



Sri Uma Pragathi First Grade College

Kyathsandra Maidhala Road,
TUMKUR.

Department of Physical Education

Organizing a Certificate Course Programme
On Yoga and Self Defence

On -11th July 2019 At. **Yoga Hall.** Time: 3.00 Pm.



Resource Person **Smt. Vijayalakshmi**

Yoga Instructor & (National Black Belt)

Vigor Institute of Yogic Science & Studies. Bangalore.

Presided by **AD. Thimmaiah** (Secretary)
Sri Uma Pragathi First Grade College.

Chief Guest By

Syed Akram Ali

Sri Uma Pragathi First Grade College.

All Are Cordially Invited

Shekhar R. Dept. of Economics.

Dr. Kemparaja. Dept. of Sociology.

Dr. Harsha T.E. Dept. History

Nagaraju V. Dept. of Kannada.

Smt. Tanuja. Dept. Library. & Science.

Sri Jayaprakash. Superintendent.

Organising by

Sri Pandiyan T. Physical Education Director.


PRINCIPAL

Sri Umpragathi First Grade College
Kyathsandra, TUMKUR - 572 104
KARNATAKA STATE