


A BRIEF REPORT ON STUDENT PARTICIPATION IN YOGA ACTIVITIES

ACADEMIC YEAR '2020-21'

On 2 Feb 2020, nine students from APS College of Arts and Science participated in 'Rathsapthami Yoga Utsav-2020', held at Vidhan Soudha, Bangalore. They performed 108 Surya Namskaras and received Participation certificate.




PRINCIPAL
APS College of Arts & Science
N.R. Colony, Bangalore-560 019.

- On 11-Jan 2020, YOGOTHSAVA-2020 was organised by SHIVAJYOTHI YOGA KENDRA, at Rajajinagar, Bangalore. Nine students from APS College of Arts and Science participated and won YOGA NIDHI AWARD-2020. Participation certificate was issued to the students and college team won the trophy. Yoga teacher, Dhanlakshmi C. P. was awarded as the Best Yoga Teacher.

ಈ ಬಾರಿಯ ಯೋಗೋತ್ಸವ- ೨೦೨೦ರಲ್ಲಿ ಕರ್ನಾಟಕದಲ್ಲಿ ಮೊದಲ ಬಾರಿಗೆ ನಮ್ಮ ಆಚಾರ್ಯ ಪಾಠಶಾಲಾ ಕಲೆ ಮತ್ತು ವಿಜ್ಞಾನ ಪದವಿ ಕಾಲೇಜಿನ ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿದ್ದರು. ವಿದ್ಯಾರ್ಥಿಗಳ ಯೋಗ ಪ್ರದರ್ಶನಕ್ಕಾಗಿ 'ಯೋಗ ನಿಧಿ' ಪ್ರಶಸ್ತಿ ಪುರಸ್ಕೃತರಾಗಿರುತ್ತಾರೆ ಹಾಗೂ ತಂಡದ ಪ್ರದರ್ಶನಕ್ಕಾಯು ಪ್ರಶಸ್ತಿ ಮುಡಿಗೇರಿಸಿ ಕೊಂಡಿದ್ದಾರೆ. ನಮ್ಮ ಕಾಲೇಜಿನ ಯೋಗ ಶಿಕ್ಷಕಿಯಾದ ಯೋಗಾಚಾರ್ಯ ಶ್ರೀಮತಿ ಧನಲಕ್ಷ್ಮಿ.ಸಿ.ಪಿ ಯವರು "ಉತ್ತಮ ಯೋಗ ಶಿಕ್ಷಕಿ" ಪ್ರಶಸ್ತಿಗೆ ಭಾಜನರಾಗಿ ಸಂಸ್ಥೆಯ ಪದಾಧಿಕಾರಿಗಳು ಮೆಚ್ಚುಗೆ ವ್ಯಕ್ತಪಡಿಸಿದ್ದಾರೆ.



Beys
PRINCIPAL
 APS College of Arts & Science
 N.R. Colony, Bangalore-560 019.

- On 1/6/2021, International Yoga Quiz-2021 was conducted in online mode. Ten students from APS College of Arts and Science participated and received Participation certificate.



- On 19th Jan 2020, National Level Open Yoga Championship -2020 was organised by National Level Open Yoga Championship at P. Kaligna Rao Gana Mantapa, Mysuru. Nine students from APS College of Arts & Science participated, bagged Gold Medal and also received Participation certificate.



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PRINCIPAL
APS College of Arts & Science
N.R. Colony, Bangalore-560 019.

From 27th - 29th August 2021, Online National Level Open Yoga Championship 2021 was organised by Shivajyoti Yoga Kendra. Ten students from APS College of Arts and Science participated in the event. Shiva Kumar S. was awarded First prize, Second prize was awarded to Gunashekar J. from 6th Sem BSc. Two Consolation prizes were awarded to Divya Bai from BA and Darshan M. from BCA. Students received College Team trophy.



ನಗರದ ಶಿವಜ್ಯೋತಿ ಯೋಗ ಕೇಂದ್ರ ಏರ್ಪಡಿಸಿದ್ದ ರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದ ಮುಕ್ತ ಯೋಗ ಜಾಂಹಿಯನ್ ಶಿಪ್‌ನಲ್ಲಿ ಅಜಾಯ್ ಪಾಲಶಾಲೆಯ ಕಲೆ ಮತ್ತು ವಿಜ್ಞಾನ ಕಾಲೇಜು ತಂಡ ಉಮ್ ಕಪ್ ಗಳಿಸಿದೆ. ಯೋಗ ಶಿಕ್ಷಕಿ ಧನಲಕ್ಷ್ಮಿ, ಪ್ರಾಂಶುಪಾಲೆ ಡಾ. ಜ. ಜಯಶ್ರೀ ಹಾಗೂ ಸಿಬ್ಬಂದಿ ವರ್ಗ, ಇದ್ದಾರೆ.



Shiva Kumar S.
PRINCIPAL
APS College of Arts & Science
N.R. Colony, Bangalore-560 019,

A BREIF REPORT ON YOGA FOR THE ACADEMIC YEAR 2020-2021

SL.No	Date	Event Name	Particulars	Venue
1	1/11/2020	Yogothsava 2020	Nine students from APS College of Arts and Science participated and won YOGA NIDHI AWARD-2020. Participation certificate was issued to the students and college team won the trophy. Yoga teacher, Dhanlakshmi C. P. was awarded as the Best Yoga Teacher.	WOC Road Manjunath Nagar, Rajajinagar Bangalore -560010
2	1/19/2020	National Yogasana Sports Championship 2020	Nine students from APS College of Arts & Science participated, bagged Gold Medal and also received Participation certificate.	P. Kaligna Rao Gana Mantapa, Mysore
3	2/2/2020	Rathsapthami yoga utsav 2020	Nine students from APS College of Arts and Science, performed 108 Surya Namskaras and received Participation certificate.	Vidhana Soudha, Bangalore
4	6/1/2021	International Yoga Quiz	Ten students from APS College of Arts and Science participated and received Participation certificate	BANGALORE
5	27-29 th Aug-2021	National Level open Yoga championship 2021	Ten students from APS College of Arts and Science participated in the event. Shiva Kumar S. was awarded First prize, Second prize was awarded to Gunashekar J. from 6 th Sem BSc. Two Consolation prizes were awarded to Divya Bai from BA and Darshan M. from BCA. Students received College Team trophy.	Rajajinagar, Bangalore -560010



PRINCIPAL.
APS College of Arts & Science
N.R. Colony, Bangalore-560 019.