

**SRI UMAPRAGATHI FIRST GRADE COLLEGE,
KYTHASANDRA, TUMKUR.**

Board of Studies (BOS) Meeting Agenda

Date: 8th July 2019

Time: 3.30 PM

Venue: Principal's Office Room

Subject: Commencement Yoga Certificate Course

Attended: 05 members

- | | |
|--------------------|-------------|
| • Syed Akram Ali , | Chairperson |
| • Pandiyan T. | Member |
| • Dr. Harsha T.E. | Member |
| • R. Shekhar, | Member |
| • Tanuja S. | Member |
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Objectives

- Promoting positive health, prevention of stress related health problems and rehabilitation through Yoga.
- Integral approach of Yoga to common ailments.
- Imparting skills in them to introduce Yoga for health to general public and Yoga for total Colleges and Universities.
- Invoke scientific attitude and team spirit to channelize their energies in to creative and constructive endeavors.
- To enable them to establish Yoga centers in the service of common man.

1. Welcome and Introduction
 - o Welcome remarks by the Chairperson
 - o Introduction of members present
2. Review of Current Curriculum
 - o Overview of existing Yoga and courses
 - o Assessment of current students' computer skills and requirements
3. Proposal for Certificate Course in Yoga and
 - o Presentation of the Yoga and course proposal
 - o Detailed syllabus overview
 - o Objectives and benefits of the Certificate course
4. Discussion
 - o Suggestions for course content, delivery methods, and assessment
 - o Consideration of resource requirements
5. Approval of Course
 - o Formal approval of the course syllabus
 - o Decision on course commencement date and schedule
6. Implementation Plan
 - o Designation of faculty and resources
 - o Development of teaching materials and resources
 - o Student enrollment and communication
7. Any Other Business
 - o Open floor for additional comments or concerns
8. Closing Remarks
 - o Summary of decisions made
 - o Next steps and action items

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Principal
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PRINCIPAL
SRI UMABRAGTHI F.G.COLLEGE
KYATHSANDRA, TUMKUR-572104

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J.ETHA

Tanya S.

SRI UMAPRAGATHI FIRST GRADE COLLEGE,
KYTHASANDRA, TUMKUR.

Board of Studies (BOS) Meeting Agenda

Date: 8th July 2019

Time: 3.30 PM

Venue: Principal's Office Room

Subject: Commencement Self Defence Certificate Course

Attended: 05 members

- | | |
|--------------------|-------------|
| • Syed Akram Ali , | Chairperson |
| • Pandiyan T. | Member |
| • Dr. Harsha T.E. | Member |
| • R. Shekhar, | Member |
| • Tanuja S. | Member |

Objectives

a) Promoting positive health, prevention of stress related health problems and rehabilitation through **Self Defence** .

- Confidence
- Improve Focus
- Develop Skills
- Physical Health
- Street awareness
- Learning something new
- Overall fitness and Toned muscles
- Balance
- Self-discipline

b) Type of Self Defence Skills covered following area 1. Introduction of Self Defence 2. Taekwondo

c) Imparting skills in them to introduce Self Defence for total personality development of students in Colleges and Universities.

d) Invoke scientific attitude and team spirit to channelise their energies in to creative and constructive endeavours.

1. Welcome and Introduction
 - o Welcome remarks by the Chairperson
 - o Introduction of members present
2. Review of Current Curriculum
 - o Overview of existing Self Defence course
 - o Assessment of current students' computer skills and requirements
3. Proposal for Certificate Course in Self Defence
 - o Presentation of the Self Defence course proposal
 - o Detailed syllabus overview
 - o Objectives and benefits of the Certificate course
4. Discussion
 - o Suggestions for course content, delivery methods, and assessment
 - o Consideration of resource requirements
5. Approval of Course
 - o Formal approval of the course syllabus
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Signature

Tanya.S

Principal
Signature
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