

# Awareness Program on Herbal Plantation –Benefits of using Alovera in our daily Life



Sri Umapragathi First Grade College, Parisara Eco-club has organized an awareness program on Herbal plantation- Benefits of using Alovera in our daily life to our college students and staff on 17/01/2019 at 12.30pm. Spoke person for this program was Kannada Rajyothsava awardi and nati vaidya Mr. Siddveeradhyia and Mr. Lepakshi, Retd. Ranger, Forest Dept. The resource person in their talk has explained the benefits of using Alovera- the medicinal plant in our day to day life. The Alovera has been used for thousands of years to heal a variety of conditions due to its anti-oxidant and anti-bacterial properties it is used in treating sores particularly burns, used to reduce build up of plaque on the teeth, for wrinkles on face, for hair growth and also used as a remedy for diabetes. In this way Alovera has many health benefits. Students are actively participated in the program. The program came out well with the presence of all Teaching and Non –Teaching staff.

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

Sri Uma Pragathi First Grade College  
Kyathsandra , Tumkur.


To  
The Principal  
Sri Uma Pragathi First Grade College  
Kyathsandra, Tumkur.

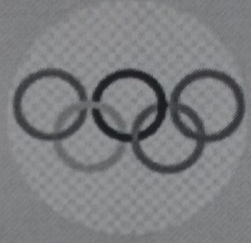
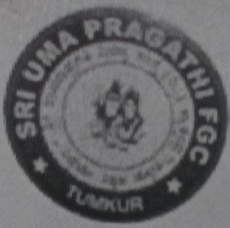
Respected Sir

Sub : Report On **Stay Home Stay Fit** 8 Days Program  
Dated 11-05-2020 To 18-05-2020

Department of Physical Education & Sports. Sri Uma Pragathi First Grade College Was Circulated **Stay Home Stay Fit Exercise Poses** Through What's Up Group to Our College Students & also Other Public What's up Group to Improve Oxygen Level and Maintain a Physical Fitness to avoids an Obesity, Stress etc. It was for 8 Days and to adapt same to continue every day (no Age Barrier) Type of Exercises are purely workouts During a Pandemic Situation and Time Table are framed in an order.

- Day 1. Daily Workout - Jumping jacks, squats, Push ups, High knee, Climbers, etc.
- Day 2. Everyday Workout – Side leg raises, Knee to elbows, leg expansions, etc.
- Day 3. Quick Warmup –Half jacks, Chest Expansions, Half Jacks, Arm rotations etc.
- Day 4. Ultimate Burn – Jumping jacks, Bounce, Jumps, Twist jacks, Toe tap hops, etc.
- Day 5. 2-minits Warmup – Hops on the spot, Side to side hops single leg, Hip rotations, etc.
- Day 6. Quick Warmup –Half jacks, Chest Expansions, Half Jacks, Arm rotations etc.
- Day 7. Belly Melt – 4 Side jacks, 10, Jumping's, etc.
- Day 8. Cardio Melt – Jumping jacks, arm circle, Side leg raises, etc.

  
PRINCIPAL  
SRI UMAPRAGTHI F.G.COLLEGE  
KYATHSANDRA, TUMKUR-572104



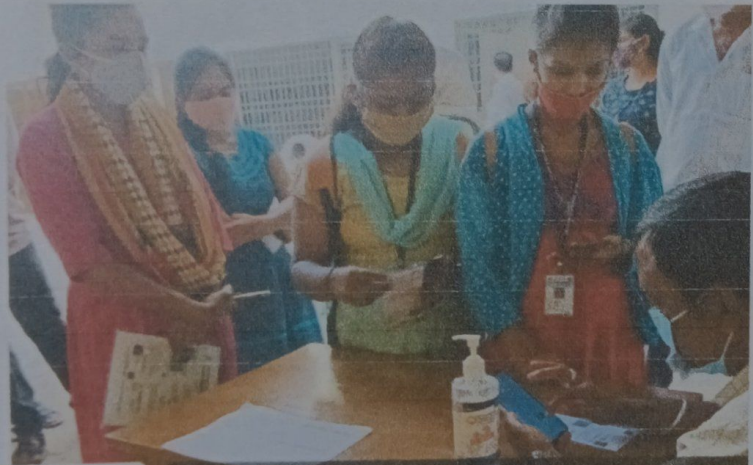
Government Of Karnataka  
Department Of Collegiate Education  
Sri Uma Pragathi First Grade College, Kyathsandra, Tumkur.572 104


# Department Of Physical Education & Sports Stay Home Stay Fit




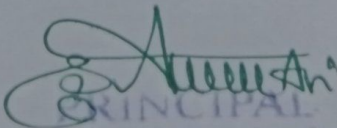
Fitness During Quarantine for 8 Days  
11-05-2020 To 18-05-2020  
As Follows

# Vaccination Drive for Students and staff conducted on 03/07/2021




**Kyathasandra, Karnataka, India**  
 Unnamed Road, Kyathasandra, Karnataka 57210  
 Lat N 13° 18' 38.0952"  
 Long E 77° 9' 8.4924"  
 03/07/21 10:43 AM


**Kyathasandra, Karnataka, India**  
 Unnamed Road, Kyathasandra, Karnataka 57210  
 Lat N 13° 18' 37.9188"  
 Long E 77° 9' 8.8848"  
 03/07/21 10:54 AM

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



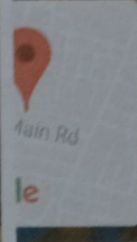
**Tumakuru, Karnataka, India**

2nd Main Rd, Siddarameshwara Extension, Dasappa Garden,  
Tumakuru, Karnataka 572103, India  
Lat N 13° 19' 18.4368"  
Long E 77° 7' 36.7248"  
03/07/21 11:11 AM



**Tumakuru, Karnataka, India**

2nd Main Rd, Siddarameshwara Extension, Dasappa Garden,  
Tumakuru, Karnataka 572103, India  
Lat N 13° 19' 18.4548"  
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03/07/21 10:50 AM



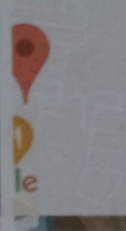
**Kyathasandra, Karnataka, India**

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03/07/21 12:08 PM



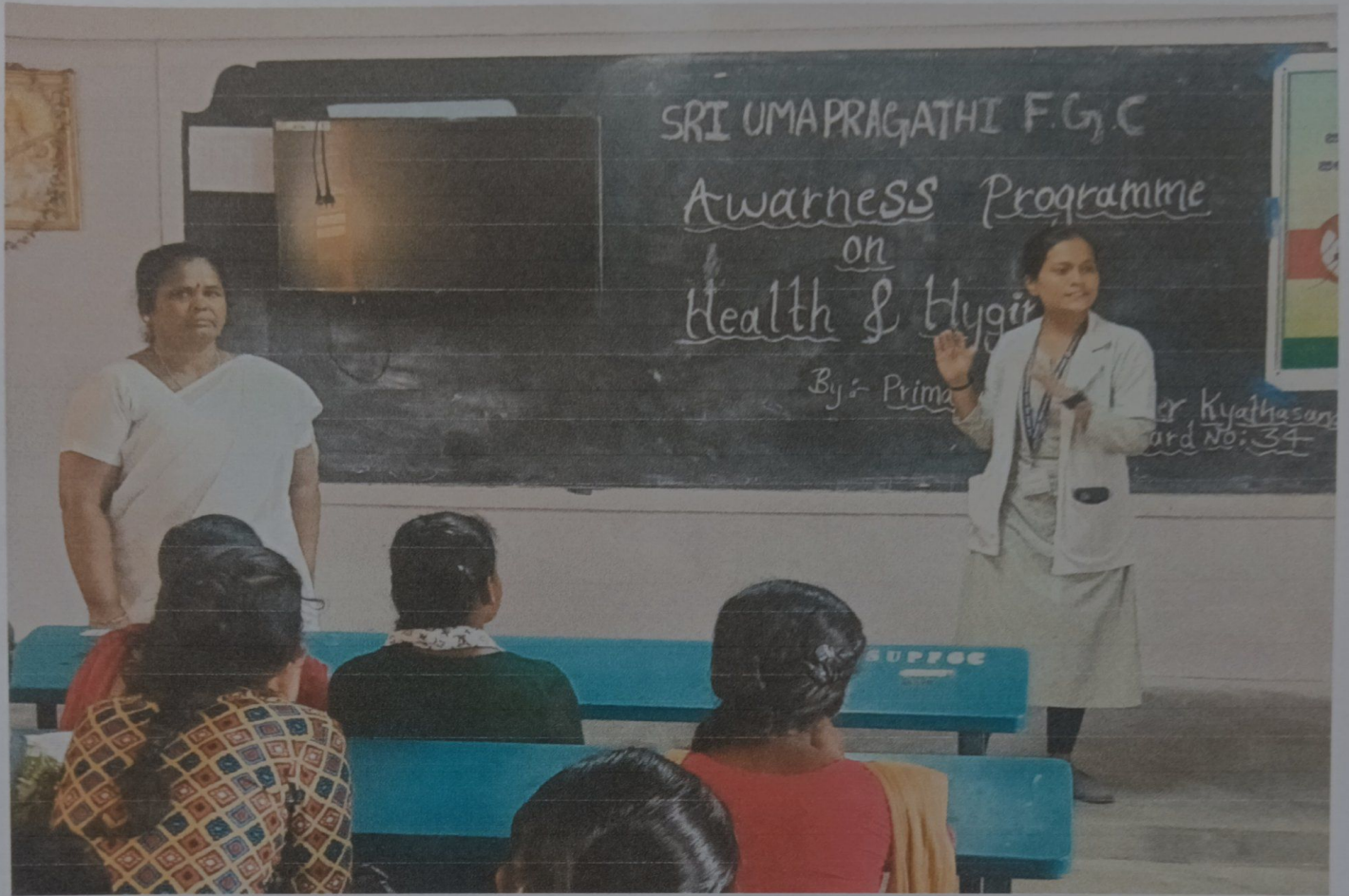
**Kyathasandra, Karnataka, India**

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03/07/21 11:04 AM



*Umapragnathi*  
PRINCIPAL  
Umapragnathi First Grade College  
Kyathasandra, TUMKUR - 572 104  
KARNATAKA STATE

## Awareness Programme on Health and Hygiene



Awareness Programme on Health and Hygiene was organized by Women Empowerment cell for girl students and staff of our college on 28/10/2022 at ICT room. The program was conducted to spread awareness on Health and Hygiene among the students and staff of our college

The program started at 12.30pm with the opening remarks and introduction of the program and welcome speech by smt. Tanuja S, SUPFGC. The speaker for the event was Ms. Shantha, CHO, Primary Health Centre, Kyathasandra. She highlighted the importance of cleanliness and keeping clean is an important part of staying healthy. It gives confidence for us to feel comfortable with other people and she also highlighted the importance of good nutrition and created awareness among the participants. Mr. Pandiyan proposed vote of thanks. The entire session was interactive and the programme came out well with the co-ordination of all the faculty and students.

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

# Awareness Program on HIV/AIDS and Blood test Program



*Signature*  
PRINCIPAL

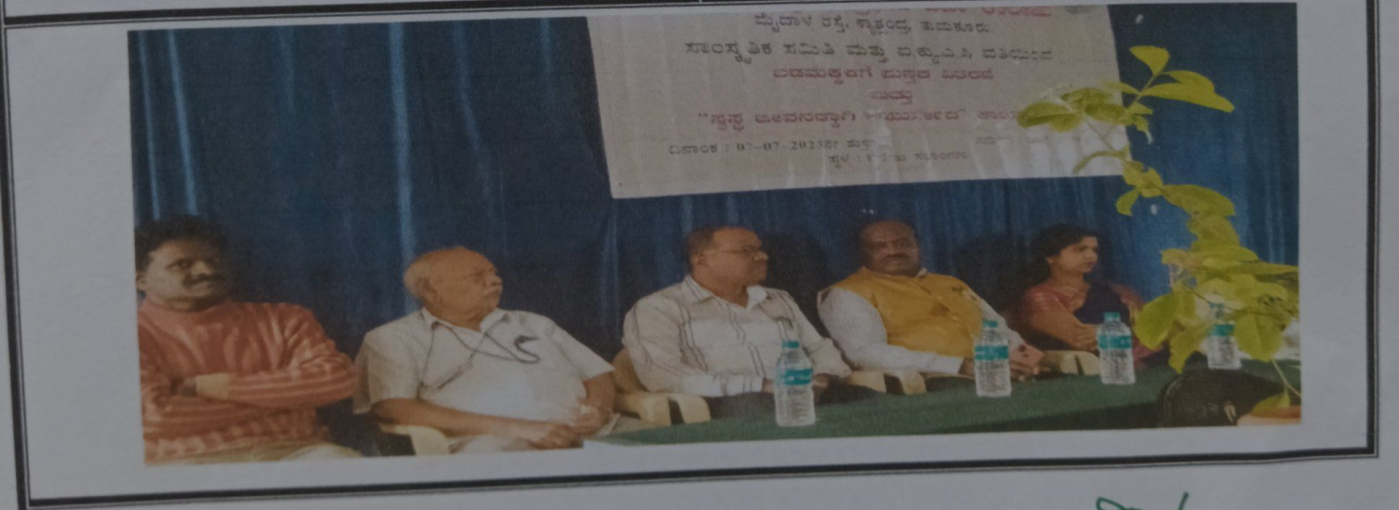
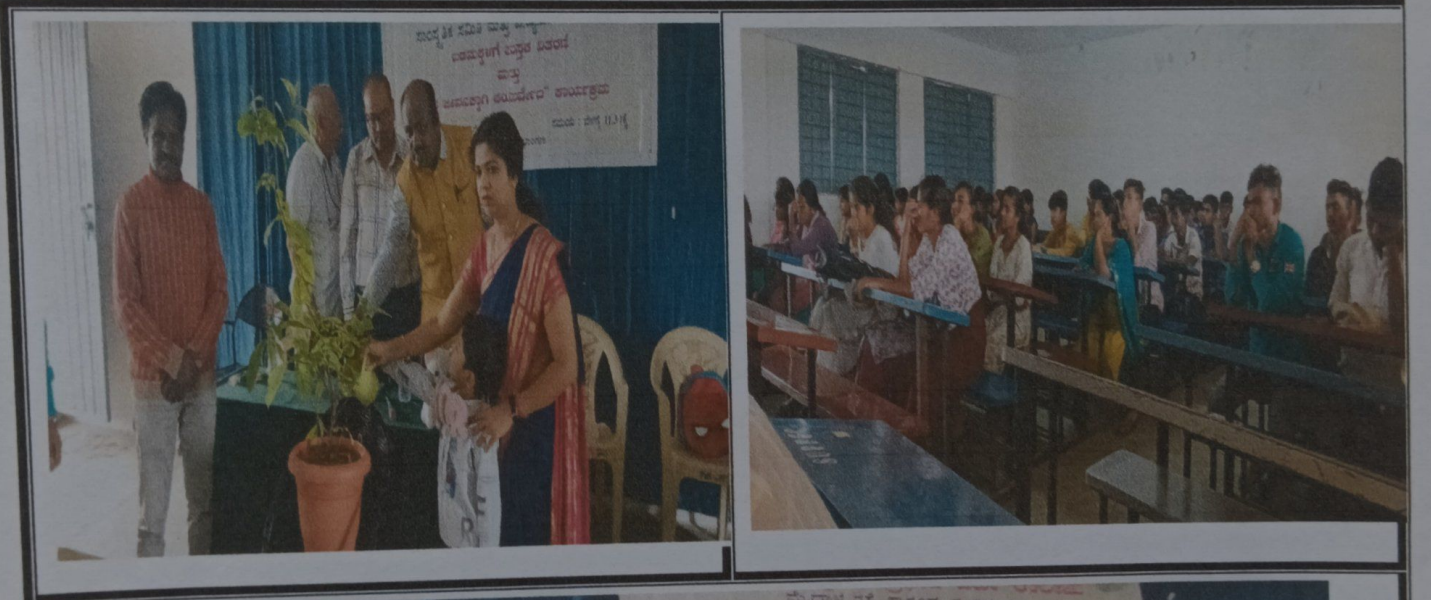
Umapragathi First Grade College  
Ayathsandra, TUMKUR - 572 104  
KARNATAKA STATE

# ಶ್ರೀ ಉಮಾಪ್ರಗತಿ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜು

ಕಾತ್ಯಾಂಡ್ರ, ತುಮಕೂರು-572104

## ಸ್ವಾಸ್ಥ್ಯ ಆರೋಗ್ಯಕ್ಕೆ ಆಯುರ್ವೇದ ಕಾರ್ಯಕ್ರಮ

ಶ್ರೀ ಉಮಾ ಪ್ರಗತಿ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜಿನಲ್ಲಿ ದಿನಾಂಕ:07-07-2023 ರಂದು ಡಾ ವಿಧ್ಯಾಶ್ರೀ ಆಯುರ್ವೇದ ವೈದ್ಯರಿಂದ ವಿಶೇಷ ಉಪನ್ಯಾಸವನ್ನು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ನೀಡಲಾಯಿತು. ಡಾ.ವಿಧ್ಯಾಶ್ರೀರವರು ಉತ್ತಮ ಆರೋಗ್ಯಕ್ಕೆ ಆಯುರ್ವೇದದ ಗಿಡಮೂಲಕೆಗಳು ಉಪಯೋಗಕಾರಿ ಮತ್ತು ಆಯುರ್ವೇದದ ವಾತ-ಪಿತ್ತ-ಕಫ ಮೊದಲಾದ ದೋಷಗಳು ಶರೀರದಲ್ಲಿ ಆವರಿಸಿ ಶರೀರವು ದುರ್ಬಲವಾಗುವ ಮೊದಲು ಗಿಡ ಮೂಲಕೆಗಳನ್ನು ಉಪಯೋಗಿಸಬೇಕೆಂದು ತಿಳಿಸಿದರು. ಮತ್ತು ಮನೆಯ ಮದ್ದಿನ ಹಾಗೂ ಹಿತ್ತಲ ಗಿಡಗಳ ವಿಚಾರವಾಗಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ತಿಳಿಸಿದರು

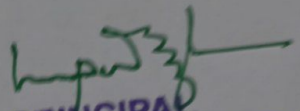


  
PRINCIPAL  
SRI UMAPRAGTHI F.G.COLLEGE  
KYATHSANDRA, TUMKUR-572104



Sri Umapragathi First Grade College, Tumkur, Internal Quality Assurance Cell has organized an awareness program on HIV/AIDS and Blood test for students and staff in association with Karnataka state AIDS Control organization- Red Ribbon Club, Belli Blood bank Tumkur, Nevil Foundation and Rotary Tumkur on 14-07-2023 at 11.00 am Venue: Seminar hall

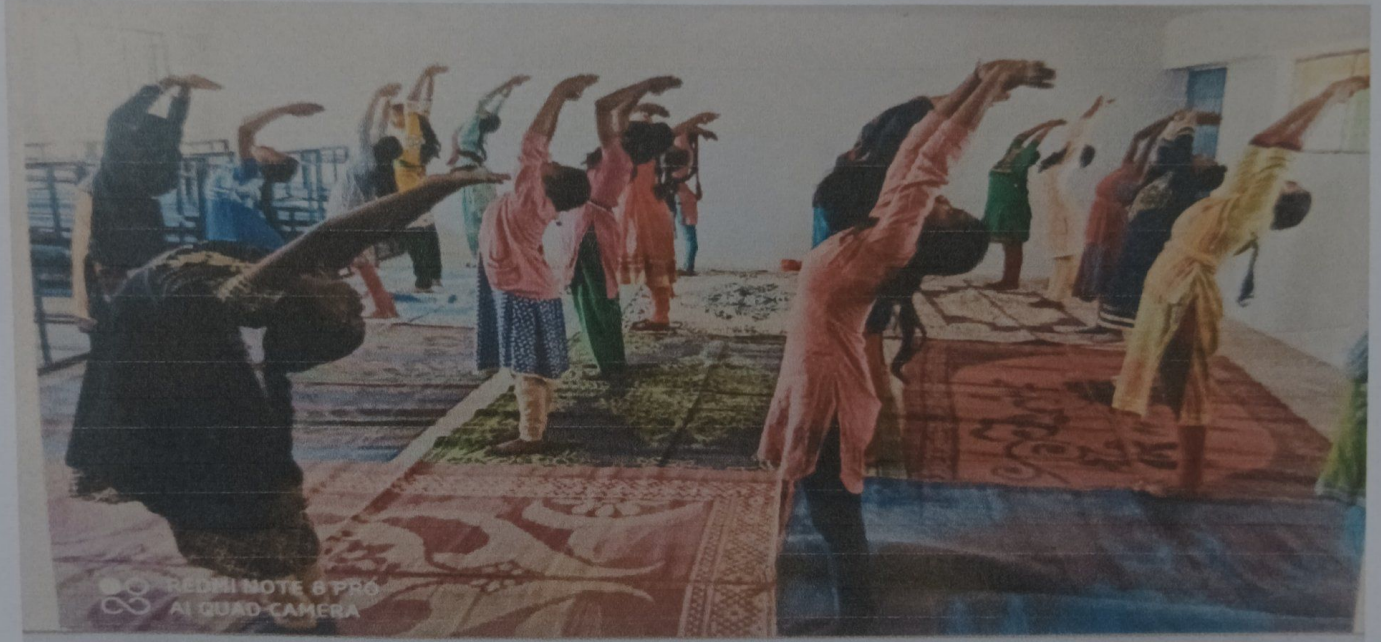
The chief guest for this program was Belli Lokesh, Belli Blood bank, Tumkur. In his talk he said that donating blood is an altruistic gift that a person can give to others in need. By donating safe blood one person can save many lives. He also said about the benefits of donating blood and another resource person Chandrashekhar, Nevil Foundation created awareness to students about HIV and AIDS its causes and how it is prevented by interacting with our students. Finally blood test was conducted to our students and staff from Rotary Tumkur. The program came out well with the participation of Students, all Teaching and Non-Teaching Staff.

  
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SRI UMAPRAGATHI F.G. COLLEGE  
KYATHSANDRA, TUMKUR-572104

# YOGA

2019-20

Yoga and Self defense Certificate courses was conducted to our students during this academic year to learn themselves to stay fit and protect themselves in any awkward situations.



*S. Anuradha*  
PRINCIPAL  
Umapragathi First Grade College  
Vyathsandra, TUMKUR - 572 104  
KARNATAKA STATE



*Umapragathi*  
**PRINCIPAL**  
 Sri Umapragathi First Grade College  
 Vyathsandra, TUMKUR - 572 104  
 KARNATAKA STATE



*Umpragathi*  
PRINCIPAL  
Umpragathi First Grade College  
Kvathsandra, TUMKUR - 572 104  
KARNATAKA STATE


**Sri Umapragathi First Grade College**  
Kyathsandra, Tumkur.

**Circular For Student**

Dated: 9/7/2019

Certificate Course on Yoga for men and Women will be conducting for all the students of BA., B.Com., from 11/07/2019 Every Thursday 2.00 to 3.00 PM., At Indoor Hall, Interested Students can contact. Mr. Pandiyan T. Physical education Director and Enroll themselves for the said Programme.

Principal

  
PRINCIPAL  
SRI UMAPRAGTHI F.G.COLLEGE  
KYATHSANDRA, TUMKUR-572104

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

**Board of Studies (BOS) Meeting Agenda**

Date: 8<sup>th</sup> 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**

- a) Promoting positive health, prevention of stress related health problems and rehabilitation through Yoga.
- b) Integral approach of Yoga to common ailments.
- c) Imparting skills in them to introduce Yoga for health to general public and Yoga for total Colleges and Universities.
- d) Invoke scientific attitude and team spirit to channelize their energies in to creative and constructive endeavors.
- e) 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 UMABHAGATHI F.G. COLLEGE  
KYATHSANDRA, TUMKUR-572104

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J.ETHA

*Tanya S.*



# 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 -11<sup>th</sup> 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 Uma Pragathi First Grade College  
Kyathsandra, TUMKUR - 572 104  
KARNATAKA STATE

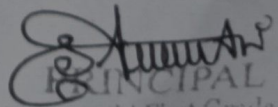


# Sri Uma Pragathi First Grade College

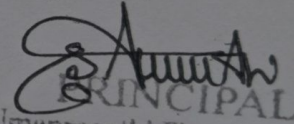
Kyathsandra, Maidala Road, Tumkur -572 104.

Yoga Certificate Course Name List of the students for Certificate Distribution 2019-20

SL No.	Name of the Students	Class	Signature	Phone No
1	Anitha K	I Year BA	Anitha	
2	Arpitha R.	I Year BA	Arpitha	
3	Ayesha Sulthana K.M.	Ayesha Sulthana	1 <sup>st</sup> year HFP	8431684293
4	Brundha M.G.	I Year B.A	Brundha	
5	Divya K.R.	I Year B.A	Divya	
6	Divya V.P.	I Year B.A	Divya V.P.	9036167741
7	Latha G.N.	I Year B.A	Latha	
8	Meenakshi R.	I Year B.A	meenakshi.r	
9	Nethravathi V.	I Year B.A	Nethravathi	
10	Sabihabi	I Year B.A	Sabihabi	9902553001
11	Shalini	I <sup>st</sup> year HFP	Shalini	7259340916
12	Shruthi H.	I Year BA	Shruthi	
13	Simran	I Year BA	Simran	
14	Suma N.	I Year B.A	Suma	
15	Tejeshwini K.G.	I Year B.A	Tejeshwini K.G.	9916091804
16	Chaithra B.	I B.A	Chaithra	
17	Gangamma G.	I B.A	Gangamma	
18	Kishore H.R.	I B.A	Kishore H.R.	
19	Nagalakashmi A.M.	I B.A	Nagalakashmi	
20	Pavithra B.S.	HES I year	Pavithra B.S.	8431850021
21	Pavithra R.	I B.A	Pavithra R.	8433658014
22	Puneeth P.R.	I B.A	Puneeth	
23	Ramya M.	I B.A	Ramya	
24	Shobha B.H.	HES III year	Shobha B.H.	7760038863
25	Simbran B.H.	I B.A	Simbran	8951275016
26	Suma R.	I B.A	Suma	
27	Tejeshwini K.	HES I year	Tejeshwini K.	9901803673

  
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 Kyathsandra, TUMKUR - 572 104  
 KARNATAKA

28	Shashank K.R.	I Year BA	Shashank K.R.	8296815010
29	Dinesh S.G.	2 B.A	Dinesh S.G.	9844329448
30	Praveen V.E.	4 <sup>th</sup> year BA	Praveen VE	6360800981
31	Rekha H.N.	3 B.A	<del>Rekha H.N.</del>	
32	Ashwini S.	1 Bcom	<del>Ashwini S.</del>	
33	Bhavana K.S.	1 Bcom	<del>Bhavana K.S.</del>	
34	Chaithrakshi P.	I Bcom	<del>Chaithrakshi P.</del>	
35	Manoj K.	Hand year B.com	Manoj K.	6363390698
36	Rajamma G.	I Bcom	<del>Rajamma G.</del>	
37	Rohith K.S.	I Bcom	Rohith K.S.	9008621960
38	Shivakumar D.R.	II <sup>nd</sup> Year B.com	Shivakumar D.R.	8431219796
39	Ramya G.H.	II Bcom	Ramya G.H.	9741850353
40	Sparsha A.R.	II Bcom	Sparsha A.R.	8151855623
41	Vasanthkumari. K.	II Bcom	Vasanthkumari	9380640135
42	Shilpa G.	II Bcom	<del>Shilpa G.</del>	
43	Lavany V.	II Bcom	Lavanya V.	6361355372
44	Suchithra C.	II Bcom	Suchithra-C.	7619163671
45	RAVIKUMAR.C	II <sup>nd</sup> Year B.com	Ravi Kumar C	7019179769
46	SRUSHTIKART.MK	I year B.A	SRUSHTI MK	8197482600
47	DHANARAJ	II Year Bcom	Dhanaraj	9739994284

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

# Sri Uma Pragathi First Grade College

Kyathsandra, Tumkur.

To  
The principal  
Sri Uma Pragathi First Grade College  
Kyathsandra,  
Tumkur.

Dated: 2/3/2020

Respected Sir

Sub: - Report on Implementation of Life Skills (**Yoga**) for the academic year 2019-20

Life Skills are Very Important in College Level to enable one to effectively deal with everyday Challenges of life. The terms of life Skills Refers to the skills you need to make the most out of life. Any Skill that is useful in your life can be considered a life skill. Broadly speaking, the term Life Skills is usually used for any of the skills needed to deal well and effectively with the challenges of life. We live in a Dynamic World, in this constantly changing environment, having life skills is an essential part that would enable us to meet the everyday challenges of life. To cope up with the increasing pace and change of modern life, students need new life skills such as the ability to deal with Stress and frustration.

One of the important life skills in **YOGA**. Yoga can help one navigate through social and emotional challenges of life. 11/07/2019 Every Thursday 1 Hour Class Between 2.00 To 3.00 PM. Once in a Week regular Practice of yoga was conducted in Indoor Hall and Certificate Course in Yoga was organized by Expert trainer in yoga Smt. **Vijayalakshmi C. Jawali**. Yoga Teacher from **Vigor Institute of Yogic Science and Studies (VIYSS)** Affiliated to Bangalore University, Kempegowda, Nagar, T.Dasarahalli, Bangalore – 57. Initiated

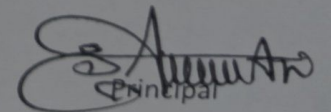
30 Classes with 45 Men & Women Students were enrolled. And Certificate was issued to the students at the time of Valedictory Function. And have benefited in the following Areas.

1. Introduction of Yoga
2. Benefits of Yoga
3. Types of Asanas
4. Pranayama
5. Self-awareness
6. Meditation

The Outcome of the above Life Skills Certificate Course our students were benefited by reduction of Stress and anxiety, Improved Memory, Positive Thinking, Promoted Mind fullness and peace of mind. It also helped our students in self Control, listening and good Physical Health.

Thanking You

Pandiyan T. Phy. Edu. Director.



PRINCIPAL

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

3

# SRI UMAPRAGATHI REGISTER OF ATTENDANCE & FEES

# FIRST GRADE COLLEGE

FOR THE MONTH OF 11-7-2019

Name of the Institute SRI UMAPRAGATHI F.G.C - YOGA -

Section..... Place.....

Sl. No.	Admission No.	Name	1	2	3	4	5	6	7	8	9	10	11	12
1		Anitha.K	/	/	/	/	/	/	/	/	/	/	/	/
2		ARPITHA.R	/	/	/	/	/	/	/	/	/	/	/	/
3		Ayesha Sulthana KM	/	/	/	/	/	/	/	/	/	/	/	/
4		Bownda.M.G	/	/	/	/	/	/	/	/	/	/	/	/
5		Divya.K.R.	/	/	A	/	/	/	/	/	/	/	/	/
6		Divya.V.P	/	/	/	/	/	/	/	/	/	/	/	/
7		Jatha.G.N	/	/	A	/	/	/	/	/	/	/	/	/
8		Meenakshi.R	/	/	/	/	/	/	/	/	A	/	/	/
9		Nethravathi.V	/	/	/	/	/	/	/	/	/	/	/	/
10		Sabihabi,	/	A	/	/	/	/	/	/	/	/	/	/
11		shalini	/	/	/	/	/	/	/	/	/	/	/	/
12		Shreethi H	/	/	/	/	/	/	/	/	/	/	/	/
13		Simran	/	/	/	/	/	/	/	/	/	/	/	/
14		Scema.N	/	/	/	/	/	/	/	/	/	A	/	/
15		Tejaswini K.G	/	/	/	/	/	/	/	/	/	/	/	/
16		Chaitra.B	/	/	/	/	/	/	/	/	/	/	/	/
17		Gangamma.G	/	/	/	/	/	/	/	/	/	/	/	/
18		Kishor H.R	/	/	/	/	/	/	/	/	/	/	/	/
19		Nagalakshmi A.M	/	A	/	/	/	/	/	/	/	/	/	A
20		parithra.B.S	/	/	/	/	/	A	/	/	/	/	/	A
21		parithra.R.	/	/	/	/	/	/	/	/	/	/	/	/
22		puneeth P.P	/	/	/	/	/	/	/	/	/	/	/	/
23		Ponnya.M	/	/	/	/	/	/	/	/	/	A	/	/
24		Shobha.B.H	/	/	/	/	/	/	/	/	/	/	/	/
25		Smrnan.F	/	/	/	/	/	/	/	/	/	/	/	/
26		Suma.R	/	/	/	/	/	/	/	/	/	/	/	/
27		Tejaswini .ie	/	/	/	/	/	/	/	/	/	/	/	/
28		shashank K.R	/	/	/	/	/	/	/	/	/	/	/	/
29		Dimah.S.G	/	/	/	/	/	/	/	/	/	/	/	/
30		Praveen V.E	/	/	/	/	/	/	/	/	/	/	/	/
31			/	/	/	/	/	/	/	/	/	/	/	/

13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of Days present	FEE Rs.
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/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	30	

Number present M  
Daily E

Principal  
Sri Umapragnathi First Grade College

# SRI UMAPRAGATI REGISTER OF ATTENDANCE & FEES

# FIRST GRADE COLLEGE FOR THE MONTH OF.....

Name of the Institute.....

Section..... Place.....

Sl. No.	Admission No.	Name	1	2	3	4	5	6	7	8	9	10	11	12
32	?	Releha. H. N												
33		Ashwini S												
34		Bhavana. KS												
35		Charthakshi. P												
36		Manoj. K		A	A									
37		Rajamma. G												
38		Rohith. S		A										
39		Shivakumar. D. P		A	A									
40		Romya. G. H											A	
41		sparsha. A. R												
42		Yasanthkumari. K												
43		Shilpa. G												
44		Lavanya. V												
45		Seetha. C												

3	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of Days present	FEEs	Date of Payment
																		Rs.	P.		
																			30		
																			30		
																			30		
																			30		
																			27		
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																			30		

*S. Anuradha*  
PRINCIPAL

Sri Umpragathi First Grade College  
Kalyandurga, TUMKUR - 572104  
KARNATAKA STATE

Number present M  
Daily E

Initial M  
E

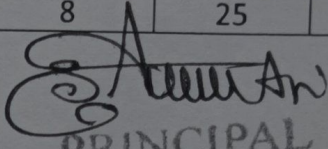
Sri Uma Pragathi First Grade College,  
Maidhala Road, Kyathsandra, Tumkur.

Mark List of Yoga Students for Certificate Course 2019-20

Sl. No.	Name	Class	Vivo Voce Max. 10	Practical Max. 30	Discipline & Punctuality Max. 10	Total Marks Max.50
1	Anitha K.	1 <sup>st</sup> B.A.,	9	25	10	44
2	Arpitha R.	1 <sup>st</sup> B.A.,	9	25	10	44
3	Ayesha Sulthana K.M.	1 <sup>st</sup> B.A.,	8	24	10	42
4	Brundha M.G.	1 <sup>st</sup> B.A.,	9	25	10	44
5	Divya K.R.	1 <sup>st</sup> B.A.,	9	24	10	42
6	Divya V.P.	1 <sup>st</sup> B.A.,	8	26	9	43
7	Latha G.N.	1 <sup>st</sup> B.A.,	9	26	9	44
8	Meenakashi R.	1 <sup>st</sup> B.A.,	9	25	9	43
9	Nethravathi V.	1 <sup>st</sup> B.A.,	8	26	10	44
10	Sabihabi	1 <sup>st</sup> B.A.,	7	26	8	41
11	Shalini	1 <sup>st</sup> B.A.,	8	28	10	46
12	Shruthi H.	1 <sup>st</sup> B.A.,	9	25	10	44
13	Simran	1 <sup>st</sup> B.A.,	9	25	10	44
14	Suma N.	1 <sup>st</sup> B.A.,	9	26	9	44
15	Tejeshwini K.G.	1 <sup>st</sup> B.A.,	9	27	10	46
16	Chaithra B.	1 <sup>st</sup> B.A.,	9	26	10	45
17	Gangamma G.	1 <sup>st</sup> B.A.,	9	25	10	44
18	Kishore H.R.	1 <sup>st</sup> B.A.,	9	25	10	44
19	Nagalakshmi A.M.	1 <sup>st</sup> B.A.,	9	24	8	41
20	Pavithr B.S.	1 <sup>st</sup> B.A.,	9	25	8	42
21	Pavithr R.	1 <sup>st</sup> B.A.,	9	25	10	44
22	Puneeth P.R.	1 <sup>st</sup> B.A.,	9	25	10	44
23	Ramya M.	1 <sup>st</sup> B.A.,	9	25	9	43
24	Shobha B.H.	1 <sup>st</sup> B.A.,	9	25	10	44
25	Simbran B.H.	1 <sup>st</sup> B.A.,	9	26	10	45
26	Suma R.	1 <sup>st</sup> B.A.	9	25	10	44
27	Tejeshwini K.	1 <sup>st</sup> B.A.,	10	27	10	47
28	Shshank K.R.	1 <sup>st</sup> B.A.,	10	28	10	48
29	Dinesh S.G.	2 <sup>nd</sup> B.A.,	10	29	10	49
30	Praveen V.E.	2 <sup>nd</sup> B.A.,	9	26	10	45
31	Rekha H.N.	3 <sup>rd</sup> B.A.,	9	25	10	44
32	Ashwini S.	1 <sup>st</sup> B.Com.,	8	20	8	36
33	Bhavana K.S.	1 <sup>st</sup> B.Com.,	9	25	10	44
34	Chaithrakshi P.	1 <sup>st</sup> B.Com.,	8	24	9	42
35	Manoj K.	2 <sup>nd</sup> B.Com.,	8	24	9	42
36	Rajamma G.	1 <sup>st</sup> B.com.,	9	29	9	47

*Sri Uma*  
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Sri Umapragathi First Grade College  
Kyathsandra, TUMKUR - 572 104  
KARNATAKA STATE

37	Rohith K.S.	1 <sup>st</sup> B.Com.,	9	25	9	43
38	Shivakumar D.R.	2 <sup>nd</sup> B.Com.,	9	25	9	43
39	Ramya G.H.	2 <sup>nd</sup> B.Com.,	9	25	10	44
40	Sparsha AR.	2 <sup>nd</sup> B.Com.,	9	21	9	39
41	Vasanthakumari K.	2 <sup>nd</sup> B.Com.,	9	27	10	46
42	Shilpa G.	3 <sup>rd</sup> B.Com.,	10	29	10	49
43	Lavanya V.	3 <sup>rd</sup> B.Com.,	10	25	10	45
44	Suchithra C.	3 <sup>rd</sup> B.Com.,	10	29	10	49
45	Ravikumar C.	2 <sup>nd</sup> B.Com.,	10	22	10	42
46	Srushtikart M.K.	1 <sup>st</sup> B.A.,	8	25	8	41
47	Dhanaraj	1 <sup>st</sup> B.Com.,	8	25	8	41

  
PRINCIPAL  
St. Umapragathi First Grade College  
Kyathsandra, TUMKUR - 572 104  
KARNATAKA STATE

Yoga Certificate Course Valedictory Invitation

F - 6



Department of Collegiate Education

**Sri Uma Pragathi First Grade College**

Maldhala Road, Kyathasandra, Tumkur - 04

**Valedictory 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. Thimmalah**

President, Sri Uma Pragathi Groups of Institution

Chief Guest

**Sri Ananda Krishnalah 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, ( VYSS ), 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 Umapragathi First Grade College  
Kyathasandra, TUMKUR - 572 104  
KARNATAKA STATE





Department of Collegiate Education

# SREE UMAPRAGATHI FIRST GRADE COLLEGE (Aided)

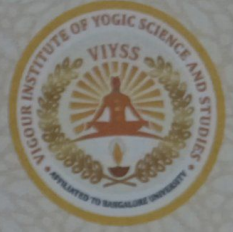
Kyathasandra, Tumkur - 572 104.

Department of Physical Education and Sports

in collaboration with

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

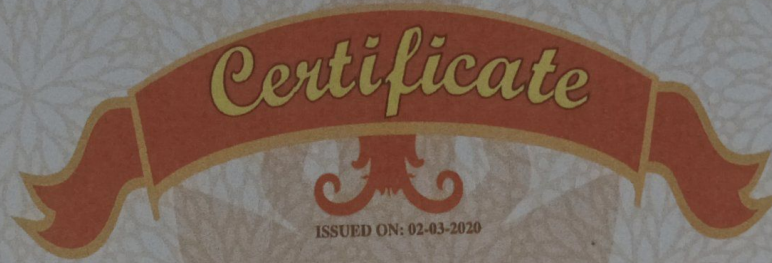
Affiliated to Bangalore University



United Kingdom accrediting forum limited

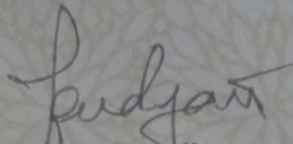
#12/13, 3rd Mn Rd, Kempegowdanagar, T.Dasarahalli, Bengaluru - 57, [www.sssyogaeducare.org](http://www.sssyogaeducare.org)

An ISO Certified Institute ISO 9001:2015



ISSUED ON: 02-03-2020

This is to certify that Mr/Ms.....  
Class .....has successfully completed  
Certificate Course in **Yoga and Wellness** during the academic year 2019-2020.

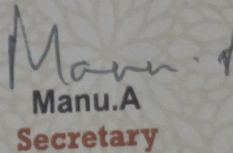
  
Sri. T. Pandiyan

Physical Education Director



Sri. AnandaKrishnaiah .S  
Director (VIYSS)

  
Prof. Syed Akram Ali  
Principal

  
Manu.A  
Secretary

FROM,

8-7-2019

Smt. Vijayalakshmi

National black belt and

Yoga Teacher

Vigor institute of yogic science & studies

Bangalore

TO,

The Principal

Uma Pragathi First Grade College

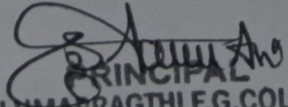
Kyathsandra, Tumkur

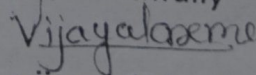
Respected sir /madam

**Sub:** Permission for conducting Self defense, Karate, & Yoga classes

As I Above Mentioned, I Vijayalakshmi Self Defense ,Karate & Yoga Teacher. I am Interested To Conduct The Yoga, Self Defense, & Karate Classes In Your College. So Kindly Grant Me The Permission To Conduct The Classes.

Thanking you

  
PRINCIPAL  
SRI UMAPRAGATHI F.G.COLLEGE  
KYATHSANDRA, TUMKUR-572104

Yours faithfully  
  
vijayalakshmi

SRI UMAPRAGATHI FIRST GRADE COLLEGE,  
KYTHASANDRA, TUMKUR.

**Board of Studies (BOS) Meeting Agenda**

Date: 8<sup>th</sup> 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      |

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### 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.

### Advantages of learning Self Defence

1. Confidence
2. Improve Focus
3. Develop Skills
4. Physical Health
5. Street awareness
6. Learning something new
7. Overall fitness and Toned muscles
8. Balance
9. Self-discipline
10. Fighter's reflex
11. Social Skills

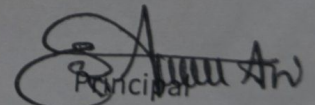
### Type of Self Defence Skills covered following area

1. Introduction of Self Defense
2. Taekwondo

The Outcome of the above Life Skills Certificate Course our students were benefited by reduction of Stress and anxiety, Confidence. Developed a Skills. Balance. Improved Memory, Positive Thinking, Promoted Mind fullness and peace of mind. It also helped our students in self Control, listening and good Physical Health.

Thanking You

Pandiyani T. Phy. Edu. Director.  
Co. Ordinator.



PRINCIPAL

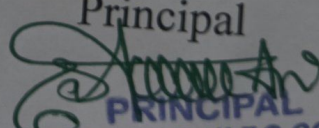
Sri Umpragathi First Grade College  
Kyathandra, TUMKUR - 572 104  
KARNATAKA STATE

**Sri Umapragathi First Grade College**  
Kyathsandra, Tumkur.

Circular For Student

Dated: 9/7/2019

Certificate Course on Self Defence for Women will be conducting for all the students of BA., B.Com., from 12/07/2019 Every Friday 2.00 to 3.00 PM., At Indoor Hall, Interested Students can contact. Mr. Pandiyan T. Physical education Director and Enroll themselves for the said Programme.

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

# SRI UMA PRAGATHI FIORST GRADE COLLEGE

Kyathsandr, Maidala Road, Tumkur – 572104

## SYLLABUS FOR SELF DEFENCE

### CERTIFICATE COURSE - 2019-20

1. Name of the Course - **Certificate Course in Self Defence**  
2. Duration of the Course - **30 Period**  
3. Objectives - **Aims of Self Defence**

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.

#### 4. Syllabus

The syllabus is made to fulfil these objectives containing theory Through Vivo Voce, And practical and project work with clinical experience. consists of the following evaluation schedule.

Theory Through Vivo Voce.	10
Practical Through Skills.	30
Discipline	10
<b>Total Marks</b>	<b>50</b>

  
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Kyathsandra, TUMKUR - 572 104  
KARNATAKA STATE



# 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 -11<sup>th</sup> 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.

*Sri Uma Pragathi*  
**PRINCIPAL**

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

# SRI UMAPRAGATI FIRST GRADE COLLEGE

## REGISTER OF ATTENDANCE & FEES FOR THE MONTH OF JULY 12-07-2019

Name of the Institute.....

Section.....

Place.....

Sl. No.	Admission No.	Name	1	2	3	4	5	6	7	8	9	10	11	12
1		Anitha. H	/	/	/	/	/	/	/	/	/	/	/	/
2		Aapitha. R	/	/	/	/	/	/	/	/	/	/	/	/
3		Ayesha Suthana	/	/	/	/	/	/	/	/	/	/	/	/
4		Brouda. M. G	/	/	/	/	/	/	/	/	/	/	/	/
5		Divya. K. R	/	/	/	A	/	/	/	/	/	/	/	/
6		Divya. V. P	/	/	/	/	/	/	/	/	/	/	/	/
7		Jatha. G. N	/	/	A	/	/	/	/	/	/	/	/	/
8		R Meenakshi	/	/	/	/	/	/	/	/	/	A	/	/
9		Nettrovarathi. V	/	/	/	/	/	/	/	/	/	/	A	A
10		Sabihabi	/	A	/	/	/	/	/	/	/	/	/	/
11		shalini	/	/	/	/	/	/	/	/	/	/	/	/
12		Shruthi. H	/	/	/	/	/	/	/	/	/	/	/	/
13		Simbran	/	/	/	/	/	/	/	/	/	/	/	/
14		Suma. N	/	/	/	/	/	/	/	/	/	/	/	/
15		Tejaswini K. G	/	/	/	/	/	/	/	/	/	/	/	/
16		Chaitra. B	/	/	/	/	/	/	/	/	/	/	/	/
17		Gangamma. G	/	/	/	/	/	/	/	/	/	/	/	A
18		Nagolakshmi A. M	/	/	A	/	/	/	/	/	/	/	/	A
19		Parithra B.S	/	/	/	/	/	/	A	/	/	/	/	/
20		Parithra. R	/	/	/	/	/	/	/	/	/	/	/	/
21		Romya. M	/	/	/	/	/	/	/	/	/	/	/	/
22		Shobha. B. H	/	/	/	/	/	/	/	/	/	/	/	/
23		Simran. F	/	/	/	/	/	/	/	/	/	/	/	/
24		Sona. R	/	/	/	/	/	/	/	/	/	/	/	/
25		Tejaswini. K	/	/	/	/	/	/	/	/	/	/	/	/
26		Rekha H.N	/	/	/	/	/	/	/	/	/	/	/	/
27		Ashwini S	/	/	/	/	/	/	/	/	/	/	A	/
28		Bharana K.S	/	/	/	/	/	A	/	/	/	/	/	/
29		Chaitrakashi. P	/	/	/	/	/	/	/	/	/	/	/	/
30		Rajamma. G	/	/	/	/	/	/	/	/	/	/	/	/
31		Romya. G. H	/	/	/	/	/	A	/	/	/	/	/	/
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13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of Days present	FEEs Rs.	P.	Date of Payment
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**PRINCIPAL**  
 Sri Umapragati First Grade College  
 Kumbhakar, TANKUR - 572 104  
 KARNATAKASTATE



# SRI UMAPRAGATHI FIRST GRADE COLLEGE

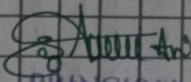
## REGISTER OF ATTENDANCE & FEES FOR THE MONTH OF .....

Name of the Institute.....

Section..... Place.....

Sl. No.	Admission No.	Name	1	2	3	4	5	6	7	8	9	10	11	12
32		Sparsha A. R	/	/	/	/	/	/	/	/	/	/	/	/
33		Vasanthra Kambari, P	/	/	/	/	/	/	/	/	/	/	/	/
34		Shilpa G	/	/	/	/	/	/	/	/	/	/	/	/
35		Lavanya V	/	/	/	/	/	/	/	/	/	/	/	/
36		Seetha, C	/	/	/	/	/	/	/	/	/	/	/	/
37		A A A	/	/	/	/	/	/	/	/	/	/	/	/
38		A A A	/	/	/	/	/	/	/	/	/	/	/	/
39		A A A	/	/	/	/	/	/	/	/	/	/	/	/
40		A A A	/	/	/	/	/	/	/	/	/	/	/	/
41		A A A	/	/	/	/	/	/	/	/	/	/	/	/
42		A A A	/	/	/	/	/	/	/	/	/	/	/	/
43		A A A	/	/	/	/	/	/	/	/	/	/	/	/
44		A A A	/	/	/	/	/	/	/	/	/	/	/	/
45		A A A	/	/	/	/	/	/	/	/	/	/	/	/
46		A A A	/	/	/	/	/	/	/	/	/	/	/	/
47		A A A	/	/	/	/	/	/	/	/	/	/	/	/
48		A A A	/	/	/	/	/	/	/	/	/	/	/	/
49		A A A	/	/	/	/	/	/	/	/	/	/	/	/
50		A A A	/	/	/	/	/	/	/	/	/	/	/	/

13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of Days present	FEES	Date of Payment
																			Rs.	P.	
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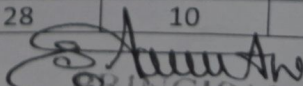
  
**PRINCIPAL**  
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 KARNATAKA STATE

Number present M  
Daily E

**Sri Uma Pragathi First Grade College,**  
Maidhala Road, Kyathsandra, Tumkur.

**Mark List of Self Defence Students for Certificate Course 2019-20**

Sl. No.	Name	Class	Vivo Voce Max. 10	Practical Max. 30	Discipline Max. 10	Total Marks 50
1	Anitha K.	1 <sup>st</sup> B.A.,	10	25	10	45
2	Arpitha R.	1 <sup>st</sup> B.A.,	9	25	10	44
3	Ayesha Sulthana K.M.	1 <sup>st</sup> B.A.,	8	25	10	43
4	Brundha M.G.	1 <sup>st</sup> B.A.,	10	25	10	45
5	Divya K.R.	1 <sup>st</sup> B.A.,	9	24	10	42
6	Divya V.P.	1 <sup>st</sup> B.A.,	8	26	9	43
7	Latha G.N.	1 <sup>st</sup> B.A.,	9	26	9	44
8	Meenakashi R.	1 <sup>st</sup> B.A.,	9	25	9	43
9	Nethravathi V.	1 <sup>st</sup> B.A.,	8	26	10	44
10	Sabihabi	1 <sup>st</sup> B.A.,	7	25	8	40
11	Shalini	1 <sup>st</sup> B.A.,	8	28	10	46
12	Shruthi H.	1 <sup>st</sup> B.A.,	9	25	10	44
13	Simran	1 <sup>st</sup> B.A.,	9	25	10	44
14	Suma N.	1 <sup>st</sup> B.A.,	9	26	9	44
15	Tejeshwini K.G.	1 <sup>st</sup> B.A.,	9	27	10	46
16	Chaithra B.	1 <sup>st</sup> B.A.,	9	26	10	45
17	Gangamma G.	1 <sup>st</sup> B.A.,	9	25	10	44
18	Nagalakshmi A.M.	1 <sup>st</sup> B.A.,	10	25	8	43
19	Pavithra B.S.	1 <sup>st</sup> B.A.,	9	25	8	42
20	Pavithra R.	1 <sup>st</sup> B.A.,	9	25	10	44
21	Ramya M.	1 <sup>st</sup> B.A.,	9	25	9	43
22	Shobha B.H.	1 <sup>st</sup> B.A.,	9	25	10	44
23	Simbran B.H.	1 <sup>st</sup> B.A.,	9	26	10	45
24	Suma R.	1 <sup>st</sup> B.A.	9	25	10	44
25	Tejeshwini K.	1 <sup>st</sup> B.A.,	10	27	10	47
26	Rekha H.N.	3 <sup>rd</sup> B.A.,	9	25	10	44
27	Ashwini S.	1 <sup>st</sup> B.Com.,	10	20	10	40
28	Bhavana K.S.	1 <sup>st</sup> B.Com.,	9	25	10	44
29	Chaithrakshi P.	1 <sup>st</sup> B.Com.,	9	24	10	44
30	Rajamma G.	1 <sup>st</sup> B.com.,	9	29	9	47
31	Ramya G.H.	2 <sup>nd</sup> B.Com.,	9	25	10	44
32	Sparsha AR.	2 <sup>nd</sup> B.Com.,	9	21	9	39
33	Vasanthakumari K.	2 <sup>nd</sup> B.Com.,	9	27	10	46
34	Shilpa G.	3 <sup>rd</sup> B.Com.,	10	27	10	47
35	Lavanya V.	3 <sup>rd</sup> B.Com.,	10	25	10	45
36	Suchithra C.	3 <sup>rd</sup> B.Com.,	10	28	10	48

  
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 Kyathsandra, TUMKUR - 572 104  
 KARNATAKA STATE

## Sri Uma Pragathi First Grade College

Kyathsandra, Tumkur.

To  
The principal  
Sri Uma Pragathi First Grade College  
Kyathsandra,  
Tumkur.

Dated: 2/3/2020

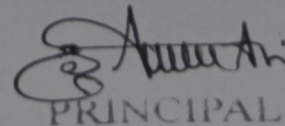
Respected Sir

Sub: - Report on Implementation of Life Skills (**Self Defence for Women**)  
For the academic year 2019-20

Life Skills are Very Important in College Level to enable one to effectively deal with everyday Challenges of life. The terms of life Skills Refers to the skills you need to make the most out of life. Any Skill that is useful in your life can be considered a life skill. Broadly speaking, the term Life Skills is usually used for any of the skills needed to deal well and effectively with the challenges of life. We live in a Dynamic World, in this constantly changing environment, having life skills is an essential part that would enable us to meet the everyday challenges of life. To cope up with the increasing pace and change of modern life, the women students need new life skills such as Self Defence to safeguard themselves. The women are failed to protect themselves when they are facing any kind of sexual violence and random attack. The main reason for the failure is fear.

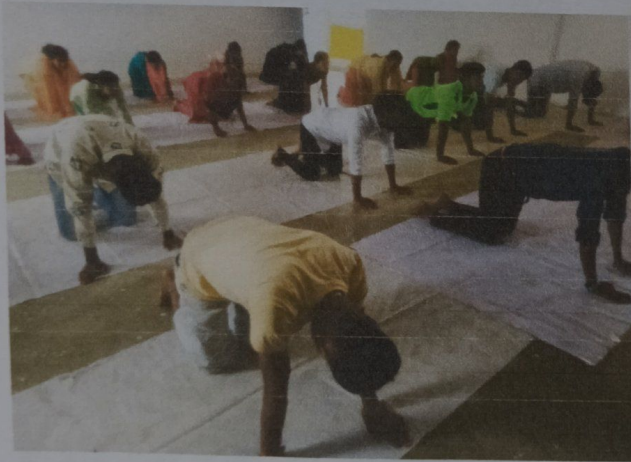
Every day, either on social media or on Television, you are hearing about women being victimized. There are so many stories of women that are available and you can hear about sexual violence or a random attack by strangers as well as being abused in some way. The world is changing and becoming more unpredictable particularly for women. As such, self-defense training is one of the most needed and must for every woman's to-do list. In the crime world, self-defense training is suggested, so that the women can resist any kind of sexual assault as well as random attacks. Here are the reasons why self-defense is so important for women.

One of the important life skills is **Self Defence**. Self-defense for Women is to Stay fit to run fast. The women should check when walking on the empty road to avoid grouping and chain-snatching from behind. The most significant benefit that can be obtained from a self-Defence course is the women can learn how to physically defend her. This is the main reason why women are learning the self-defense course. Can helps one navigate through social and emotional challenges of life. Dated From 12/07/2019 Every Friday 1 Hour Class Between 2.00 to 3.00 PM. Once in a Week regular Practice of Self Defense was conducted in in Indoor Hall. And Certificate Course in Self Defence was organized by Expert trainer in National Black Belt, Smt. **Vijayalakshmi C. Jawali**. Self Defence Teacher. Conducted 30 Classes And enrolled 36 women Students. And Certificate was issued to the students at the time of Valedictory Function. And have benefited in the following Areas.



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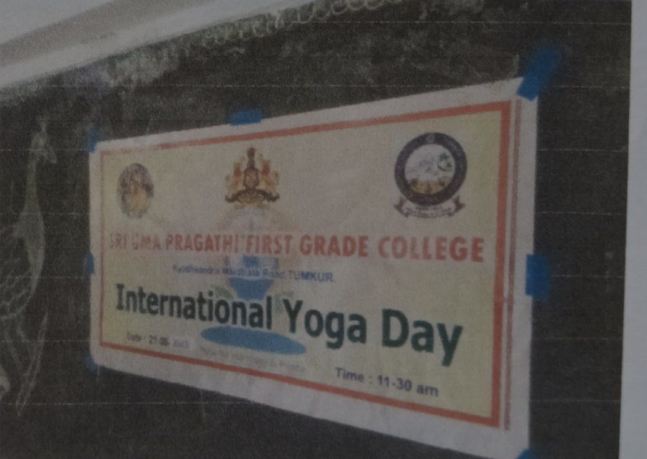
# International Yoga Day 21 June 2022



*S. Anurag*  
PRINCIPAL

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

# International Yoga Day 21st June 2023



  
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**KYATHSANDRA, TUMKUR-572104**



World Environmental day 21/06/2024

  
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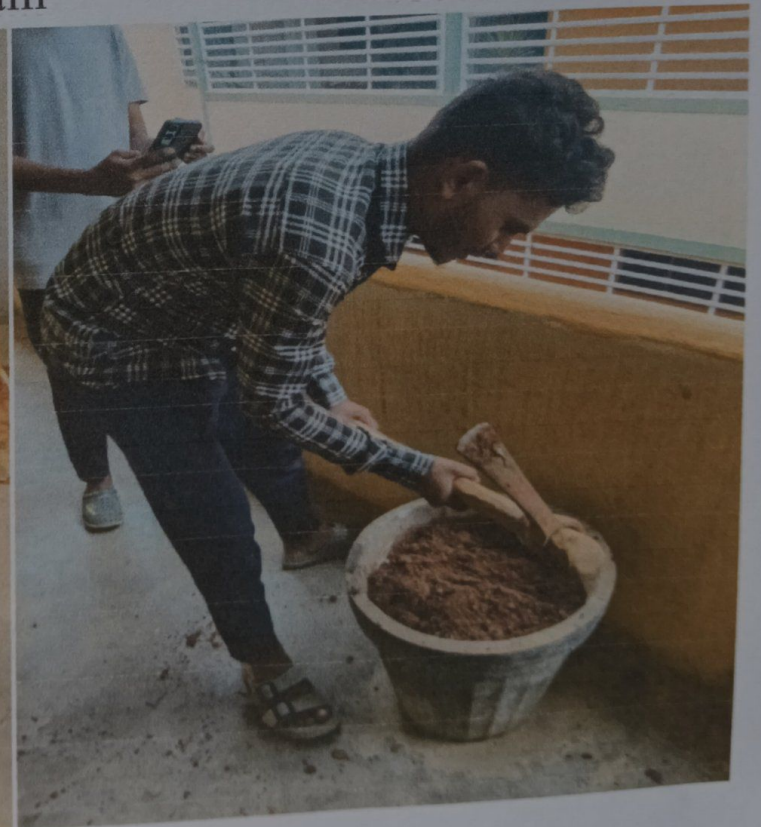
# PARISARA Eco –Club

Planted Medicinal plants in the college campus from Parisara Eco-club



*Cissus quadrangularis*- Mangar Balli

Alovera



Heart-Leaved Moonseed -Amruthaballi

  
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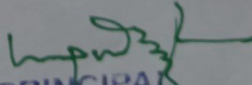


Sugar Plant



Tulsi



  
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