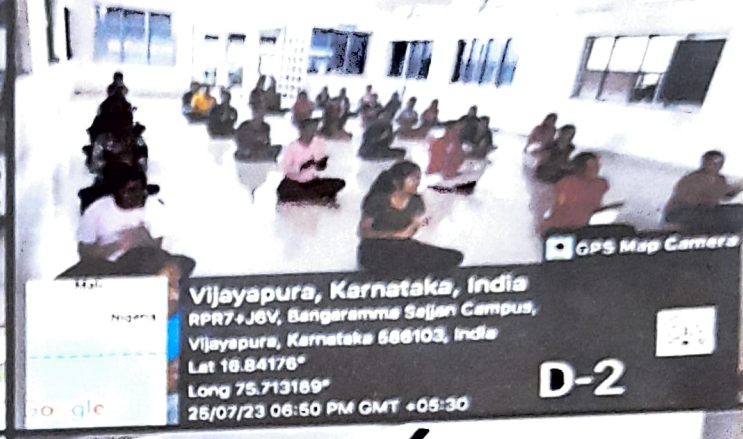
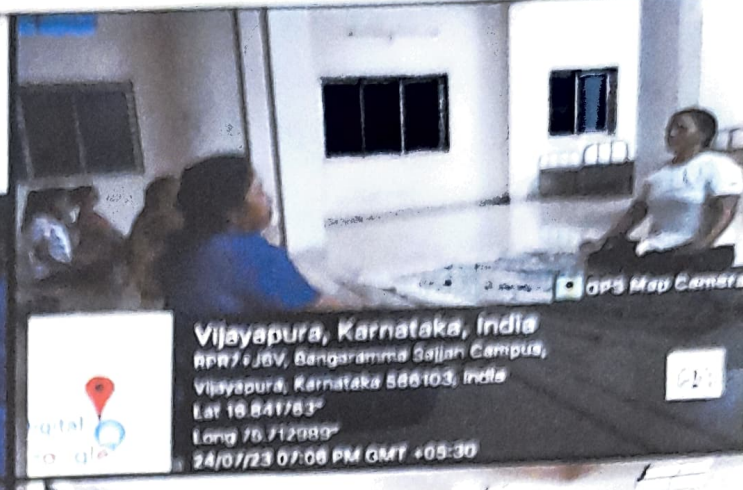
As Yoga is an exercise focuses on the body's natural tendency for health and self-healing. The activity was organised to create strength, awareness and harmony within both the body and the mind, and it accomplishes through a combination of breathing exercises, meditation, and posture and stretching work. Feeling overworked can lead to suffer from pain in your back and neck, as well as develop headaches and sleeping problems. Yoga & Meditation is best solution for all such problems. Practising yoga regularly helps to clear mind and offers a level of calm, focusing attention and increases concentration towards studies.

Outcome:

Throughout the week students and faculties acquired an inclusive knowledge about all the Aasanas and process of Meditation. Each class was energising & totally calming, and there's always

something new to learn. Soon after the regular practice, it was witnessed & experienced and found active and energetic throughout the day.

Few Glimpses



BLDEA's
S.B.ARTS & K.C.P. SCIENCE COLLEGE, VIJAYAPUR

Capacity Building & Skill Enhancement Activity

Yoga & Meditation

Students Attendance

24/07/2023 to 29/07/2023

Time: 6.00 to 8.00 pm

SL. NO.	NAME OF STUDENT	CLASS	24/7	25/7	26/7	27/7	28/7	29/7
1	Almas Punekar	BA VI	1	2	3	4	5	6
2	Aishwarya Walikar	BSC VI	1	2	3	4	5	6
3	Vaishnavi Angadi	BSC IV	1	2	3	4	5	6
4	Adishakti Bankalagi	BA IV	1	2	3	4	5	6
5	Aishwaryavaili	BSC IV	1	2	3	4	5	6
6	Aishwarya Metri	BCA II	1	2	3	4	5	6
7	Akshatamalaji	MSC I	1	2	3	4	5	6
8	Priyanka Machakanur	BCA II	1	2	3	4	5	6
9	Rakshita Bagalakot	BCA II	1	2	3	4	5	6
10	Shreedevi Hortikar	BSC II	1	2	3	4	5	6
11	Roopa Pujari	BSC II	1	2	3	4	5	6
12	Laxmi Medegar	BSC II	1	2	3	4	5	6
13	Sujata Hatti	BCA II	1	2	3	4	5	6
14	Aishwarya Arasgond	BCA II	1	2	3	4	5	6
15	Sneha Sasanur	BSC IV	1	2	3	4	5	6
16	Laxmi Birdar	BSC IV	1	2	3	4	5	6
17	Pallavi Umarani	BSC IV	1	2	3	4	5	6
18	Shana Thoke	BSC IV	1	2	3	4	5	6
19	Vidyashree Patil	BSC IV	1	2	3	4	5	6
20	Akshata Birdar	BSC IV	1	2	3	4	5	6
21	Pavitra Dashavant	BSC II	1	2	3	4	5	6
22	Pradnya Kulkarni	BSC VI	1	2	3	4	5	6
23	Soujanya Bommanahalli	BSC VI	1	2	3	4	5	6
24	Kaveri Mundewadi	BSC IV	1	2	3	4	5	6
25	Kavya Hebbal	BSC IV	1	2	3	4	5	6
26	Megha Biradar	BSC IV	1	2	3	4	5	6

27	SmitaNagabatti	BSC VI	1	2	3	4	5	6
28	SoubhagyaKantigond	BSC VI	1	2	3	4	5	6
29	AishwaryaParagond	BSC IV	1	2	3	4	5	6
30	Jyoti Jiddagi	BSC IV	1	2	3	4	5	6
31	PratibhaChougale	MSC IV	1	2	3	4	5	6
32	AishwaryaUmarani	BSC IV	1	2	3	4	5	6
33	AnkitaGoranal	BSC IV	1	2	3	4	5	6
34	Akshata Jain	BSC IV	1	2	3	4	5	6
35	ShilpaMathapati	BSC IV	1	2	3	4	5	6
36	AnkitaTengali	BSC VI	1	2	3	4	5	6
37	PratikshaGotyal	BSC VI	1	2	3	4	5	6
38	ArpitaShinge	BA I	1	2	3	4	5	6
39	VijayalaxmiHadimani	BSC II	1	2	3	4	5	6
40	KaveriTavarakhed	BSC II	1	2	3	4	5	6
41	ShilpaGawari	BA IV	1	2	3	4	5	6
42	Bhagamma Bali	BA VI	1	2	3	4	5	6
43	ShwetaHunasagi	BSC II	1	2	3	4	5	6
44	Laxmi Rajput	BSC I	1	2	3	4	5	6
45	AkshataPujari	BSC II	1	2	3	4	5	6
46	ChitraPeergond	BSC II	1	2	3	4	5	6
47	SavitaRathod	BA II	1	2	3	4	5	6
48	LaxmiHarawal	BA II	1	2	3	4	5	6
49	AkshataHarawal	BA II	1	2	3	4	5	6
50	SonaliKarpe	BA II	1	2	3	4	5	6
51	Daneshwari	BSC II	1	2	3	4	5	6
52	VaishnaviHosmani	BSC II	1	2	3	4	5	6
53	PremaMagadhari	BSC IV	1	2	3	4	5	6
54	MadhupriyaMalagar	BSC IV	1	2	3	4	5	6
55	Sahana Sajjan	BSC IV	1	2	3	4	5	6
56	PoojaKatti	BSC IV	1	2	3	4	5	6
57	Goutami	BA II	1	2	3	4	5	6
58	Soubhagaya	BSC VI	1	2	3	4	5	6
59	Sanjana Patil	BSC I	1	2	3	4	5	6



IQAC, Co-ordinator
S.B.Arts & K.C.P.Science College.
Vijayapur.



Principal,
S.B. Arts and KCP Science Colleg
VIJAYAPUR

Yoga Event Feedback


Name of the Student	Course	Semester Registration	Have you ever attended a yoga class before?*	Were the instructions given by teacher (please tick one):-	What have been for you the most enjoyable and most beneficial aspects of the class?	Is there anything you would like to see more of or included in the upcoming class?	How satisfied were you with this yoga class content?	What other classes would you like us to organize?
Bhagamma Bali	B.A	Sixth semester	Yes	Helpful & Clear	Pranayama	illa	5	No
Aishwarya Tammaray Chadachan	B.Sc	4th semester U15KM21S0533	Yes	Helpful & Clear	Fitness of our body	Yes	4	Dancing and singing
SAHANA Y THOKE	B.Sc	4 U15KM21S0213	Yes	Helpful & Clear	Pranayama	Yes	5	Yes
VIDYASHREE B PATIL	B.Sc	4 U15KM21S0059	Yes	Helpful & Clear	Pranayama I felt mind fresh and calm mind and body flexibility	Yes	5	Yes
Vaishnavi Angadi	B.Sc	4th U15KM21S0511	No	Helpful & Clear	Mind fresh & active for full day	No	5	Jumbha
Aishwarya S Vaili	B.Sc	4th sem U15KM21S0277	Yes	Helpful & Clear		No	5	Zomba / music class
Aishwarya metri	B.C.A	2 sem U15KM22S0082	Yes	Helpful & Clear	It's very amazing experience	Yes! I am glad to try new things	5	Singing class please iam so interested or playing instruments and sports activities in college ground please
Adishakti M Bankalagi	B.A	6 ನೇ ಸೆಮಿಸ್ಟರ್ 2051705	Yes	Helpful & Clear	ಧ್ಯಾನ	ಹೌದು	5	

Priyanka Machakanur	B.C.A	2nd	U15KM22S0123	Yes	Helpful & Clear	Fitness of the body	Nothing else	4	Singing classes
Rakshata Bagalakoti	B.C.A	2 sem	U15KM22S0057	Yes	Helpful & Clear	Learnt yoga perfectly	Number of days could've been increased	4	Dance class, indoor sports
Rabiya Mopagar	B.Sc	6th	S2028728	No	Helpful & Clear	Surya namaskar	No	5	Meditation
Kavya S Hebbal	B.Sc	4th	U15KM21S0474	No	Helpful & Clear	We learned about fitness	We want more classes	5	Dance
Arpita shinge	B.A	4th semiste	U15FK21A0016	No	Helpful & Clear	All aspects	Nothing	5	Communicative skill classes
Kaveri Mundewadi	B.Sc	B.sc 4th ser	U15KM21S0066	Not formal class	Helpful & Clear	Doing yoga	Seat arrangement	5	Zumba class
Pallavi B umarani	B.Sc	IV	U15KM21S0258	No	Helpful & Clear	Meditation	Yes	4	Dance class
Roopa Guralingappa pujari	B.Sc	2nd	U15km22s0131	No	Helpful & Clear	It is very helpfull to us	Yes	3	Yes
Aishwarya arasagond	B.C.A	2 semester	U15KM22S0039	Yes	Helpful & Clear	Being More concentrated towards works	Yes	5	No
Vijayalaxmi Hadimani	B.Sc	BSc 2nd ser	U15KM22S0072	Not formal class	Helpful & Clear	Skipping and laughing exercise	Seat arrangement	5	Zumba classes
Megha B Biradar	B.Sc	4 th	U15KM21S0318	Yes	Helpful & Clear	Suryanamaskar	Yes	5	Like dance , some general knowledge question compitation ,
Aishwarya Malhikarjun.Paragond	B.Sc	4 th semest	U15KM21S0390	Not formal class	Helpful & Clear	Suryanamaskara and kapalbhata	Yes	5	Nothing
Soubhagya kantihond	B.Sc	6th	S2028851	Yes	Helpful & Clear	Suryanamaskara	Zumba,Aerobics	5	Zumba classes
Soumya.s.jetagi	B.Sc	6th sem	S2028860	Yes	Helpful & Clear	Surya namaskar	Zumba exercises	5	Zumba class
Jyoti Jiddagi	B.Sc	4 th	U15KM21S0201	No	Helpful & Clear	Kapalbaati	Yes	5	Self protection
Ankita V Goranal	B.Sc	4th	U15km21S0166	No	Helpful & Clear	Breathing	Nothing else	4	Zumba class and pd personal development
Shilpa Mathapati	B.Sc	6th semeste	S2028806	Yes	Helpful & Clear	Meditation	Dance class	5	Dance class

Kaveri Laxmi Aravinda Medegar	B.Sc	Bsc 2ndsen U15KM22S0129	Yes	Helpful & Clear	You are enjoyed and benifical yoga	Yes	1	Yes
	B.Sc	B sc 2nd sei U15KM22S0025	No	Helpful & Clear	Yoga class	Yaga class No need just enough	5	Yoga
Sujata Hatti	B.C.A	2 nd sem U15KM22S0077	Yes	Helpful & Clear	Yes	Number of aasanas	4	Dance class
Ankita S Tengali	B.Sc	4th semiste U15KM21S0243	No	Helpful & Clear	Surya namaskara Being consantrated toward work	No	5	Zumba
Pavitra P Dashavant MADHUPRIYA MALAGAR	B.Sc	2nd U15KM22S0288	No	Not used enough	Very helpful and healty to body	Yes	4	No
	B.Sc	4th sem U15KM21S0150	Yes	Helpful & Clear	We Enjoyed lot with yoga ,it helps to maintain our health good	Yes	5	Yoga and dance classes
Sahana sajjan	B.Sc	2 nd semes: U15KM22S0224	No	Helpful & Clear	Enjoyed lot with yoga. It helps to maintain our health good.	Yes	5	Study hour
Pooja Ashok Katti	B.Sc	2nd semest U15KM22S0305	No	Helpful & Clear	Beneficial yoga which used to realx mind	Yes	5	Study hour
Prema Magadhari	B.Sc	4 sem U15KM21S0111	No	Helpful & Clear	Yes		5	Yoga
PARVATI NEMAGOUD	B.Sc	4 U15KM21S0039	Not formal class	Helpful & Clear	Health and clear	No	5	—
Vaishnavi hosamani	B.Sc	2 nd semes: U15KM22S0278	Yes	Helpful & Clear	Most usefull	No	5	Yoga class
Vaishnavi hosamani	B.Sc	2 nd semes: U15KM22S0278	Yes	Helpful & Clear	Most usefull	No	5	Again yoga class
Dhaneshwari v sajjan	B.Sc	2nd semest U15KM22S0268	Yes	Helpful & Clear	Yoga class	Yes	5	Dance class
Shilpa Gawari	B.A	6th sem A2051871	Yes	Helpful & Clear	Surya Namaskar	Yes	5	Coching classes



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Certificate

This is to Certify that,

Ms.....*Ankita*.....*Tengali*.....

of ...*B.Sc*..... Programme, studying in*IV*.....semester
has participated in Capacity Building & Skill Enhancement Activity

YOGA & MEDITATION

held from 24th July 2023 to 29th July 2023,

Organized by The Students' Council

Dr. Bhakti Mahindrakar
Event Coordinator

Smt. Laxmibai Kolaragi
Director, Sanjeevini Yoga Center

Dr. P. S. Patil
IQAC Director

Prof. A.B. Patil
Vice-Principal

Dr. (Smt.) R. M. Mirdhe
Principal



BLDEA's

S.B. Arts & K.C.P. Science College, Vijayapura.

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Certificate

This is to Certify that,

Ms. *Sahana Saijan*.....

of *B.S.C.*..... Programme, studying in *II*.....semester
has participated in Capacity Building & Skill Enhancement Activity

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