



Telephone: 080-26603192

Acharya Pathasala College of Arts & Science Narasimharaja Colony, Bangalore –560 019.

Website: apscollegeofartsandscience.com Email: apscollegeofartsscience@gmail.com

Dr. B. Jayashree, MSc., M.Phil., Ph.D.,
I/c PRINCIPAL

Best Practice 2

1. **Title of the Practice:** YOGA for students and faculty
2. The main objective of this best practice is to provide a holistic exercise that is essential to lead an active and healthy lifestyle. Yoga is a science that focuses on the integration of mind, body and nature.
3. **The context:**
Students go through various physical and psychological issues that affect their academic performance. Through yoga practice, it is possible for students to direct their capacity in the right directions. In a different sense, yoga is crucial for students to develop their potential and develop themselves.
4. **The Practice:**

The goal of yoga practice is to motivate students to lead disciplined, healthy lives. Yoga sessions were included in the regular timetable for all classes and yoga instructor made them practice different asanas and do meditation. The following exercises were done by pupils under the yoga program:

Rathasapthami

During February 2023, the college hosted a yoga and Surya Namaskara workshop on account of Rathasapthami festival. In light of the rising number of health problems in the post-COVID-19 era, yoga specialists described and performed yoga poses as well as Surya namaskara and breathing techniques.

International Yoga Day

Numerous poses, such as Padmasan, Dhanurasan, and Bhujangasan, Surya Namaskar and Sukhasan Tadasan were performed. Additionally included were breathing exercises such as Omkar pranayam, Anulom – Vilom, Shitali pranayam, Bhramari pranayam, and Kapal bhati.

5. Evidence of Success:

50 students took part in the yoga programs that the institution arranged.

- (1) They gained tricks and methods on enhancing their physical and mental well-being.
- (2) Pranayam taught them how to improve their ability to focus and maintain mental equilibrium.

After practicing yoga students showed improvements in their confidence and focus in the classroom.

6. Problems occurred and Resources required:

Some students were not able to focus well due to various distractions. Many students were not regular due to lack of awareness of the benefits in yoga.

Resources for yoga was not very much needed as the yoga mats were provided by the APS trust and we are well equipped with the infrastructure to conduct the classes.

7. Notes: This unique best practice adopted in our institution can also be practiced by other educational intuitions of Higher Education in building a strong and healthy India.



Principal



APS College of Arts & Science
N.R. Colony, Bangalore-560 010



ACHARYA PATHASALA COLLEGE OF ARTS AND SCIENCE

N.R. COLONY BANGALORE – 19

Report on International Day of Yoga

International yoga Day, celebrated on 21.06.2023 in Seminar Hall, to promote physical, mental and spiritual benefits of yoga. Mrs. Nagakala N, a distinguished yoga practitioner from Swastha Yoga Centre, Bangalore was the chief guest for the occasion.

The celebration commenced with the opening address by Dr. B. Jayshree, Principal, APSAS emphasizing the importance of yoga in fostering physical and mental well-being.

Mrs. Nagakala. N conducted a captivating session for students and staff in alignment with the protocols set forth by the Ayush Department.

The yoga practice comprised a diverse range of postures berthing excesses and meditation techniques providing participant with holistic experience.

The international yoga day celebration at APSAS successfully fostered a sense of unity and well being among the students.

The key take away of the program includes enhanced well being, stress reduction, improved flexibility and holistic approach to health.

Around 40 students and staff attended the program and were exclusively benefitted with the yogasana.


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



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



APS EDUCATIONAL TRUST

(A Regd. Public Trust - Estd : 1935)



APS College of Arts and Science

N.R. Colony, Bengaluru -560019.

Affiliated to Bengaluru City University, NAAC Accredited - B+ Grade

**An IQAC Initiative
NSS & YRC Celebrates**

International Yoga Day

On Wednesday, 21th June 2023, Time: 9.30 am

Venue : Seminar Hall

Chief Guest

Smt. Nagakala. N

Yoga Guru, Swastha Yoga Centre
Bangalore

Presided by

Prof. K.P. Narasimha Murthy

Hon. President, APSET

In Presence of

C.A. Dr. Vishnu Bharath A.S

Vice President, APSET

Sri K. S. Akhilesh Babu

Treasurer, APSET

Sri P. Krishna Swamy

Joint Secretary, APSET

CA. A.P. Acharya

Hon. Life Trustee & Mentor, APSET

Sri K. Mohan Dev Alva

Vice President, APSET

Sri. A.R. Acharya

General Secretary, APSET

Prof. A. Prakash

Joint Secretary, APSET

Sri A. Muralidhara

Chairman, Governing Council, APSAS

Dr. B. Jayashree

Principal

Prof. Sunil Kumar. K

YRC Programming Officer

Prof. Hareesha M.C

NSS Programming Officer

Lt. Dr. Lokesha. A

IQAC Co-coordinator

Staff & Students

All Are Invited

Deepe
PRINCIPAL

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

Acharya Pathasala College of Arts & Science

Narasimharaja Colony, Bangalore –560 019.

Students Attendance List

Name of the Programme : International Yoga Day

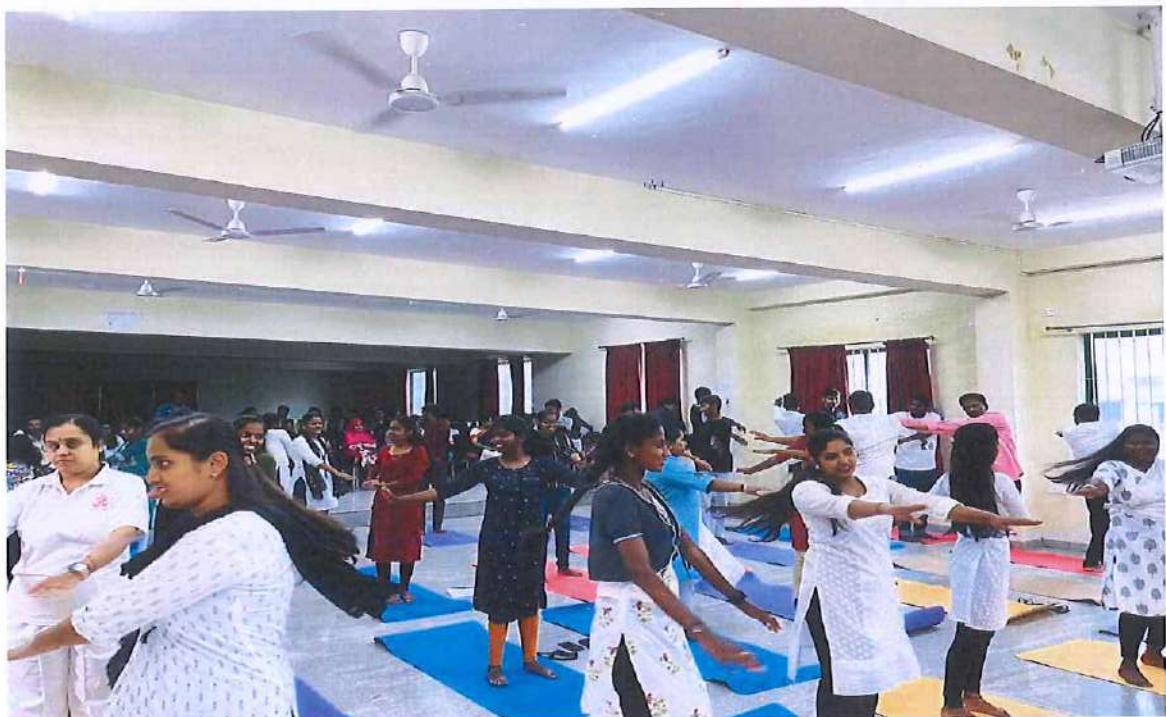
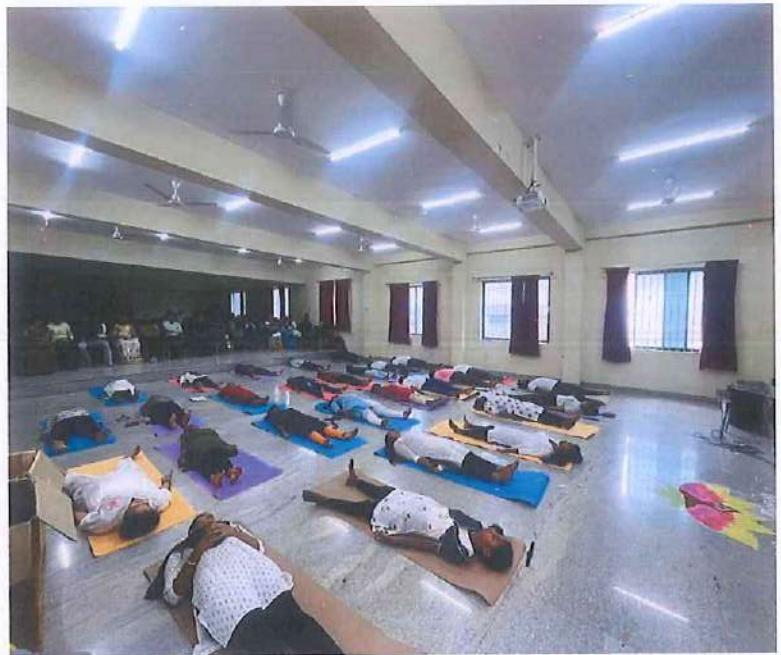
Date: 21.06.2023

Sl. No.	Name of the Student	Register Number	Signature
01	R. Haripriya	U18AK23S0078	R. Haripriya
02.	Keerthana.P	U18AK23S0052	Keerthana.P
03	Rohith .R.	U18AK23A0043	R.
04	SaiKiran.K.S	U18AK23A0016	SaiKiran.K.S
05	Begumvaray.C.D	U18AK23A0080	Begumvaray.C.D
6	Rakshi.Th.K	U18AK23A0064	Rakshi.Th.K
7	Karthik gowda.D	U18AK23A0012	Karthik gowda.D
8.	Lashmit Kanth. H.D	U18AK23A0011	Lashmit Kanth. H.D
9	Rakshethra .N	U18AK23A0019	Rakshethra .N
10	Spoorthi.B.	U18AK23A0006	Spoorthi.B.
11.	Bhavya .D	U18AK23A0035	Bhavya .D
12.	Anagha .N	U18AK23A0008	Anagha .N
13	Divya Shree	U18AK23A0044	Divya Shree
14	Mahalakshmi A	U18AK23A0058	Mahalakshmi A
15	Sangeetha . M	U18AK23A0002	Sangeetha . M
16.	Vidhyakumary.V	U18AK23A0056	Vidhyakumary.V
17	Dhananjay Kumar	U18AK23A0024	Dhananjay Kumar
18	Pawan.C	U18AK23A0078	Pawan.C
19)	Sybaranay .K	U18AK23A0041	Sybaranay .K
20)	ShilpaKumar.	U18AK23A0040	ShilpaKumar.
21)	Prithvi Sathwik	U18AK23A0077	Prithvi Sathwik
22)	SANTHOSH.G	U18AK23A0084	SANTHOSH.G
23)	Radhika .V	U18AK23A028008	Radhika .V
24)	Gowthami .R	U18AK23A028001	Gowthami .R
25)	Pavithra .H.R	U18AK23A028014	Pavithra .H.R
26)	Sudeep. N	U18AK23A028012	Sudeep. N
27)	Nandu.R	U18AK23A028005	Nandu.R
28)	Nagaraj . H	U18AK23A028006	Nagaraj . H
29)	Amrithei.S	U18AK21S0053	Amrithei.S
29)	Swrajy	U18AK21S0067	Swrajy
30	Pritamshi . M.S	U18AK21S0096	Pritamshi . M.S
31	Krishnesh . G.W	U18AK21S0052	Krishnesh . G.W
32	Rohit . N.R	U18AK21S0050	Rohit . N.R
33.	HEMANTH.S	U18AK21S0098	HEMANTH.S
34	Chethan . m	U18AK21S0071	Chethan . m

PRINCIPAL

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

Students Practicing Yoga Sessions



Beuf

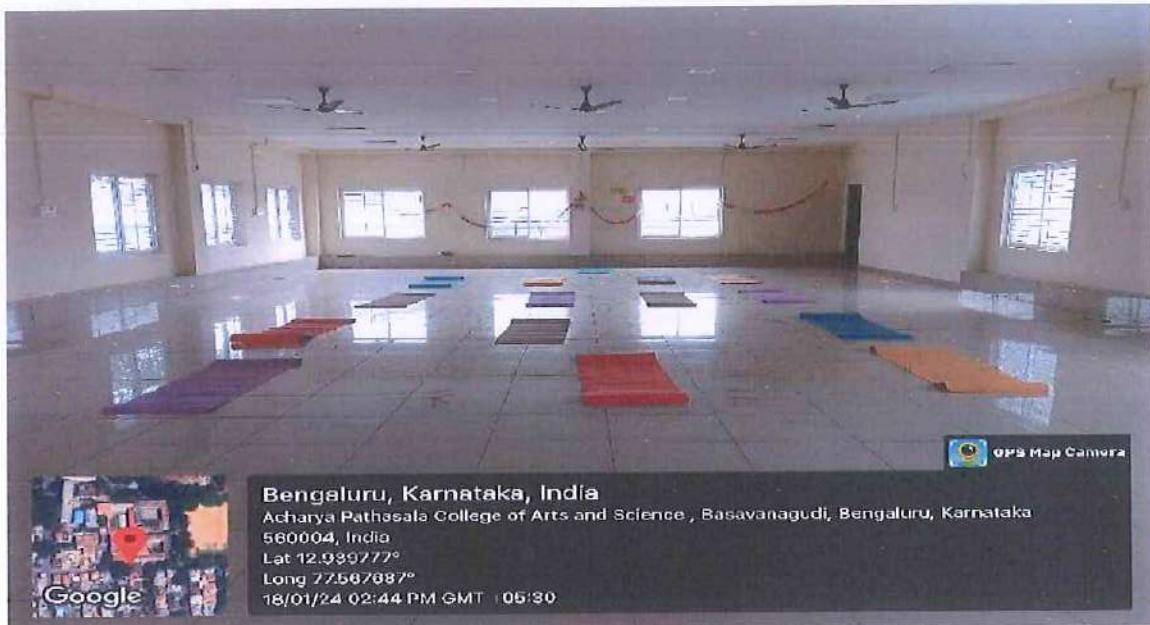


Acharya Pathasala College of Arts & Science

Narasimharaja Colony, Bangalore –560 019.

Website:apsartsandscience.org Email:apscollegeofartscience@gmail.com

Yoga Center



Bengaluru, Karnataka, India

Acharya Pathasala College of Arts and Science, Basavanagudi, Bengaluru, Karnataka 560004, India

Lat 12.939772°

Long 77.567887°

18/01/24 02:44 PM GMT +05:30



Beeyle



SOUTH INDIA YOGASANA SPORTS CHAMPIONSHIP

DATE : 26-02-2023

at Sri Chamundi Vihar Indoor Stadium , Nazarbad, Mysore, KARNATAKA

Jointly Organized by

Govt. of Karnataka, District Administration, Mysore and Zilla Panchyat, Mysore

Youth Empowerment & Sports, Mysore

Karnataka Yogasana Sports Association

SGS International Yoga Foundation & Research Center, Mysore

Supported by

Mysore Yoga Okkuta & Yoga Centers, Mysore

Certificate of Merit

Own Choice Championship

Name SEERESH S

State KARNATAKA

Age Group 20 To 30

Position. 1st



T. T.

Seeresh S

Rohith G

Rohith Gangadhar T.

RAPS College of Arts & Science

PRINCIPAL

MR. G

Calony

Bangalore-560 019.

Dr. M. Nirajana Murthy

Secretary General

Karnataka Yogasana Sports Association

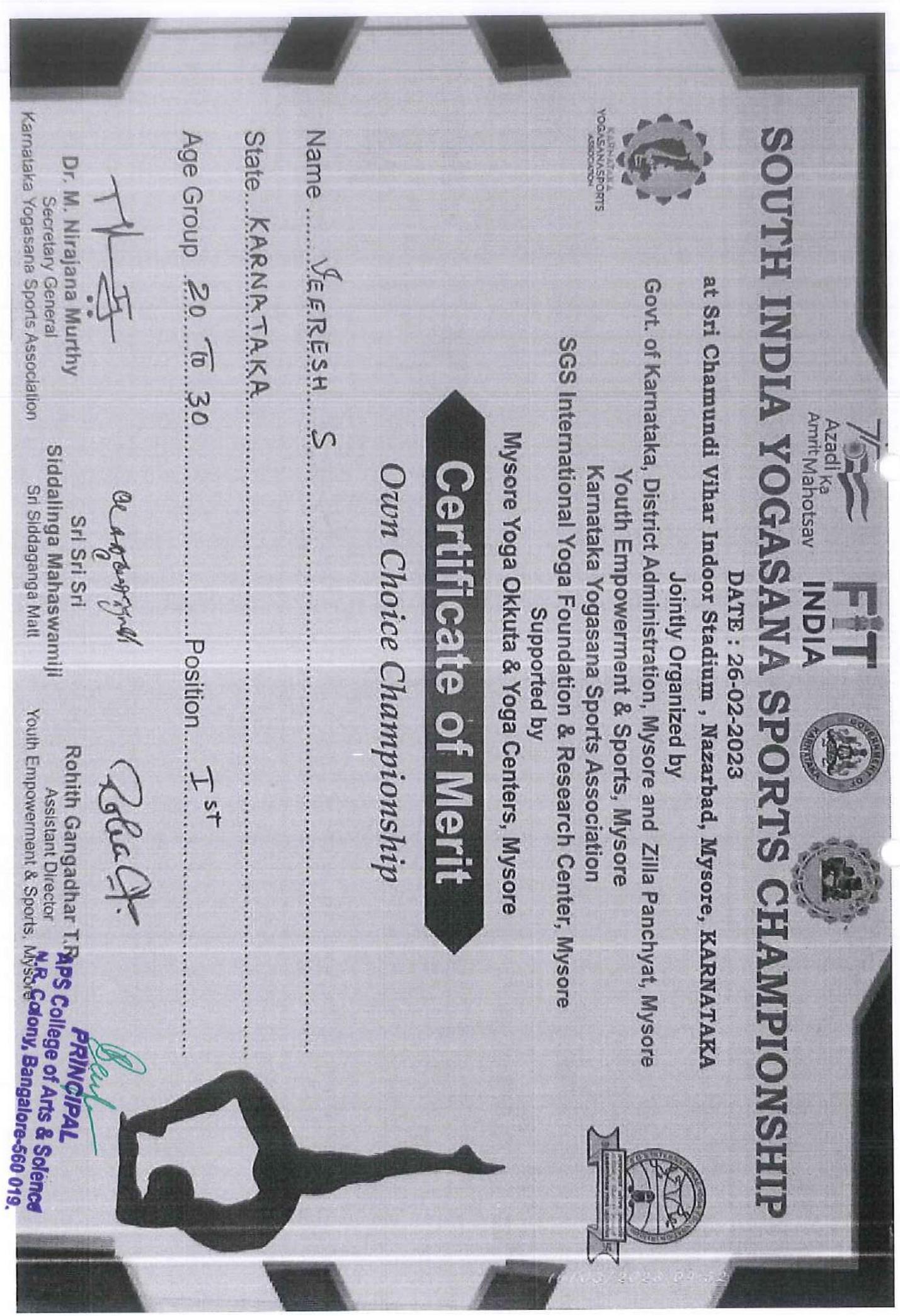
Sri Sri Sri

Siddalinga Mahaswamiji

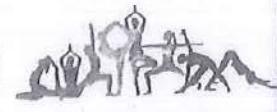
Assistant Director

Youth Empowerment & Sports, Mysore

Mysore



FIT
INDIA



Grand 12th Year
YOGOTHSAVA-2023

ಯೋಗೋತ್ಸವ-2023



Online

Online 27, 28, 29 January 2023



Organised by :

Shivajyothi Yoga Kendra (R.)

Rajajinagar, Bangalore - 560 010. Mob.: 98444 19536, 78927 67848

AWARD OF YOGA KALA SIRI

This is to certify that.....VEERESH....S..... has been awarded with this certificate by recognition of his / her talent in

Yoga Field

Basu
PRINCIPAL

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

W. Putte Gowda

Sri D. Putte Gowda KAS
Hon. Secretary, Karnataka Yoga Association,
Bangalore.

M. Mallesh

Yogarathna M. Yoga Mahadev, D.Y.T., Y.I.C., C.Y.N.
Founder, Shivajyothi Yoga Centre &
Aditya Sai Yoga Centre, Bangalore.

Ramamurthy

Yoga Rathna R. Ramamurthy
Working President
Karnataka Yoga Association, Bangalore.



Grand 12th Year

YOGOTHSAVA-2023

ಯೋಗೋದ್ಯಮ-2023

Online

Online 27, 28, 29 January 2023



Organised by :

Shivajyothi Yoga Kendra (R.)

Rajajinagar, Bangalore - 560 010. Mob.: 98444 19536, 78927 67848

AWARD OF YOGA KALA SIRI

This is to certify that.....VASANTHA...P.R.....has been awarded with this certificate by recognition of his / her talent in

PRINCIPAL

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

(Signature)

Sri D. Puttegowda KAS

Hon. Secretary, Karnataka Yoga Association,
Bangalore.

Yoga Field

(Signature)

Yogarathna M. Yoga Mahadev, D.V.T., M.I.C., C.Y.H.

Founder, Shivajyothi Yoga Centre &
Aaditya Sai Yoga Centre, Bangalore.

(Signature)

Yoga Rathna R. Ramamurthy

Working President
Karnataka Yoga Association, Bangalore.



Grand 12th Year

YOGOTHSAVA-2023

ಯೋಗೋತ್ಸವ-2023

Online

Online 27, 28, 29 January 2023



Organised by :

Shivajyothi Yoga Kendra (R.)

Rajajinagar, Bangalore - 560 010. Mob.: 98444 19536, 78927 67848

AWARD OF YOGA KALA SIRI

This is to certify that.....DARSHAN.....M.....has been awarded with this certificate by recognition of his / her talent in

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

(Signature)

Sri D. Puttegowda KAS
Hon. Secretary, Karnataka Yoga Association,
Bangalore.

Yoga Field

(Signature)

Yogarathna M. Yoga Mahadev, D.Y.T., Y.I.C., C.Y.H.
Founder, Shivajyothi Yoga Centre &
Aaditya Sai Yoga Centre, Bangalore.

(Signature)

Yoga Rathna R. Ramamurthy
Working President
Karnataka Yoga Association, Bangalore.



Grand 12th Year

YOGOTHSAVA-2023

ಯೋಗೋತ್ಸವ-2023

Online

Online 27, 28, 29 January 2023



Organised by :

Shivajyothi Yoga Kendra (R.)

Rajajinagar, Bangalore - 560 010. Mob.: 98444 19536, 78927 67848

AWARD OF YOGA KALA SIRI

This is to certify that.....R.O.HITH...N.R.....has been awarded with this certificate by recognition of his / her talent in

Yoga Field

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

(Signature)

Sri D. Puttegowda KAS
Hon. Secretary, Karnataka Yoga Association,
Bangalore.

M. Mahadev

Yogarathna M. Yoga Mahadev, D.Y.T., Y.I.C., C.Y.M.
Founder, Shivajyothi Yoga Centre &
Aditya Sai Yoga Centre, Bangalore.

Ramamurthy

Yoga Rathna R. Ramamurthy
Working President
Karnataka Yoga Association, Bangalore.



Acharya Pathasala College of Arts & Science

Narasimharaja Colony, Bangalore –560 019.

Website: apscollegeofartsandscience.com Email: apscollegeofartscience@gmail.com

Dr.B.Jayashree M.Sc., M.Phil., Ph.D.

I/C Principal

No. APSAS / / 2022-2023

Dated: 27-01-2023

Circular

On the occasion of Rathasapthami, all Students and Faculty are hereby informed to offer 108 Suryanamaskara on Saturday 28.01.2023, from 8:30am to 9:30am at Smt.NarmadaBai Auditorium. The dress code is track pant and white T-Shirt & you are required to bring your own yoga mat, hand towel & water bottle. Students are informed to register your names with Mythreyee.B K, Yoga Instructor or Dr.Raghavendra G L, Physical Education Director.


Principal
PRINCIPAL

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

**REPORT****108 SURYANAMASKARA**

On the occasion of Rathasapthami, Department of Yoga and Department of Physical Education organized Sun Salutation on 28.01.2023 at Seminar hall from 8.30am to 9.30 am.

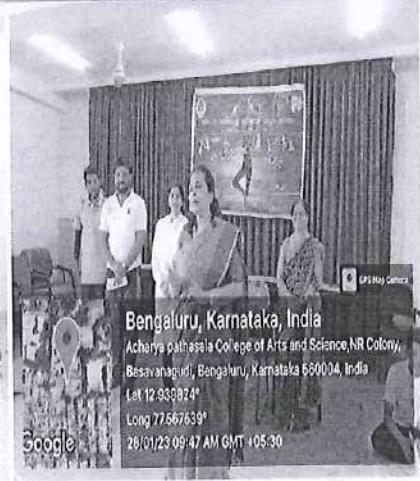
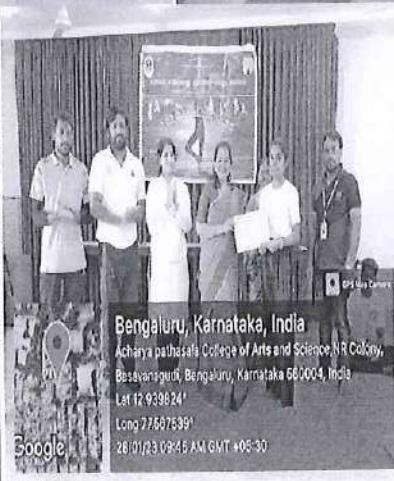
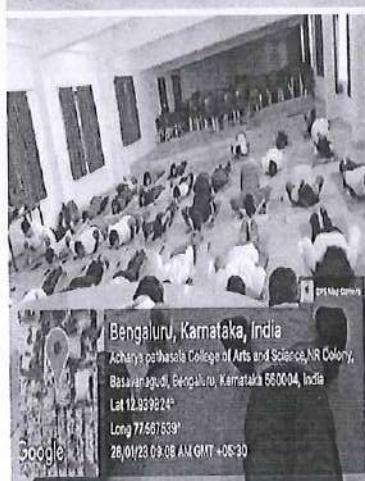
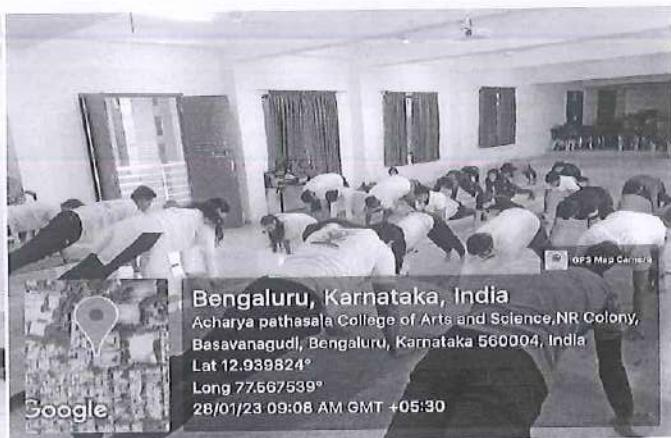
Sri.Haresha M.C, HOD, Department of Kannada welcomed the participants. The program was inaugurated by Mrs. Mythreeye, Yoga Instructor by administering omkara chantings eleven times and Surya namaskara mantras. 108 surya namaskaras were offered to Sun God by students and staff.

Principal Dr. B Jayashree in her address said that Yoga is very important as it provides physical and mental health and also it can cure many diseases and deficiencies when practised under sun early morning. She advised all the participants to experience the power of yoga, feel energised and develop zest of living. Certificates of appreciation was distributed. Sathvik breakfast was served to all the participants.

There were around 50 participants participated in Sun Salutation.

Vote of Thanks was rendered by Dr. Raghavendra, PED.


31/1/23
PRINCIPAL
APS College of Arts & Science
N.R. Colony, Bangalore-560 019.



Mythreye B.K

Deaprtment of Yoga

Dr. Raghavendra

Department of Physical Education
Physical Educational Director
APS College of Art and Science
N.R. Colony, Bangalore-560 019.

Beef 31/1/23
PRINCIPAL

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



ACHARYA PATHASALA COLLEGE OF ARTS AND SCIENCE
N.R. COLONY BANGALORE – 19

Report on International Day of Yoga

International yoga Day, celebrated on 21.06.2023 in Seminar Hall, to promote physical, mental and spiritual benefits of yoga. Mrs. Nagakala N, a distinguished yoga practitioner from Swastha Yoga Centre, Bangalore was the chief guest for the occasion.

The celebration commenced with the opening address by Dr. B. Jayshree, Principal, APSAS emphasizing the importance of yoga in fostering physical and mental well-being.

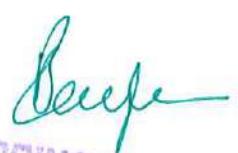
Mrs. Nagakala. N conducted a captivating session for students and staff in alignment with the protocols set forth by the Ayush Department.

The yoga practice comprised a diverse range of postures berthing excesses and meditation techniques providing participant with holistic experience.

The international yoga day celebration at APSAS successfully fostered a sense of unity and well being among the students.

The key take away of the program includes enhanced well being, stress reduction, improved flexibility and holistic approach to health.

Around 40 students and staff attended the program and were exclusively benefitted with the yogasana.


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



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



APS EDUCATIONAL TRUST

(A Regd. Public Trust - Estd : 1935)



APS College of Arts and Science

N.R. Colony, Bengaluru -560019.

Affiliated to Bengaluru City University, NAAC Accredited - B+ Grade

**An IQAC Initiative
NSS & YRC Celebrates**

International Yoga Day

On Wednesday, 21th June 2023, Time: 9.30 am

Venue : Seminar Hall

Chief Guest

Smt. Nagakala. N

Yoga Guru, Swastha Yoga Centre
Bangalore

Presided by

Prof. K.P. Narasimha Murthy

Hon. President, APSET

In Presence of

C.A. Dr. Vishnu Bharath A.S

Vice President, APSET

Sri K. S. Akhilesh Babu

Treasurer, APSET

Sri P. Krishna Swamy

Joint Secretary, APSET

CA. A.P. Acharya

Hon. Life Trustee & Mentor, APSET

Sri K. Mohan Dev Alva

Vice President, APSET

Sri. A.R. Acharya

General Secretary, APSET

Prof. A. Prakash

Joint Secretary, APSET

Sri A. Muralidhara

Chairman, Governing Council, APSAS

Dr. B. Jayashree

Principal

Prof. Sunil Kumar. K

YRC Programming Officer

Prof. Hareesha M.C

NSS Programming Officer

Lt. Dr. Lokesha. A

IQAC Co-coordinator

Staff & Students

All Are Invited

Deepa
PRINCIPAL

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

Acharya Pathasala College of Arts & Science

Narasimharaja Colony, Bangalore -560 019.

Students Attendance List

Name of the Programme : International Yoga Day

Date: 21.06.2023

Sl. No.	Name of the Student	Register Number	Signature
01	R. Haripriya	U18AK23S0078	R. Haripriya
02.	Keerthana.P	U18AK23S0052	Keerthana.P
03	Rohith .R.	U18AK23A0043	Rohith .R.
04	Saikiran.K.S	U18AK23A0016	Saikiran.K.S
05	Begum. Leyy.C.D	U18AK23A0080	Begum. Leyy.C.D
6	Rakshi.Th.B	U18AK23A0064	Rakshi.Th.B
7	Karthik gowda.D	U18AK23A0019	Karthik gowda.D
8.	Lashmit Kanth. H.D	U18AK23A0011	Lashmit Kanth. H.D
9	Rakshethra .N	U18AK23A0019	Rakshethra .N
10	Spoorthi.B.	U18AK23A0006	Spoorthi.B.
11.	Bhavya .D	U18AK23A0035	Bhavya .D
12.	Anagha .N	U18AK23A0008	Anagha .N
13	Divya Shree	U18AK23A0044	Divya Shree
14	Mahalakshmi A	U18AK23A0058	Mahalakshmi A
15	Sangeetha .M	U18AK23A0002	Sangeetha .M
16.	Vikay Kumay.V	U18AK23A0056	Vikay Kumay.V
17	Dhananjay Kumar	U18AK23A0024	Dhananjay Kumar
18	Pawan.C	U18AK23A0078	Pawan.C
19)	Sybaranay .K	U18AK23A0041	Sybaranay .K
20)	Shivakumar.	U18AK23A0040	Shivakumar.
21)	Vishnu SATHWIK	U18AK23A0077	Vishnu SATHWIK
22)	SANTHOSH .G	U18AK23A0084	SANTHOSH .G
23)	Radhika .N	U18AK23A028008	Radhika .N
24)	Gowthami .R	U18AK23A028001	Gowthami .R
25)	Pavithra .H.R	U18AK23A028014	Pavithra .H.R
26)	Sudeep. N	U18AK23A028012	Sudeep. N
27)	Nandini.K	U18AK23A028005	Nandini.K
28)	Nagendra .H	U18AK23A028006	Nagendra .H
29)	Amrutha.Sride	U18AK21S0053	Amrutha.Sride
29	Srujanik	U18AK21S0067	Srujanik
30	Pritameli .M.S	U18AK21S0096	Pritameli .M.S
31	Krishnesh .G.W	U18AK21S0052	Krishnesh .G.W
32	Rohit .N.R	U18AK21S0050	Rohit .N.R
33.	HEMANTHI .S	U18AK21S0098	HEMANTHI .S
34	Chethan .m	U18AK21S0071	Chethan .m

PRINCIPAL

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