



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

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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.


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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

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Acharya Pathasala College of Arts & Science

Narasimharaja Colony, Bangalore -560 019.

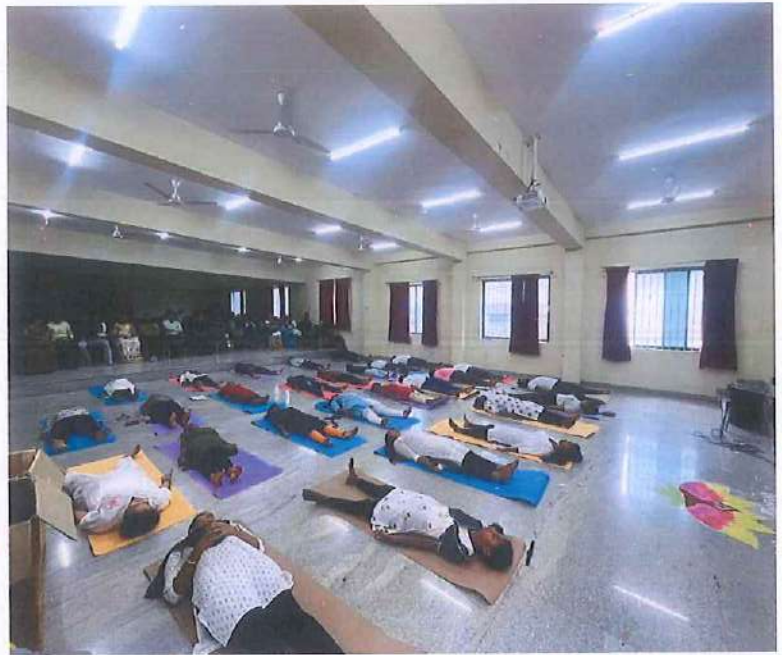
Students Attendance List

Name of the Programme : International Yoga Day

Date: 21.06.2023

Sl. No.	Name of the Student	Register Number	Signature
01	R. Hari Priya	V18AK23S0078	R. Haripriya
02	Keerthana P	V18AK23S0052	Keerthana P
03	Rohitha E.	V18AK23A0043	Rohitha E.
04	Saikhilun K S	V18AK23A0016	Saikhilun K S
05	Banji C.K	V18AK23A0080	Banji C.K
6	Rakshitha R	V18AK23A0004	Rakshitha R
7	Karthik Gowda D	V18AK23A0012	Karthik Gowda D
8	Lakshmi Kanth H.D	V18AK23A0011	Lakshmi Kanth H.D
9	Rakshitha N	V18AK23A0019	Rakshitha N
10	Spoorthi B	V18AK23A0006	Spoorthi B
11	Bhavya D	V18AK23A0035	Bhavya D
12	Anagha N	V18AK23A0008	Anagha N
13	Divya Shree	V18AK23A0044	Divya Shree
14	Mahalakshmi A	V18AK23A0058	Mahalakshmi A
15	Sangeetha M	V18AK23A0002	Sangeetha M
16	Vidhaya Kumar V	V18AK23A0056	Vidhaya Kumar V
17	Dharmajay Kumar	V18AK23A0024	Dharmajay Kumar
18	Pavani C	V18AK23A0078	Pavani C
19	Subramanyam K	V18AK23A0041	Subramanyam K
20	Shilpa Kumar	V18AK23A0040	Shilpa Kumar
21	Vishnu Satwik	V18AK23A0072	Vishnu Satwik
22	SANTHOSH G	V18AK23A0084	SANTHOSH G
23	Radhika N	P18AK23A028008	Radhika N
24	Gowthami R	P18AK23A028001	Gowthami R
25	Pavithra H.R	P18AK23A028014	Pavithra H.R
26	Sudeep N	P18AK23A028012	Sudeep N
27	Nandan D	P18AK23A028005	Nandan D
28	Nagaraj H	P18AK23A028006	Nagaraj H
29	Amrutha S	V18AK21S0053	Amrutha S
29	Suraj K	V18AK21S0067	Suraj K
30	Pranesh M S	V18AK21S0096	Pranesh M S
31	Krishnaksh N	V18AK21S0052	Krishnaksh N
32	Rohit N R	V18AK21S0050	Rohit N R
33	HEMANTH S	V18AK21S0098	HEMANTH S
34	Chethan M	V18AK21S0071	Chethan M

Students Practicing Yoga Sessions



Deepa

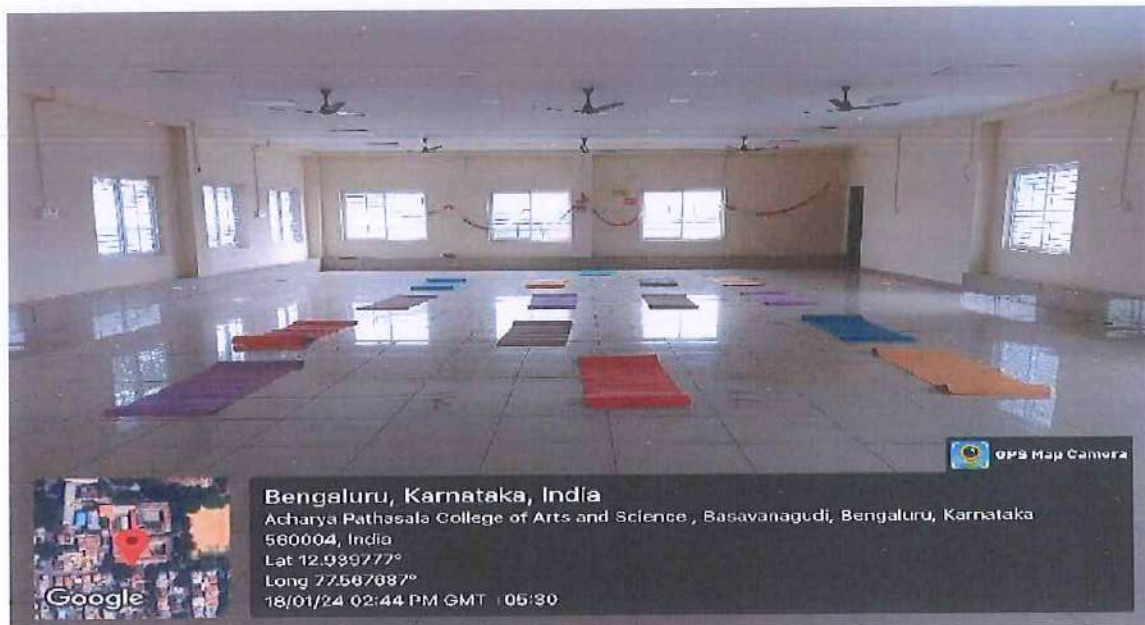


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Yoga Center



Beeyu



FIT INDIA



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 Panchayat, Mysore

Youth Empowerment & Sports, Mysore

Karnataka Yogasana Sports Association

SGS International Yoga Foundation & Research Center, Mysore

Supported by

Mysore Yoga Okkuta & Yoga Centers, Mysore

KARNATAKA
YOGASANA SPORTS
ASSOCIATION



Certificate of Merit

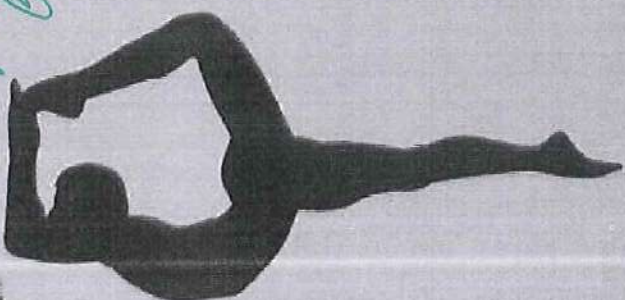
Own Choice Championship

Name **VEERESH S**

State..... **KARNATAKA**

Age Group **20 To 30**

Position..... **1st**



Signature of Dr. M. Nirajana Murthy

Signature of Sri Sri Sri Siddalinga Mahaswamiji

Signature of Rohith Gangadhar T.R.

Dr. M. Nirajana Murthy

Secretary General

Karnataka Yogasana Sports Association

Sri Sri Sri

Siddalinga Mahaswamiji

Sri Siddaganga Matt

Rohith Gangadhar T.R.

Assistant Director

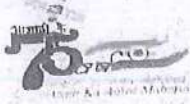
Youth Empowerment & Sports, Mysore

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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

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N.R. Colony, Bangalore-560 019**

Sri D. Puttegowda KAS

Hon. Secretary, Karnataka Yoga Association,
Bangalore.

M. Mahadev

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

Yoga Rathna R. Ramamurthy

Working President
Karnataka Yoga Association, Bangalore.

**FIT
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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*

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N.R. Colony, Bangalore-560 019.

Yoga Field

Sri D. Puttegowda

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

M. Madhava

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

Yoga Rathna R. Ramamurthy

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

FIT
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75
Azadi Ka Amrit Mahotsav

Aaditya Sai Yoga Centre (Bangalore)

Yoga for Harmony & Peace

Shivajyothi Yoga Kendra (R.)

Yoga for Harmony & Peace



Grand 12th Year

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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

Yoga Field

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

Sri D. Puttegowda

Sri D. Puttegowda KAS

Hon. Secretary, Karnataka Yoga Association,
Bangalore.

M. Mahadev

Yogarathna M. Yoga Mahadev, D.Y.T., Y.L.C., C.Y.H.

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

Yoga Rathna R. Ramamurthy

Yoga Rathna R. Ramamurthy

Working President
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A S Y

Yoga for Harmony & Peace

Shivajyothi Yoga Kendra (R.)
S J Y



Grand 12th Year

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

AWARD OF YOGA KALA SIRI

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

Yoga Field

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Sri D. Puttegowda

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

M. Mahadev

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

Ramamurthy

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



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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 27/1/23
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Tel: 080-26672905, 25928505

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.

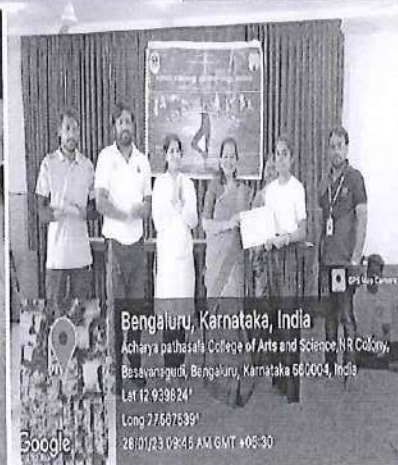
Sri.Haresha M.C, HOD, Department of Kannada welcomed the participants. The program was inaugurated by Mrs. Mythreeye, Yoga Instructor by administering omkara chantings eleven times and Surya namaskara mantras. 108 surya namaskaras were offered to Sun God by students and staff.

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 difficiencies when praticised under sun early morning. She advised all the participants to experience the power of yoga, feel energised and develop zest of living. Cetificates 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
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Mythreye D.K.
 Mythreye
 Department of Yoga

Raghavendra, G.L.
 Dr. Raghavendra

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

Principal
 PRINCIPAL
 31/1/23
 APS College of Arts & Science
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ACHARYA PATHASALA COLLEGE OF ARTS AND SCIENCE

N.R. COLONY BANGALORE – 19

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

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**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

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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

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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

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Students Attendance List

Name of the Programme : International Yoga Day

Date: 21.06.2023

Sl. No.	Name of the Student	Register Number	Signature
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02	Keerthana P	V18AK23S0052	Keerthana P
03	Rohitha . E.	V18AK23A0043	R
04	Saikhilun . K . S	V18AK23A0016	Seki
05	Bansu . K . S	V18AK23A0080	Bansu . C . K
6	Rakshitha . K	V18AK23A0044	Rakshitha . K
7	Karthik Gowda . D	V18AK23A0012	Karthik
8	Lakshmi Kanth . H . D	V18AK23A0011	Lakshmi
9	Rakshitha . N	V18AK23A0019	Rakshitha . N
10	Spoothi . B	V18AK23A0006	Spoothi . B
11	Bhavya . D	V18AK23A0035	Bhavya . D
12	Anagha . N	V18AK23A0008	Anagha . N
13	Divya Shree	V18AK23A0044	Divya Shree
14	Mahalakshmi . A	V18AK23A0058	Mahalakshmi . A
15	Sangeetha . M	V18AK23A0002	Sangeetha . M
16	Vidya Kumari . V	V18AK23A0056	Vidya . V
17	Dharmajay Kumar	V18AK23A0024	Dharmajay . K
18	Ravi . C	V18AK23A0078	Ravi . C
19	Subramanyam . K	V18AK23A0041	Subramanyam . K
20	Shikha . M . S	V18AK23A0040	Shikha . M . S
21	Kishan Sathwik	V18AK23A0072	Kishan . S
22	SANTHOSH . G	V18AK23A0084	SANTHOSH . G
23	Radhika . N	V18AK23A028008	Radhika . N
24	Gowthami . R	V18AK23A028001	Gowthami . R
25	Pavithra . H . R	V18AK23A028014	Pavithra . H . R
26	Sudheep . N	V18AK23A028012	Sudheep . N
27	Nandan . K	V18AK23A028005	Nandan . K
28	Nagendra . H	V18AK23A028006	Nagendra . H
29	Amrutha . S	V18AK21S0053	Amrutha . S
29	Suraj . K	V18AK21S0067	Suraj . K
30	Aravind . M . S	V18AK21S0096	Aravind . M . S
31	Krishna . G . W	V18AK21S0052	Krishna . G . W
32	Rohit . N . R	V18AK21S0050	Rohit . N . R
33	HEMANTH . S	V18AK21S0098	HEMANTH . S
34	Chethan . M	V18AK21S0071	Chethan . M