



# 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
		—
<b>Total</b>		


(Add rows if required)

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

(Add rows if required)

Financial support required from the Institute	
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Dr. Lolita Priya castelino . Name of the Coordinator	 Signature with date 26/09/2018
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

  
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



Activity Report

Sl. No.	Name of the Program	Faculty	Duration	Remarks
1	Yoga and Health Program	Ms. Tejaswini H	30 Hours	Classes were held every day after class hours starting from 24/08/2018 to 22/09/2018.
2				
3				
4				
5				



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



*in association with*



**WOMEN EMPOWERMENT CELL**

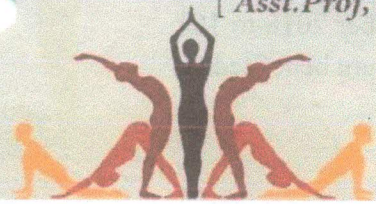
*presents*

**YOGA CLASSES**

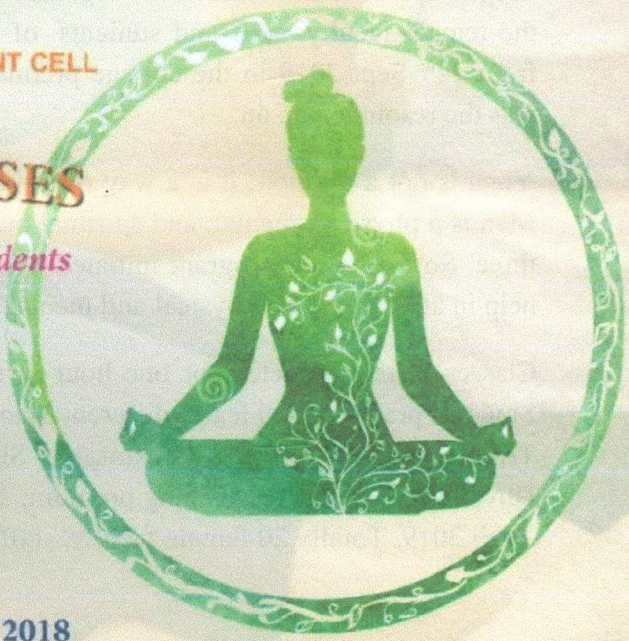
*for ladies and girl students*

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

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



**Last Date : 22<sup>nd</sup> September 2018**



*Aravind*  
**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

<b>Academic Year</b>	2018-19
<b>Name of the Program</b>	Yoga certification program
<b>Date</b>	Alternate Working days after class hours (starting from 24-09-2018 to 10-04-2019)
<b>Target Audience</b>	Lady Faculty, staff and girl students of SMVITM
<b>Resource Person</b>	Mr. Sreenivas B M
<b>Number of Participants</b>	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 24<sup>th</sup> 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 24<sup>th</sup> September 2018 to 10<sup>th</sup> 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 2019*  
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	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh
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	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr
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	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf
10	BANU N S	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba
11	SUCHITHRA	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su	Su
12	NISHA (Staff)	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni
13	RAVIPRABHA (Staff)	Ra	Ra	Ra	Ra	Ra	Ra	Ra	Ra	Ra	Ra	Ra	Ra	Ra	Ra	Ra
14	LOLITA PRIYA (Staff)	Lp	Lp	Lp	Lp	Lp	Lp	Lp	Lp	Lp	Lp	Lp	Lp	Lp	Lp	Lp
15	JYOTHI SHET	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy
16	HARSHITHA D N	Ha	Ha	Ha	Ha	A	A	Ha	Ha	A	Ha	Ha	Ha	Ha	Ha	Ha
17	KEERTHANA CRASTA	K	K	K	A	K	K	K	A	K	K	K	K	K	A	K
18	M SOWMYASHREE	So	So	So	AB	So	So	So	So	So	So	So	So	So	So	So
19	CHANDANA	Cha	Cha	Cha	Cha	Cha	Cha	Cha	Cha	Cha	Cha	Cha	Cha	Cha	Cha	Cha
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	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh
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	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr
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	Praf	Praf	Praf	Praf	AB	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf
10	BANU N S	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba	Ba
11	SUCHITHRA	Su	Su	Su	Su	Su	AB	Su	Su	Su	Su	Su	Su	Su	Su	Su
12	NISHA (Staff)	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni	Ni
13	RAVIPRABHA (Staff)	Ra	Ra	AB	Ra	Ra	Ra	Ra	Ra	Ra	Ra	Ra	Ra	Ra	Ra	AB
14	LOLITA PRIYA (Staff)	Lp	Lp	Lp	Lp	Lp	Lp	Lp	Lp	Lp	Lp	Lp	Lp	Lp	AB	Lp
15	JYOTHI SHET	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy	Jy
16	HARSHITHA D N	Ha	Ha	Ha	Ha	Ha	Ha	Ha	Ha	Ha	Ha	A	Ha	Ha	Ha	Ha
17	KEERTHANA CRASTA	K	A	K	K	K	A	K	K	K	A	K	K	K	A	K
18	M SOWMYASHREE	So	So	So	So	So	So	So	So	So	So	So	So	So	So	So
19	CHANDANA	Cha	Cha	Cha	Cha	Cha	Cha	A	Cha	Cha	Cha	A	Cha	Cha	A	Cha
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**

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Vishwothama Nagar, Bantakal - 574115, Udupi District, Karnataka

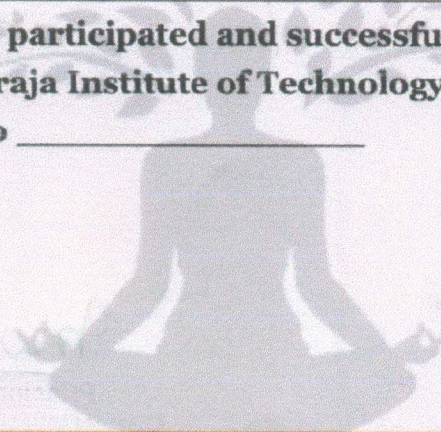


**WOMEN EMPOWERMENT CELL**

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 - 574 115



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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

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

*Prasanna*  
SMVITM Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
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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 ,savaasan	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 - 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

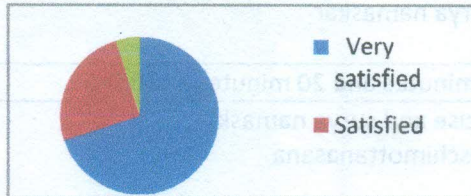
*(Signature)*

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

## Yoga class Feedback summary 2018-19

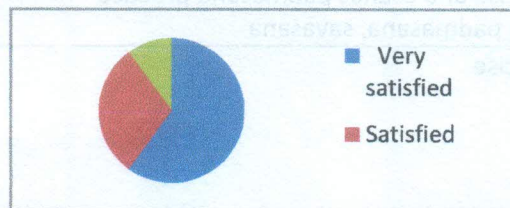
### 1 Rating - teacher knowledge

Very satisf	Satisfied	Neutral	Unsatisfiec
14	5	1	0



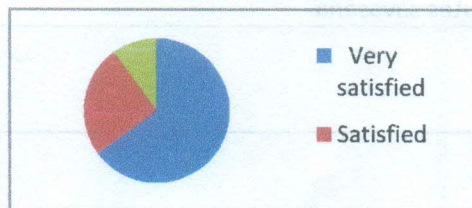
### 2 Rating - teacher - amount of instruction given

Very satisf	Satisfied	Neutral	Unsatisfiec
12	6	2	0



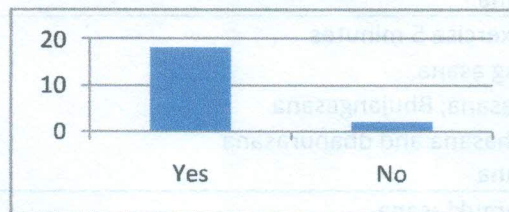
### 3 Rating - yoga sequence flow class

Very satisf	Satisfied	Neutral	Unsatisfiec
13	5	2	0



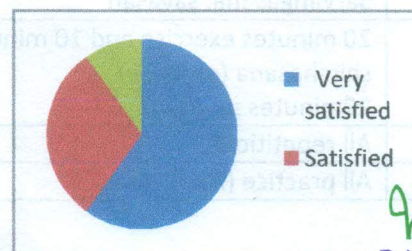
### 4 Since you have been coming to yoga class, have you noticed any improvements in focus/concentration, balance, flexibility, strength, ability to relax etc

Yes	No
18	2



### 5 Did the class meet your expectations?

Very satisf	Satisfied	Neutral	Unsatisfiec
12	6	2	0



*[Signature]*  
Principal

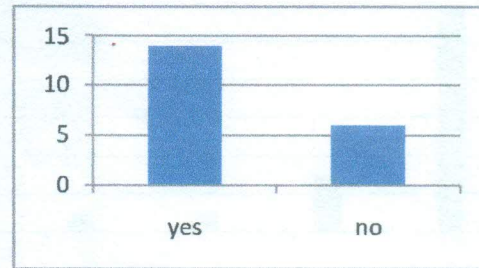
12	Pranayama and asana Hastha uttanasana Parsvakonasana padastanasana	26-10-2018
13	Surya Namaskar and same asana	29-10-2018
14	Sitting asana. Dandasana; Vajrasana Shashankasana Supta vajrasana	31-10-2018
15	Sitting asana and surya namaskar savasana	02-11-2018
16	Fitness exercise 20 minutes and 20 minutes 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  
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Vishwothama Nagar, Udupi Dist.  
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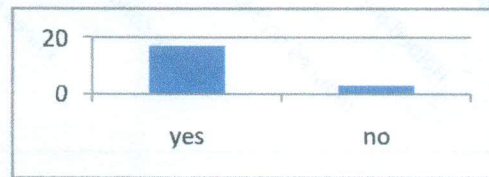
**6 Would you be interested in doing this workshop again? (Same, or similar)**

yes	no
14	6



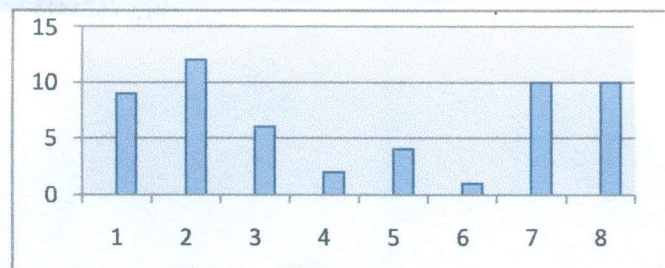
**7 Has this course inspired you to continue with your yoga practice?**

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

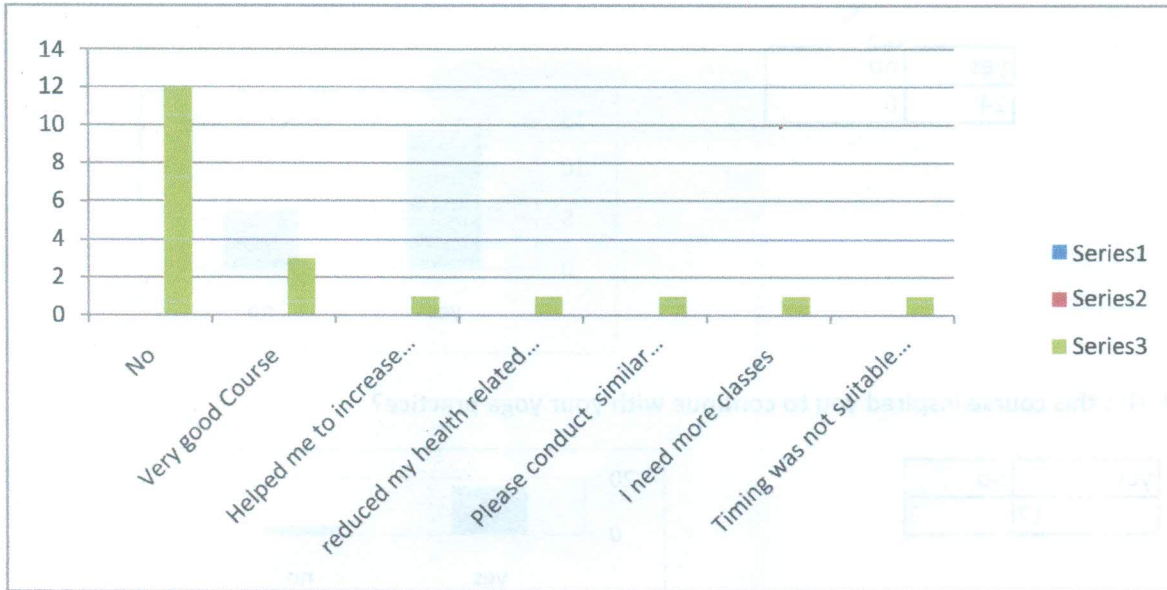


**9 Any suggestions for improvement?**

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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*Amritha*

Principal

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