

Department of Sports
A REPORT ON
Yoga and Meditation Training

Date: 18-01-2021 to 24-01-2021

Place: Auditorium Hall

Name of the Event: Yoga and Meditation Training

Activity Report: The education system is becoming increasingly adaptive in providing yoga and meditation classes to students. This is because meditation significantly contributes to good health by reducing mental pressure. It is beneficial for students not only in resolving issues in their academic lives but also in their social lives. If you are seeking to accomplish your school or college tasks perfectly, then read this article to find out how doing meditation and yoga can help you with that. Total of 168 students actively participated and took benefits of this training.



Students performing Hastauttanasana during the yoga practise session in auditorium on 18.1.2021

K.R.E. SOCIETY'S
KARNATAK ARTS, SCIENCE AND COMMERCE COLLEGE, BIDAR
 Department of Sports
Attendance Sheet 2020-21



Event: Yoga & Meditation Training

Date: 18/01/2021 to 24/01/2021

S. no	Name of the student	Class	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
01	Ravikiran . S	B.A.II	RS	RS	RS	RS	RS	RS
02	Ravi Gomda . C	B.A.II	RS	RS	RS	RS	RS	RS
03	Manuli . S	"	MS	MS	MS	MS	MS	MS
04	Beerappa . S	"	BS	BS	BS	BS	BS	BS
05	Vilas . S	"	VS	VS	VS	VS	VS	VS
06	Navin . S	"	NS	NS	NS	NS	NS	NS
07	Sudharshan . Y	"	SY	SY	SY	SY	SY	SY
08	Bhagub . D	"	BD	BD	BD	BD	BD	BD
09	Syed Abrar . S	"	S	S	S	S	S	S
10	Kasuma . S	"	KS	KS	KS	KS	KS	KS
11	Vishnu . K	"	VS	VS	VS	VS	VS	VS
12	Arbas . Khan . S	"	AS	AS	AS	AS	AS	AS
13	Basavaraj . S	"	BS	BS	BS	BS	BS	BS
14	Vinod . P	"	VS	VS	VS	VS	VS	VS
15	Sachin . S	"	SS	SS	SS	SS	SS	SS
16	Madhumati . S	"	MS	MS	MS	MS	MS	MS
17	Yuvraj . V.	"	YS	YS	YS	YS	YS	YS
18	Bhavani . R	"	BS	BS	BS	BS	BS	BS
19	Annappa . B	"	AS	AS	AS	AS	AS	AS
20	Roopa . N.	"	RS	RS	RS	RS	RS	RS

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Department of Sports

Attendance Sheet



Event: Yoga Training

Date: 18/01/2021 to 24/01/2021

S. no	Name of the student	Class	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
21	Vaishali . K	B.A II	Vaishali	Vaishali	Vaishali	Vaishali	Vaishali	Vaishali
22	Sumit . S	"	Sumit	Sumit	Sumit	Sumit	Sumit	Sumit
23	Jasmine . A	"	Jasmine	Jasmine	Jasmine	Jasmine	Jasmine	Jasmine
24	Koushabai . K	"	Koushabai	Koushabai	Koushabai	Koushabai	Koushabai	Koushabai
25	Vishaka . V.	"	Vishaka	Vishaka	Vishaka	Vishaka	Vishaka	Vishaka
26	Bhagyashree . T	"	Bhagyashree	Bhagyashree	Bhagyashree	Bhagyashree	Bhagyashree	Bhagyashree
27	Deepak . A	"	Deepak	Deepak	Deepak	Deepak	Deepak	Deepak
28	Radhika . C.	"	Radhika	Radhika	Radhika	Radhika	Radhika	Radhika
29	Rakeshita . R	"	Rakeshita	Rakeshita	Rakeshita	Rakeshita	Rakeshita	Rakeshita
30	Nikita . N.	"	Nikita	Nikita	Nikita	Nikita	Nikita	Nikita
31	Ashwini . S	"	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini
32	Shulamma . V.	"	Shulamma	Shulamma	Shulamma	Shulamma	Shulamma	Shulamma
33	Mahendragiri . V.	"	Mahendragiri	Mahendragiri	Mahendragiri	Mahendragiri	Mahendragiri	Mahendragiri
34	Siddharth . M.	"	Siddharth	Siddharth	Siddharth	Siddharth	Siddharth	Siddharth
35	Deepal . L	"	Deepal	Deepal	Deepal	Deepal	Deepal	Deepal
36	Cangambika . B	"	Cangambika	Cangambika	Cangambika	Cangambika	Cangambika	Cangambika
37	Anusaba . T	"	Anusaba	Anusaba	Anusaba	Anusaba	Anusaba	Anusaba
38	Somyashree M	"	Somyashree	Somyashree	Somyashree	Somyashree	Somyashree	Somyashree
39	Nivedita . B	"	Nivedita	Nivedita	Nivedita	Nivedita	Nivedita	Nivedita
40	Yashodha . V	"	Yashodha	Yashodha	Yashodha	Yashodha	Yashodha	Yashodha

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01	Pankaj Patil	B.com	Pankaj	Pankaj	Pankaj	Pankaj	Pankaj	Pankaj
02	Digambar	B.com	Digambar	Digambar	Digambar	Digambar	Digambar	Digambar
03	Nagaling	"	Nagaling	Nagaling	Nagaling	Nagaling	Nagaling	Nagaling
04	Nehar/shankarao	"	Nehar	Nehar	Nehar	Nehar	Nehar	Nehar
05	Sumeet	"	Sumeet	Sumeet	Sumeet	Sumeet	Sumeet	Sumeet
06	Renuka/o Mallikarjun	"	Renuka	Renuka	Renuka	Renuka	Renuka	Renuka
07	Mahesh/o Suresh	B.com	Mahesh	Mahesh	Mahesh	Mahesh	Mahesh	Mahesh
08	Pragati/o santosh	"	Pragati	Pragati	Pragati	Pragati	Pragati	Pragati
09	Stuti	B.com	Stuti	Stuti	Stuti	Stuti	Stuti	Stuti
10	Priyanka	"	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka
11	Nikita	"	Nikita	Nikita	Nikita	Nikita	Nikita	Nikita
12	Royal Matthew	"	Royal	Royal	Royal	Royal	Royal	Royal
13	Santoshi	B.com	Santoshi	Santoshi	Santoshi	Santoshi	Santoshi	Santoshi
14	Bharath.H	"	Bharath	Bharath	Bharath	Bharath	Bharath	Bharath
15	Mallappa	"	Mallappa	Mallappa	Mallappa	Mallappa	Mallappa	Mallappa
16	Vishal/o Basawaraj	"	Vishal	Vishal	Vishal	Vishal	Vishal	Vishal
17	Abhishek	"	Abhishek	Abhishek	Abhishek	Abhishek	Abhishek	Abhishek
18	Srinivas	B.com	Srinivas	Srinivas	Srinivas	Srinivas	Srinivas	Srinivas
19	Priya Darshini	"	Priya	Priya	Priya	Priya	Priya	Priya
20	Pooja/o Mallikarjun	B.com	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja

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21.	Vaishnavi	B.Com	Vai	Vai	Vai	Vai	Vai	Vai
22.	Anjali d/o Dilip	11	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali
23.	Bhomiika. R.	11	Bhomi	Bhomi	Bhomi	Bhomi	Bhomi	Bhomi
24.	UshaRani	B.Com	Usha	Usha	Usha	Usha	Usha	Usha
25.	Pooja d/o Baswasaj	11	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
26.	Bhavani Madival.	11	Bhav	Bhav	Bhav	Bhav	Bhav	Bhav
27.	Ravi s/o Pandith	11	Ravi	Ravi	Ravi	Ravi	Ravi	Ravi
28.	Rahul Reedy	11	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul
29.	Gowish.	11	Gowish	Gowish	Gowish	Gowish	Gowish	Gowish
30.	Sangmesh s/o Gopal	11	Sang	Sang	Sang	Sang	Sang	Sang
31.	Sushmita d/o Ganapathi	11	Sush	Sush	Sush	Sush	Sush	Sush
32.	Abhilash s/o Ramesh	B.Com	Abhil	Abhil	Abhil	Abhil	Abhil	Abhil
33.	Roshni d/o Anilkumar	11	Rosh	Rosh	Rosh	Rosh	Rosh	Rosh
34.	Chandakanth	11	Chan	Chan	Chan	Chan	Chan	Chan
35.	Sourabh. Motti	11	Sour	Sour	Sour	Sour	Sour	Sour
36.	Nandini d/o Rajkumar	B.Com	Nandi	Nandi	Nandi	Nandi	Nandi	Nandi
37.	Sanjana d/o Suresh	11	Sanj	Sanj	Sanj	Sanj	Sanj	Sanj
38.	Veeresh s/o Channallaya	11	Veer	Veer	Veer	Veer	Veer	Veer
39.	Nagraj s/o Mallikarjun	11	Nagra	Nagra	Nagra	Nagra	Nagra	Nagra
40.	Baswakistan. M.	11	Basw	Basw	Basw	Basw	Basw	Basw

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01	Lata A/o vijaykumar	Bsc I	Lata	Lata	Lata	Lata	Lata	Lata
02	Mallikarjun s. Umesh	B. sc I	M	M	M	M	M	M
03	Chamundeswaru	BSC	Ch	Ch	Ch	Ch	Ch	Ch
04	Deeksha D. Jagannath	Bsc	Deeksha	Deeksha	Deeksha	Deeksha	Deeksha	Deeksha
05	Suwati D. Veeranna	BSC	Suwati	Suwati	Suwati	Suwati	Suwati	Suwati
06	Pooja D. Rajkumar	BSC I	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
07	Anjali D. K. Kalidas	BSC I	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali
08	Pooja D. Kamphetty	BSC I	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
09	Ram slo B himrao	Bsc	Red	Red	Red	Red	Red	Red
10	AJAZ S. Saleem	BSC	AJAZ	AJAZ	AJAZ	AJAZ	AJAZ	AJAZ
11	Divya D/o Ashok	Bsc	Patil	Patil	Patil	Patil	Patil	Patil
12	Nagiyoti. G	B. SC	Nagiyoti	Nagiyoti	Nagiyoti	Nagiyoti	Nagiyoti	Nagiyoti
13	pooja D. Chandrappa	BSC II	pooja	pooja	pooja	pooja	pooja	pooja
14	Preerana sharon. P	BSC III	Preerana	Preerana	Preerana	Preerana	Preerana	Preerana
15	chaya patil. S	B-S-C III	Opatil	Opatil	Opatil	Opatil	Opatil	Opatil
16	Shrushti. K	BSC III	Shrushti	Shrushti	Shrushti	Shrushti	Shrushti	Shrushti
17	shrushti. Bhosle.	BSC III	Shrushti	Shrushti	Shrushti	Shrushti	Shrushti	Shrushti
18	siddharth S. Prakash	B. SC III	siddharth	siddharth	siddharth	siddharth	siddharth	siddharth
19	Akshata D. Shivkumar	B. SC	Akshata	Akshata	Akshata	Akshata	Akshata	Akshata
20	Bhawani D. Shivkumar	B. SC	Bhawani	Bhawani	Bhawani	Bhawani	Bhawani	Bhawani
21	Ajaymargond	B. SC	Ajaymargond	Ajaymargond	Ajaymargond	Ajaymargond	Ajaymargond	Ajaymargond
22	Vijay Gini	B. S. C	Vijay Gini	Vijay Gini	Vijay Gini	Vijay Gini	Vijay Gini	Vijay Gini
23	Ganesh Biradole	B. S. C	Ganesh Biradole	Ganesh Biradole	Ganesh Biradole	Ganesh Biradole	Ganesh Biradole	Ganesh Biradole
24	Nishal Pratape	BSC	Nishal	Nishal	Nishal	Nishal	Nishal	Nishal
25	Shilparajosi	BSC	Shilpa	Shilpa	Shilpa	Shilpa	Shilpa	Shilpa

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26	Ankita Dhanirajan	BSC II	Ank	Ank	Ank	Ank	Ank	Ank
27	Poojima P/o Venkatesh	BSC I	Poo	Poo	Poo	Poo	Poo	Poo
28	Jayshree S.	BSC I	Jay	Jay	Jay	Jay	Jay	Jay
29	Poojyoti Parshetti	Bsc	Poo	Poo	Poo	Poo	Poo	Poo
30	Renuka Mahamudappa	BSC I	Renuka	Renuka	Renuka	Renuka	Renuka	Renuka
31	Prerna Bhosleopard	BSC	Prer	Prer	Prer	Prer	Prer	Prer
32	Suraksha Lonkar	BSC I	Sur	Sur	Sur	Sur	Sur	Sur
33	Jagdish Ramesh	B.SC	Jag	Jag	Jag	Jag	Jag	Jag
34	Akshata D/o Shivkumar	B.sc	Aks	Aks	Aks	Aks	Aks	Aks
35	pooja o/ Chandrama	B.sc	Poo	Poo	Poo	Poo	Poo	Poo
36	Pallavi D/o Tukaram	B.sc	Pall	Pall	Pall	Pall	Pall	Pall
37	Swati o/ Chandrakant	B.sc	Swat	Swat	Swat	Swat	Swat	Swat
38	Arati o/ Devendar	B. SC III	Arat	Arat	Arat	Arat	Arat	Arat
39	Anjali D/o RAJKumar	B. SC II	Anj	Anj	Anj	Anj	Anj	Anj
40	Rohit. S/o Ramesh	B. SC III	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit
41	Shruti D/o Prabhu	BSC III	Shr	Shr	Shr	Shr	Shr	Shr
42	Poojyesh S/o Jagannath	BSC III	Poo	Poo	Poo	Poo	Poo	Poo
43	Arun s/o Hanamant	BSC	Arun	Arun	Arun	Arun	Arun	Arun
44	Saikumar o/ Shivayya	BSC	Sai	Sai	Sai	Sai	Sai	Sai
45	Sarika o/ Sudekar	BSC	Sari	Sari	Sari	Sari	Sari	Sari
46	Anuja D/o Guounath	B.Sc.	Anuj	Anuj	Anuj	Anuj	Anuj	Anuj
47	Anjali D/o Ashoknethy	B.Sc	Anj	Anj	Anj	Anj	Anj	Anj
48	Pratika D/o Rajkumar	BSC	Prati	Prati	Prati	Prati	Prati	Prati

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01	Lokesh . B	BCA	<u>Lu</u>	<u>Lu</u>	<u>Lu</u>	<u>Lu</u>	<u>Lu</u>	<u>Lu</u>
02	Amay . Patil . D	BCA	<u>Au</u>	<u>Au</u>	<u>Au</u>	<u>Au</u>	<u>Au</u>	<u>Au</u>
03	Pavan kumar	BCA	<u>Pe</u>	<u>Pe</u>	<u>Pe</u>	<u>Pe</u>	<u>Pe</u>	<u>Pe</u>
04	Ganesh . S	BCA	<u>Gu</u>	<u>Gu</u>	<u>Gu</u>	<u>Gu</u>	<u>Gu</u>	<u>Gu</u>
05	Natraj . S	BCA	<u>Na</u>	<u>Na</u>	<u>Na</u>	<u>Na</u>	<u>Na</u>	<u>Na</u>
06	Madhu . R	BCA	<u>Mo</u>	<u>Mo</u>	<u>Mo</u>	<u>Mo</u>	<u>Mo</u>	<u>Mo</u>
07	Rani . A	"	<u>Pa</u>	<u>Pa</u>	<u>Pa</u>	<u>Pa</u>	<u>Pa</u>	<u>Pa</u>
08	Bagay . S	"	<u>S</u>	<u>S</u>	<u>S</u>	<u>S</u>	<u>S</u>	<u>S</u>
09	Shivkumar . R	"	<u>Shiv</u>	<u>Shiv</u>	<u>Shiv</u>	<u>Shiv</u>	<u>Shiv</u>	<u>Shiv</u>
10	Santosh . R	"	<u>Su</u>	<u>Su</u>	<u>Su</u>	<u>Su</u>	<u>Su</u>	<u>Su</u>
11	Sudali . D	"	<u>S</u>	<u>S</u>	<u>S</u>	<u>S</u>	<u>S</u>	<u>S</u>
12	Kaulika . B	"	<u>Ku</u>	<u>Ku</u>	<u>Ku</u>	<u>Ku</u>	<u>Ku</u>	<u>Ku</u>
13	Yogesh . D	"	<u>Yu</u>	<u>Yu</u>	<u>Yu</u>	<u>Yu</u>	<u>Yu</u>	<u>Yu</u>
14	Pavani . R	"	<u>Pa</u>	<u>Pa</u>	<u>Pa</u>	<u>Pa</u>	<u>Pa</u>	<u>Pa</u>
15	Justina . J	"	<u>Justina</u>	<u>Justina</u>	<u>Justina</u>	<u>Justina</u>	<u>Justina</u>	<u>Justina</u>
16	Mel shoiab	"	<u>Mel</u>	<u>Mel</u>	<u>Mel</u>	<u>Mel</u>	<u>Mel</u>	<u>Mel</u>
17	Rajeshwari	"	<u>Raj</u>	<u>Raj</u>	<u>Raj</u>	<u>Raj</u>	<u>Raj</u>	<u>Raj</u>
18	Shivani ^{KASCC}	"	<u>Shivani</u>	<u>Shivani</u>	<u>Shivani</u>	<u>Shivani</u>	<u>Shivani</u>	<u>Shivani</u>
19	Vaishnavi . P	"	<u>Vai</u>	<u>Vai</u>	<u>Vai</u>	<u>Vai</u>	<u>Vai</u>	<u>Vai</u>
20	Prasad . S	"	<u>Pras</u>	<u>Pras</u>	<u>Pras</u>	<u>Pras</u>	<u>Pras</u>	<u>Pras</u>

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21	Laxmi. V.	BCA	---	---	---	---	---	---
22	Anuradha. V	"	---	---	---	---	---	---
23	Neha. f	"	---	---	---	---	---	---
24	Christopher	"	---	---	---	---	---	---
25	Sudeep. f	"	---	---	---	---	---	---
26	Adarsh. S	"	---	---	---	---	---	---
27	Vaishvani. f	"	---	---	---	---	---	---
28	Akshita. R	"	---	---	---	---	---	---
29	Sadiya Aima	"	---	---	---	---	---	---
30	Swati. B	"	---	---	---	---	---	---
31	Vaishvani. R	"	---	---	---	---	---	---
32	Ganesh. T	"	---	---	---	---	---	---
33	Ashraf Ahmed	"	---	---	---	---	---	---
34	Rajeshwari. M.	"	---	---	---	---	---	---
35	Sainath. f	"	---	---	---	---	---	---
36	Mohsin. g	"	---	---	---	---	---	---
37	Shaik Tauseef	"	---	---	---	---	---	---
38	B. Shrawani	"	---	---	---	---	---	---
39	Vinod	"	---	---	---	---	---	---
40	Vishalreddy. V.	"	---	---	---	---	---	---

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