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 Phone : 0820-2589182 : 0820-2589183

: 0820-2589184

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

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

	Activity Request form	
Academic Year	2018-19	What he w
Department/Section/ Committee/Cell	Women Empowerment Cel	
Name of the Activity	Goga Contification Prox	lan
Target Audience	lady Faculty Staff and 9	in Students of SM
Activity Date(s)	Lady Faculty, Staff and 9) 24-09-2018 to 10-04-2019	5-00PM-600
Venue		
Resource Person	Mr. Sreenivas B.M. Phy	sical Directo
	Expected expenditure	
S. No. Description	TOJETO I	Amount
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	1210 FOREST REPORT	
	Total	
(Add rows if required)		
	Source of fund (Sponsorship/Registration fee)	
S. Description No.		Amount
		. —
	Total	
(Add rows if required)		
Financial support requ	ired from the Institute	
	iga castelino.	Quito Tours

Remarks by IQAC

May be conducted

Signature

Remarks by Principal

Permi the

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

Principal

Signature

Vishwothama Nagar, Udupi Dist. BANTAKAL - 574 115

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(B)

SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY AND MANAGEMENT



in association with



WOMEN EMPOWERMENT CELL

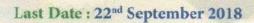
presents

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	1hg-	Meg	Megr	Nego	ll-	Nem	Nes	bleg	Neg	May	New	Lug-	Mex	May	Mar
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4	SHREYA	4	8-	8	4	8	#	8	8	8	4	9	\$	\$	3	4
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12	NISHA (Staff)	R	10	D	10	400	102	10	2	0	102	m	in	96)	160	AB
13	RAVIPRABHA (Staff)	De	80	1	- Co	AB	Po	-De	- Pa	- Rb	· {b_	Pa	Pb	BP	Ro	Ph
14	LOLITA PRIYA (Staff)	C	L		A			7	7	1	1	Atz.	1	T	IF	PF
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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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2	VAISHNAVI KATTE	De	Ve	N90	-Vie	NOU	Ne	NOV.	- AB		Total	Val	ent	NOW ON	NICE	rug
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12	NISHA (Staff)	1	R	-	8	M	0	a	N	B	0	0	12	102-	02	AB
13	RAVIPRABHA (Staff)	10	Es.	AB	22	Á	P	FD	Pie	- Ro	- 100_	- Rp-	Kh	- En	- Rb	Rb
14	LOLITA PRIYA (Staff)				7	77	1		7	7	1	9	4	17	AD	17
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17	KEERTHANA CRASTA	0	A	(D)	10	(P)	(P)	A	10	P	R	A	P	100	A	R
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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 certi		bearing USN cessfully completed "Yoga Course"
eld at Shri M	adhwa Vadiraja Institute of Techr	nology and Management, Bantakal
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	Coordinator	Principal

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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 YADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar, Udupi Dist.

BANTAKAL - 574 115

more



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

Course Delivery Plan

Academic Year		yse.
Name of the Program	Yoga Classes guasamoshi ari unvita i	
Date	Every alternate day after college hours	
Target Audience	Lady faculty, staff and students of SMVITM	240
Resource Person	Mr. Sreenivas B M	
Number of Participants	20 astrumini č saichaka agoV	-
Number of Hours (L/T/P)	30hrs seekond angsa kus sanyaris	(50

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
	WITH	Yoga mantra and Omkar. (Yogena chithasya)	TOMESMON	evans and surva	15 Dey 1.5 Sit
2	MITN	Pranayama kapalabhathi	rtes and 20	ess axercise 20 min jubes savasana	16 E3y 16 mi
	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 anszemb	Mr. Sreenivas B M	SMVFFM cipal SHRI MADHWA VAD RAJA OF TECHNOLOGY & MANAGEN Wothama Nagar, Udupi Dist.

BANTAKAL - 574 115

		Yoga exercises 5 to 10 mins Practice and another asana	HQAH D	Mr. Sreenivas B M	
5	Day 5	padahastasana trikonasana virabhadrasana 1	1hr	ivii. Si ceriivas b ivi	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 MĀD NSTITUTE OF TECH!	MAK SAEenivas 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

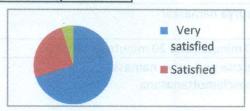
Course Delivery Plan

Lect. No.		Topics covered	a Kenansaa ana	Date on which topics covered
M	Yoga mantra and Omkar. (Yogena chithasya)	nt's	erna and surve namuskar	ž Dav 22 Praesa
1	Pranayama kapalbhati anuloma viloma Yoga exercises 5 to 10mints Tadasana	701.	ens kapalbasti Itana bramad Iku sithilikarana Iryaramaskar, 10 minutea	24-09-2018
0.53	Ardhakatichakrasana Ardhachakrasana 10 minutes savasana		na otriloo, nar y endrasana and drasana, praetice	
2	Yoga mantra and Omkar. (Yogena chithasya) Pranayama kapalabhathi anuloma viloma	idi	sercise 5 ndodes og asna asana ogosana dasana and dhanarasana	26-09-2018
2	Yoga exercises 10 to 15 min Tadasana Ardhakatichakrasana Ardhachakrasana 10 minute savasana	nutes.	ens sur cise 5 minutes og avenð assand	20-09-2018 East 1 East 2 East
3	Yoga mantra and Omkar. (Yogena chithasya) Pranayama Practice	ad l	nanganan ah ku sara Langanan an	28-09-2018
4	Yoga exercises 5 to 10 min Practice and another asan padahastasana; trikonasan virabhadrasana 1	a	ngasana .Savasan nutes exercise and 10 minute agasana 10 minutes asana caractica)	01-10-2018
5	Yoga exercises 5 to 10 min Practice and another asan padahastasana; trikonasan virabhadrasana 1	a	wies sovasana sections	03-10-2018
14.3	Yoga exercises 5 to 10 mins Practice and another asana Virabhadrasana 1 and 2		erice	Day so All pr
6	Parshvakatichakrasana Parivrutha trikonasana Savasana			05-10-2018
7	Yoga exercises 5 to 10 min. Practice and another asana Virabhadrasana 1 and 2 Parshvakatichakrasana Parivrutha trikonasana Savasana			08-10-2018
8	Yoga exercise 5 minutes Pranayamakapalbhati nad	disodana ,bhastrik	a and asana practice.	10-10-2018
9	Suryanamaskar 10 positions		mean	12-10-2018
10	Yoga exercise 5 minutes Pranayama and same asan Surya namaskar and		P rinci pal Hrimadhwa Vadiraja Of Technology & Management	22-10-2018
11	Repetitions		wothama 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) 20 minutes 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

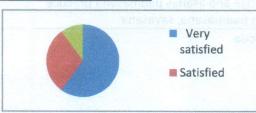
1 Rating - teacher knowledge

Very satisf	Satisfied	Neutral	Unsatisfied
14	5	1	0



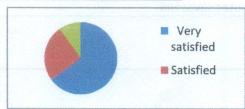
2 Rating - teacher - amount of instruction given

Very satisf	Satisfied	Neutral	Unsatisfied
12	6	2	0



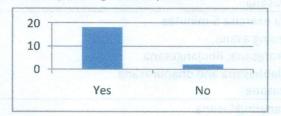
3 Rating - yoga sequence flow class

Very satisf	Satisfied	Neutral	Unsatisfied
13	5	2	0



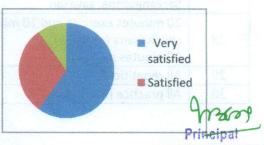
4 Since you have been coming to yoga class, have you noticed any improvements in focus/concentration, balance, flexibility, strength, ability to relax etc

1	Yes	No
T.	18	2



5 Did the class meet your expectations?

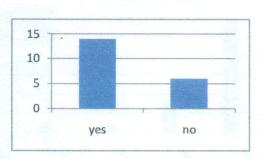
1	Very satisf	Satisfied	Neutral	Unsatisfied
1	2	6	2	0



12	Pranayama and asana Hastha uttanasana	26-10-2018
	Parsvakonasana padastasana	
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
	5 minutes voga eversise	12-11-2010
19	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
	Pranayama kapalbhati	25 11 2010
23	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
	Pavanamuktasana	11-03-2019
27	Jattaraparivarthanasana Sanojissaadya woo Joom a Sarvangasana, savasan	11.03.2019
27		18-03-2019
× -	Sarvangasana, savasan 20 minutes exercise and 10 minutes sarvangasana 10 minutes shirshasana (practice)	Alex merca

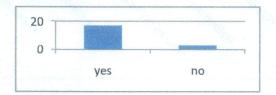
6 Would you be interested in doing this workshop again? (Same, or similar)

yes	no
14	6



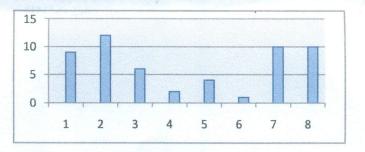
7 Has this course inspired you to continue with your yoga practice?

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 m	y health related proble	1
5 Please con	duct similar classes ne	1
6 I need mor	e classes	1
7 Timing was	not suitable for me	1

14 12 10 8 6 4 Series1 2 Series2 0 No Very Bood Course reduced my health related. I need not e classes for suitable. 40 Series3

Principal

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