

YOGA VIJAYA

SL NO	NAME OF THE FACULTY	DEPARTMENT
1	PROF. K S SHAILAJA	VICE - PRINCIPAL
2	PROF. D P RAVINDRA	COMMERCE
3	Dr. M SUBRAMANYA BHAT	ELECTRONICS
4	Dr. VASUDEVAN K T	PG PHYSICS
5	PROF. JYOTHI V	ELECTRONICS
6	Dr. MAHESH ARVIND	CHEMISTRY
	Co-ordinator	

Academic year 2018-19 :

Registration for YOGA classes

Name	Class & Sec.	Ph. No.
1) Aksharaya P.H	I st B.com 'D'	9740238583
2) Bindhuheer M	I B.com 'D'	9620280513
3) Harshitha C.S.	I B.com 'A'	9663313439
4) Danya A	I B.com 'A'	9731903192
5) Akash Prakash Parulian	V th sem BSC(A)	9916621821
6) Ranva M	V th sem(A) BSC	9902620451
7) Varshitha S	III rd sem (c) BSC	8971800283
8) Mamatha bai P	III rd sem (c) BSC	8971800583
9) Nagini M	III rd sem (c) BSC	8971957409
10) Ashkan Hussain	III rd sem BCA	9902664237
11) SPOORTHI N	V Sem B.com	7411255617
12) SUSHMA R	V Sem B.com	9035390644
13) MEGHANA A.N	V Sem B.com	8151845457
14) Nivedika E	III rd sem (c) BSC	9535634645
15) Sneha M	III rd sem (c) BSC	8105352668
16) Ranva K.S	III rd sem (c) BSC	9606737792

17) Pooja . L	III rd Sem (c) BSc	9148633791
18) SANIYA KOUSAR	} IV SEM B.Sc 'A' Pcm	9164636366 7892737343
19) BHAVYA . B (009)		
20) SANGEETHA . S		
21) VIDYASHRE . B . C		
22) Gmeshma Rajagopal	I Sem 'A' sec PCM	9986069824
23) sonaliya Sriniwasa	I sem 'A' [PCM]	9611639827
24) Yashasvini	IV sem 'B'	9880772080
25) Harshitha . R	IV Sem 'B'	9108005672
26) Rehini . S	IV Sem 'A'	9108888992
27) Lokprasad . p . shetty	IV sem BSA	9632998014
28) Ujjay Naveen Ganga	III sem Bsc [PCM]	9206706119
29) Naveen . K	III sem Bsc [PCM]	9731993977
30) Ranjith . H . M	III sem Bsc [PCM]	8971995520
31) Lata		
31S Lashika	III Sem BSC (CBZ)	8296540879
32S Chayadewi	III SEM BSC (CBZ)	8792330034
33S Chaitra . J	III SEM BSC (CBZ)	9148975916
34S Pavitra Bhai	III SEM BSC (CBZ)	9110676396
35) Jamuno . P	V Sem BSc (MECS)	7022741421

M
T
W
Th
F

'YOGA VIJAYA' - Yoga classes for Students & Staff was inaugurated on 28-09-2018 by Dr. Maruthi Ram, Yoga Praveena Awardee & HOD of MBA, Dayanandasagar Institute of Technology. He demonstrated Yogasanas & Pranayama as well made the audience to do the same.

Yoga classes for Students & Staff were conducted on every Friday between 3.15 - 4.15 and Saturday between 12.45 - 1.45.

Details of the classes held:

- 1) 4-10-2018; Importance of yoga & Pranayama
Puraka (Inhale) & Rechaka (Exhale); Vajrasana; Samasthithi
Samathalasthithi
- 2) 10-10-2018; Thadasana; padmahastana;
Ardhachakrasana; Ardhakati-
chakrasana; padmasana;
Purvathasana; Jholasana
- 3) 11-10-2018; Jnikonasana; Uesabhadhasana
Prakona-1; Pashomothanasana
poorvothanasana; maktarasana
Bhujagasana: 1, 2 & 3; shavasana
- 4) 12-10-2018; Revision of asanas performed
in 2nd & 3rd classes
shavasana - Importance

5) 19-10-2018 : Suryanamaskara - 10 counts
Pranayama

6) 16-03-2019 : Suryanamaskara - 12 counts
Pranayama

7) 05-04-2019 : Vakrasana ; Shivanpadasana
Navasana ; Jataraparivartana
Nasana ; Shavasana

8) 13-04-2019 : Omkara practice
Dyana practice

9) 20-04-2019 : Practice of asanas of 2nd
& 3rd classes.

10) 26-04-2019 : Suryanamaskara - 10 counts
Pranayama

11) 27-04-2019 : Revision of asanas of class
7 & 8.

12) 03-05-2019 : Suryanamaskara - 12 counts
Pranayama

GR

2	3	4	5
6C			4
6D	6C		
6C	2C		
		2C	
6D			

Registration of students to attend yoga classes in the academic year 2019-20.

contact-
Ph. No.,

Student's Name	class & sec.,	contact- Ph. No.,
1) Vikram Kumar O.V	I B.com 'B'	8884275290
2) Kavya.N	III B.COM 'D'	9886634798
3) MADHU.R	III B.COM 'C'	9980653552
4) Meeta.V	II B.com 'D'	7624829057
5) Mala.R	III B.com 'C'	7760815997 774114
6) Kuyshal K.S	III rd Sem 'B'	9916008753
7) Chandana.KR	III rd Sem B	8792628164
8) Akhila.S.	I Bsc 'A'	7795995585
9) MANJUNATH DARSHAN.S	I Bsc 'B'	8494807190
10) Sanchana G.R	II ^{sem} Bsc 'A'	7349706319
11) Reshma. B	III ^{sem} Bsc 'A'	9566676381
12) Pragathi. H.R	III ^{sem} Bsc 'A'	7349706319
13) Gagam Kini	III ^{sem} Bsc 'B'	7019211063
14) Sathwat Singh	III ^{sem} Bsc 'B'	7424976159
15) Pooja.L	III ^{sem} Bsc 'A'	7090002461
16) kavitha.V	III ^{sem} Bsc 'A'	8618083261

- 17) Ruchitha.R III sem Bsc 'A' 6362845043
- 18) Vidhya Lakshmi.S III sem Bsc 'A' 7090838691
- 19) Mahesh.A.R I sem Bsc 'A' 7353709293.
- 20) Shalini.N I sem Bsc 'H' 7022573651
- 21) Madhumandana.R Ist sem BSC 'H' 7026029627
- 22) Prayasaadika III sem B.com 'D' sec 8296171317
- 23) M.Sai Bhavani III sem Bsc 'B' sec 7013432946.
- 24) Meghana.S I sem Bsc 'H' sec. 7996986979
- 25) Lokprasad.p.shetty V sem BSA 9652998014
- 26) Nishanth.S I sem B.com 'B' sec 9108085846

67

	1	2
M	6D	6C
I	2C	6

Registration of Staff members for YOGA

<u>NAME</u>	<u>Department</u>	<u>Ph., No.,</u>
1) Dr. Priyadarshini.PA	Dept. of Genetics	9886555917
2) RADHIKA.R.	Dept. of chemistry	9986859119
3) Vidya Saraswathi K	Dept of Commerce	9964237800
4) Jyothi.R.Kumar	Dept of Biochemistry	9900309826
5) D.P.T. Deepa	Dept of Commerce	9880432076
6) Vani.D.J.		9886745982
7) Prof. S. Nagashankar	Dept of Hindi	9019955351
8) JYOTHEEV	Electronics	9481604459
9) Shailaja.J.S.	Botany	9449859016
10) H.K. Gundu Rao	Computer Science	9648700766
11) Dr. M.S. Bhal	Electronics	9880502491
12) M. GAYATHAI BAI	Dept. of Comp.Sc.	8197717680

YOGA CLASSES HELD

15

- 1) 02-08-2019 ; Introduction to yoga practice;
3.15 - 4.15 Importance of yoga & pranayama
- 2) 03-08-2019 ; Exercises for co-ordinating
1.45 - 2.45 breathing (inhale & exhale)
with arm actions; Warmup
exercise for yogasana; Samas-
thithi & Samathala sthithi;
Thadasana, padmahastasana,
Pashimothasana, Poorothasana
- 3) 10-08-2019 ; Prayers; Sthitilikarana abhyasa;
1.45 - 2.45 ArdhaKatichakrasana, Ardha
Chakrasana, Trikonasana,
padmasana, parvathasana
Navasana, Bhujangasana
- 4) 16-08-2019 ; Pranayama exercises: Anuloma
3.15 - 4.15 veloma; Suryanadi Chandanadi;
- 5) 23-08-2019 ; warmup exercises; revision of
euler asana; Bhujangasana
Prakara: 1, 2 & 3
- 6) 24-08-2019 ; Mukhasana; Veerabhadhasana
Shirapadasana; Janushir-
sasana; Baddhakonasana
Shalabhasana; Jatarapal-
vatasana; Bhujangalana
Prakara-4

7) 26-8-19; Monday meeting with
Yoga Students
- Details of
asanas taught

8) 29-8-19; Thursday meeting with
2.15 - 3.15 Yoga teachers
- Details of
asanas taught

9) 31-8-19; Saturday Suryanamastara
1.45 - 2.45 only 12 counts;

6)

	1	2
M	6D	6C
T	2C	
W	6D	
Th	4A	6C
F	4A	
S	4A	2C

10) 13-9-19 Folday Suryanamastara
3.15 - 4.15 only 10 counts;

11) 27-9-19 Folday Suryanamastara
3.15 - 4.15 both 12 & 10 counts
Nadi Shuddhi
Pranayama