



Acharya Patashala College of Commerce

Narasimharaja Colony, Bengaluru -560019

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(Affiliated to Bengaluru City University)

NAAC RE-ACCREDITED 'B' GRADE

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

SL.no	Date	Event Name	Particulars	Venue
1	11-1-2020	Yogothsava 2020	BEST YOGA TEACHER AWARDS 2020, was awarded by Shivajyothi yoga Kendra	WOC Road ManjunathNagar Rajajinagar Bangalore -10
2	10-11-2020	Kalam world record	Certificate of participation has been received in the Kalam world record Chandra Namaskaram yoga in online	Sai institute of yoga,Basaveshwar nagar Bangalore
3	23-1-2021	Global world record by WSS SPORTS ACADEMY	Certificate of participation has been received, Gold medal has been received for holding 3minutes in vrikshasana.	KVV Public school. Mudalpalya Bangalore.
4	26 th ,27 th ,28 th march 2021	ONLINE YOGOTHSAVA	ONLINE YOGOTHSAVA Best yoga teacher and Yoga kalanidhi Award has been received and college team won the trophy, for active participation.	BANGLORE Principal A.P.S. College of Commerce N. R. Colony Bangalore - 560 019


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Our Vision

Wellness and wellbeing for all with no one left out. In this great vision we are propagating ancient yet scientific wisdom which can bring light of hope to everyone. We have dream vision to see everyone healthy in holistic manner.

Our Mission

The Yoga guru's Mission is to create health awareness and to provide Holistic Health to the humanity all over the world. As we believe health is sum of physical, mental, emotional, socio-economical and spiritual wellbeing. Thus, it can be called holistic health.

Our Aims

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

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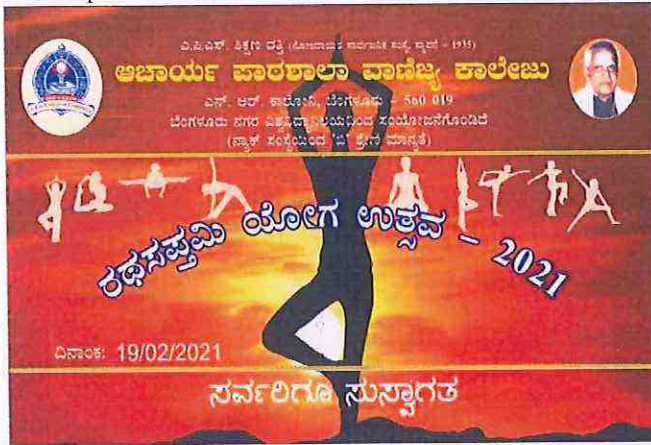


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A BRIEF REPORT ON STUDENT PARTICIPATION IN YOGA ACTIVITIES

ACADEMIC YEAR- 2020-21

- International yoga day was celebrated on 21st June 2020 on zoom platform the link was sent to students thru wats app group around 30 students took part along with principal and faculty members.
- RATHSAPTHAMIYOGA UTSAV 2021 was conducted on 19th of February 2021 in the college Quadrangle with 50 students took part in the event. A. Prakash, Joint secretary of APSET presided the event, Dr.B. Paramesh Director, Vice Principal and HOD of commerce addressed the students. Participation Certificate is issued to the students.



(Signature)
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- GLOBAL WORLD RECORD Conducted yoga competition. VRUKSHASANA Attempt in association with WSS Sports academy on 23rd of January 2021, in KVV PUBLIC SCHOOL. 4 students from B.com received participation and Achievement certificate for 3 minutes /180 sec. Yogasana attempt was duly issued to the participants.



- YOGOTHSAVA 2021 was conducted on 26th, 27th, 28th March 2021, in ONLINE plat form organised by SHIVAJYOTHI YOGA KENDRA 15 students from commerce department participated and won YOGA KALANIDHI AWARD-2021 participation certificate is issued to students and the college team won the trophy.



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