



A.H.M.'s

**ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE,
ANJUMANABAD, BHATKAL – 581320
(AFFILIATED TO KARNATAK UNIVERSITY, DHARWAD)**

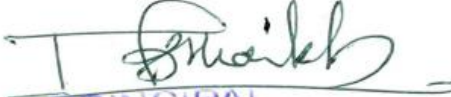
5.1.2 Following capacity development and skills enhancement activities are organised for improving students' capability

1. Soft skills
2. Language and communication skills
- 3. Life skills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)**
4. ICT Computing Skills

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
	Life Skills			
2022-23	One week Workshop on "Women Health Concerns"	06-08-2023 to 10-08-2023	45	Dr. Nutan K P, Life care Hospital Bhatkal
2021-22	10 Days Demonstrative Lecture on Yoga "Practise for Healthy Lifestyle"	11-06-2022 to 21-06-2022	25	Mr. Kaleemulla (Physical Education Director) Anjuman Arts, Science & Commerce College, Bhatkal


IQAC & NAAC CO-ORDINATOR
Anjuman Arts, Science,
Commerce College & P.G. Centre
Bhatkal




PRINCIPAL
Anjuman Arts, Science & Commerce College
& P.G. Centre
BHATKAL-581 320



Principal's Message:

Our college offers a degree program in Arts, Science and Commerce stream. All these courses are taught by experienced and dedicated faculty. At our college, we try to turn our students into useful components of our society. Along the way, we have realized that to enhance our students' job readiness, each student should undertake at least one Capacity development and skills enhancement program per semester along with their regular degree program.

Our experienced teachers have designed these courses to be especially relevant to each subject. We wish them all the very best!

Web: anjumancollege.in

Email: anjumancollegebkl@gmail.com

Contact: 9886212692, 08385 226443

About the course:

A course on women's health concerns typically covers a range of topics focused on physical, mental, and reproductive health specific to women. This course is beneficial for women of all ages, healthcare providers, educators, and anyone interested in women's health issues.

Course Content

- Nutritional Diet & Exercise
- Violence against women
- Cancer
- Reproductive health & mental health
- Maternal health & sexually transmitted infections

Objectives

- Increase awareness of health issues that specifically affect women.
- Equip participants with knowledge for making informed health choices.
- Encourage open discussions about women's health concerns.
- Foster advocacy for better health policies and practices.

AHM'S ANJUMAN ARTS, SCIENCE & COMMERCE COLLEGE, ANJUMANABAD, BHATKAL-581320



Life Skills Program-2022-23

One week Workshop on "Women Health Concerns"

Under

Women Empowerment Committee

Resource Person:

Dr. Nutan K P, Life care Hospital Bhatkal

Starts from: 06-08-2023 to 10-08-2023



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Notice

Date: 29th July, 2023

All the Teaching, Non-Teaching staffs and Girl students of BA, B.Sc, B.Com and P.G are here by informed that, A One week workshop will be organized on "Women Health Concerns" on 6th August 2023 to 10th August 2023 at 11.30 AM to 12.30 PM. Resource person Dr. Nuthan K.P. Obs/Gyn Consultant, Lifecare Diagnostics and Health Care is going to guide the Ladies staff and girls students for one week. All are informed to attend the same without fail.


IQAC Co-Ordinator

IQAC & NAAC CO-ORDINATOR

Anjuman Arts, Science,
Commerce College & P.G. Centre
Bhatkal




Principal

Anjuman Arts, Science & Commerce
College, BHATKAL (U.K.) 581320

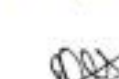

B.Sc-IV Sem


B.Com VI Sem


B.A-IV Sem


B.Sc 2nd Sem


B.Sc II


B.Com-IV Sem (A)


B.COM-IV (B)


B.A-II Sem


B.A-V Sem



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ANJUMAN HAMI-E-MUSLIMEEN'S

**ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE,
ANJUMANABAD, BHATKAL**

MANAGEMENT SPONSERED

One Week Workshop on

“Women Health Concerns”

(Only for Girls Students, Ladies Teaching & Non-Teaching Staffs)

Date: 6th August, 2023 to 10th August 2023

At: 11.30 AM to 12.30 pm

VENUE: COLLEGE FUNCTION HALL

Resource Person: Dr. Nuthan K.P

(Obs/Gyn Consultant, Lifecare Diagnostics and Health Care)

Pro. S.A Indikar

IQAC Co-ordinator

Prof. M.K. Shaikh

PRINCIPAL



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Course Content

- Nutritional Diet & Exercise
- Violence against women
- Cancer
- Reproductive health & mental health
- Maternal health & sexually transmitted infections


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IQAC & NAAC CO-ORDINATOR
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Bhatkal




Principal

Anjuman Arts, Science & Comm
College, BHATKAL (U.K.) 581



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ANJUMANABAD, BHATKAL – 581320
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Student Enrolment List: “Women Health Concerns”

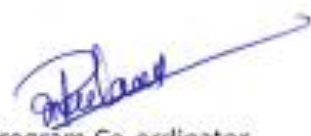
S.N	NAME OF THE STUDENT	CLASS
1	GEETA S GOND	B.SC-II SEM
2	BRUNDA S NAIK	B.SC-II SEM
3	FATIMA NADA	B.A-II SEM
4	JYOTI KORAGA	B.A-II SEM
5	BABITA D	B.A-II SEM
6	ASHWA MEHAK	B.A-II SEM
7	MALLIKA	B.A-II SEM
8	PREMA MOGER	B.A-IV SEM
9	AMRUTHA NAIK	B.A-IV SEM
10	UMME RUFAIDA	M.COM-II SEM
11	ABHILASHA CHANDRU HARIJAN	B.A-IV SEM
12	NIRFATH ALIBAPA	B.A-IV SEM
13	VASANTI NAIK	B.A-VI SEM
14	SUMANA MOGER	B.A-VI SEM
15	ROHINI GONDA	B.A-VI SEM
16	MEDHA NAIK	B.A-VI SEM
17	ANJALI KORAGA	B.A-VI SEM
18	KEERTHANA NAIK	B.SC-II SEM
19	SHREYA NAIK	B.SC-II SEM
20	VIDYA MOGER	B.SC-II SEM
21	AYSHA MEHAK	B.SC-II SEM
22	SUSHMOTA NAIK	B.SC-IV SEM
23	USHA NAIK	B.SC-IV SEM
24	TANUJA NAIK	B.SC-IV SEM



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25	CHITRA NAIK	B.SC-IV SEM
26	SNEHA NAIK	B.SC-IV SEM
27	PAVITRA NAIK	B.A-II SEM
28	ASHA NAIK	B.SC-VI SEM
29	AYSHA	B.SC-VI SEM
30	LAVANYA MOGER	B.SC-VI SEM
31	SHWETHA S ACHARI	B.COM-VI SEM
32	TARANNUM	B.COM-VI SEM
33	ASHA RAMA NAIK	B.SC-VI SEM
34	MONIKA ISHWAR NAIK	B.SC-VI SEM
35	MONIKA KAMALAKAR MOGER	B.SC-VI SEM
36	NAIN KHATIJA	B.SC-VI SEM
37	ROOPA NAGARAJ ACHARYA	B.SC-VI SEM
38	SHAMIQA	B.SC-VI SEM
39	USHA KRISHNA MOGER	B.SC-VI SEM
40	KOUSHALYA MANJUNATH MOGER	B.SC-IV SEM
41	MADHURA RANGA NAIK	B.SC-IV SEM
42	NAMRATA PRAMOD VISHWAKARMA	B.SC-IV SEM
43	VIDYA RAMA NAIK	B.SC-IV SEM
44	ANUSHA JATTAPPA NAIK	B.A-VI SEM
45	POOJA PRAKASH NAIK	B.A-VI SEM


Program Co-ordinator




Principal
Anjuman Arts, Science & Commerce
College BHATKAL (U.K.) 581320



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One week Workshop on "Women Health Concerns" from 06-08-2023 to 10-08-2023
Resource Person: Dr. Nutan K P, Life care Hospital Bhatkal





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ANJUMANABAD, BHATKAL - 581320
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Student Attendance List: "Women Health Concerns"

S.N	NAME OF THE STUDENT	06/08/23	07/08/23	08/08/23	09/08/23	10/08/23
1	GEETA S GOND	Geeta	Geeta	Geeta	Geeta	Geeta
2	BRUNDA S NAIK	Brunda	Brunda	Brunda	Brunda	Brunda
3	FATIMA NADA	Fatima	Fatima	Fatima	Fatima	Fatima
4	JYOTI KORAGA	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti
5	BABITA D	Babita	Babita	Babita	Babita	Babita
6	ASHWA MEHAK	Ashwa	Ashwa	Ashwa	Ashwa	Ashwa
7	MALLIKA	Mallika	Mallika	Mallika	Mallika	Mallika
8	PREMA MOGER	Prema	Prema	Prema	Prema	Prema
9	AMRUTHA NAIK	Amrutha	Amrutha	Amrutha	Amrutha	Amrutha
10	UMME RUFAIDA	Umme	Umme	Umme	Umme	Umme
11	ABHILASHA CHANDRU HARIJAN	Abhilasha	Abhilasha	Abhilasha	Abhilasha	Abhilasha
12	NIRFATH ALIBAPA	Nirfath	Nirfath	Nirfath	Nirfath	Nirfath
13	VASANTI NAIK	Vasanti	Vasanti	Vasanti	Vasanti	Vasanti
14	SUMANA MOGER	Sumana	Sumana	Sumana	Sumana	Sumana
15	ROHINI GONDA	Rohini	Rohini	Rohini	Rohini	Rohini
16	MEDHA NAIK	Medha	Medha	Medha	Medha	Medha
17	ANJALI KORAGA	Anjali	Anjali	Anjali	Anjali	Anjali
18	KEERTHANA NAIK	Keertana	Keertana	Keertana	Keertana	Keertana
19	SHREYA NAIK	Shreya	Shreya	Shreya	Shreya	Shreya
20	VIDYA MOGER	Vidya	Vidya	Vidya	Vidya	Vidya
21	AYSHA MEHAK	Aysha	Aysha	Aysha	Aysha	Aysha
22	SUSHMOTA NAIK	Sushmota	Sushmota	Sushmota	Sushmota	Sushmota
23	USHA NAIK	Usha	Usha	Usha	Usha	Usha
24	TANUJA NAIK	Tanuja	Tanuja	Tanuja	Tanuja	Tanuja
25	CHITRA NAIK	Chitra	Chitra	Chitra	Chitra	Chitra
26	SNEHA NAIK	Sneha	Sneha	Sneha	Sneha	Sneha
27	PAVITRA NAIK	Pavitra	Pavitra	Pavitra	Pavitra	Pavitra



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S.N	NAME OF THE STUDENT	06/08/23	07/08/23	08/08/23	09/08/23	10/08/23
28	ASHA NAIK	Asha	Asha	Asha	Asha	Asha
29	AYSHA	Aysha	Aysha	Aysha	Aysha	Aysha
30	LAVANYA MOGER	AB	Lava	Lava	Lava	Lava
31	SHWETHA S ACHARI	Shwetha	Shwetha	Shwetha	Shwetha	Shwetha
32	TARANNUM	Tara	Tara	Tara	Tara	Tara
33	ASHA RAMA NAIK	Asha	Asha	Asha	Asha	Asha
34	MONIKA ISHWAR NAIK	Monika	Monika	AB	Monika	Monika
35	MONIKA KAMALAKAR MOGER	Monika	Monika	Monika	Monika	Monika
36	NAIN KHATUA	Nain	Nain	Nain	Nain	Nain
37	ROOPA NAGARAJ ACHARYA	Roopa	Roopa	Roopa	Roopa	Roopa
38	SHAMIQA	Shamika	Shamika	Shamika	Shamika	Shamika
39	USHA KRISHNA MOGER	Usha	Usha	Usha	Usha	Usha
40	KOUSHALYA MANJUNATH MOGER	K	K	K	K	K
41	MADHURA RANGA NAIK	Madhura	Madhura	Madhura	Madhura	Madhura
42	NAMRATA P VISHWAKARMA	Namrata	Namrata	Namrata	Namrata	Namrata
43	VIDYA RAMA NAIK	Vidya	Vidya	Vidya	Vidya	Vidya
44	ANUSHA JATTAPPA NAIK	Anusha	Anusha	Anusha	Anusha	Anusha
45	POUJA PRAKASH NAIK,	Pooja	Pooja	Pooja	Pooja	Pooja

M. Papnima

M. Papnima
Co-Ordinator
Department of Botany
Anjuman Degree College and
P. G Centre, Bhatkal



T. Shrikant
PRINCIPAL

Anjuman Arts, Science & Commerce
College, BHATKAL (U.K.) 581320



A.H.M.'s

ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE,
ANJUMANABAD, BHATKAL - 581320
(AFFILIATED TO KARNATAK UNIVERSITY, DHARWAD)

Certificate
OF APPRECIATION
A.H.M.s
ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE
Anjumanabad, Bhatkal 581320, Uttara Kannada, Karnataka
Accredited at 'B' Level by NAAC

This is to certify that Mr/Miss Monika. Ishwar. Naik with
register No. 20S16707 has successfully participated in the One week programme on
"Women Health Concerns" during 06-08-2023 to 10-08-2023.

Miss. M. Poornima
Dept. of Botany

Prof. S. A. Indikar
IQAC Co-Ordinator

Prof. M. K. Shaikh
Principal

ANJUMAN ARTS, SCIENCE & COMMERCE COLLEGE
BHATKAL 581320 (U.K.)

Certificate
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Anjumanabad, Bhatkal 581320, Uttara Kannada, Karnataka
Accredited at 'B' Level by NAAC

This is to certify that Mr/Miss Shwetha. S. Acharya with
register No. 19K29724 has successfully participated in the One week programme on
"Women Health Concerns" during 06-08-2023 to 10-08-2023.

Miss. M. Poornima
Dept. of Botany

Prof. S. A. Indikar
IQAC Co-Ordinator

Prof. M. K. Shaikh
Principal

ANJUMAN ARTS, SCIENCE & COMMERCE COLLEGE
BHATKAL 581320 (U.K.)



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Certificate

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A.H.M.'s



ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE

Anjumanabad, Bhatkal 581320, Uttara Kannada, Karnataka

Accredited at 'B' Level by NAAC

This is to certify that **Mr/Miss** Roopa. Nagaraj. Acharya with
register No. 20S16715 has successfully participated in the One week programme on
"Women Health Concerns" during 06-08-2023 to 10-08-2023.



Miss. M. Poornima
Miss. M. Poornima
Dept. of Botany

Prof. S.A. Indikar
Prof. S.A. Indikar
IQAC Co-Ordinator

Prof. M.K. Shaikh
Prof. M.K. Shaikh
Principal

Certificate

OF APPRECIATION

A.H.M.'s



ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE

Anjumanabad, Bhatkal 581320, Uttara Kannada, Karnataka

Accredited at 'B' Level by NAAC

This is to certify that **Mr/Miss** Shamika with
register No. 20S16716 has successfully participated in the One week programme on
"Women Health Concerns" during 06-08-2023 to 10-08-2023.



Miss. M. Poornima
Miss. M. Poornima
Dept. of Botany

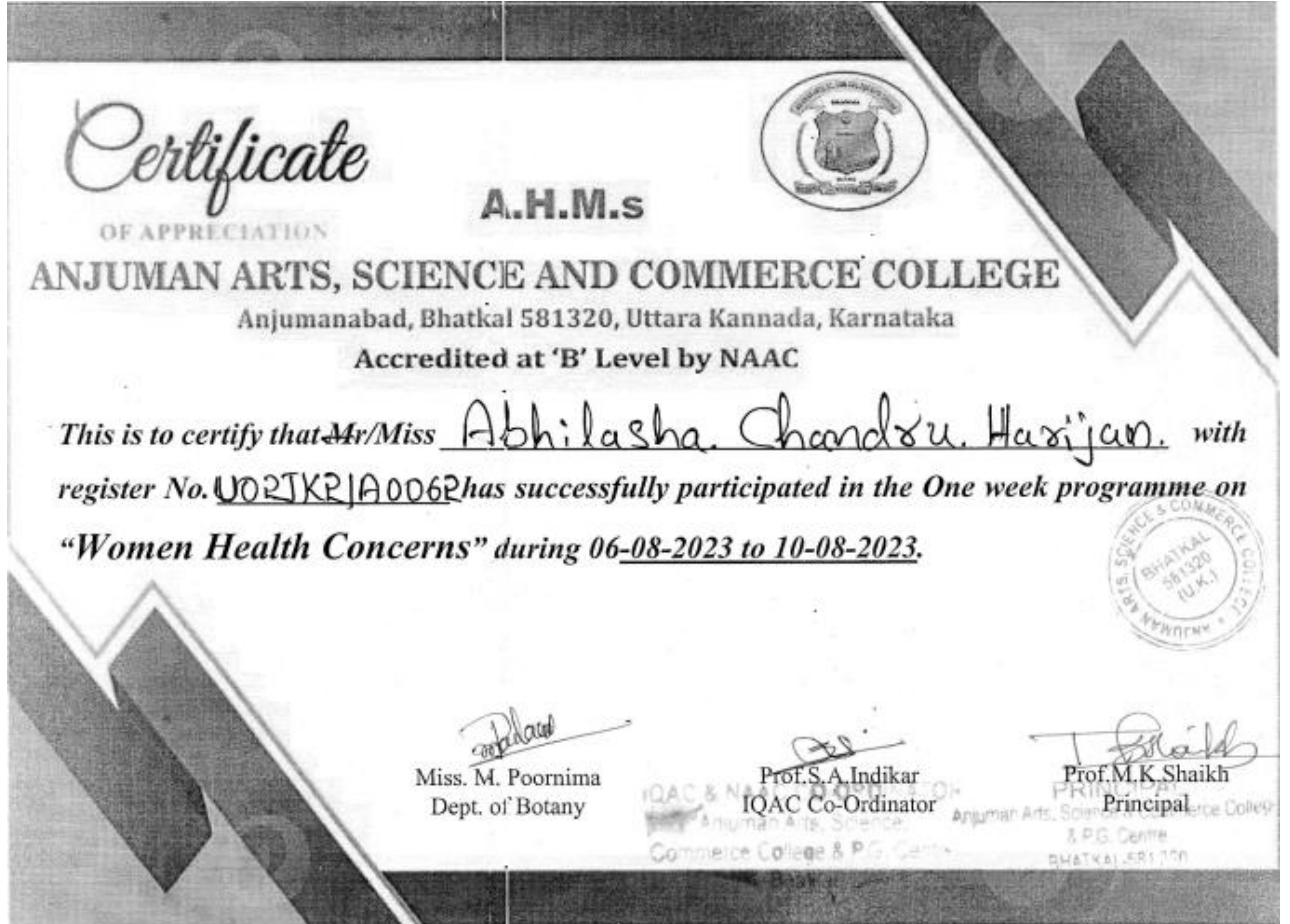
Prof. S.A. Indikar
Prof. S.A. Indikar
IQAC Co-Ordinator

Prof. M.K. Shaikh
Prof. M.K. Shaikh
Principal



A.H.M.'s

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**ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE,
ANJUMANABAD, BHATKAL - 581320
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Date: 14 August 2023

Report on Women Health Concern

From 6th to 10th August 2023 Anjuman Arts, Science and Commerce College & PG Centre, Bhatkal Organised a one week workshop on "Women Health Concerns". The workshop was conducted in the department at 11.30am to 12.30pm.

Ms. Nain from B.Sc. VI Semester and Ms. Pooja from BA VI Semester in co-operation handled the whole program as a Master of Ceremony.

Prof. Poornima, Faculty member of Anjuman Arts, Science and Commerce College & PG Centre, Bhatkal welcomed the dignitaries followed by Holy Quran recitation by Ms. Ayesha from B.Sc VI Semester in beautiful way.

The program was presided by Dr. Nuthan K.P. Obs/Gyn Consultant, Lifecare Dignostics and Health Care who was also invited as a resource person for the gathering. The other Professors Prof Bushra KV, Dr. Shantashri Haridas, Prof. Pavitra Naik, Prof. Malathi Naik, and Prof. Niha shared the stage.

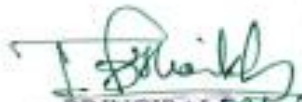
Dr. Nuthan KP. Shared the important information regarding several common health issues faced by the women at all the ages, its symptoms, Hygiene maintenance and also given the suggestion for care and prevention.

Sl.No	Days	Topic Covered	Time
1.	06-08-2023	Nutritional Diet & Exercise	11:30 to 12:30
2.	07-08-2023	Violence against women	11:30 to 12:30
3.	08-08-2023	Cancer	11:30 to 12:30
4.	09-08-2023	Reproductive health & Mental health	11:30 to 12:30
5.	10-08-2023	Maternal health & sexually transmitted infections	11:30 to 12:30

Finally Ms. Amrutha Naik, from BA IV semester concluded the program with a fabulous Vote of Thanks.


PROGRAM CO-ORDINATOR




PRINCIPAL
Anjuman Arts, Science & Commerce
College, BHATKAL (U.K.) 581320



Principal's Message:

Our college offers a degree program in Arts, Science and Commerce stream. All these courses are taught by experienced and dedicated faculty. At our college, we try to turn our students into useful components of our society. Along the way, we have realized that to enhance our students' job readiness, each student should undertake at least one Capacity development and skills enhancement program per semester along with their regular degree program.

Our experienced teachers have designed these courses to be especially relevant to each subject. We wish them all the very best!

Web: anjumancollege.in

Email: anjumancollegebkl@gmail.com

Contact: 9886212692, 08385 226443

About the course:

A course titled "Yoga: Practice for Healthy Lifestyle" typically integrates physical postures, breathwork, and mindfulness to promote overall well-being. This course is suitable for all levels, from beginners to experienced practitioners, looking to incorporate yoga into their daily lives for a healthier lifestyle.

Course Content

- 1.Asanas (Postures):
- 2.Pranayama (Breath Control):
- 3.Mindfulness and Meditation:
- 4.Holistic Health:

Objectives

- Promote physical health through regular yoga practice.
- Enhance mental well-being through mindfulness techniques.
- Encourage a balanced lifestyle that incorporates physical, emotional, and spiritual health.

AHM'S ANJUMAN ARTS, SCIENCE & COMMERCE COLLEGE, ANJUMANABAD, BHATKAL-581320



Life Skills Program-2021-22

10 Days Demonstrative Lecture on Yoga "Practice for Healthy Lifestyle"

Under
Department of Physical Education

Resource Person:

Mr. K. Kaleemulla (Physical Education Director)

Starts from: 11-06-2022 to 21-06-2022



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ANJUMANABAD, BHATKAL - 581320
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Notice

Date: 4th June 2022

All the Teaching, Non-Teaching staffs and students of BA, B. Sc, B. Com and P.G are here by informed that on account of "International Yoga Day" 10 Days Demonstrative Lecture on "Yoga Practice for Healthy Lifestyle", will be organized in the campus from 11-06-2022 to 21-06-2022 at 6 AM. Interested students are informed to enrol their names to Mr.Kaleemulla (Physical Education Director) within 9th June, 2022.

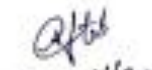

Physical Education Director

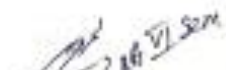


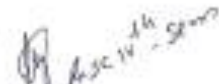

PRINCIPAL

PRINCIPAL
Anjuman Arts, Science & Commerce
College, BHATKAL (U.K.) 581320


B.Sc 1st year


B.Com V/sem

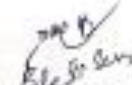

B.A. II sem.

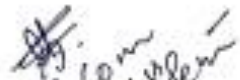

B.Sc IV - sem


B.A. IV sem


B.Com II


(B.A. II)


B.Sc II sem


B.Com V/sem



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A.H.M.'s

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(AFFILIATED TO KARNATAK UNIVERSITY, DHARWAD)**



ANJUMAN HAML-E-MUSLIMEEN'S

**ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE,
ANJUMANABAD, BHATKAL**

MANAGEMENT SPONSERED PROGRAM

IN ASSOCIATION WITH

NATIONAL SERVICE SCHEME AND SCOUTS AND GUIDES

10 Days Demonstrative Lecture on Yoga

"Practice for Healthy Lifestyle"

Date: 11-06-2022 to 21-06-2022

Time: 6 AM



(FOR STAFF & STUDENTS)



VENUE: FUNCTION HALL

Organized by Department of Physical Education

Prof. S.A. Indikar

IQAC Co-ordinator

Anjuman Arts, Science,
Commerce College & B.Ed. Centre
Bhatkal



Prof. M.K. Shaikh

PRINCIPAL

Anjuman Arts, Science,
Commerce College & B.Ed. Centre
Bhatkal



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**ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE,
ANJUMANABAD, BHATKAL – 581320
(AFFILIATED TO KARNATAK UNIVERSITY, DHARWAD)**

Syllabus for 10 Days Demonstrative Lecture on Yoga

“Practice for Healthy Lifestyle”

Unit	Practical	Theory	Hours
I	Shatha karma- kapalbhati(11-30 strokes), Shukshma vyayama- No 1-11 Asanas- Trikonasana, Ardha-Kati, Chakrasana, Tadasana, Vrikshasana, Padmasana, Simhasana, Paschimottanasana, Uttanpadasana, Salabhasana, Shavasana Pranayama- Bhastrika Concentration- On own breath (2 minutes) Ohm Chanting and shanti path	Yoga Definition 2. Knowledge of five yama with more emphasis on ‘Asteya’ 3. Knowledge of five Niyama with emphasis on ‘Santosh’ 4. Knowledge of Aahar-Vihar 5. Methods and benefits of Sukshma Vyayama, Asanas and prayers	5
II	Shatha karma- Introduction of Trataka and Practice of concentration on nose-tip. Shukshma vyayama- No 12-23 Asanas- Garudasana, Ek-Pad Pranamana Kati Chakrasana, Urdhva Hastottanasana, Natrajasana, Parvatasana, Kukkutasana, Pawanmuktasana, Bhujangasana, Shavasana Pranayama- Bhramari Concentration- On own breath (3 minutes) Ohm Chanting and shanti path.	1. Knowledge of Yama with more emphasis on ‘Ahimsa’ 2. Knowledge of Niyama with emphasis on ‘Shauch’ 3. A brief Knowledge of different type of yoga (Bhakti, Jnana, Karma and Hatha Yoga) 4. Methods and benefits of Sukshma Vyayama, Asanas and prayer	5
III	Shatha karma- Introduction of Nauli Shukshma vyayama- No 24-32 Asanas- Pada Hastana, Urdhva Pranamana, Konasana, Vajrasana, Supta Vajrasana, Shashankasana, Gomukhasana, Janusirasana, Naukasana, Halasana, Chakrasana, Shavasana, Surya Namaskar(if possible) Pranayama- Anuloma- Viloma (Nadishodhan) Concentration- On own breath (So-ham) Ohm Chanting and shanti path.	1. Knowledge of Yama with more emphasis on ‘Satya’ & ‘Aparigraha’ 2. Knowledge of Niyama with emphasis on ‘Swadhyaya’ & ‘Iswarpranidhan’ 3. Simple anatomical and physiological aspects of Human body 4. Methods and Benefits of Sukshma Vyayama, Asanas and Pranayama 5. Personal importance of hygiene and health.	5

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**Student Enrollment List for 10 Days Demonstrative Lecture on yoga
"Practice for Healthy Lifestyle"**

Sl.No.	Name of the student	Class
1.	ABDUL BAQI	B.Com V Sem
2.	ABDUL BARI	B.Com V Sem
3.	SWATI NARAYAN NAIK	B.A IV Sem
4.	UMME HABIBA	B.A III Sem
5.	VASANTI ANNAPA NAIK	B.A III Sem
6.	TABKE TANSIF	B.Com I Sem
7.	MUKRI ABDUL WAHAB	B.Com I Sem
8.	MOHAMMED SAFWAN	B.Com I Sem
9.	PREMA LAXMAN MOGER	B.A I Sem
10.	MEGHA M NAIK	B.A I Sem
11.	MOHAMMED AMEER MOHIDDIN AHMED	B.A I Sem
12.	ANUSHA JATTAPPA NAIK	B.A III Sem
13.	WILLIAM SANTA D'COSTA	B.Com V Sem
14.	YAHYA	B.Com V Sem
15.	MOHAMMED ASHFAQUE	B.Com V Sem
16.	JESSICA JUJE TELIS	M.Com III Sem
17.	KOMALA MADEVA MOGER	M.Com III Sem
18.	ABDULLA	B.Com III Sem
19.	ABUBAKAR SIDDIQUE	B.Com III Sem
20.	ABUZAR	B.Com III Sem
21.	AHAMED SHAMVEEL MULLA	B.Com III Sem
22.	BHARGAV NARAYAN NAIK	B.Com III Sem
23.	CHETAN BHOJA NAIK	B.Com III Sem
24.	MOHAMMED SHAHNAWAZ	M.Com III Sem
25.	MOHAMMED VASEEM	M.Com III Sem
26.	RAVIRAJ MANJUNATH NAIK	B. Sc III Sem
27.	ROOPA NAGARAJ ACHARYA	B. Sc III Sem
28.	SHAMIQA	B. Sc III Sem
29.	KAVYA NARAYAN NAIK	B.Sc V Sem
30.	KIRAN GOVIND GOND	B.Sc V Sem

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Student Attendance List for 10 Days Demonstrative Lecture on yoga "Practice for Healthy Lifestyle"												
Sl.No.	Name of the student	11/6/22	12/6/22	13/6/22	14/6/22	15/6/22	16/6/22	17/6/22	18/6/22	19/6/22	20/6/22	21/6/22
1	ABDUL BAQI	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
2	ABDUL BARR	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
3	SWATI NARAYAN NAIK	SW	SW	SW	SW	SW	SW	SW	SW	SW	SW	SW
4	UMME HABIBA	UH	UH	UH	UH	UH	UH	UH	UH	UH	UH	UH
5	VASANTI ANNAPA NAIK	VA	VA	VA	VA	VA	VA	VA	VA	VA	VA	VA
6	TABKE TANSIF	TA	TA	TA	TA	TA	TA	TA	TA	TA	TA	TA
7	MUKRI ABDUL WAHAB	MW	MW	MW	MW	MW	MW	MW	MW	MW	MW	MW
8	MOHAMMED SAFWAN	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS
9	PREMA LAXMAN MOGER	PL	PL	PL	PL	PL	PL	PL	PL	PL	PL	PL
10	MEGHA M NAIK	ME	ME	ME	ME	ME	ME	ME	ME	ME	ME	ME
11	MOHAMMED AMEER MOHIDDIN AHMED PAKKISAB	MA	MA	MA	MA	MA	MA	MA	MA	MA	MA	MA
12	ANUSHA JATTAPPA NAIK	AN	AN	AN	AN	AN	AN	AN	AN	AN	AN	AN
13	WILLIAM SANTA D'COSTA	WS	WS	WS	WS	WS	WS	WS	WS	WS	WS	WS
14	YAIYA	YI	YI	YI	YI	YI	YI	YI	YI	YI	YI	YI
15	MOHAMMED ASHFAQUE	MA	MA	MA	MA	MA	MA	MA	MA	MA	MA	MA
16	JESSICA JUJE TELIS	JT	JT	JT	JT	JT	JT	JT	JT	JT	JT	JT
17	KOMALA MADEVA MOGER	KM	KM	KM	KM	KM	KM	KM	KM	KM	KM	KM
18	ABDULLA	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
19	ABUBAKAR SIDDIQUE	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS
20	ABUZAR	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
21	AHAMED SHAMVEEL MULLA	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS
22	BIHARGAV NARAYAN NAIK	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN
23	CHETAN BHIOJA NAIK	CB	CB	CB	CB	CB	CB	CB	CB	CB	CB	CB
24	MOHAMMED SHAHNAWAZ	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS
25	MOHAMMED VASEEM	MV	MV	MV	MV	MV	MV	MV	MV	MV	MV	MV
26	RAVIRAJ MANJUNATH NAIK	RM	RM	RM	RM	RM	RM	RM	RM	RM	RM	RM
27	ROOPA NAGARAJ ACHARYA	RA	RA	RA	RA	RA	RA	RA	RA	RA	RA	RA
28	SHAMIQA	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH
29	KAVYA NARAYAN NAIK	KN	KN	KN	KN	KN	KN	KN	KN	KN	KN	KN
30	KIRAN GOVIND GOND	KG	KG	KG	KG	KG	KG	KG	KG	KG	KG	KG

[Signature]
Programme Co-Ordinator



[Signature]
Principal
B.P.G. Centre
BHATKAL-SRI 320



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ANJUMANABAD, BHATKAL – 581320**
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Demonstrative Lecture on Yoga “Practice for Healthy Lifestyle”

From 11-06-2022 to 21-06-2022

**Resource Person: Mr. Kaleemulla (Physical Education Director)
Anjuman Arts, Science & Commerce College, Bhatkal**



Demonstrative Lecture on Yoga “Practice for Healthy Lifestyle”

From 11-06-2022 to 21-06-2022

**Resource Person: Mr. Kaleemulla (Physical Education Director)
Anjuman Arts, Science & Commerce College, Bhatkal**



IQAC & NAAC CO-ORDINATOR
Anjuman Arts, Science,
Commerce College & P.G. Centre
Bhatkal



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Accredited at 'B' Level by NAAC

This is to certify that Mr/Miss Abdul Baxi with
register No. 20K29502 has successfully participated in the programme on Yoga
"Practice for Healthy Lifestyle" during 11-06-2022 to 21-06-2022.

Mr. K.Kaleemulla
Dept. of Physical Education

Prof.S.A.Indikar
IQAC & IQAC Co-Ordinator

Prof.M.K.Shaikh
Principal

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Accredited at 'B' Level by NAAC

This is to certify that Mr/Miss Swati Narayan Naik with
register No. 20A27624 has successfully participated in the programme on Yoga
"Practice for Healthy Lifestyle" during 11-06-2022 to 21-06-2022.

Mr. K.Kaleemulla
Dept. of Physical Education

Prof.S.A.Indikar
IQAC Co-Ordinator

Prof.M.K.Shaikh
Principal



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This is to certify that ~~Mr~~/Miss Roopa. Nagaraj. Acharya with
register No. 20S16715 has successfully participated in the programme on Yoga
"Practice for Healthy Lifestyle" during 11-06-2022 to 21-06-2022.


Mr. K. Kaleemulla
Dept. of Physical Education


Prof. S.A. Indikar
IQAC Co-Ordinator


Prof. M.K. Shaikh
Principal

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This is to certify that ~~Mr~~/Miss Vasanti. Annapa. Naik with
register No. 20A27626 has successfully participated in the programme on Yoga
"Practice for Healthy Lifestyle" during 11-06-2022 to 21-06-2022.


Mr. K. Kaleemulla
Dept. of Physical Education


Prof. S.A. Indikar
IQAC Co-Ordinator


Prof. M.K. Shaikh
Principal



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Report on 10 Days Demonstrative Lecture on Yoga "Practice for Healthy Lifestyle"

A 10 days' workshop was held in Anjuman Arts, Science and Commerce College & PG Centre, Bhatkal under the mentorship of Physical Education Director Mr. K. Kalecmulla. The program was organised for 10 days from 11th June 2022 to 21 June 2022. The students of M.Com, B.Com, BA and B.Sc students and also teaching and Non-Teaching staff had participated in this workshop. Yoga session was conducted every day during the above mentioned dates in morning 6 AM-7 AM at the Function Hall of the Anjuman Boys High School, Anjumanabad, Bhatkal.

Ms. Amrutha Naik BA I Sem and Mr. Surya Moger BA I Sem guided the staffs and students regarding different postures of Yoga. They also suggested that the yoga should be inculcated in a daily routine for a healthy lifestyle. Prof. M. K. Shaikh, Principal also helped the students and staffs for practicing the different asanas.

Valedictory program was scheduled on 21 June 2022 at 5 PM in the Function Hall where all students and Staffs also were present. Certificate was issued to all the participants. Finally Prof. R.S Nayak also thanked all the staffs and students for making this program successful.


PROGRAMME CO-ORDINATOR


IQAC & NAAC CO-ORDINATOR
Anjuman Arts, Science,
Commerce College & P.G. Centre
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