

Sri Adichunchanagiri College of Arts & Commerce

Nagamangala – 571432

Sports Activities 2019-20

Sl. No.	Date	Programmes
1	27/08/2019	Mandavya Zonal Kabaddi Tournament Boys
2	18/09/2019	Inauguration of Cultural and Sports Activities
3	13/10/2019	Karate Training Programme
4	4/02/2020	Friendly Volley Ball Match
5	12/02/2020	Friendly Kho-Kho Match
6	24/02/2020	Valedictory Programme
7	21/06/2020	World Yoga Day

Sri Adichunchanagiri College of Arts and Commerce
Nagamangala, Mandya District-571432

Invitation

Mandavya zonal Kabaddi Tournament

Date :27-08-2019

Place: College ground

Time :10.00.a.m.

WELCOME ADDRESS

Thriveni, Department of Commerce

INAUGURATION

Sri Sri Prasannanatha swamiji SAST(R)

VOTE OF THANKS

Dr.B K Loksha Principal SAC College Nagamangala

Sri Adichunchanagiri College of Arts and Commerce
Nagamangala, Mandya District-571432

2019-2020
Sports Committee
Mandavya zonal Kabaddi Tournament
Valedictory
Programme Chart

Date-27-08-2019

Invocation	:	Pooja G. M Student
Welcome Speech	:	Devananda, Asst. prof. Dept. of Sociology
President	:	Dr B.K Lokesha, Principal SAC College Nagamangala
Vote of Thanks	:	B.P.Narayan, Physical Education Director
Compering	:	Thriveni, Department of Commerce

Sri Adichunchanagiri College of Arts and Commerce
Nagamangala, Mandya District.

REPORT ON MANDAVYA ZONAL KABADDI
TOURNAMENT 2019-20

SAC College Nagamangala organized the mandavya zonal level inter college kabaddi tournament of Mysore University on 27-08-2019 at SAC kabaddi court. Sri H T Krishnegowda GC member of SAST (R) was the guest and Sri Sri Prasannanatha swamiji SAST(R) was the chief guest for the inaugural function.

Smt. Triveni introduced the chief guest and delivered the welcome address Inaugural function ended with vote of thanks by the **Principal, Dr. B K Loksha.**

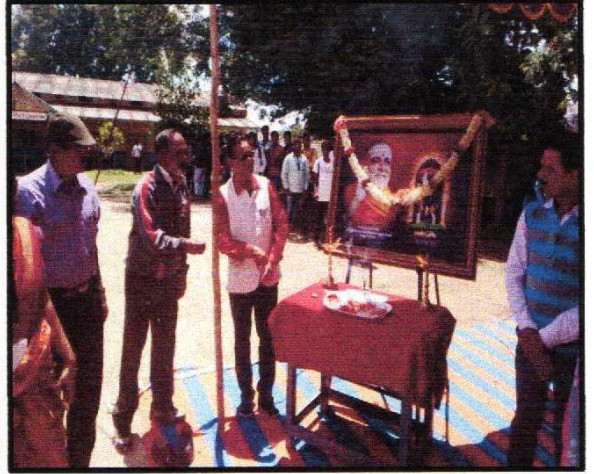
The 194 students from 14 colleges of Mysore University participated in this event.

The valedictory function was held on 27-8-2019 at 4.30 PM. **Devananda, Asst. prof. Dept of sociology** introduced the chief guest and delivered the welcome address.

The winners among men was **Mandya autonomous college** and the runner up was **Vijaya first Grade College, Pandavapura.** The program ended with vote of thanks by **Narayana B P, physical education director of SAC Nagamangala.**


Physical Education Director
Sri Adichunchanagiri College of Arts & Commerce
Nagamangala-571 432, Mandya Dist.


PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.



Mandavya zonal kabaddi tournament 2019-20, Date : 27-08-2019




PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya D.S.



|| ಜೈ ಶ್ರೀ ಗುರುದೇವ್ ||

ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಕಲಾ, ವಾಣಿಜ್ಯ ಮತ್ತು ವಿಜ್ಞಾನ ಕಾಲೇಜು

ನಾಗಮಂಗಲ-571 432, ಮಂಡ್ಯ ಜಿಲ್ಲೆ.

2019-20ನೇ ಸಾಲಿನ



ಸಾಂಸ್ಕೃತಿಕ, ಕ್ರೀಡಾ ಹಾಗೂ ಮತ್ಸರಿತರ ಕಾರ್ಯಕ್ರಮಗಳ ಉದ್ಘಾಟನಾ ಸಮಾರಂಭ

ದಿನಾಂಕ 18-09-2019 ಬುಧವಾರ

ಸಮಯ : ಬೆಳಿಗ್ಗೆ 10-00 ಗಂಟೆಗೆ

ಭೈರವೈಕ್ಯ ಪದ್ಮಭೂಷಣ ಪರಮಪೂಜ್ಯ ಜಗದ್ಗುರು

ಶ್ರೀ ಶ್ರೀ ಶ್ರೀ ಡಾ|| ಬಾಲಗಂಗಾಧರನಾಥ ಮಹಾಸ್ವಾಮೀಜಿಯವರ

ಚಿರಸ್ಮರಣೆಯೊಂದಿಗೆ

ದಿವ್ಯ ಸಾನ್ನಿಧ್ಯ : ಪರಮಪೂಜ್ಯ ಜಗದ್ಗುರು

ಶ್ರೀ ಶ್ರೀ ಶ್ರೀ ಡಾ|| ನಿರ್ಮಲಾನಂದನಾಥ ಮಹಾಸ್ವಾಮೀಜಿಯವರು

ಪೀಠಾಧ್ಯಕ್ಷರು, ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಮಹಾಸಂಸ್ಥಾನ-ಮತ.

ಪಾವನ ಸಾನ್ನಿಧ್ಯ :

ಪೂಜ್ಯ ಶ್ರೀ ಶ್ರೀ ಪುರುಷೋತ್ತಮಾನಂದನಾಥ ಸ್ವಾಮೀಜಿಯವರು

ಪ್ರಧಾನ ಕಾರ್ಯದರ್ಶಿಗಳು, ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಶಿಕ್ಷಣ ಟ್ರಸ್ಟ್ (ರಿ.)

ಪೂಜ್ಯ ಶ್ರೀ ಶ್ರೀ ಪ್ರಸನ್ನನಾಥ ಸ್ವಾಮೀಜಿಯವರು

ಪ್ರಧಾನ ಕಾರ್ಯದರ್ಶಿಗಳು, ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಮಹಾಸಂಸ್ಥಾನ ಮತ

ಉದ್ಘಾಟನೆ

: **ಪ್ರೊ. ಟಿ.ಎಸ್. ಲೋಹಿತಾಶ್ವ**

ಖ್ಯಾತ ಸಾಹಿತಿಗಳು ಹಾಗೂ ಚಲನಚಿತ್ರ ನಟರು.

ಮುಖ್ಯ ಅತಿಥಿಗಳು

: **ಕು|| ಧನುಷ ಎಂ.ಆರ್.**

ಅಂತರರಾಷ್ಟ್ರೀಯ ಅಥ್ಲೆಟಿಕ್ ಕ್ರೀಡಾಪಟು, ಕೆ.ಆರ್.ನಗರ.

ಡಾ. ಎನ್.ಎಸ್. ರಾಮೇಗೌಡ

ಮುಖ್ಯ ಕಾರ್ಯನಿರ್ವಹಣಾಧಿಕಾರಿಗಳು, ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಶಿಕ್ಷಣ ಟ್ರಸ್ಟ್ (ರಿ.)

ಉಪಸ್ಥಿತಿ

: **ಡಾ. ಬಿ.ಕೆ. ಲೋಕೇಶ್, ಪ್ರಾಂಶುಪಾಲರು.**

ತಮಗೆ ಆದರದ ಶ್ಲಾಗತ

PRINCIPAL

ಪ್ರಾಂಶುಪಾಲರು, Adichunchanagiri College

of Arts and Commerce

Nagamangala-571 432, Mandya Dist

Sri Adichunchanagiri College of Arts and Commerce
Nagamangala-571432, Mandya Dist.

Inauguration of cultural and sports activities

Date: 18-09-2019

An inauguration of cultural and sports activities, was organized on 18-09 - 2019 at 10-30 a.m. in the great memory of his holiness **Padmabhushana Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji**, With the Blessing of his holiness Jagadguru **Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji** and with the presence of **Sri Sri Purushottamanandanatha Swamiji**, General Secretary, Sri Adichunchanagiri Shikshana trust.

The programme was started by Naadageete and invocation by Chaithra.S and team. Principal Dr. B. K. Lokesha gave warm welcome to all the guests.

Cultural and sports activities were inaugurated by lighting the lamp by Sri Sri Purushottamanandanatha Swamiji General Secretary, Sri Adichunchanagiri trust), Prof. T.S.Lohitaswa, Famous Novelist and Film Artist, Kum. Dhanusha M.R, International Athletic Player, K.R Nagara, Dr. N. S. Ramegowda, CEO Adichunchanagiri Trust.

Prof. T. S. Lohitashwa, Kum M.R. Dhanusha and N. S. Ramegowda, CEO Sri Adichunchanagiri Shikshana Trust, addressed the gathering. The chief Guest Prof. T. S. Lohitashwa talked about the qualities that students should imbibe in order to achieve in life: Discipline, Devotion and Determination. He also talked about how to adopt moral qualities in life.

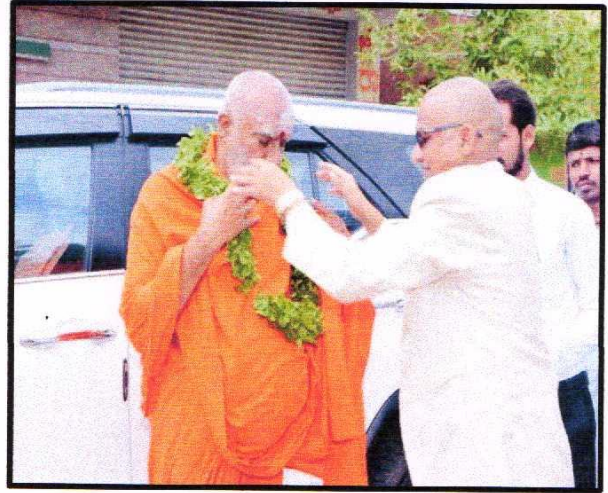
Kum. Dhanusha M.R talked about various avenues provided by both the State and central government for Sports men and women to use these facilities.

Dr. N.S. Ramegowda, CEO, Sri Adichunchanagiri Shikshana Trust talked about NAAC Committee and the grade given to the College. He also stressed to compete with various other University students in Sports and Academics. Cash prize was given to the winner of Debate, which was organised by Alumni Association.

Sri Sri Purushottamanandanatha Swamiji, General Secretary, Sri Adichunchanagiri Shikshana trust gave divine blessings to the students. Asst. Prof. Chethana, department of Geography, proposed vote of thanks. Programme was ended with National Anthem. Smt. Thriveni H.R compeered the programme.


Secretary, Cultural Committee
Sri Adichunchanagiri College of Arts & Commerce
Nagamangala-571432, Mandya Dist.


PRINCIPAL
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Nagamangala-571432, Mandya Dist

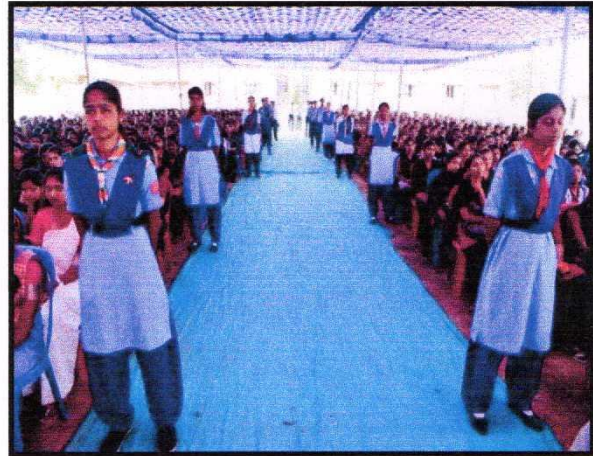


Inauguration of cultural and sports activities

Date: 18-09-2019

H.R
Secretary, Cultural Committee
 Sri Adichunchanagiri College of Arts & Commerce
 Nagamangala-571 432, Mandya Dist.

[Signature]
PRINCIPAL
 Sri Adichunchanagiri College
 of Arts and Commerce
 Nagamangala-571 432, Mandya Dist,



Inauguration of cultural and sports activities

Date: 18-09-2019

YouTube Video Link : <https://youtu.be/dYt5nUML-jY>

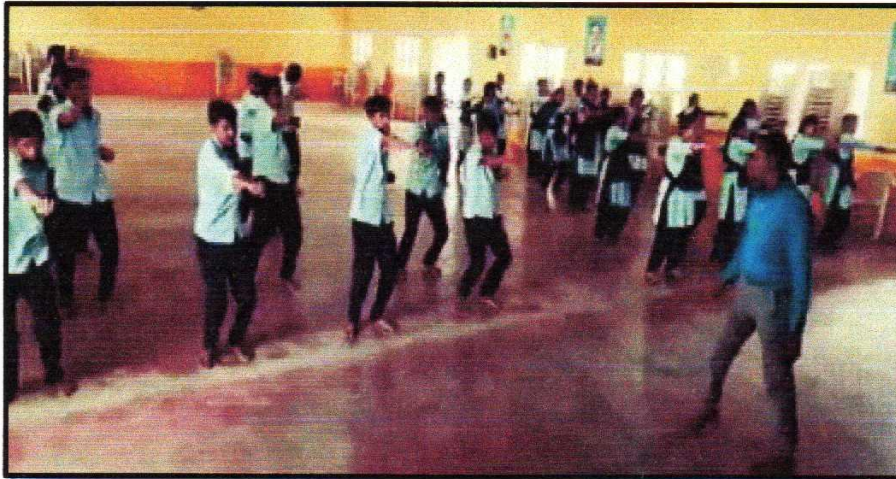
Jha H.R
Secretary, Cultural Committee
Sri Adichunchanagiri College of Arts & Commerce
Nagamangala-571 432, Mandya Dist.

[Signature]
PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.

**Sri Adichunchanagiri College of Arts and Commerce
Nagamangala, Mandya District.**

KARATE TRAINING REPORT 2019

This event was organized by our college on 13-10-2019 at the auditorium. Prof. Ramakrishnegowda, HOD of political science inaugurated the event. Physical Education Director, started karate training to IIB. A and I B. "B" section students engaged themselves as a part of co- curricular activity and they enjoy themselves.




Physical Education Director
Sri Adichunchanagiri College of Arts & Commerce
Nagamangala-571 432, Mandya Dist.


PRINCIPAL
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**Sri Adichunchanagiri College of Arts and Commerce
Nagamangala, Mandya District.**

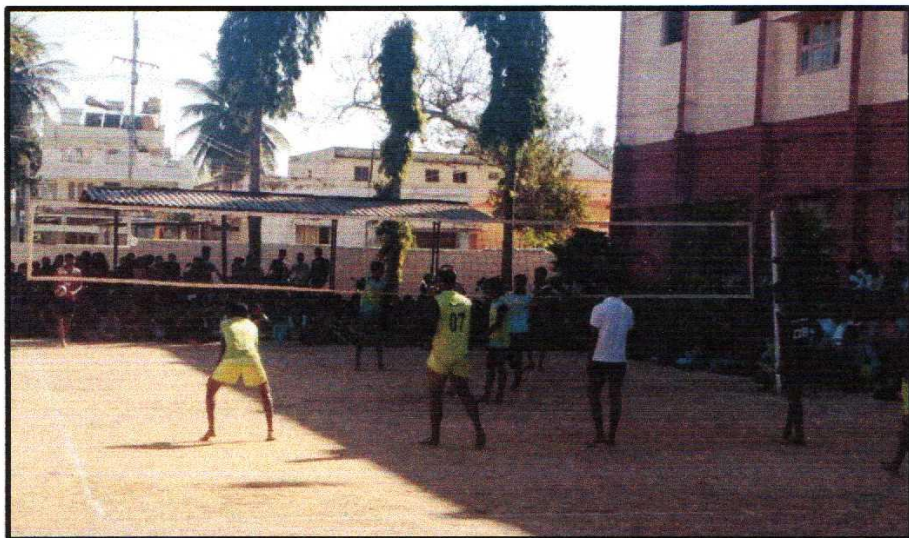
REPORT ON VOLLEY BALL FRIENDLY MATCH

SAC college Nagamangala organized the friendly match on 04-02-2020 at SAC volley ball court. Prof Rajendra HOD of commerce and Prof Ramakrishne Gowda HOD of Political science and our college Principal Dr. B.K Lokesha inaugurated the match.

The students from SAC outgoing students participated in this event. This event was won by SAC outgoing students, after that principal Dr.B. Lokesha appreciated all players and also gave the suggestions in their future.


Physical Education Director
Sri Adichunchanagiri College of Arts & Commerce
Nagamangala-571 432, Mandya Dist.


PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.



VOLLEY BALL FRIENDLY MATCH, Date : 04-02-2020

A handwritten signature in green ink, likely of the principal, is positioned above the printed name.

PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.

**Sri Adichunchanagiri College of Arts and Commerce
Nagamangala, Mandya District.**

KHO-KHO FRIENDLY MATCH

SAC College Nagamangala organized the friendly match on 12-02-2020 at SAC kho-kho court for the purpose of Mysore university Inter zonal competition. M.N.Paramashivayya as taluk physical Teacher sangha and president and Thimmegowda high school P.T Teacher Mayigonahalli was chief guest.

The Students from polytechnic B.G Nagar participated in this event. In this match and both the team has got equal points. After that principal Dr. B. K Lokesha appreciated all players and also gave suggestions.


Physical Education Director
Sri Adichunchanagiri College of Arts & Commerce
Nagamangala-571 432, Mandya Dist.


PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.



KHO-KHO FRIENDLY MATCH, Date : 12-2-2020



PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.

|| ಜೈ ಶ್ರೀ ಗುರುದೇವ್ ||



ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಕಲಾ, ವಾಣಿಜ್ಯ ಮತ್ತು ವಿಜ್ಞಾನ ಕಾಲೇಜು
ನಾಗಮಂಗಲ, ಮಂಡ್ಯ ಜಿಲ್ಲೆ ಹಾಗೂ
ಡಾ. ಹೊ.ಶ್ರೀನಿವಾಸಯ್ಯ ಟ್ರಸ್ಟ್ ಮತ್ತು ಚೌದ್ರಿ ಗ್ರಾಮೀಣಾಭಿವೃದ್ಧಿ ಟ್ರಸ್ಟ್



ಇವರ ಸಹಯೋಗದಲ್ಲ

2019-20

**ಸಾಂಸ್ಕೃತಿಕ ಮತ್ತು ಕ್ರೀಡಾ ಕಾರ್ಯಕ್ರಮಗಳ ಸಮಾರೋಪ ಸಮಾರಂಭ ಮತ್ತು
ಡಾ. ಹೊ.ಶ್ರೀನಿವಾಸಯ್ಯನವರ ಸಂಸ್ಕರಣೆ ಹಾಗೂ ಸೇವಾ ಪ್ರಶಸ್ತಿ ಪ್ರದಾನ ಸಮಾರಂಭ**

ದಿನಾಂಕ : 24-02-2020 ಸೋಮವಾರ

ಬೆಳಿಗ್ಗೆ 10-00 ಗಂಟೆಗೆ

ಭೈರವೈಕ್ಯ ಪದ್ಮಭೂಷಣ ಪರಮಪೂಜ್ಯ ಜಗದ್ಗುರು

ಶ್ರೀ ಶ್ರೀ ಶ್ರೀ ಡಾ|| ಬಾಲಗಂಗಾಧರನಾಥ ಮಹಾಸ್ವಾಮೀಜಿಯವರ

ಚರಿಸ್ಮರಣೆಯೊಂದಿಗೆ

ದಿವ್ಯಸಾನಿಧ್ಯ : ಪರಮಪೂಜ್ಯ ಜಗದ್ಗುರು

ಶ್ರೀ ಶ್ರೀ ಶ್ರೀ ಡಾ|| ನಿರ್ಮಲಾನಂದನಾಥ ಮಹಾಸ್ವಾಮೀಜಿಯವರು

ಪೀಠಾಧ್ಯಕ್ಷರು, ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಮಹಾಸಂಸ್ಥಾನ ಮಠ

ಪಾವನಸಾನಿಧ್ಯ : ಪೂಜ್ಯ ಶ್ರೀ ಶ್ರೀ ಪುರುಷೋತ್ತಮಾನಂದನಾಥ ಸ್ವಾಮೀಜಿಯವರು

ಪ್ರಧಾನ ಕಾರ್ಯದರ್ಶಿಗಳು, ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಶಿಕ್ಷಣ ಟ್ರಸ್ಟ್ (ರಿ.)

ಪೂಜ್ಯ ಶ್ರೀ ಶ್ರೀ ಪ್ರಸನ್ನನಾಥ ಸ್ವಾಮೀಜಿಯವರು

ಪ್ರಧಾನ ಕಾರ್ಯದರ್ಶಿಗಳು, ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಮಹಾಸಂಸ್ಥಾನ ಮಠ

ಸಮಾರೋಪ ನುಡಿ :

ಶ್ರೀ ಜಿ.ಎಸ್. ಜಯದೇವ್, ಡಾ. ಹೊ.ಶ್ರೀನಿವಾಸಯ್ಯ ಸೇವಾ ಪ್ರಶಸ್ತಿ ಪುರಸ್ಕೃತರು
ದೀನಬಂಧು ಸಂಸ್ಥೆ ಸಂಸ್ಥಾಪಕರು, ಬೆಂಗಳೂರು.

ಡಾ. ಹೊ.ಶ್ರೀನಿವಾಸಯ್ಯ ಸೇವಾ ಪ್ರಶಸ್ತಿ ಪ್ರದಾನ :

ಶ್ರೀ ಡಿ.ಆರ್. ಪಾಟೀಲ್, ಮಾಜಿ ಶಾಸಕರು ಮತ್ತು ಗಾಂಧಿ ಅನುಯಾಯಿಗಳು

ಡಾ.ಹೊ.ಶ್ರೀನಿವಾಸಯ್ಯ ಸಂಸ್ಕರಣೆ :

ಡಾ. ವೂಡೆ. ಪಿ. ಕೃಷ್ಣ, ಅಧ್ಯಕ್ಷರು, ಗಾಂಧಿ ಭವನ, ಬೆಂಗಳೂರು

ವಾರ್ಷಿಕ ಸಂಚಿಕೆ 'ಗಿರಿ ಕುಸುಮ' ಹಾಗೂ

ಡಾ.ಎಂ.ಕೆ.ಮಂಜುನಾಥರವರ 'ಮೊಂಬೆಲಿಡಿನ ದೇವಾಲಯಗಳು' ಕೃತಿ ಆಡುಗಡೆ :

ಡಾ. ಎನ್.ಎಸ್. ರಾಮೇಗೌಡ, ಸಿ.ಇ.ಒ, ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಶಿಕ್ಷಣ ಟ್ರಸ್ಟ್ (ರಿ.)

ಉಪಸ್ಥಿತಿ : ಡಾ.ಬಿ.ಕೆ. ಲೋಕೇಶ, ಪ್ರಾಂಶುಪಾಲರು

ಶ್ರೀ ಸದಾನಂದ, ಅಧ್ಯಕ್ಷರು, ಡಾ.ಹೊ.ಶ್ರೀನಿವಾಸಯ್ಯ ಚಾರಿಟಬಲ್ ಟ್ರಸ್ಟ್

ತಮಗೆ ಆದರದ ಸ್ವಾಗತ
PRINCIPAL
Dr. Adichunchanagiri College
of Arts and Commerce
Nagaramangala, Mandya District

ಪ್ರಾಂಶುಪಾಲರು, ಅಧ್ಯಾಪಕ ಮತ್ತು ಅಧ್ಯಾಪಕೇತರ ವರ್ಗ
ಡಾ. ಹೊ.ಶ್ರೀ. ಟ್ರಸ್ಟ್ ಮತ್ತು ಚೌದ್ರಿ ಗ್ರಾಮೀಣಾಭಿವೃದ್ಧಿ ಟ್ರಸ್ಟ್‌ನ ಅಧ್ಯಕ್ಷರು, ನಾಗಮಂಗಲ, ಮಂಡ್ಯ ಜಿಲ್ಲೆ

'ಸಾಂಸ್ಕೃತಿಕ ಹಬ್ಬ' - ಬಹುಮಾನ ವಿತರಣೆ ಮತ್ತು ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ

ಸಮಯ : ಮಧ್ಯಾಹ್ನ 2-00 ಗಂಟೆಗೆ

Sri Adichunchanagiri College of Arts and Commerce
Nagamangala-571432, Mandya Dist.

Valedictory Function

Date: 24-02-2020

The valedictory function was arranged on 24-02-2020 at 10.30 a.m., in the great memory of His Holiness Padmabhushana Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji with the Presence of His Holiness Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji. The chief guests are Dr. Woode P. Krishna, President, Gandhi Bhavan, Bangalore, Prof. G.B. Shivaraju, Vice President, Gandhi Bhavan, Bangalore, G.S. Jayadev, Trustee, Dheenabandhu trust, Bangalore, Dr. N.S. Ramegowda, CEO, Sri Adichunchanagiri Shikshana Trust.

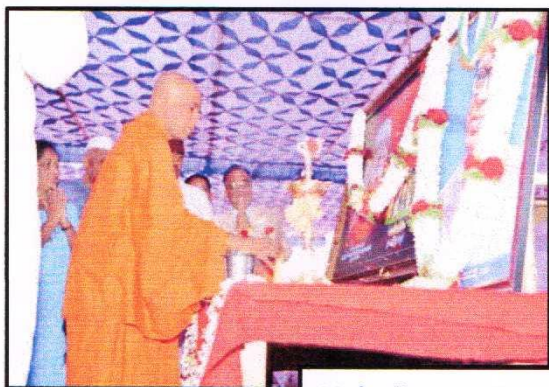
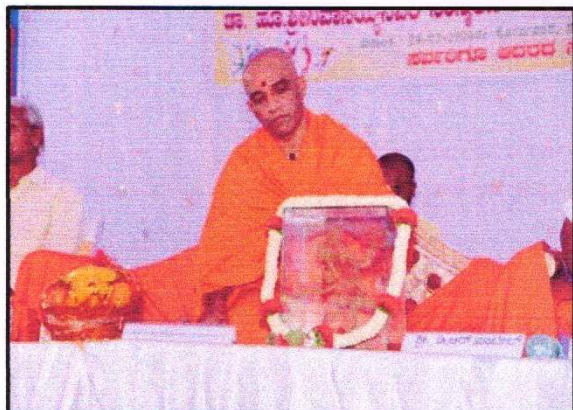
The programme was started with Naadageehte by all the students. The invocation was done by Gunavathi. M, HOD of Computer Science, and team. Dr. B.K. Loksha, Principal welcomed the gathering. The programme was inaugurated by lightning the lamp and flowering to the Poojya Mahaswamiji's portray. The chief guests Dr. Woode P. Krishna expressed the valedictory speech. The Bhajan was performed by Shreyas Gowda .A, II B.Sc., and team.

Swamiji and the chief guests released our college Annual magazine, 'Girikusuma' and the Book 'Bombe Beedina Devalayagalu' written by Dr. M.K. Manjunath, HOD of Kannada. The Swamiji and the chief guests distributed the prizes for winners of Cultural and Sports competitions. Vote of thanks was proposed by Prof. Rajendra, HOD of Commerce. Smt. H.R. Thriveni, Cultural Secretary, compeered the programme. Cultural Programs were performed by the students.

Youtube Video Link : <https://youtu.be/sMNBQEH0SEc>


Secretary, Cultural Committee
Sri Adichunchanagiri College of Arts & Commerce
Nagamangala-571 432, Mandya Dist.


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Sri Adichunchanagiri College
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Nagamangala-571 432, Mandya Dist



Valedictory Function, Date: 24-02-2020

Shree H.R
Secretary, Cultural Committee
Sri Adichunchanagiri College of Arts & Commerce
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Valedictory Function, Date: 24-02-2020

J. H. R.
Secretary, Cultural Committee
 Sri Adichunchanagiri College of Arts & Commerce
 Nagamangala-571 432, Mandya Dist.

PRINCIPAL
 Sri Adichunchanagiri College
 of Arts and Commerce
 Nagamangala-571 432, Mandya Dist.



**Valedictory
Function,
Date: 24-02-
2020**



J. H. R.
Secretary, Cultural Committee
Sri Adichunchanagiri College of Arts & Commerce
Nagamangala-571 432, Mandya Dist.

J. H. R.
PRINCIPAL
Sri Adichunchanagiri College
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Nagamangaia-571 432, Mandya Dist.

**Sri Adichunchanagiri College of Arts and Commerce
Nagamangala, Mandya District.**

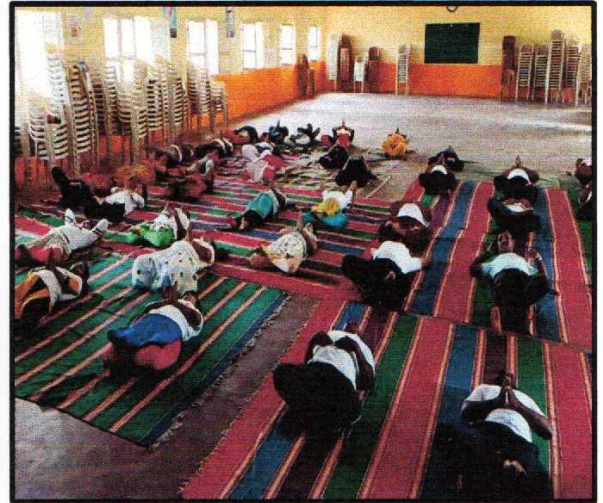
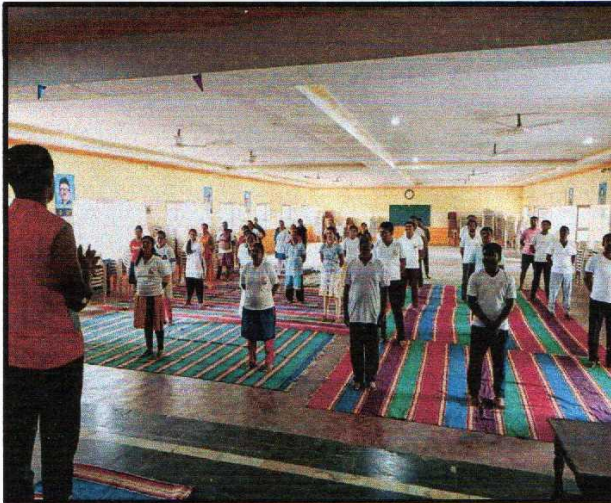
The World Yoga Day Report

Date: 21-06-2020

This event was organized by our college as a part of world Yoga day. On 21-6-2020, our college faculty participated at BGS Auditorium. The Principal Dr. B. K. Lokesha presided over the programme.

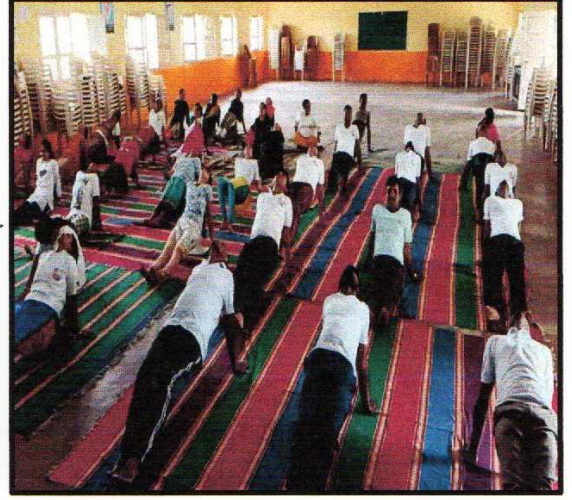
In this event, Asst. Prof. Thriveni welcomed all the faculties then B P Narayana Physical Education Director gave the yogasana demonstration to faculty members then after 40 members have, demonstrated yogasana as it is and they got its importance.

Finally, in this event Asst. Prof. Chethan D. S. congratulated the dignitaries and made the event grand successes.



Narayana
Physical Education Director
Sri Adichunchanagiri College of Arts & Commerce
Nagamangala-571 432, Mandya Dist.

Dr. B. K. Lokesha
PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.



ಯೋಗದ ಮಹತ್ವ ಅಪಾರ

ಪ್ರಜಾವಾಣಿ ವಾರ್ತೆ

ನಾಗಮಂಗಲ: ಮನುಷ್ಯನ ದೈನಂದಿನ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಉದ್ಯೋಗ, ಮನರಂಜನೆ, ಆಹಾರ ಪದ್ಧತಿಗಳಂತೆ ಯೋಗದ ಪ್ರಾತ್ಯವೂ ಸಹ ಅಪಾರವಾದದ್ದು ಎಂದು ಎಸ್.ಎ.ಸಿ ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲ ಡಾ.ಬಿ. ಕೆ.ಲೋಕೇಶ್ ಹೇಳಿದರು.

ಪಟ್ಟಣದ ಎಸ್.ಎ.ಸಿ.ಕಾಲೇಜಿನ ಸಭಾಂಗಣದಲ್ಲಿ ವಿಶ್ವಯೋಗ ದಿನದ ಅಂಗವಾಗಿ ಆಯೋಜಿಸಲಾಗಿದ್ದ ಯೋಗ ಪ್ರದರ್ಶನ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಮಾತನಾಡಿದ ಅವರು, 'ಆರೋಗ್ಯವೇ ಭಾಗ್ಯ ಎಂಬ ಮಾತಿದೆ. ಅದರಂತೆ ನಮ್ಮ ಆರೋಗ್ಯವನ್ನು ಸಮತೋಲನವಾಗಿ ಕಾಪಾಡಿಕೊಳ್ಳುವಲ್ಲಿ ಯೋಗವು ಅತ್ಯಂತ ಸಹಕಾರಿಯಾಗಿದೆ. ಆದರೆ ಇಂದು ಯುವಕರು ಯೋಗ ಮಹತ್ವವನ್ನು



ನಾಗಮಂಗಲದ ಎಸ್.ಎ.ಸಿ ಕಾಲೇಜಿನ ಸಭಾಂಗಣದಲ್ಲಿ ಯೋಗದಿನದ ಅಂಗವಾಗಿ ಉಪನ್ಯಾಸಕರು ಮತ್ತು ಸಿಬ್ಬಂದಿ ಯೋಗ ಪ್ರದರ್ಶನ ಮಾಡಿದರು

ಕಡೆಗಚ್ಚಿಸಿದ್ದಾರೆ. ಯೋಗವು ಕೇವಲ ದೈಹಿಕ ಆರೋಗ್ಯವನ್ನು ಮಾತ್ರವೇ ಉತ್ತಮಪಡಿಸದೆ ಮಾನಸಿಕ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಲು ಸಹಾಯಕ. ಅದರಿಂದ ಎಲ್ಲರಿಗೂ ಯೋಗದ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ತಿಳಿಸುವುದು ವಿಶ್ವಯೋಗ ದಿನದ ಪ್ರಮುಖವಾದ ಉದ್ದೇಶವಾಗಿದೆ' ಎಂದರು.

ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಕಾಲೇಜಿನ

ಉಪನ್ಯಾಸಕರು ಸೇರಿದಂತೆ ಎಲ್ಲರೂ ಸಹ ಸಾಮೂಹಿಕವಾಗಿ ಸೂರ್ಯ ನಮಸ್ಕಾರ ಸೇರಿದಂತೆ ವಿವಿಧ ಯೋಗಾಸನಗಳನ್ನು ಪ್ರದರ್ಶಿಸಿದರು. ಉಪನ್ಯಾಸಕರಾದ ಹರೀಶ್, ಕುಮಾರ್, ಮೋಹನ್, ಗುಣವತಿ, ನೀಲಾ, ತ್ರಿವೇಣಿ, ಗ್ರಂಥಪಾಲಕ ವಿಜಯ್ ಕುಮಾರ್, ದೈಹಿಕ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕ ನಾರಾಯಣ್ ಮತ್ತು ಸ್ವಿಯೆ ಇದ್ದರು.

The World Yoga Day, Date: 21-06-2020

Nagaraj
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