



Practicing Yoga for Certificate Course at Yoga Hall  
F - 1






Practicing Surya Namaskara  
F - 2

*Annu An*  
PRINCIPAL  
Sri Umpragathi First Grade College  
Kythandra, TUMKUR - 572 104  
KARNATAKA STATE





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AI QUAD CAMERA

Practicing Yoga Positions  
F - 3

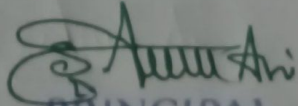




Department Of Collegiate Education  
**Sri Uma Pragathi**  
 First Grade College  
 Maidala Road, Tumkur-04  
 Department of Physical Education And IQAC


 Validictory Function Of  
**Yoga & Self Defence**


Conducted By  
**Vigur Institute Of Yogic Science & Studies, Bangalore.**  
 Date:- 02-03-2020 Venue:- College Premises Time:- 1.00 PM

Valedictory Function Banner  
F - 4

  
**PRINCIPAL**  
 Sri Uma Pragathi First Grade College  
 Kyathasandra, TUMKUR - 572 104  
**KARNATAKA STATE**





During the Validatory Function Distributing a Certificates By Yoga Instructor  
F - 5



During the Validatory Function Distributing a Certificates By Yoga Instructor  
& Group Photo With Secretary Mr. Thimmaiah, & with All Staff  
F - 5

*Sri Anu Ari*  
PRINCIPAL  
Sri Umapragathi First Grade College  
Kyathasandra, TUMKUR - 572 104  
KARNATAKA STATE



Department of Collegiate Education

## Sri Uma Pragathi First Grade College

Maidhala Road, Kyathsandra, Tumkur -04

Validictory Function Of

### Yoga & Self Deffence

Conducted By

Vigur Institute of Yogic Science & Studies Bangalore

Date .2 - 03 - 2020 Venue. College Premises Time .1.00 PM.

Inaguration

### A.D. Thimmaiah

President, Sri Uma Pragathi Groups of Institution

Chief Guest

### Sri Ananda Krishnah S.

Director, Vigur Institute of Yogic Science & Sdudies Bangalore.

Guest

### Manu A.

Secretary, Uma Pragathi First Grade College,

Presided By

### Prof. Syed Akram Ali

Principal, Uma Pragathi First Grade College

Invitees

### Smt. Vijayalakshmi

Yoga & Self Deffence Trainor, ( VIYSS ), Bangalore.

Organised By Dept. Of Physical Education & Sports & IQAC

### Pandiyan T.

Head, Dept of Physical Edu. Sri Uma Pragathi First Grade College.

## ALL ARE WELCOME

  
PRINCIPAL

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





Department of Collegiate Education

# SREE UMAPRAGATHI FIRST GRADE COLLEGE (Aided)

Kyathasandra, Tumkur - 572 104.

Department of Physical Education and Sports

in collaboration with

## Vigour Institute of Yogic Science and Studies (VIYSS)

Affiliated to Bangalore University



United Kingdom accrediting forum limited

#12/13, 3rd Mn Rd, Kempegowdanagar, T.Dasarahalli, Bengaluru - 57, [www.sssyogaeducare.org](http://www.sssyogaeducare.org)

An ISO Certified Institute ISO 9001:2015



This is to certify that Mr/Ms.....

Class .....has successfully completed

Certificate Course in **Yoga and Wellness** during the academic year 2019-2020.

Sri. T. Pandiyan  
Physical Education Director

Sri. AnandaKrishnaiah .S  
Director (VIYSS)

Prof. Syed Akram Ali  
Principal

Manu.A  
Secretary



Self Defence Training Practice Skill  
F - 1



Self Defence Training Practice Skill  
F - 2

*S. Anurag*  
PRINCIPAL  
Sri Umapragathi First Grade College  
Kythandra, TUMKUR - 572 104  
KARNATAKA STATE





*[Handwritten Signature]*  
**PRINCIPAL**  
Sri Umāpragathi First Grade C  
Kyathasandra, TUMKUR - 572 104  
KARNATAKA STATE.



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





Department of Collegiate Education

## Sri Uma Pragathi First Grade College

Maidhala Road, Kyathsandra, Tumkur -04



Validictory Function Of

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*Manu A.*  
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KARNATAKA STATE



Government of Karnataka  
Department of Collegiate Education

# SREE UMAPRAGATHI FIRST GRADE COLLEGE (Aided)

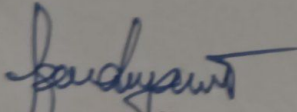
Kyathasandra, Tumkur - 572 104.

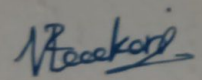
## Department of Physical Education and Sports

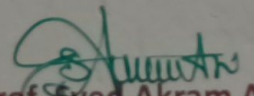
# Certificate

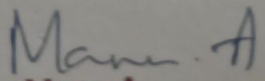


*This is to certify that Ms. ....*  
*Class ..... has successfully completed Self Defence Training*  
*during the academic year 2019-2020*

  
**Sri T. Pandiyan**  
 Physical Education Director

  
**Smt. Vijayalakshmi**  
 Self Defence Trainer

  
**Prof. Syed Akram Ali**  
 Principal  
 Sree Umapragathi First Grade College  
 Kyathasandra, TUMKUR - 572 104

  
**Manu A.**  
 Secretary