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

Fax

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

E-mail : info@sode-edu.in Website : www.sode-edu.in

Phone : 0820-2589182

: 0820-2589183

: 0820-2589184

		Activity Request form	
Acade	mic Year	2018-19	3 20 (40) 50
Comn	tment/Section/ nittee/Cell	Women Embowerment cell	
	of the Activity	Joga Certification Progs	an
	t Audience	goga Certification Programmed Lady Faculty, Staff and Dir Time 24-09-2018 to 10-01-2019	nostrudunts of STVI
Activi	ty Date(s)	24-09-2018 to 10-01-2019	5-00PM-600PM
Venue	a constant and		
Resou	rce Person	Mr. Sreenivas B. M. Phy	sical Director of
		Expected expenditure	
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		\$21.0 EUC / Harris	
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(Add r	ows if required)		
		Source of fund (Sponsorship/Registration fee)	
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Signature of the HOD (if applicable)

Remarks by IQAC

May be condended

Signature

Permitted

Remarks by Principal

Inscorp

Principal
SHRI MADHWA VADIRAJA

Signature

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

Juscal



SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY AND MANAGEMENT



in association with



WOMEN EMPOWERMENT CELL

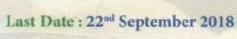
presents

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]







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.



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



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	1 dag-	New	Meg	My	Men	- Neon	May	Muz	My	May	New	Lug	ller	Nig	Mar
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12	NISHA (Staff)	10	10	B	10	100	100	10	2	0	102	100	I	90)	89	AR
13	RAVIPRABHA (Staff)	De	80	10	Co	AB	Q0	-De	- Pa	Rb	· lo_	Ph	PL	BP	Ro	Ph
14	LOLITA PRIYA (Staff)	C	L	1	A	1		T	7	1	X	AR	1	7	1	T
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S.No	Name \ Class No.	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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13	RAVIPRABHA (Staff)	0	ED	AB	ex	4	R	fo	· eu	Re	- 10	- Rb-	Rh	- Ph	-0-	Pho
14	LOLITA PRIYA (Staff)		T		7	1	1		7	7	1	9	1	17	AR	7
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(A Unit of Shri Sode Vadiraja Mutt Education Trust[®], Udupi) Vishwothama Nagar,Bantakal - 574115, Udupi District, Karnataka



WOMEN EMPOWERMENT CELL

	has participated and succe	bearing USN essfully completed "Yoga Course"
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Vishwothamanagar, BANTAKAL - 574 115, Udupi, Karnataka, India

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

Thirumaleshwara Bhat Principal

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

BANTAKAL - 574 115

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 and the second and	
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 kapalbhati anuloma viloma Yoga exercises 5 to 10mints. Tadasana Ardhakatichakrasana Ardhachakrasana 10 minutes savasana	1 hr.	Mr. Sreenivas B M	SMVITM
	MEN	Yoga mantra and Omkar. (Yogena chithasya)	1682115	Come by a dual such Share	HR SEVER G
	(5)11 (6)	Pranayama kapalabhathi	RE FOR LES	ENTRE VEHICLE STEEL	in latyra la
2	Day 2	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	SMVPTMicipal SHRI MADHWA VADIRA OF TECHNOLOGY & MA

Vishwothama Nagar, Udupi Dist. BANTAKAL - 574 115

		Yoga exercises 5 to 10 mins Practice and another asana	HGAM B	1918	
5	Day 5	padahastasana trikonasana virabhadrasana 1	1hr 10 3	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 Pranayamakapalbhati 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	SHRI MAD NSTITUTE OF TECH	MAC STEENIVAS B M Incipal HWA VADIRAJA OLOGY & MANAGEMENT Nagar, Udupi Dist.	SMVITM

Vishwothama Nagar, Udupi Dist. BANTAKAL - 574 115

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 ,savasan	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

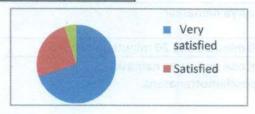
Course Delivery Plan

Lect. No.	1	Topics covered	HIDS GETTS A S	Date on which topics covered
1.61	Yoga mantra and Omkar. (Yogena chithasya)	rds.	Washingt Berez Sale sand	E Linky III Personal
1 83	Pranayama kapalbhati anuloma viloma Yoga exercises 5 to 10mints. Tadasana	705	Transide control Transide control Critical Hilliams all Control Hilliams	24-09-2018
	Ardhakatichakrasana Ardhachakrasana 10 minutes savasana		hoe stream to make the	
N	Yoga mantra and Omkar. (Yogena chithasya) Pranayama kapalabhathi anuloma viloma	uti	mation 2 minutes as a contract of the contract	Varea (listo) Make Day 25 - Day 25 Shote
2	Yoga exercises 10 to 15 mine	utes.	Sapinara de americas	26-09-2018
	Ardhakatichakrasana Ardhachakrasana 10 minute savasana			need need of self with
3	Yoga mantra and Omkar. (Yogena chithasya) Pranayama		i mantanesti (2 m m.). Le come sego sne (abiante	28-09-2018
- 191	Practice 5 to 10 mins	and L	encienthinhead	setted 15 vol 5
4	Yoga exercises 5 to 10 mins Practice and another asana padahastasana; trikonasana virabhadrasana 1		ngesane sevasan autes everyos and 10 minus apesana 10 minutes Asuna conditival	01-10-2018
5	Yoga exercises 5 to 10 mins Practice and another asana padahastasana; trikonasana virabhadrasana 1	1	A schiolis Mass and a schiolis	03-10-2018
611	Yoga exercises 5 to 10 mins		estre	Day su All po
6	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 Pranayamakapalbhati nadi	isodana ,bhastrik	a and asana practice.	10-10-2018
9	Suryanamaskar 10 positions		men	12-10-2018
10	Yoga exercise 5 minutes Pranayama and same asana Surya namaskar and	7	Principal Hri Madhwa Vadiraja Oftechnology & Management	22-10-2018
11	Repetitions	Vish	vothama Nagar, Udupi Dist. BANTAKAL - 574 115	24-10-2018

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 ,savasan	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

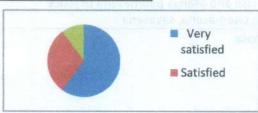
1 Rating - teacher knowledge

Very satisf	Satisfied	Neutral	Unsatisfied	
14	5	1	0	



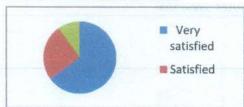
2 Rating - teacher - amount of instruction given

Very satisf	Satisfied	Neutral	Unsatisfied	
12	6	2	0	



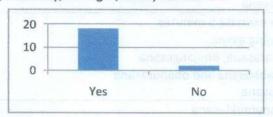
3 Rating - yoga sequence flow class

Very satisf	Satisfied	Neutral	Unsatisfied	
13	5	2	0	



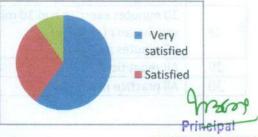
4 Since you have been coming to yoga class, have you noticed any improvements in focus/concentration, balance, flexibility, strength, ability to relax etc

Yes	No		
18	2		



5 Did the class meet your expectations?

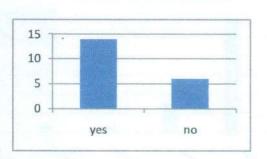
Very satisf	Satisfied	Neutral	Unsatisfied
12	6	2	0



	Pranayama and asana						
10	Hastha uttanasana	26 10 2010					
12	Parsvakonasana	26-10-2018					
	padastasana						
13	Surya Namaskar and same asana	29-10-2018					
	Sitting asana.						
14	Dandasana; Vajrasana	31-10-2018					
14	Shashankasana	31-10-2016					
	Supta vajrasana	4.1					
15	Sitting asana and surya namaskar	02-11-2018					
18365	savasana						
16	Fitness exercise 20 minutes and 20 minutes savasana	05-11-2018					
	5 minute yoga exercise and surya namaskar,						
17	janushirshasana; paschimottanasana	09-11-2018					
	veerasana	07 11 2010					
	supta veerasana						
18	Repetitions and the second sec	12-11-2018					
19	5 minutes yoga exercise [siffatiganU] (signess [siffatiganU]	14-11-2018					
=50	Sitting asana and ustrasana .	-, -, -, -, -, -, -, -, -, -, -, -, -, -					
20	5 minutes yoga exercise and asanas padmasana practice	16-11-2018					
	Parvatasana ,baddha padmasana, savasana						
	5 minutes yoga exercise						
2.1	Poorvotnasana	orvotnasana					
21	Upavistasana	19-11-2018					
	Baddha Konasana						
22	Vakrasana	22 11 2010					
22	Pranayama and surya namaskar	23-11-2018					
	Pranayama kapalbhati						
23	Nadisodana , bramari Dali aliang da la	28-11-2018					
	Bhastrika ,sithilikarana And suryanamaskar, 10 minutes savasana						
24	All repetition, ardha matsyendrasana and	30-11-2018					
24	gomukhasana practice	30-11-2016					
	Yoga exercise 5 minutes						
	Sleeping asana						
25	Makarasana; Bhujangasana	01-03-2019					
40	Shalabhasana and dhanurasana	01-03-2019					
	Navasana						
	Yoga exercise 5 minutes	7/41					
	Sleeping asana						
26	Makarasana; Bhujangasana	06-03-2019					
	Shalabhasana and dhanurasana	00 00 2019					
	Navasana 28/						
	Pavanamuktasana						
27	Jattaraparivarthanasana	11-03-2019					
	Sarvangasana, savasan						
	20 minutes exercise and 10 minutes sarvangasana 10 minutes						
28	shirshasana (practice)	18-03-2019					
	20minutes savasana						
29	All repetitions	20-03-2019					
30	All practice (Final)	10-04-2019					

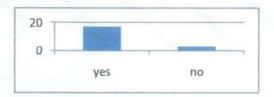
6 Would you be interested in doing this workshop again? (Same, or similar)

yes	no
14	6



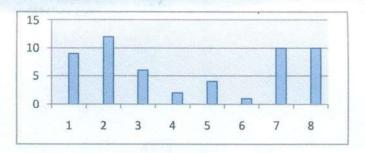
7 Has this course inspired you to continue with your yoga practice?

yes	no
17	3



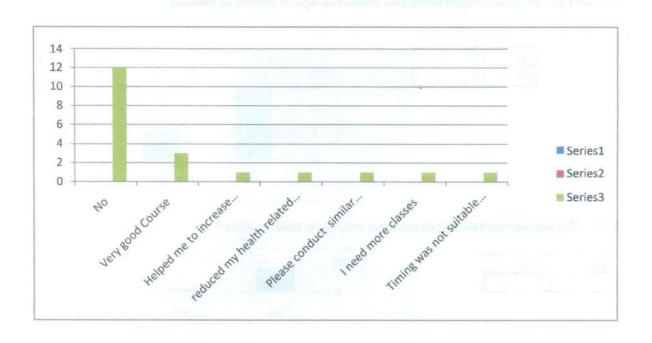
8 What are the top things you liked most about the class?

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

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