DVS College of Arts, Science and Commerce, Shimoga.

Pampa Nagara Civilian Forum (regd.)

AdiKavi Pampa Yoga Centre.

Yoga Training

In association with Pampa Nagara Civilian Forum and AdiKavi Pampa Yoga Centre, Training and Special Lecture on Yoga was organised atShimoga-one,samudhayabhavana ,Vijayanagara, Shimoga on 29.08.2016, from 6.00 p.m to 8.00 p.m.

A meeting was held in this regard on 25.08.2016 in which the members present agreed to conduct this programme. The circular in correspondence to this programme was circulated among the teaching, non-teaching staff and students two days prior to the programme

The programme began with the invocation byMrs.Geetha, Yoga student. After which Sri Suresh, NCC Officer welcomed the gathering.

The function was inaugurated by Sri Aravinda ,Secretary, Yoga centre, Panchavati colony, Shimoga.

This programme was presided by Prof K. G.Venkatesh, Yoga Trainer of our college. The main resource person, Dr.PrakruthiManchale provided information on Yoga, stress management and mental health. She also emphasised on the ways and techniques to remove stress in our daily life.

SrimathiSuneethaYogeshGowda,Corporator, Shimoga,Dr. L. N. Nayak, senior yoga teacher awarded RajyotsavaPrashasthi, and Sri Srinivas,Secretary, SamudhayaShimoga were present in the program as chief Guests.

More than 30 students and few lecturers participated andwere benefited in this programme, the entire programme was coordinated by Sri Suresh, N.C.C Officer.

Vote of thanks was delivered by Ku. Sowmya, lecturer in Chemistry.

Principal

Principal
D.V.S. College of Arts & Science
Shivamogga.

Yoga co-ordinator

DVS College of Arts, Science and Commerce, Shimoga.

Pampa Nagara Civilian Forum (regd)

AdiKavi Pampa Yoga Centre.

Guru poornima Day

In collobortion with the above associations like Pampa Nagara Civilian Forum & AdiKavi Pampa Yoga centre, GuruPoornima was celebrated at Shimoga – 1 samudhayabhavana, Vijayanagara on 09.07.2017. The timing was from 5.00 pm to 6.30 pm.

A meeting was conducted in this regard on 02.07.2017 in which the members present unanimously agreed to conduct this programme. The circular in correspondence to this programme was circulated among the teaching, non-teaching staff and students two days prior to the programme

The programme began with the invocation by Ms.Sukanya, a Yoga Volunteer. After which, Ms Arpitha, Member of YogaShikshanasamithi welcomed the gathering.

This programme was presided by Sri B S Aravinda. The Main resource person present was Dr Vignesh and he addressed the gathering by paying tribute to his gurus and said that "Guru is greater than God and how our ancestors always used to pray Guru and he quoted Sri Basavannanavachana "Hara kollallu Guru kaayuvanu Guru kollalu Hara kayvane". And he also mentioned about the Great philosophical Guru Vyasa who has written Veda and Mahabharatha.

Around 30 students from our college were escorted by our teachers. The entire programme was co-ordinated by Mr. Vijay Kumar, Head of Physics Department.

The celebration was concluded with vote of thanks by Mrs. Pruthvi, Department of Zoology.

Principal

Principal

D.V.S. College of Arts & Science
Shivamogga.

Yoga Co-ordinator

DVS College of Arts, Science and Coommerce, Shimoga.

Pampa Nagara Civilian Forum (regd.)

AdiKavi Pampa Yoga Centre.

Special talk on Yoga, Health, and Celebration of Vanamahotsava

In collaboration with Pampa Nagar Civilian Forum and AdiKavi Pampa Yoga centre, a special lecture on topic of Yoga & Health" was organised and Vanamahotsava was celebrated at Ganapathi Temple, Ashok nagara on 03.08.2017. The timingswasfrom 5.00a.m. to 9.00a.m.

A meeting was conducted in this regard on 1.08.2017 in which the members present unanimously agreed to conduct this programme. The circular in correspondence to this programme was circulated among the teaching, non-teaching staff and students two days prior to the programme

The programme began with the invocation by Sulekha, a yoga volunteer. After which, Sri Srinivas Murthy, Manager, Canara Bank, Shimoga welcomed the gathering.

The function was inaugurated by Sri K. B. Prasanna Kumar, M. L. A. Shimoga.

This programme was presided by Sri Prabhakara Murthy, President, Vijayanagara extension. Resource person for the program wasDr. VeenaBhat, Bhadravathi. She provided information on Yoga and Health. She emphasised on the benefits of yoga on Health of people of all age groups.

Chief Guest present in the occasion wasSrimathiSuneethaYogeshGowda, Corporator ,Shimoga, andSrimathi J. C. ShobhaSathyanarayana.

Demonstration of various asanas was given by Dr. K. G. Venkatesh.

More than 50 students, 5 lecturers, and more than 100 localitiesparticipated and benefited in this programme, the entire programme was co-ordinated by M. G. Srinivas Murthy.

The seminar was concluded with vote of thanks by Ku. Meghana, lecturer in Physics.



DeshiyaVidyashalaSamithi

DVS College of Arts, Science and Commerce, Shimoga.

Yoga Education Committee.

A meeting was called by the Principal on 04.04.2018 and following committee was formed to impart the Yoga Education to the students:

The Principal : President

Dr. K G Venkatesh: Convener and Trainer

Dr. M Venkatesh: Member

Prof. T R Gopal : Member

Ms.Pruthvi: Member

Mr.UmeshAngadi: Member

Ms. Archana M K: Member

Proceedings:

- It was decided to conduct free Yoga training for all the students of our college.
- It was decided to take the assistance of N.C.C, N.S.S, Rangers and Rowers.
- It was decided to make the program mandatory for all the sister institutions of D.V.S Management.

DVS College of Arts, Science and Coommerce, Shimoga.

Pampa Nagara Civilian Forum (regd.)

AdiKavi Pampa Yoga Centre.

Free Yoga Training Class.

In association with the above mentioned centres, Free Yoga training class was conducted in Sri Kalika Parameshwari Cooperative Society, Gandhi Bazaar, Shimoga for our college students and staff including localiteson 13.04.2018. The timings was from 6.00a.m. to 7.00a.m.

A meeting was held in this regard on 04.04.2018 in which the members present unanimously agreed to conduct this programme. The circular in correspondence to this was circulated among the teaching, non-teaching staff and students two days prior to the programme.

The programme began with the invocation byMs.Vidya, an N.S.S volunteer. After which, Sri UmeshAngadi, Rowers officer welcomed the gathering.

The function was inaugurated by Sri Raghavendra K, President, Sri KalikaParameshwari Cooperative Society, Shimoga.

This programme was presidedbyDr. N. L. Nayak, Honourable president, Yoga ShikshanaSamithi, Shimoga. Resource persons present were Sri Aravinda B. S, Sri Chandrashekhar& Sri Suresh. They provided information on Yoga and Health. They trained the students on practising Surya Namaskara, Kapalbhathi and Pranayama.

Chief Guests present were Sri Raghavendra K, President, Sri KalikaParameshwari Cooperative Society, Shimoga.

More than 30 students and 5 lecturers participated and benefited in this programme. Nearly 30 faculty members of sister Institutions were also present. The entire programme was co-ordinated by Dr. K. G. Venkatesh.

The seminar was concluded with vote of thanks by Kumari Archana M K, lecturer in Mathematics.



DVS College of Arts, Science and Coommerce, Shimoga.

Pampa Nagara Civilian Forum (regd.)

AdiKavi Pampa Yoga Centre.

Celebration of International Yoga Day

International Yoga day was celebrated in our college in collaboration with AdiKavi Pampa Yoga centre & Pampa Nagara Civilian Forum on 21.06.2018 in DVS Rangamandiraat 8.00 A.M to 9.00 P.M.

A meeting was scheduled in this regard on 18.05.2018 in which the members present unanimously agreed to conduct this programme. The circular in correspondence to this programme was circulated among the teaching, non-teaching staff and students two days prior to the programme.

The programme began with the invocation by Sangeetha. After which Sri, Suresh, N.C.C Officer welcomed the gathering. This programme was presided by prof S. K. Chandrashekhar, Principal, D. V. S. Arts and ScienceCollege, Shimoga.

Dr K G Venkatesh, Yoga Co-ordinator of our college decided to focus mainly on Teaching and Non-teaching staff by training them to practice various Asanas and Meditation in order to boost their physical strength.

More than 100 students and all the staff participated and benefited in this programme.

The program was concluded with vote of thanks byMs.SahanaTaj, lecturer in Chemistry.

Principal

Principal D.V.S. College of Arts & Science Shivamogga.

Yoga Co-ordinator

DVS College of Arts, Science and Commerce, Shimoga,

Pampa Nagara Civilian Forum (regd)

AdiKavi Pampa Yoga Centre,

Celebration of Guru poornima Day

In association with the AdiKavi Pampa Yoga centre & Pampa Nagara Civilian Forrum , Guru Poornima day was organised at Subhramanya Nilaya , Vijayanagara on 27.7,2018. The timing was 5.00 pm to 6.30 pm.

The meeting was conducted in this regard on 25.7.2018 in which the members present unanimously agreed to conduct this programme. The circular in correspondence to this programme was circulated among the teaching, non-teaching staff and students two days prior to the programme

The programme began with the invocation by Ms. Sukanya. After which KumariArpitha member of Yoga ShikshanaSamithi welcomed the gathering.

This programme was presided by Sri B S Aravinda and main resource person Dr Vignesh and he addressed guru is the greater than god, our ancestors always used to pray guru and he mentioned about Sri basaveshwaravachana "Hara kollallu guru kaayuvanu guru kollalu Hara kayvane", vyasa is great philosophical guru of India he wrote vedha and mahabharatha.

More than 50 students participated and benefited in this programme, the entire programme was coordinated by principal Sri SK Chandrashekar

All were also informed to avail benefits of free Yogasana, Pranayama, Mudre and Meditatiomn classes everyday at Shimoga -1, Community Hall, Vijayanagara.

The classes are a boon to people suffering from Diabetes, Blood Pressure, Gastric, Asthma, Body pain etc

The seminar was concluded with vote of thanks by prof K G Venkatesh HOD History.



Special Talk on Yoga, Health and Celebration of Vanamahotsava

Date:03-08-2017

PARTICIPANTS LIST

Sl No.	NAME	SIGNATURE
1.	CHAITRA M S	Chartraen
2.	DIVYA T	Divua.T
3.	KARIYAPPA	Kair D
4.	KESHAVA	termer.
5.	VIDHYASHREE	Widhy Ashikes
6.	MEGHANA	neglano
7.	RAMYA	RANXO
8.	USHA	was.
9.	KOMALA	Lamala
10.	ABHISHEK	Ablack
11.	ASHWINI	ASTANDA
12.	BHEEMA NAIK	Bheim , 18
13.	CHETAN	Chettu
14.	JYOTHI L	Je yothil
15.	KAVYA	KAYA
16.	KIRAN	Kikan
17.	KAVYA T K	Travyer.
18.	KRUTHIKA	hilles
19.	LAKSHMIKANT	Lakhmikant
20.	MAHESH	1/A1-lesh
21.	MALTHESHA	matther.
22	MANOJ KUMAR	Mary D
23.	MEGHANA	Megha.
24.	МАМАТНА В	Mediation
25.	NAGAVENI	Magaveri
26.	NIKHIL	MAN
27.	NAGESH M	NAGIA
28.	PRASHANTH L	Porcelle,
29.	PAVAN	Davers
30.	PRAKASH R	DRakash.
31.	PRASANNA KUMAR	BhA SANNU human
32.	PUROSHOTHAM	RuhoShoThan
33.	RAKESH T	Mashesh
34.	SHARATH	Cherra
35.	SHIVA NAIK	Shiller
36.	SANATH	Santuh,
37.	VINAY KUMAR	1111

D.VS. College of Arts & Stienes



38.	YASHVANTH	Youther .
39.	SHIVRAJ	SHIDROR
40.	VINAY KUMAR S B	Vine
41.	AJAY KUMAR	ATCHY Gumas
42.	GURURAJ	Engraphia.
43.	SWARAJ	Swarar
44.	SHARATH	Sharth
45.	SANJAY	SANTAY
46.	SOMASHEKAR	Sprialikar
47.	ARUN NAIK	ARUN NOUIS
48.	RAMESHA K	Pounel . K.
49.	DARSHAN D P	Daks han Dil
50.	SHARATH	Sharafreh
		· · · · · · · · · · · · · · · · · · ·

M. Co.

Principal

D.V.S. College of Arts & Science
Shivamogga.



GURUPOORNIMA DAY 09-07-2017

Participants list

SI no.	Name	Signature
1.	Akshaya H K	Akshaya H.G
2.	Anusha	Anusha
3.	Manasa G	Manuels G
4.	Nayana H N	Harpera)
5.	Manjula M N	Danjula
6.	Meghana	Meghana,
7.	Ramya C	Famya C:
8.	Usha U	Usha B
9.	Santhosh D	Santhach D
10.	Rohit Naik	+ ohippeile
11.	Venkatesh M V	Verkalish MV
12.	Aruna	Agruma
13.	Praveen Kumar	Praveen Luman.
14.	Sindhu	Sindha
15.	Ramesha K	Ramesha K
16.	Naveen K T	Noveenk.P
17.	Sharath C	Sharath C
18.	Pavan M P	pavan mp
19.	Murthy Naik	Moruthynaik.
20.	Sachin	Sachin
21.	Sinchana	Sinchana.
22.	Naveen K S	Navients.
23.	Harish Naik	Plarish Mait
24.	Sunil Naik	Bunil Alago
25.	Nandeesha	Madeesha
26.	Sunil N	Sim H.
27.	Deepak S P	Deepak SP
28.	Rahul P	Kahul P
29.	Manikanta	Marikanli
30.	Sunil Kumar L	Suril tunell

D.V.S. College of Arts & Science Shivamogga.



FREE YOGA TRAINING PROGRAMME

13-04-2018

Participants list

SI No.	NAME	SIGNATURE
1.	Abhishek T	Abheshek T
2.	Aishwarya R	Alshwareja. R
3.	Akilesh B S	Akilesh . B.S
4.	Ambika M L	Ambika M.L
5.	Bharath M	Bharath M
6.	Bhargavi	Shargowi'
7.	Channesha	Channoth
8.	Darshan	Darshan
9.	Meena M R	Meero MR.
10.	Pooja D S	1000
11.	Sandeepa	Sander pa
12.	Sandhya	Sandhya
13.	Supritha	Rupsetho
14.	Sachin K S	Sachin K.S
15.	Manasa M	manara. M
16.	Akash B	Airesti, 13
17.	Gurunath	Gusunaly
18.	Manoj R	Manol: R
19.	Suresh	Surech
20.	Sumanth	Suments
21.	Rajanikanth	Rajanikanth
22.	Jeevan Kumar	Je Cyan Kuman
23.	Pavan Kumar	Payan Kumas
24.	Natesh	Nate Sh.
25.	Akash B M	Auk. M.
26.	Sanjay	Canjay
27.	Prateek	Prateck
28.	Vijay	vijay
29.	Manoj M	mamas M
30.	Sachin K	Sachin K

Principal

D.V.S. College of Arts & Science

Shivamogga,



CELEBRATION OF INTERNATIONAL YOGA DAY

DATE: 21-06-2018

Participants list

SI No	NAME	SIGNATURE
1,	BHEEMA NAIK	Bheema Malka
2.	CHETHAN	Chelhan
3.	GUNASHEELA	Courts-C1
4.	BHARATHI	Bharathi
5.	HEMANTH KUMAR	Hurth
6.	JYOTHI L	Jyothe. L
7.	KAVYA	Kovyo
8.	LAKSHMIKANTH	Laksmitour
9.	MAHESH G C	Mahesh g.c
10.	MALTESH M	mariesh, m
11.	MEGHANA	Meghana.
12.	MAMATHA	mamatha
13.	NAGAVENI	Magaver
14.	SOMASHEKAR	Julian.
15.	SANJAY	SANJay.
16.	GURURAJ	Sugar
17.	AJAY KUMAR	Avay Koması
18.	YASHVANTHA	yahvantha
19.	VINAY KUMAR	Mnaykumay.
20.	SEEMA	Scena
21.	SUMA	Cina
22.	SUNITHA	Sunitha
23.	SANATH	Canalh
24.	SUBHASHREE	Thulle,
25.	SINCHANA	Simhana
26.	NETRAVATHI	Nethavath
27.	NANDINI	Narding
28.	NALINI	alali-j-
29.	NIKHIL	Nothil
30.	RACHANA	Parhaug,
31.	PRAKASH	Prakach
32.	PAVAN	Panan,
33.	RAKSHITHA	Lakehithe
34.	RASHMI	Ralhmi
35.	SHIVA NAIK	Chiosa Nock
36.	HEMANTH KUMAR	Henry sonth
37.	KIRANA	Kircus
38.	ARAVINDA	Asuvinda.
39.	BHARATH	Bharath
40.	DEVARAJ	Devasi
40.	DEVAKA	New y

D.V.S. College of Arts & Sciences
Shivamogga.



SI No	NAME	SIGNATURE
41.		Meena
42.		Cumanto.
43.	RAJESH	Priech
44.	NAVEEN D	Natien
45.	MARUTHI	Masuthe:
46.	GOPIKA	Cariter
47.	RAMYA	Damyor
48.	DEEPU	Deepu
49.	NATESH S H	C4 Natech
50.	SANJAY G B	Canious
51.	SOUNDARYA	Spridering
52.	ABHISHEK	Abbillek
53.	SHREEDHARA	dual la sa
54.	AKASH	Month
55.	PAVAN KUMAR	Parsan
56.	RAJANIKANTH	Zalani Kanth
57.	DHANRAJ	Die
58.	BHARATH	Hineth
59.	TEJESWINI	Tejeswini
60.	DEEPIKA	Deepika.
61.	SHOBHA	Stoop 6
62.	BHARGAVI	BHARGON:
63.	SANDEEPA H	Scinder Pri H
64.	DEEPA M K	DUSTON
65.	POOJA	POOTA
66.	SANDHYA	Sandhya.
67.	SANDESHA	SAnipesh
68.	BHASAYYA	Pholler
69.	GURUNATHA	Church
70.	NITHIN	Nillia
71.	SUSHMITHA	Sushullo.
72.	TULSI	July 1
73.	VIJAY	Minu
74.	LAKSHMINARAYAN	Lakshmi natawa
75.	SUNDARESH	Danasta
76.	DHANRAJ	Dana Rui
77.	RAJANIKANTH M	Dran Pay
78.	SOUNDARYA T	
79.	PRATEEK	D. H. Garyo
80.	KIRANA	Markets
81.	MAHESH	Kiran.
82.		MAMORM
	MALLESH	Mallela
83.	MANIKANTHA	Mani have
84.	RAKESHA	140 to 141

D.V.S. College of Arts & Science Shivamogga.



SI No.	NAME	SIGNATURE
85.	RACHANA	Rachana
86.	NIKHIL K M	Mikil km
87.	NAGESH M	Nagighi
88.	VENKATESH	Venkotech
89.	SHRIDHAR	Shildhow
90.	SUNIL KUMAR	Sunit kenor
91.	JYOTHI	Syothi
92.	SURESH	Sweeh
93.	SUKUMAR	Subuna
94.	VEERESH	veren
95.	VEERABHADRA	1 levels
96.	MANOJA	Manoj .
97.	VANAJA	Vanansi
98.	VARIJAKSHI	vari) akhi
99.	VANAJAKSHI	rapalatin
100.	RAMESH	Rumesh

Principal

D.V.S. College of Arts & Science
Shivamogga.

CELEBRATION OF GURUPOORNIMA DAY 27-07-2018

PARTICIPANTS LIST

Sl No	NAME	SIGNATURE
1.	Bharath	Bhonoethy
2.	Bhargavi	Brangase
3.	Devaraja	Devaraja
4.	Deepa	Deepa
5.	Hemantha	Hemantha
6.	Meena	Meeno
7.	Niranjana	Viraniana
8.	Sandesha	Sandeih
9.	Supritha	Superitha
10.	Kisan	KiSAn
11.	Dhananjaya	· Dhanjaya
12.	Akash	Akalsh
13.	Anil Kumar	And Kemer
14.	Hemavathi	Hemowath.
15.	Nithin	Mithin
16.	Sumanth	Sumarty
17.	Natesh	Natesh '
18.	Pallavi	pallavi
19.	Akash L	'Akash L
20.	Shridhara	Shirdhana
21.	Deepu	Deebn
22.	Gopika	gopika.
23.	Maruthi	noulh
24.	Naveena	Mariena
25.	Soundarya	Soundance
26.	Adarsha	Adversha
27.	Abhilasa	· Aphlusa
28.	Bhavana	Bhanema
29.	Bhoomika	Bhomika .
30.	Darshan	barahan

Principal

D.V.S. College of Arts & Scigney

Shivamogga.



SI No	NAME	SIGNATURE
31.	Suhas	Julyer
32.	Namitha	Namitha.
33.	Akash J	Akash J
34.	Prathik S K	Parthik. SK
35.	Vinutha	ignetha
36.	Yuvaraja	yuvaraja.
37.	Yogesh	Jogesh
38.	Sharath	Sharath.
39.	Yashaswini	Yarharisin.
40.	Sangeetha	Sangeetha
41.	Sandhya	Sandhya
42.	Sampath	Sampath
43.	Sudarshan	Swarsham
44.	Suraj	Surver
45.	Suhas K L	L. Bressel .
46.	Ramya M	RAMYA, M
47.	Rakshitha	Rakshita.
48.	Raghavendra	Raghavendra
49.	Nikhil Kumar	Nikhil Kumar
50.	Madan	maders

Principal

D.V.S. College of Arts & Science

Shivamogga.

YOGA TRAINING PROGRAMME

Date:29-08-2016

PARTICIPANTS LIST

Sl No.	NAME	SIGNATURE
1.	Madhu	Maelhu
2.	Kotresha	Kotresha
3.	Manoj	Manai
4.	Neha	Neha 4
5.	Pramod	Delamon
6.	Roopa	Roopa
7.	Sanju	Bengl.
8.	Shivkumar	Shirakumaa
9.	Arpitha	Asibitha
10.	Chandan	chaindan
11.	Darshan	Davishain
12.	Ganesha M	Granuham
13.	Gurukiran	Gurukiran
14.	Kaveri	Kaveri
15.	Lohith	Lohith
16.	Manikanta	Manikanta
17.	Manjunatha	Manjanath
18.	Radhika	Laika
19.	Rahul	Rahrel
20.	Samhitha	Samlithante
21.	Sharnaya	Sharanya
22.	Sharath Kumar	shared.
23.	Arun Kumar	Arun Kumcur
24.	Sheela	Sheela
25.	Srilakshmi	Sitaichm!
26.	Rakesh	Robelly
27.	Shivappa	Shirappa.
28.	Shravya	shravya
29.	Vanitha	Vanitha
30.	Bindhu	Bluch

Principal

D.V.S. College of Arts & Science

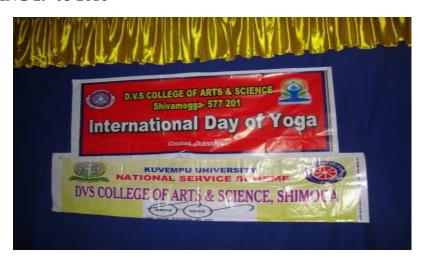
Shivamogga.

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d, P.B.No.81, SHIVAMOGGA-577201, Karnataka State.

Yoga Training Programmes

YOGA TRAINING 29-08-2016



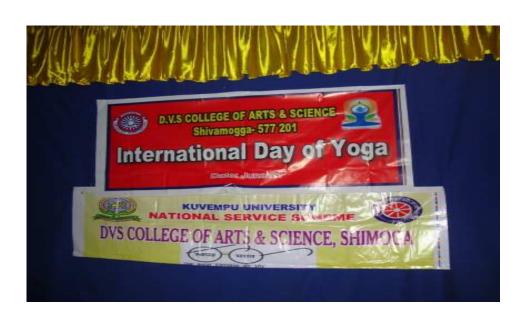




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d, P.B.No.81, SHIVAMOGGA-577201, Karnataka State.

CELEBRATION OF INTERNATIONAL YOGA DAY 21-06-2021





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_d, P.B.No.81, SHIVAMOGGA-577201, Karnataka State.

YOGA TRAINING FOR NCC STUDENTS INGUARATED BY RUDRARADHYA(yoga trainer)

FREE YOGA TRAINING CLASS 13-04-2018



Dr. K G VENKATESH (yoga trainer)

YOGA TRAINING FOR NCC STUDENTS

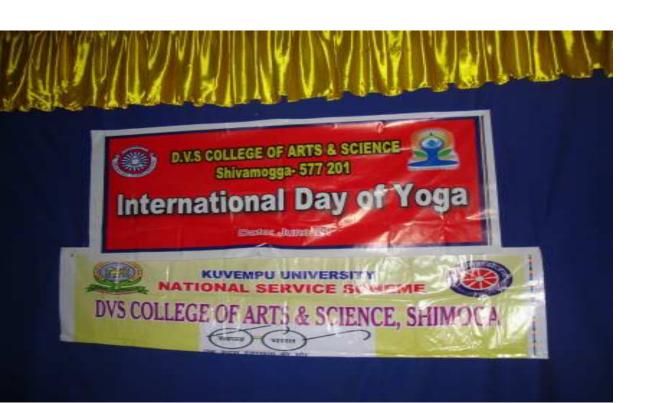


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d, P.B.No.81, SHIVAMOGGA-577201, Karnataka State.

INTRNATIONAL YOGA DAY 21/06/2019

ANNUAL YOGA DAY 17-11-2019



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d, P.B.No.81, SHIVAMOGGA-577201, Karnataka State.



