BLDE Association's
New Arts College, Tikota
Dist. Vijayapura

IQAC, DEPARTMENT OF PHYSICAL EDUCATION

Initiative

CONDUCTED

VALUE ADDED COURSE

ON

YOGA AND WELLNESS

21-04-2026

2025-26

PRINCIPAL,
NEW ARTS COLLEGE
TIKOTA, Dist Vijayapura

Scanned with OKEN Scanner

NOTICE

A Value Added Course on **Yoga** was organized by IQAC Initiative department of physical education B.L.D.E.A's New Arts College, Tikota, with the objective of promoting physical fitness, mental well-being, emotional balance, and holistic personality development among students. Interested students were invited to enroll and actively participate in the course.

Scanned with OKEN Scanner

SYLLABUS:

Unit I: Introduction to Yoga

- Meaning and Importance of Yoga
- History and Development of Yoga
- Principles and Benefits of Yoga

Unit II: Yogic Practices

- Warm-up Exercises
- Surya Namaskar
- Standing and Sitting Asanas

Unit III: Pranayama

- Breathing Techniques
- Anulom-Vilom
- Bhramari
- Kapalabhati

Unit IV: Meditation and Relaxation

- Techniques of Meditation
- Stress Management through Yoga
- Relaxation Practices

Unit V: Yoga for Healthy Living

- Yoga and Lifestyle
- Diet and Nutrition
- Daily Yogic Routine

Scanned with OKEN Scanner

NAME OF THE FACULTY / INSTRUCTOR:

Course Coordinator: B.R.Desai

Yoga Instructor / Resource Person: S.S.Kore

Designation: Assistant professor Dept of Physical education

Scanned with OKEN Scanner

TIME TABLE

Day	Time	Topic
Monday	6:30 to7:30	Yoga Practice
Tuesday	6:30 to7:30	Asanas
Wednesday	6:30 to7:30	Pranayama
Thursday	6:30 to7:30	Meditation
Friday	6:30 to7:30	Practical Session
Saturday	6:30 to7:30	Assessment / Revision

Scanned with OKEN Scanner

B.L.D.E.A'S NEW ARTS COLLEGE, TIKOTA

IQAC INITIATIVE

INAUGURAL FUNCTION REPORT

VALUE ADDED COURSE IN YOGA

Academic Year: 2026–27

The Inaugural Function of the Value Added Course in Yoga was organized by B.L.D.E.A's New Arts College, Tikota under the guidance of the Internal Quality Assurance Cell (IQAC) with the objective of promoting physical fitness, mental well-being, and holistic development among students. The programme was conducted in the college premises with enthusiastic participation from students, teaching faculty, and non-teaching staff.

The function commenced with a warm welcome to the dignitaries and participants. The programme was presided over by Prof. P. S. Tolanur, Principal, B.L.D.E.A's New Arts College, and Tikota. The inaugural session was coordinated under the leadership of Prof. B. S. Belagali, IQAC Coordinator, who emphasized the importance of value-added programmes in enhancing students' employability, life skills, and overall personality development.

Addressing the gathering, Prof. P. S. Tolanur, Principal of the college, highlighted the significance of yoga in modern life. He stated that yoga is not merely a physical exercise but a comprehensive system for achieving harmony between body, mind, and spirit. He emphasized that students today face numerous challenges, including academic pressure, stress, and lifestyle-related health issues, and that yoga provides an effective solution for maintaining physical health and mental balance. He encouraged all participants to make yoga an integral part of their daily routine and to utilize the knowledge gained through the course for lifelong well-being.

In his keynote address, Prof. B. S. Belagali, IQAC Coordinator, explained the objectives and structure of the Value Added Course in Yoga. He noted that higher education institutions must focus not only on academic excellence but also on the holistic development of students. He explained that the course was carefully designed to provide practical knowledge of yoga, including asanas, pranayama, meditation, relaxation techniques, and healthy lifestyle practices. He further emphasized that the programme aligns with the objectives of the

Scanned with OKEN Scanner

National Education Policy (NEP) by promoting experiential learning, wellness education, and skill development.

The resource person and course instructor, Sri B. R. Desai, Physical Director, delivered an informative and motivating address on the relevance of yoga in contemporary society. He elaborated on the scientific benefits of yoga, explaining how regular practice improves flexibility, posture, respiratory efficiency, concentration, emotional stability, and overall physical fitness. He introduced students to the various components of the course and explained the practical sessions that would be conducted throughout the programme. He encouraged students to approach yoga with dedication, discipline, and sincerity to experience its transformative benefits.

During the inaugural session, students were introduced to the philosophy of yoga and its role in fostering a healthy and balanced lifestyle. The importance of physical activity, mindfulness, stress management, and preventive healthcare was discussed in detail. Participants were informed about the course schedule, learning outcomes, assessment procedures, and attendance requirements.

The programme also included a brief demonstration of basic yogic practices and breathing exercises conducted by Sri B. R. Desai. The demonstration generated considerable interest among students and provided them with a practical insight into the techniques they would learn during the course. Students actively participated and expressed enthusiasm about acquiring knowledge and skills related to yoga and wellness.

The inaugural function successfully created awareness about the importance of yoga as a tool for physical fitness, mental health, emotional well-being, and personality development. The programme reflected the institution's commitment to providing quality education that addresses the holistic needs of students and promotes a culture of health, discipline, and lifelong learning.

The event concluded with a vote of thanks, expressing gratitude to the Principal, IQAC Coordinator, Physical Director, faculty members, and students for their support and active participation. The inaugural programme marked the beginning of a meaningful educational journey that aims to empower students with knowledge, skills, and values essential for leading healthy, balanced, and productive lives.

Scanned with OKEN Scanner









Scanned with OKEN Scanner

B.L.D.E.Association's,

New Arts College, Tikota

Dist : VIJAYAPUR, KARNATAKA

(Affiliated to Rani Channamma University, Belagavi)

IQAC & DEPARTMENT OF PHYSICAL EDUCATION

"Certificate Course in Yoga and Wellness"

Certificate

This is to certify that Kumari **SANDHYA MANDAVI,** BA IVth Semester with Exam Seat No-PEY01 has completed the 'Certificate Course in **Yoga and Wellness'** in the year 2026 and Secured With 'A' Grade in our College.

Shri. B.R.Desai
Co-ordinator & HOD

Shri. B. S. Belagali
IQAC Co-ordinator

Shri. P. S. Tolanur
Principal

Scanned with OKEN Scanner

B.L.D.E ASSOCIATION'S

NEW ARTS & COMMERCE COLLEGE, TIKOTA

SLNO	Student Name										
1	SANDHYA RAMESH MANDAVI										
2	PREMA PATTAR	P.M.P	P.M.P	P.M.P	P.M.P	P.M.P	P.M.P	P.M.P	P.M.P	P.M.P	P.M.P
3	SANIYA RAJESAB KHATIB	S.R.K	S.R.K	S.R.K	S.R.K	S.R.K	S.R.K	S.R.K	S.R.K	S.R.K	S.R.K
4	VINOD AVVANNA TAMANNAVAR										
5	DEEPA NANDAPPA JANAI										
6	BHUVANESHWARI SAKRIMATH	B.R.Sakrimath	B.R.Sakrimath	B.R.Sakrimath	B.R.Sakrimath	B.R.Sakrimath	B.R.Sakrimath	B.R.Sakrimath	B.R.Sakrimath	B.R.Sakrimath	B.R.Sakrimath
7	ANKITA SHANKAR MAMADAPUR	A.S.M	A.S.M	A.S.M	A.S.M	A.S.M	A.S.M	A.S.M	A.S.M	A.S.M	A.S.M
8	SAVITRI SHRISHAIL KALEBHAG	S.S.K	S.S.K	S.S.K	S.S.K	S.S.K	S.S.K	S.S.K	S.S.K	S.S.K	S.S.K
9	BHIMAKKA APPASAB JOTIKHAN	B.A.J	B.A.J	B.A.J	B.A.J	B.A.J	B.A.J	B.A.J	B.A.J	B.A.J	B.A.J
10	ANAND PAREET										
11	AKASH KONDI										
12	ABHISHEK MARANUR	A.M.M	A.M.M	A.M.M	A.M.M	A.M.M	A.M.M	A.M.M	A.M.M	A.M.M	A.M.M
13	DANESH R BAGALAKOT										
14	SUSMITA KALLAPPANAVAR										
15	SARASWATI MALLAPPA AWATI										
16	SAKSHATA SINDHE	S.P.Sindhe	S.P.Sindhe	S.P.Sindhe	S.P.Sindhe	S.P.Sindhe	S.P.Sindhe	S.P.Sindhe	S.P.Sindhe	S.P.Sindhe	S.P.Sindhe
17	TEJASHRI HIREMATH										
18	JAYASHRI JAGADISHA KUMBAR	J.J.K	J.J.K	J.J.K	J.J.K	J.J.K	J.J.K	J.J.K	J.J.K	J.J.K	J.J.K
19	VAISHNAVI HIREMATH	V.S.H	V.S.H	V.S.H	V.S.H	V.S.H	V.S.H	V.S.H	V.S.H	V.S.H	V.S.H
20	SOUNDARYA NAVI	S.B.N	S.B.N	S.B.N	S.B.N	S.B.N	S.B.N	S.B.N	S.B.N	S.B.N	S.B.N
21	MUTTAKKA KUMBAR	M.H.K	M.H.K	M.H.K	M.H.K	M.H.K	M.H.K	M.H.K	M.H.K	M.H.K	M.H.K
22	SUDHARANI ASHOK MUNNOLLI	S.A.M	S.A.M	S.A.M	S.A.M	S.A.M	S.A.M	S.A.M	S.A.M	S.A.M	S.A.M
23	ARATI BIRADAR	A.R.B	A.R.B	A.R.B	A.R.B	A.R.B	A.R.B	A.R.B	A.R.B	A.R.B	A.R.B
24	SPOORTI TALWAR	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT
25	SHANKARANAND HIREMATH										

Scanned with OKEN Scanner

BLDE ASSOCIATION'S

NEW ARTS COLLEGE, TIKOTA

Dist. Vijayapura

IQAC, NSS SCOUT & GUIDES, YRC

REPORT

ON

INTERNATIONAL YOGA DAY

2025-26

HOD

IQAC CO-ORDINATOR

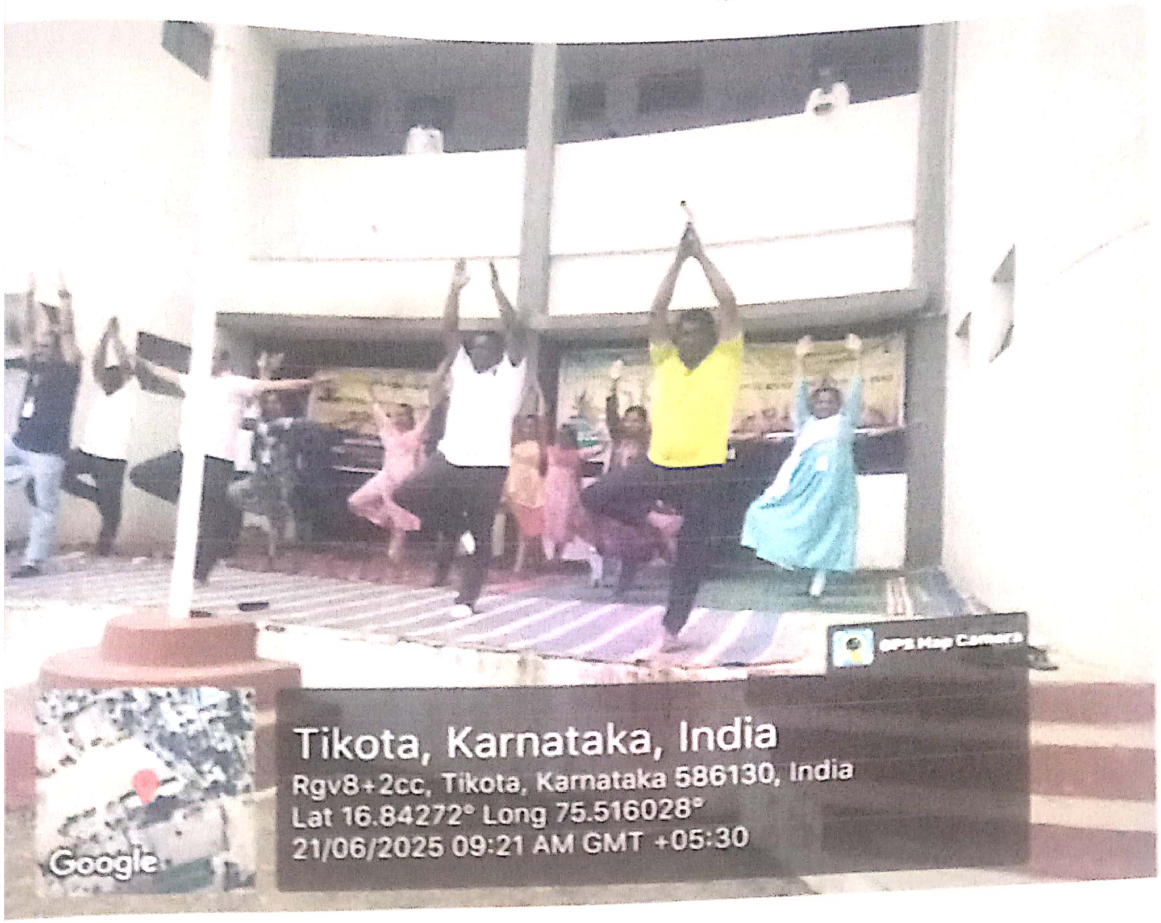
Co-ordinator
IQAC

PRINCIPAL

PRINCIPAL
New Arts College
Tikota Dist Vijayapura

Scanned with OKEN Scanner

Report On International Yoga Day



June, 2025 International Yoga Day is observed every year on June 21 to raise ess about this ancient practice and to celebrate the physical and spiritual prowess that s brought to the world. Yoga is a practice which plays an important role in relaxing the nd body and boosting people's immune system. Today, on 21st June 2025, BLDEA's rt's College, Tikota. Celebrated11th international Yoga Day. It was attended by many ent Professors, and Students with great enthusiasm. The event began with a brief ction on Yoga Day by Shri. S.K.Chikkanarthy and by welcoming the guest of honor M.Kamble Warm up exercises were taken and all the students practiced & performed and standing asanas, importance of these were explained simultaneously. The ion concluded with the speech of our Hon'ble Shri. S.K.Chikkanarthy Sir encouraged to practice regular yoga to remain fit and improve concentration. The Hon'ble Prof. asangi Principal addressed the participants on the importance of yoga practice in our Faculties, Staff and children were taught the importance of Yoga in their life & how to n the harmony between body and mind. The students discussed the importance of yoga exhibited yoga postures and promised to introduce this activity in their daily lives. ional Yoga Day celebrations ended with a huge success under the supervision of the ultural Committee, Dr. B.M.Salawadagi. The function ended with a vote of thanks by B.Desai, Member Cultural Committee.

Scanned with OKEN Scanner





Scanned with OKEN Scanner