



SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY & MANAGEMENT

A Unit of Shri Sode Vadiraja Mutt Education Trust (R), Udupi
Affiliated to the Visvesvaraya Technological University, Belgaum
Approved by AICTE, New Delhi & Recognized by Govt. of Karnataka
Vishwothamanagar, BANTAKAL - 574 115, Udupi, Karnataka, India

Phone : 0820-2589182
: 0820-2589183
Fax : 0820-2589184
E-mail : info@sode-edu.in
Website : www.sode-edu.in

Activity Request form

Academic Year	2018-19		
Department/Section/ Committee/Cell	Women Empowerment cell		
Name of the Activity	yoga Certification Program		
Target Audience	Lady Faculty, Staff and girls students of SMVTM		
Activity Date(s)	24-09-2018 to 10-10-2018	Time	5:00PM-6:00PM
Venue			
Resource Person	Mr. Sreenivas B.M, Physical Director of SMVTM		


Expected expenditure		
S. No.	Description	Amount
		—
Total		

(Add rows if required)

Source of fund (Sponsorship/Registration fee)		
S. No.	Description	Amount
		—
Total		

(Add rows if required)

Financial support required from the Institute	
---	--

Dr. Lolita Priya castelino . Name of the Coordinator	 Signature with date 20/09/2018
Signature of the HOD (if applicable)	


Principal
SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udupi Dist.
BANTAKAL - 574 115

Remarks by IQAC

May be conducted

 20/10/18
Signature

Remarks by Principal


Permitted



Principal

SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udipi Dist.
BANTAKAL - 574 115

Signature



Principal

SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udipi Dist.
BANTAKAL - 574 115



**SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY AND MANAGEMENT**



in association with



WOMEN EMPOWERMENT CELL

presents

YOGA CLASSES

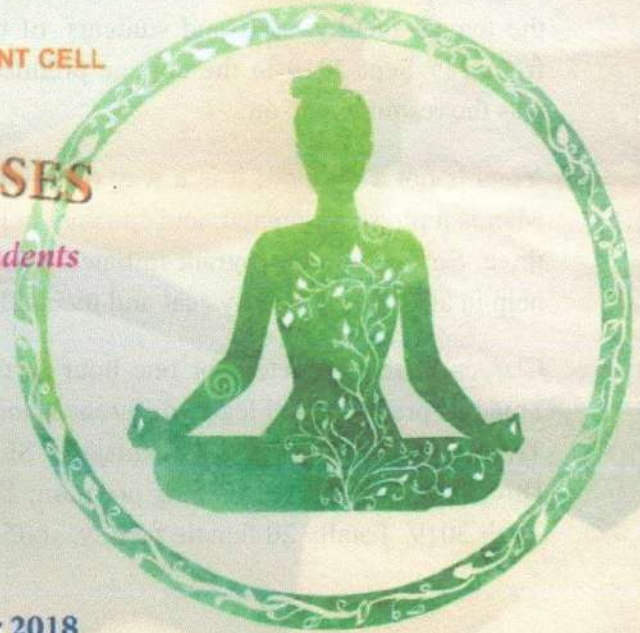
for ladies and girl students

Duration : 30 Hours [*Everyday after class hours*]

Register with: Ms. Tejaswini H
[*Asst. Prof, Dept of CSE, SMVITM, Bantakal*]



Last Date : 22nd September 2018



Amritha
Principal
SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udupi Dist.
BANTAKAL - 574 115



**SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY
AND MANAGEMENT**

**A Unit of Shri Sode Vadiraja Mutt Education Trust® Udupi
Vishwothama Nagar, Bantakal – 574 115, Udupi District, Karnataka, INDIA**

Activity Report

Academic Year	2018-19
Name of the Program	Yoga certification program
Date	Alternate Working days after class hours (starting from 24-09-2018 to 10-04-2019)
Target Audience	Lady Faculty, staff and girl students of SMVITM
Resource Person	Mr. Sreenivas B M
Number of Participants	Female Staff Members: 03 Female Students Members: 17

Shri Madhwa Vadiraja Institute of Technology and Management in association with the Women Empowerment Cell of SMVITM organized a 30 hours training program on Yoga for the benefit of the female faculty, staff and students of the institution, every alternate day after college hours from 24th Sept 2019 in the college premises. Mr. Sreenivas B M., Physical Director, SMVITM was the resource person.

Yoga is not a religion; it is a way of living that aims towards a healthy mind in a healthy body. Man is a physical, mental, and spiritual being; yoga helps promote a balanced development of all three. So this was a program initiated by the Women empowerment cell whose intention was to help in attaining good physical and mental health and better concentration.

Classes were conducted for one hour in the evening from 5 PM to 6 PM every alternate day. Students practised and learnt different asanas such as Taadaasana, Vrikshasana, Surya Namaskara, Trikonasana, Bhadrasana, Vakrasana, Shashankasana, Bhujangasana, Shavasana, Pranayama, Dhyana etc. during the training program. The classes were held from 24th September 2018 to 10th April 2019. Totally 20 female faculty, staff and students attended the course and were benefited.

Principal

**SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udupi Dist.
BANTAKAL - 574 115**



Caption	"Yoga Course"
Venue	Library Block Seminar Hall 3
Latitude	13.254285
Longitude	74.784142



Jr 200
Principal

SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udupi Dist.
BANTAKAL - 574 115

Yoga classes (2018-19)

Attendance Sheet

S.No	Name \ Class No.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	MEGHANA G	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg
2	VAISHNAVI V	Var	Var	Var	Var	Var	Var	Var	Var	AB	Var	Var	Var	Var	Var	Var
3	SHIVANI P	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi
4	SHREYA	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
5	PRAJNA ACHARYA	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra
6	PRANAVASHREE	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn
7	NAMRUTHA	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam
8	SUPRITHA	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su
9	PRAFULLA NAYAK	Prf	Prf	Prf	Prf	Prf	Prf	Prf	Prf	Prf	Prf	Prf	Prf	Prf	Prf	Prf
10	BANU N S	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN
11	SUCHITHRA	Sch	Sch	Sch	Sch	Sch	Sch	Sch	Sch	Sch	Sch	Sch	Sch	Sch	Sch	Sch
12	NISHA (Staff)	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh
13	RAVIPRABHA (Staff)	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv
14	LOLITA PRIYA (Staff)	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr
15	JYOTHI SHET	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh
16	HARSHITHA D N	Hdn	Hdn	Hdn	Hdn	A	A	Hdn	Hdn	A	Hdn	Hdn	Hdn	Hdn	Hdn	Hdn
17	KEERTHANA CRASTA	K	K	K	A	K	K	K	A	K	K	K	K	K	A	K
18	M SOWMYASHREE	Sw	Sw	Sw	AB	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw
19	CHANDANA	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch
20	ANJALI	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A

S.No	Name \ Class No.	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	MEGHANA G	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg	Meg
2	VAISHNAVI KATTE	Var	Var	Var	Var	Var	Var	Var	AB	Var	Var	Var	Var	Var	Var	Var
3	SHIVANI P	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi	Shi
4	SHREYA	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
5	PRAJNA ACHARYA	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra	Pra
6	PRANAVASHREE	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn	Prn
7	NAMRUTHA	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam	Nam
8	SUPRITHA	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su
9	PRAFULLA NAYAK	Prf	Prf	Prf	Prf	AB	Prf	Prf	Prf	Prf	Prf	Prf	Prf	Prf	Prf	Prf
10	BANU N S	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN
11	SUCHITHRA	Sch	Sch	Sch	Sch	Sch	AB	Sch	Sch	Sch	Sch	AB	Sch	Sch	Sch	Sch
12	NISHA (Staff)	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh	Nsh
13	RAVIPRABHA (Staff)	Rpv	Rpv	AB	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv	Rpv	AB
14	LOLITA PRIYA (Staff)	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	Lpr	AB
15	JYOTHI SHET	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh	Jsh
16	HARSHITHA D N	Hdn	Hdn	Hdn	Hdn	Hdn	Hdn	Hdn	Hdn	Hdn	Hdn	A	Hdn	Hdn	Hdn	Hdn
17	KEERTHANA CRASTA	K	A	K	K	K	K	A	K	K	K	A	K	K	A	K
18	M SOWMYASHREE	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw
19	CHANDANA	Ch	Ch	Ch	Ch	Ch	Ch	A	Ch	Ch	Ch	A	Ch	Ch	A	Ch
20	ANJALI	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A



**SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY AND MANAGEMENT**

(A Unit of Shri Sode Vadiraja Mutt Education Trust®, Udupi)
Vishwothama Nagar, Bantakal - 574115, Udupi District, Karnataka

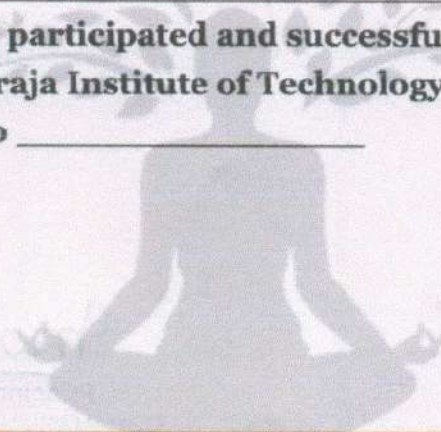


WOMEN EMPOWERMENT CELL

This is to certify that Ms _____ bearing USN _____
_____ has participated and successfully completed **“Yoga Course”**
held at Shri Madhwa Vadiraja Institute of Technology and Management, Bantakal
from _____ to _____



WEC Coordinator



Principal

Arzoo P

Principal

SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udupi Dist.
BANTAKAL - 574115



SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY & MANAGEMENT

A Unit of Shri Sode Vadiraja Mutt Education Trust (R), Udupi
Affiliated to the Visvesvaraya Technological University, Belgaum
Approved by AICTE, New Delhi & Recognized by Govt. of Karnataka

Vishwothamanagar, BANTAKAL - 574 115, Udupi, Karnataka, India

Phone : 0820-2589182
: 0820-2589183
Fax : 0820-2589184
E-mail : info@sode-edu.in
Website : www.sode-edu.in

Prof. Dr. Thirumaleshwara Bhat
BE, M.Tech., Ph.D., MISTE
PRINCIPAL

11 April 2019

Mr. Sreenivas B M
Physical Education Director
SMVITM, Bantakal

Dear Sir

Sub: Letter of Gratitude

We are glad to have you as a resource person to our certification course on yoga classes for the benefit of girl students, SMVITM held during 24-09-2018 to 10-04-2019.

I thank you for sparing your valuable time and sharing your knowledge for the benefit of our lady faculty, staff and students.

Thanking you

With regards

Thirumaleshwara Bhat
Principal
SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udupi Dist.
BANTAKAL - 574 115

Sreenivas B M
Principal
SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udupi Dist.
BANTAKAL - 574 115



SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY AND MANAGEMENT

A Unit of Shri Sode Vadiraja Mutt Education Trust® Udupi
Vishwothama Nagar, Bantakal – 574 115, Udupi District, Karnataka, INDIA

Course Delivery Plan

Academic Year	2018-2019
Name of the Program	Yoga Classes
Date	Every alternate day after college hours
Target Audience	Lady faculty, staff and students of SMVITM
Resource Person	Mr. Sreenivas B M
Number of Participants	20
Number of Hours (L/T/P)	30hrs

Course Plan

Course Content

S.N	DAYS	NAME OF THE ASANAS	TIMINGS	RESOURCE PERSON	PLACE
1	Day 1	Yoga mantra and Omkar. (Yogena chithasya) Pranayama ... kapalbhathi anuloma viloma Yoga exercises 5 to 10mints. Tadasana Ardhakatichakrasana Ardhachakrasana 10 minutes savasana	1 hr.	Mr. Sreenivas B M	SMVITM
2	Day 2	Yoga mantra and Omkar. (Yogena chithasya) Pranayama ... kapalabhathi anuloma viloma Yoga exercises 10 to 15 minutes. Tadasana Ardhakatichakrasana Ardhachakrasana 10 minute savasana	1 hr.	Mr. Sreenivas B M	SMVITM
3	Day 3	Yoga mantra and Omkar. (Yogena chithasya) Pranayama ... Practice	1hr	Mr. Sreenivas B M	SMVITM
4	Day 4	Yoga exercises 5 to 10 mins Practice and another asana padahastasana trikonasana virabhadrasana 1	1hr	Mr. Sreenivas B M	SMVITM Principal

SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udupi Dist.
BANTAKAL - 574 115

5	Day 5	Yoga exercises 5 to 10 mins Practice and another asana padahastasana trikonasana virabhadrasana 1	1hr	Mr. Sreenivas B M	SMVITM
6	Day 6	Yoga exercises 5 to 10 mins Practice and another asana Virabhadrasana 1 and 2 Parshvakatichakrasana Parivrutha trikonasana Savasana	1hr	Mr. Sreenivas B M	SMVITM
7	Day 7	Yoga exercises 5 to 10 mins Practice and another asana Virabhadrasana 1 and 2 Parshvakatichakrasana Parivrutha trikonasana Savasana	1hr	Mr. Sreenivas B M	SMVITM
8	Day 8	Yoga exercise 5 minutes Pranayama..kapalbhati nadisodana ,bhastrika and asana practice.	1hr	Mr. Sreenivas B M	SMVITM
9	Day 9	Suryanamaskar 10 positions	1hr	Mr. Sreenivas B M	SMVITM
10	Day 10	Yoga exercise 5 minutes Pranayama and same asana, Surya namaskar and	1hr	Mr. Sreenivas B M	SMVITM
11	Day 11	Repetitions	1hr	Mr. Sreenivas B M	SMVITM
12	Day 12	Pranayama and asana Hastha uttanasana Parsvakonasana padastasana	1hr	Mr. Sreenivas B M	SMVITM
13	Day 13	Surya Namaskar and same asana	1hr	Mr. Sreenivas B M	SMVITM
14	Day 14	Sitting asana. Dandasana Vajrasana Shashankasana Supta vajrasana	1hr	Mr. Sreenivas B M	SMVITM
15	Day 15	Sitting asana and surya namaskar savasana	1hr	Mr. Sreenivas B M	SMVITM
16	Day 16	Fitness exercise 20 minutes and 20 minutes savasana	1hr	Mr. Sreenivas B M	SMVITM
17	Day 17	5 minute yoga exercise and surya namaskar, janushirshasana paschimottanasana veerasana supta veerasana	1hr	Mr. Sreenivas B M	SMVITM
18	Day 18	Repetitions	1hr	Mr. Sreenivas B M	SMVITM
19	Day 19	5 minutes yoga exercise Sitting asana and ustrasana .	1hr	Mr. Sreenivas B M	SMVITM
20	Day 20	5 minutes yoga exercise and asanas padmasana practice Parvatasana ,baddha padmasana, savasana	1hr	Mr. Sreenivas B M Principal	SMVITM

21	Day 21	5 minutes yoga exercise Poorvothasana Upavistasana Baddha Konasana Vakrasana	1hr	Mr. Sreenivas B M	SMVITM
22	Day 22	Pranayama and surya namaskar	1hr	Mr. Sreenivas B M	SMVITM
23	Day 23	Pranayama kapalbhati Nadisodana , bramari Bhastrika ,sithilikarana And suryanamaskar, 10 minutes savasana	1hr	Mr. Sreenivas B M	SMVITM
24	Day 24	All repetition, ardha matsyendrasana and gomukhasana practice	1hr	Mr. Sreenivas B M	SMVITM
25	Day 25	Yoga exercise 5 minutes Sleeping asana... Makarasana Bhujangasana Shalabhasana and dhanurasana Navasana	1hr	Mr. Sreenivas B M	SMVITM
26	Day 26	Yoga exercise 5 minutes Sleeping asana... Makarasana Bhujangasana Shalabhasana and dhanurasana Navasana	1hr	Mr. Sreenivas B M	SMVITM
27	Day 27	Pavanamuktasana Jattaraparivarthanasana Sarvangasana ,savan	1hr	Mr. Sreenivas B M	SMVITM
28	Day 28	20 minutes exercise and 10 minutes sarvangasana 10 minutes shirshasana (practice) 20minutes savasana	1hr	Mr. Sreenivas B M	SMVITM
29	Day 29	All repetitions	1.30 hrs	Mr. Sreenivas B M	SMVITM
30	Day 30	All practice	1.30hrs	Mr. Sreenivas B M	SMVITM



Principal
SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udupi Dist.
BANTAKAL - 574 115

Course Delivery Plan

Lect. No.	Topics covered	Date on which topics covered
1	Yoga mantra and Omkar. (Yogena chithasya.....) Pranayama ... kapalbhati anuloma viloma Yoga exercises 5 to 10mints. Tadasana Ardhakatichakrasana Ardhachakrasana 10 minutes savasana	24-09-2018
2	Yoga mantra and Omkar. (Yogena chithasya.....) Pranayama ... kapalabhati anuloma viloma Yoga exercises 10 to 15 minutes. Tadasana Ardhakatichakrasana Ardhachakrasana 10 minute savasana	26-09-2018
3	Yoga mantra and Omkar. (Yogena chithasya.....) Pranayama ... Practice	28-09-2018
4	Yoga exercises 5 to 10 mins Practice and another asana padahastasana; trikonasana virabhadrasana 1	01-10-2018
5	Yoga exercises 5 to 10 mins Practice and another asana padahastasana; trikonasana virabhadrasana 1	03-10-2018
6	Yoga exercises 5 to 10 mins Practice and another asana Virabhadrasana 1 and 2 Parshvakatichakrasana Parivrutha trikonasana Savasana	05-10-2018
7	Yoga exercises 5 to 10 mins Practice and another asana Virabhadrasana 1 and 2 Parshvakatichakrasana Parivrutha trikonasana Savasana	08-10-2018
8	Yoga exercise 5 minutes Pranayama..kapalbhati nadisodana ,bhastrika and asana practice.	10-10-2018
9	Suryanamaskar 10 positions	12-10-2018
10	Yoga exercise 5 minutes Pranayama and same asana, Surya namaskar and	22-10-2018
11	Repetitions	24-10-2018

Principa

Principal

**SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT**

Vishwothama Nagar, Udupi Dist.

BANTAKAL - 574115

21	Day 21	5 minutes yoga exercise Poorvothasana Upavistasana Baddha Konasana Vakrasana	1hr	Mr. Sreenivas B M	SMVITM
22	Day 22	Pranayama and surya namaskar	1hr	Mr. Sreenivas B M	SMVITM
23	Day 23	Pranayama kapalbhati Nadisodana , bramari Bhastrika ,sithilikarana And suryanamaskar, 10 minutes savasana	1hr	Mr. Sreenivas B M	SMVITM
24	Day 24	All repetition, ardha matsyendrasana and gomukhasana practice	1hr	Mr. Sreenivas B M	SMVITM
25	Day 25	Yoga exercise 5 minutes Sleeping asana... Makarasana Bhujangasana Shalabhasana and dhanurasana Navasana	1hr	Mr. Sreenivas B M	SMVITM
26	Day 26	Yoga exercise 5 minutes Sleeping asana... Makarasana Bhujangasana Shalabhasana and dhanurasana Navasana	1hr	Mr. Sreenivas B M	SMVITM
27	Day 27	Pavanamuktasana Jattaraparivarthanasana Sarvangasana ,savan	1hr	Mr. Sreenivas B M	SMVITM
28	Day 28	20 minutes exercise and 10 minutes sarvangasana 10 minutes shirshasana (practice) 20minutes savasana	1hr	Mr. Sreenivas B M	SMVITM
29	Day 29	All repetitions	1.30 hrs	Mr. Sreenivas B M	SMVITM
30	Day 30	All practice	1.30hrs	Mr. Sreenivas B M	SMVITM

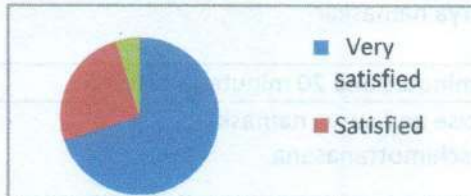
(Signature)

Principal
SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udupi Dist.
BANTAKAL - 574 115

Yoga class Feedback summary 2018-19

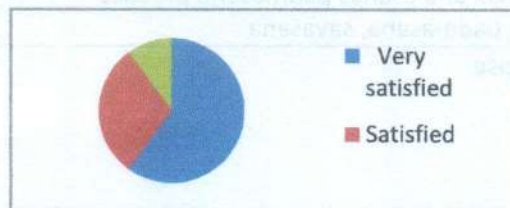
1 Rating - teacher knowledge

Very satisf	Satisfied	Neutral	Unsatisfiec
14	5	1	0



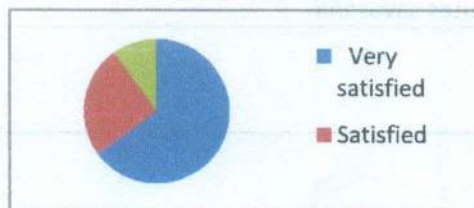
2 Rating - teacher - amount of instruction given

Very satisf	Satisfied	Neutral	Unsatisfiec
12	6	2	0



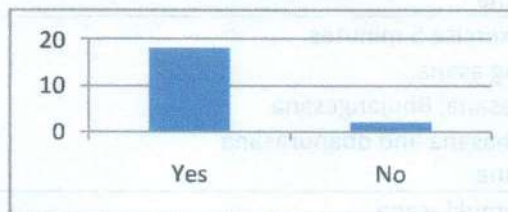
3 Rating - yoga sequence flow class

Very satisf	Satisfied	Neutral	Unsatisfiec
13	5	2	0



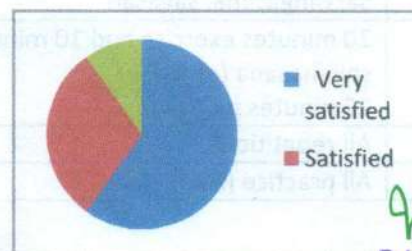
4 Since you have been coming to yoga class, have you noticed any improvements in focus/concentration, balance, flexibility, strength, ability to relax etc

Yes	No
18	2



5 Did the class meet your expectations?

Very satisf	Satisfied	Neutral	Unsatisfiec
12	6	2	0



[Signature]
Principal

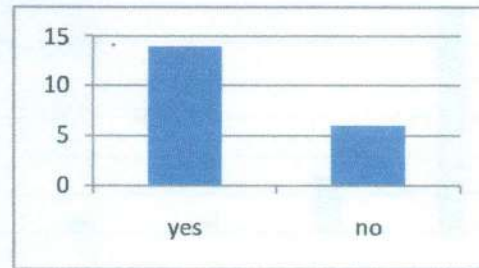
12	Pranayama and asana Hastha uttanasana Parsvakonasana padastanasana	26-10-2018
13	Surya Namaskar and same asana	29-10-2018
14	Sitting asana. Dandasana; Vajrasana Shashankasana Supta vajrasana	31-10-2018
15	Sitting asana and surya namaskar savasana	02-11-2018
16	Fitness exercise 20 minutes and 20 minutes savasana	05-11-2018
17	5 minute yoga exercise and surya namaskar, janushirshasana; paschimottanasana veerasana supta veerasana	09-11-2018
18	Repetitions	12-11-2018
19	5 minutes yoga exercise Sitting asana and ustrasana .	14-11-2018
20	5 minutes yoga exercise and asanas padmasana practice Parvatasana ,baddha padmasana, savasana	16-11-2018
21	5 minutes yoga exercise Poorvothasana Upavistasana Baddha Konasana Vakrasana	19-11-2018
22	Pranayama and surya namaskar	23-11-2018
23	Pranayama kapalbhati Nadisodana , bramari Bhastrika ,sithilikarana And suryanamaskar, 10 minutes savasana	28-11-2018
24	All repetition, ardha matsyendrasana and gomukhasana practice	30-11-2018
25	Yoga exercise 5 minutes Sleeping asana... Makarasana; Bhujangasana Shalabhasana and dhanurasana Navasana	01-03-2019
26	Yoga exercise 5 minutes Sleeping asana... Makarasana; Bhujangasana Shalabhasana and dhanurasana Navasana	06-03-2019
27	Pavanamuktasana Jattaraparivarthanasana Sarvangasana, savasan	11-03-2019
28	20 minutes exercise and 10 minutes sarvangasana 10 minutes shirshasana (practice) 20minutes savasana	18-03-2019
29	All repetitions	20-03-2019
30	All practice (Final)	10-04-2019

Signature of the coordinator

Prasanna
Principal
SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udupi Dist.
BANTAKAL - 574 115

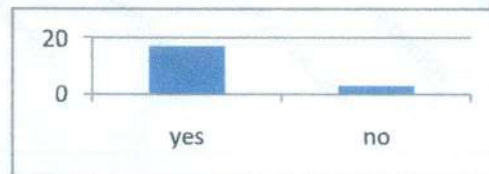
6 Would you be interested in doing this workshop again? (Same, or similar)

yes	no
14	6



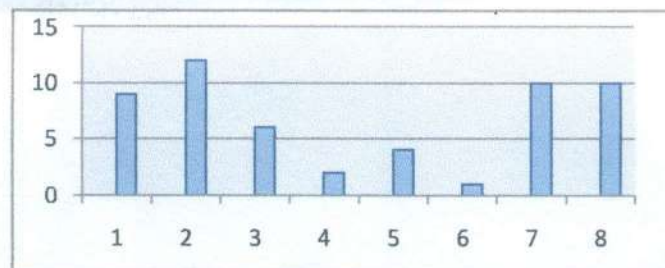
7 Has this course inspired you to continue with your yoga practice?

yes	no
17	3



8 What are the top things you liked most about the class?

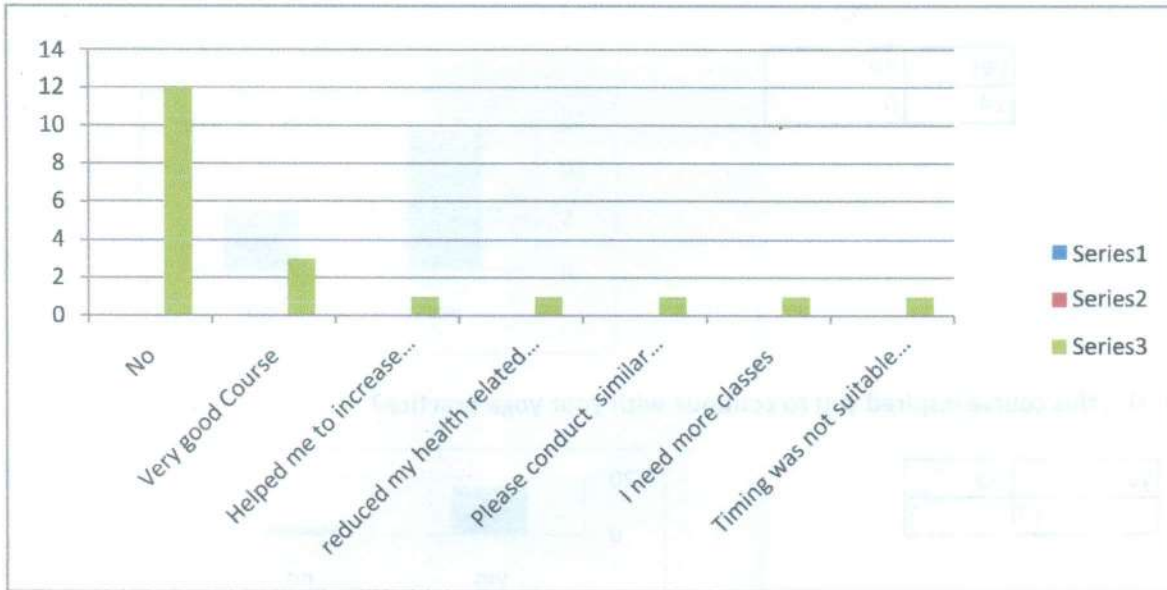
1	2	3	4	5	6	7	8
Breathing	Postures	Social	Philosophy	Relaxation	Meditation	Flowing se	Power yoga
9	12	6	2	4	1	10	10



9 Any suggestions for improvement?

1 No	12
2 Very good Course	3
3 Helped me to increase concentra	1
4 reduced my health related proble	1
5 Please conduct similar classes ne	1
6 I need more classes	1
7 Timing was not suitable for me	1


Principal
SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
 Vishwothama Nagar, Udupi Dist.
 BANTAKAL - 574 115



Amritha

Principal

SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
 Vishwothama Nagar, Udipi Dist.
 BANTAKAL - 574115