

**L.E.ASSOCIATION's,  
HURAKADLI AJJA LAW COLLEGE, DHARWAD.**

YOGASANA CLASS CONDUCTING THE CLASSES AT HURAKADLI AJJA LAW  
COLLEGE.

**Certificate Course of Yoga (Report)**

On 23<sup>rd</sup> of May 2021 The Certificate of Yoga Course has started according to the syllabus.

On the 1<sup>st</sup> day of Yogasana Practice, The college staff, management and students has attended the class.

First I, have taught them the postures;

On 23<sup>rd</sup> May 2021, I have briefly explained about Yoga.  
on 2<sup>nd</sup> and 3<sup>rd</sup> day I taught following postures;

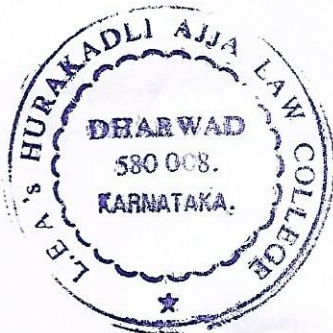
|                           |
|---------------------------|
| Ardha Padmasana Both Side |
| Padmasana                 |
| Ardha Vajrasana Both Side |
| Vajrasana                 |
| Jaanu Shirasana Both Side |
| Ardha Ushtrasana          |
| Pro Line Positive         |
| Naavasana                 |
| Bhujangasana              |
| Makarasana                |

On 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> day I taught following postures;

|                     |
|---------------------|
| Supta Vajrasana     |
| Poorna Ushtasana    |
| Naavasana           |
| Dhanurasana         |
| Uttra Eka Padamsana |
| Ardha Halasana      |
| Sethu Bandhasana    |

On 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> day I taught following postures along with previous postures

|                                   |
|-----------------------------------|
| Tadasana                          |
| Ardha Koti Chakrasana (Both Side) |
| Ardha Chakrasana                  |
| Trikonasana (Both Side)           |
| Parshva Konasana (Both Side)      |
| Vrikshasana (Both Side)           |



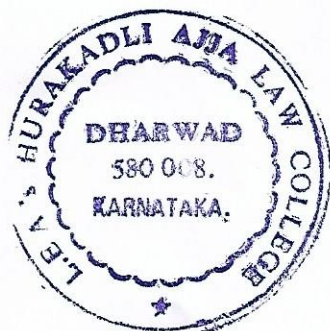
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Dharwad-580 008

On 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, and 13<sup>th</sup> day I taught following postures along with all previous postures;

|                                       |
|---------------------------------------|
| Garudasana (Both Side)                |
| Parivruta Parsva Konasana (Both Side) |
| Eka pada shalabhsana (Both Side)      |

From 14<sup>th</sup> day to 30<sup>th</sup> day following postures along with *Pranayama* were taught;

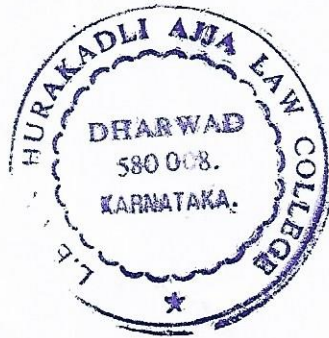
| Sl.No. | PARTICULARS                                                                                                                                                                                  |
|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1      | Introduction of Pranayama and Meditation (Poorakar Kumbhaka Rechaka & Kumbhaka)<br>1) Anulom & Viloma<br>2) Chandra Bhedhan<br>3) Surya Bhedhan<br>4) 10 mins. Meditation<br>5) Ratio is 8:8 |
| 2      | 1) Nadishodhana<br>2) Ujjayee Pranayama<br>3) 10 mins. Meditation<br>4) Ratio is 8:8                                                                                                         |
| 3      | 1) Shitali Pranayama<br>2) Shitkari Pranayama<br>3) 10 mins. Meditation<br>4) Ratio 8:8                                                                                                      |
| 4      | 1) Bhastrika<br>2) Bramhari<br>3) 10 Mins. Meditation<br>4) Ratio 8:8                                                                                                                        |
| 5      | 1) Nadishdhana 3 rounds<br>2) Shitali Pranayama 3 rounds<br>3) Ratio is 8:8:8<br>4) Meditation                                                                                               |
| 6      | 1) Ujjayi Pranayama 3 rounds<br>2) Shitkari Pranayama 3 rounds<br>3) 8:8:8 Ratio<br>4) 10 mins. Meditation                                                                                   |
| 7      | 1) Brahmari Pranayama 3 rounds<br>2) Bhastrika Pranayama 3 rounds<br>3) Ratio 8:8:8<br>4) 10 mins. Meditation                                                                                |
| 8      | 1) Each day Each Pranayama 5 rounds with Ratio 8:8:8:8 Nadishdhana<br>2) 10 mins. Meditation                                                                                                 |
| 9      | Ujjayi 8:8:8:8                                                                                                                                                                               |
| 10     | Shitali 8:8:8:8                                                                                                                                                                              |
| 11     | Shitkari 8:8:8:8                                                                                                                                                                             |
| 12     | Brahmari 8:8:8:8                                                                                                                                                                             |
| 13     | Bastrika 8:8:8:8                                                                                                                                                                             |



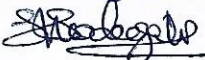
*Principal*  
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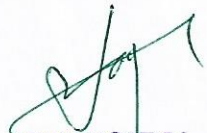
**List of candidates who has attended this course.**

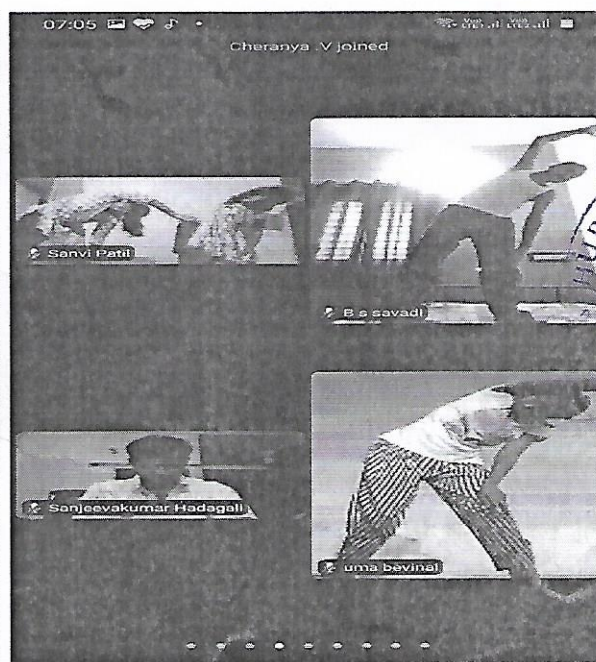
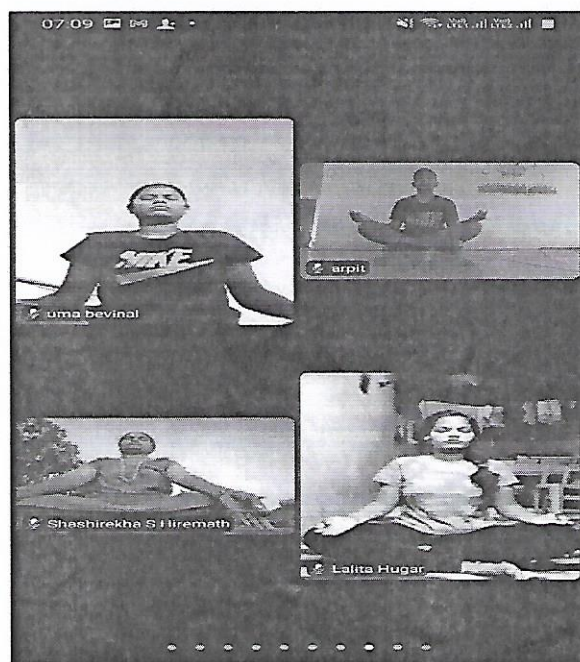
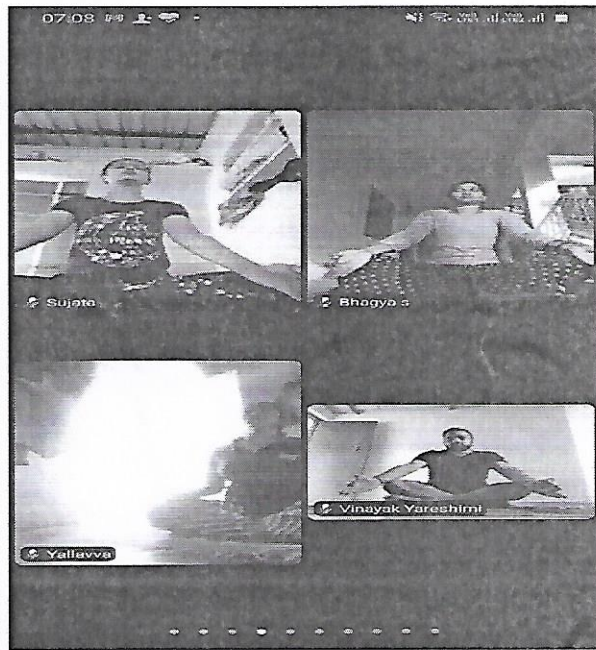
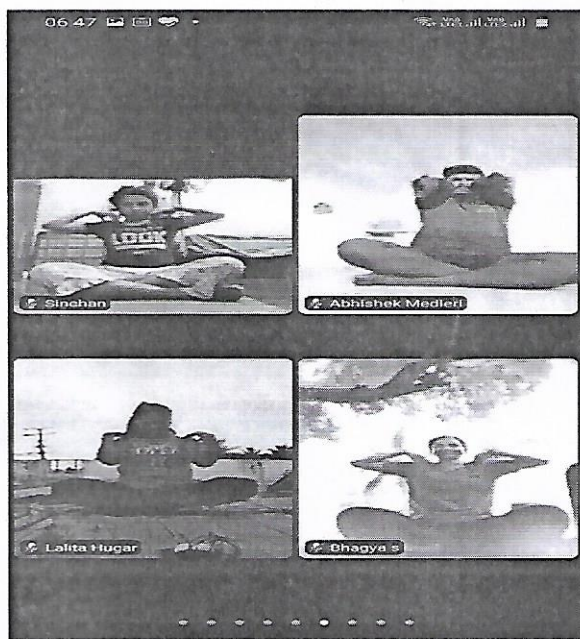
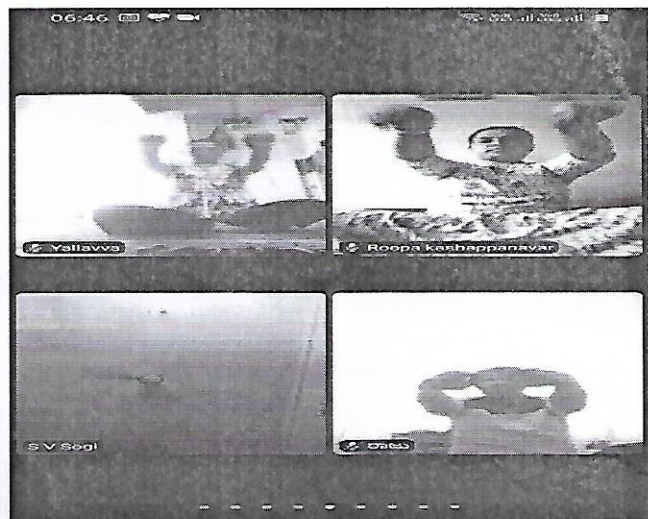
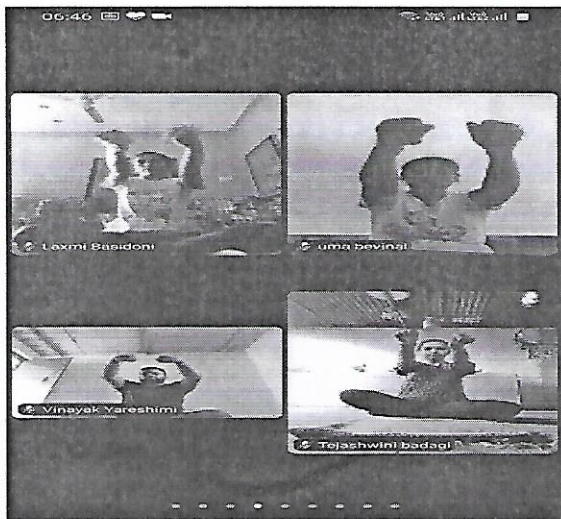
- 1) B S Savadi.
- 2) Savitri Sangannavar
- 3) D B Biradar
- 4) B B Santoji
- 5) S M Baliger
- 6) S B Magadum
- 7) Raju Palled
- 8) Abhishek Medlleri
- 9) Bhagya S
- 10) Meenaxi Patil
- 11) N.S.Samprita
- 12) Sanju Joshi
- 13) Veena Banti
- 14) Shabana Jain Jakati
- 15) Shashirekha S Hiremath
- 16) Suajata
- 17) Tejashwini Badagi
- 18) Uma Bevinal
- 19) Vinayaka Yareshimi
- 20) Somashekhar H
- 21) Sanjeev Patil
- 22) Lalita Hugar
- 23) Sinchan Bharati
- 24) Yallavva
- 25) Meenaxi Girijammanavar
- 26) Roopa Kashappanavar
- 27) Shivaning Naduvinamani
- 28) Laxmi Basidoni
- 29) Prasanna Shetty
- 30) Javeed Walikar
- 31) Vijaylaxmi Bellakki



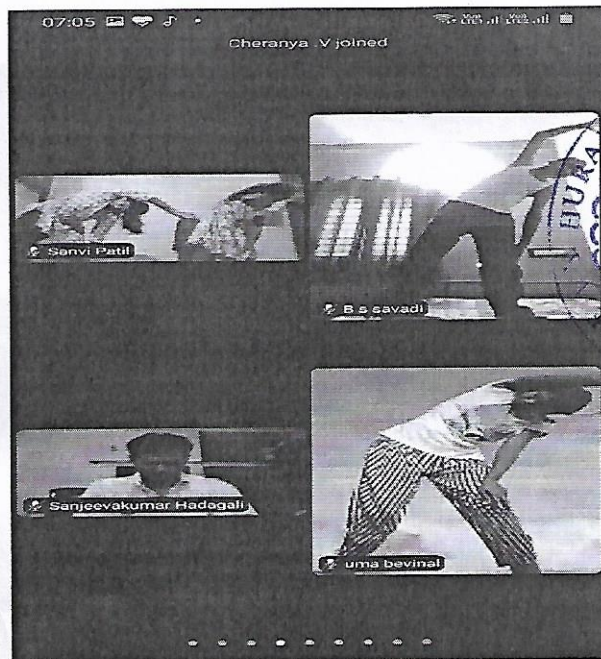
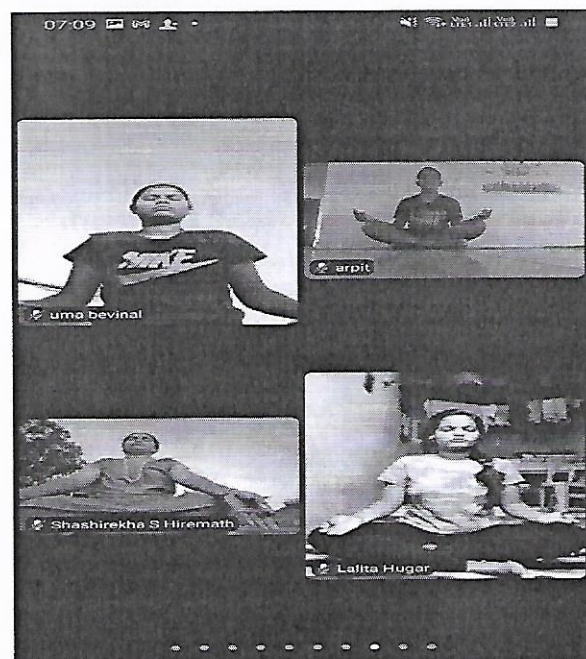
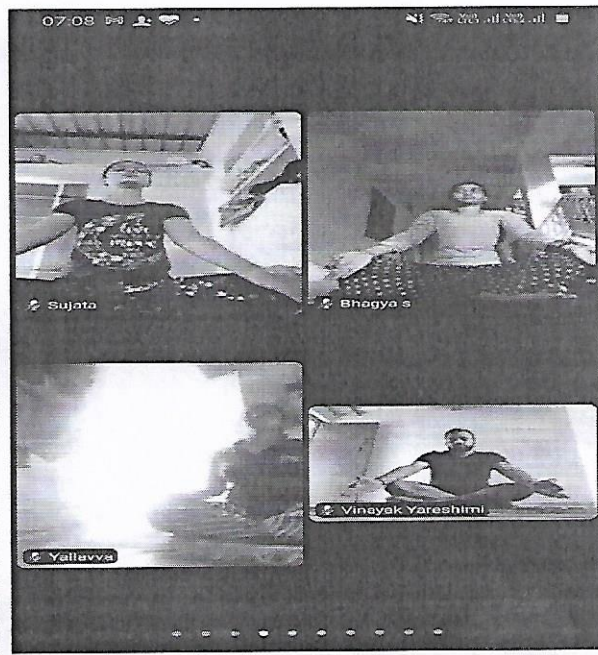
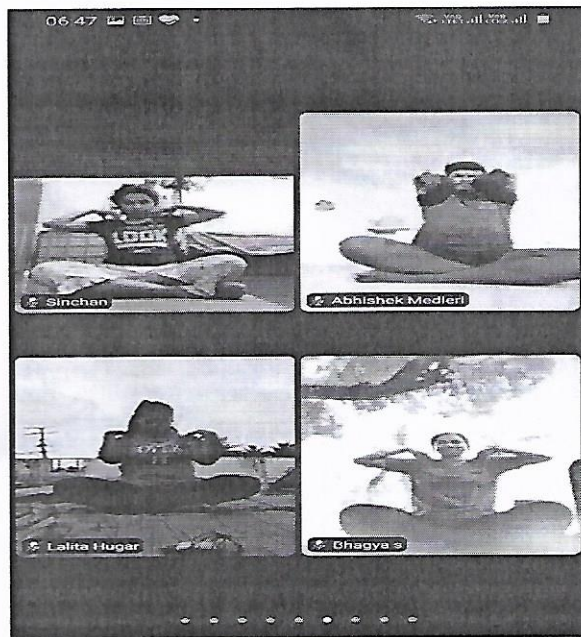
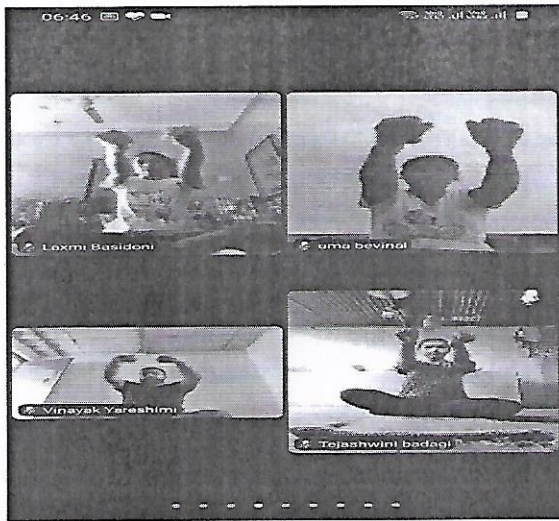
**For Shiva Yoga Mandir**

  
**Proprietor**

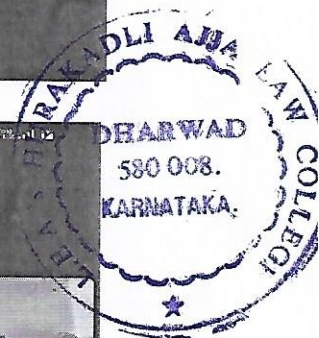
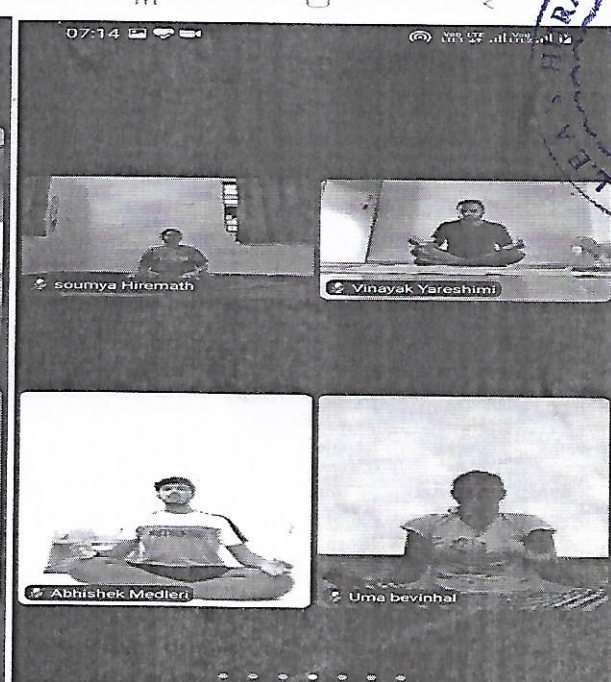
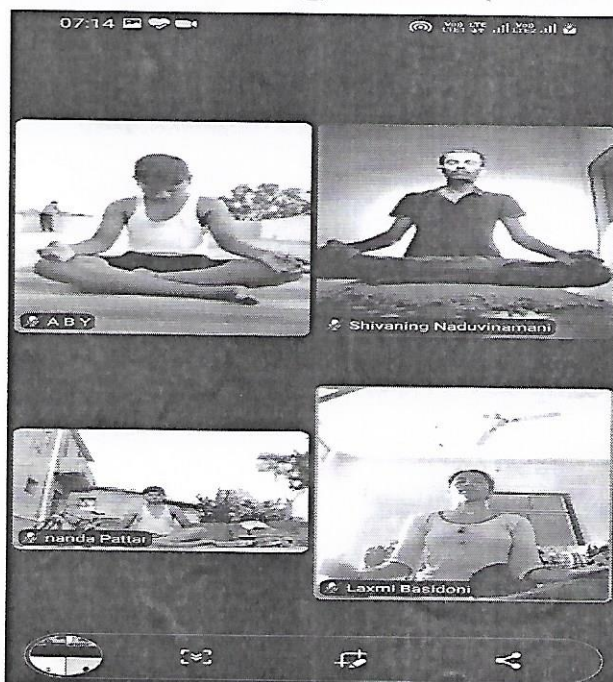
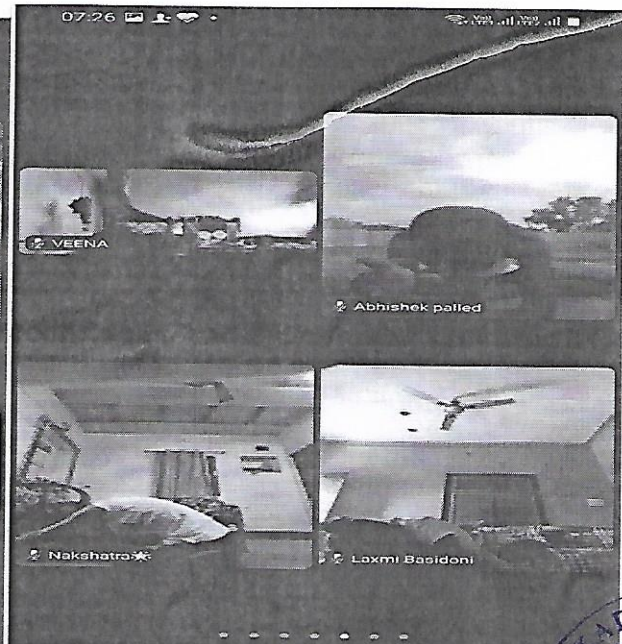
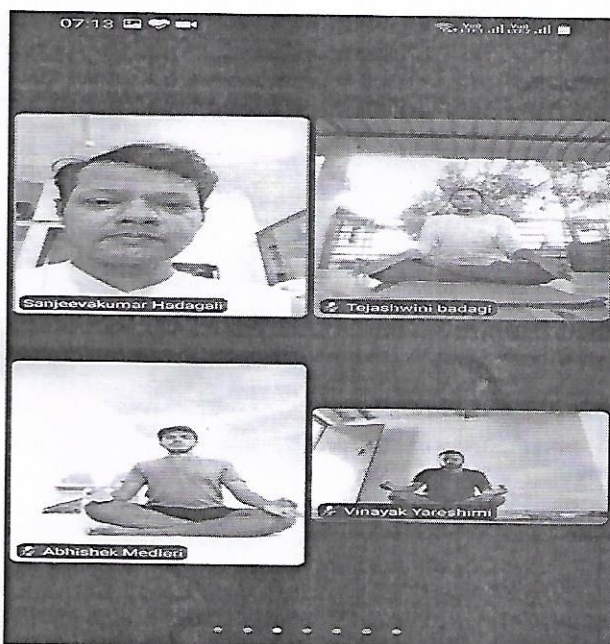
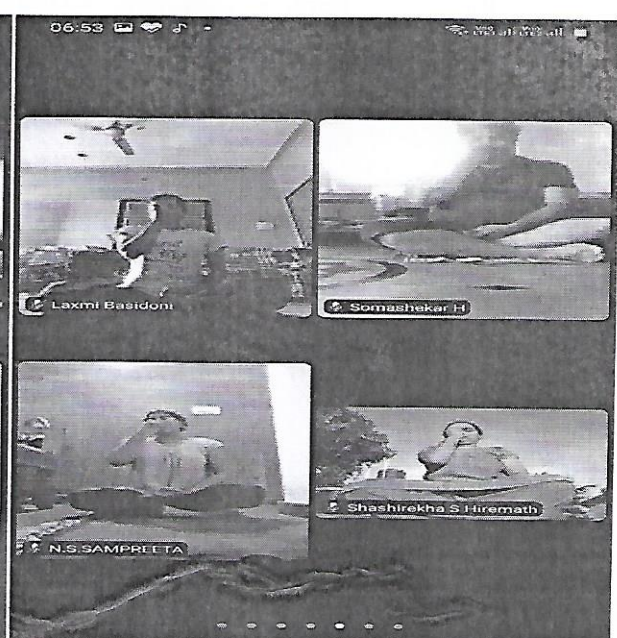
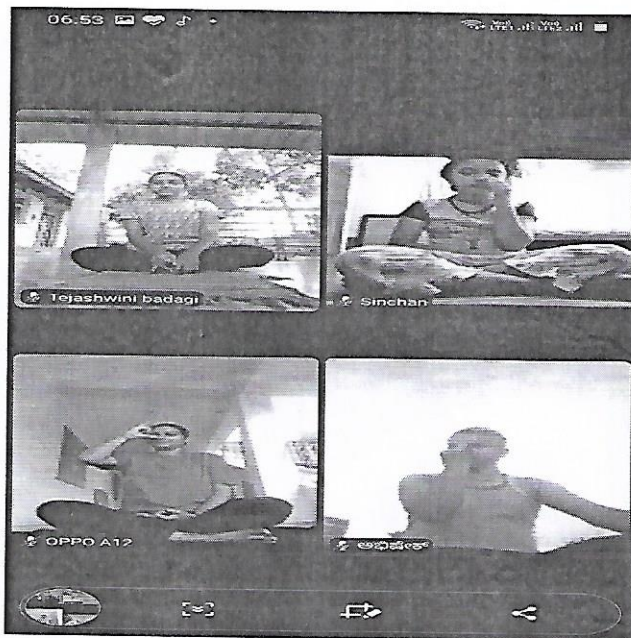
  
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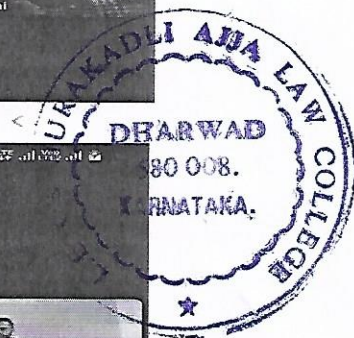
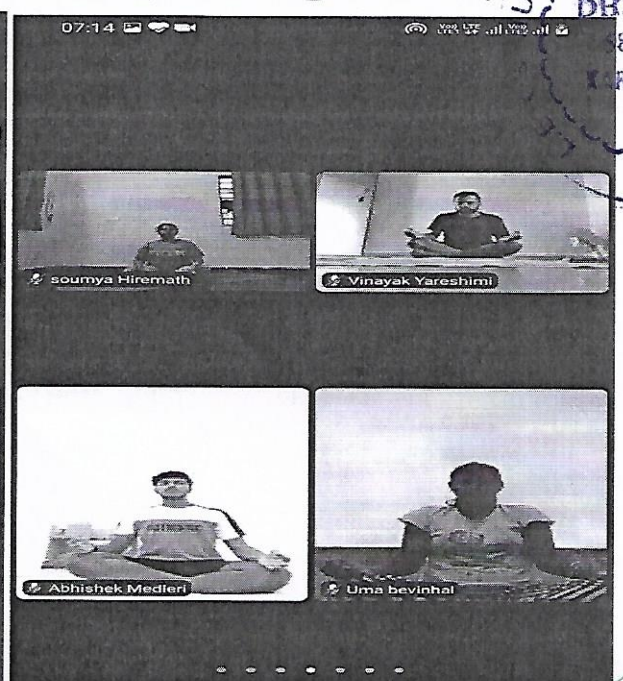
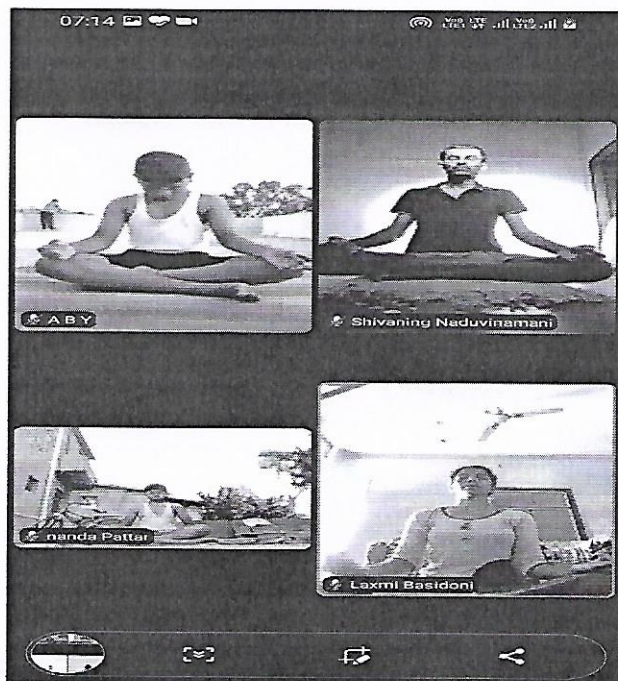
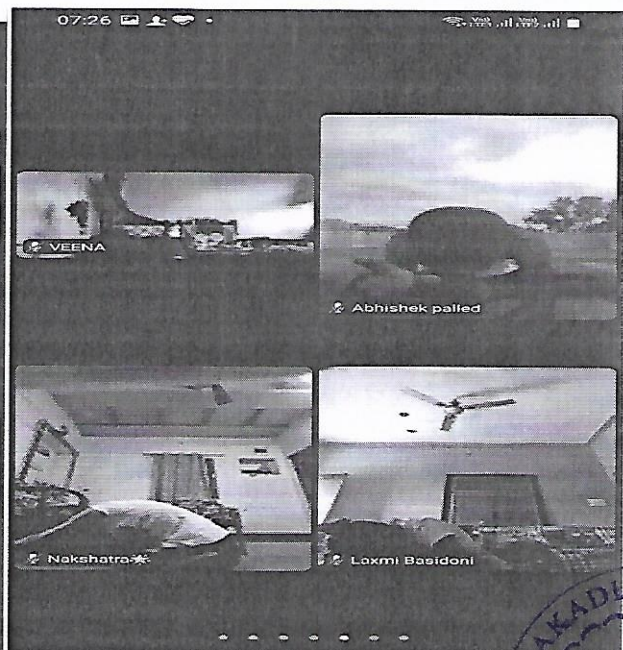
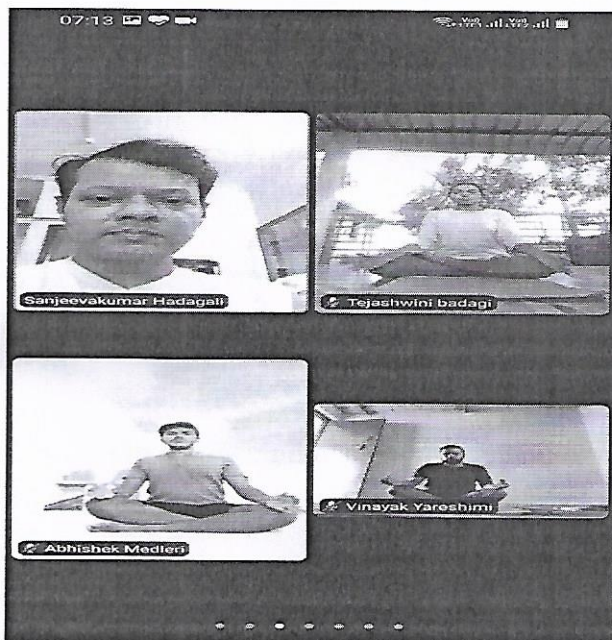
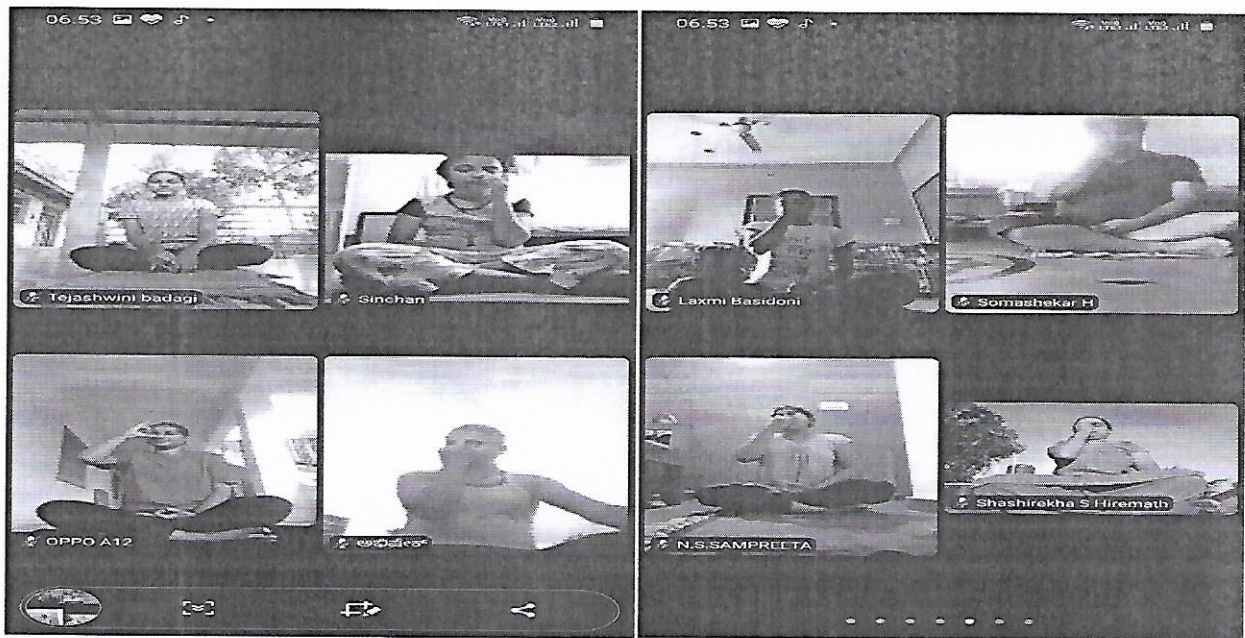
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*[Signature]*  
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Hirabadi Alja Law Col  
Dharwad-580 008



PRINCIPAL  
Muratadi Ajja Law Coll  
Bhawan. 800 008



# HURAKADLI AJJA LAW COLLEGE

**Near Durga Devi Temple, Dharwad-580008**

# Certificate

2020 - 2021

This is to Certify that Mr. / Ms.....*Lalita Fugaz*.....

Lalita Hugar

has completed certificate course in ..... Yoga ..... during the

academic year 2020-2021

**Place : Dharwad**

Radu

**Course Teacher**

Principal



L.E. Association's

# HURAKADLI AJJA LAW COLLEGE

Near Durga Devi Temple, Dharwad-580008



## Certificate

2020-2021

This is to Certify that Mr. / Ms. Sanju Jashi  
has completed certificate course in Yaga during the  
academic year 2020 - 2021

Place : Dharwad

S. B. Jashi  
Course Teacher

[Signature]  
Principal