



Shri Hurakadli Ajja Shikshana Samiti's



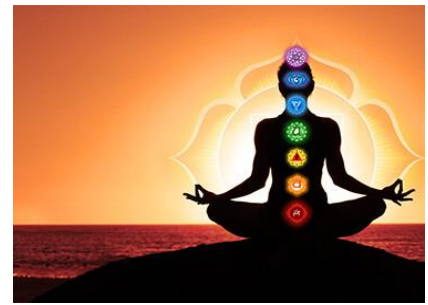
Smt. K.S. Jigalur Arts & Dr.(Smt.)S.M. Sheshgiri Commerce College for Women, Dharwad

Yoga Training Camp

Modern life style, stress, anxiety etc leads to diseases and affects the human body. Yoga is a process of gaining self-realisation and self improvement. Yoga education can enhance all activities of students be it academic, sports or social. Yoga is important for physical education and sports. With this aim, yoga camp was organised by the Department of Sports and Physical Education for the students for 7 days from 14th June to 21st June 2023.

Objectives: The aim of the yoga camp was to help the students to-

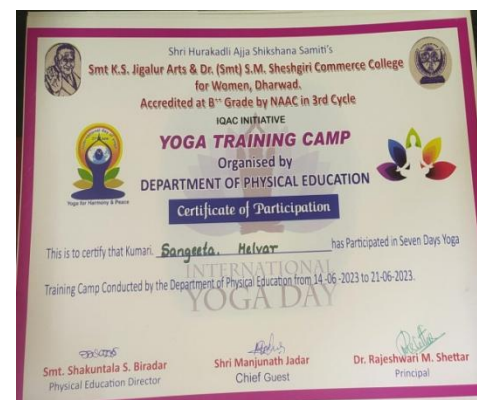
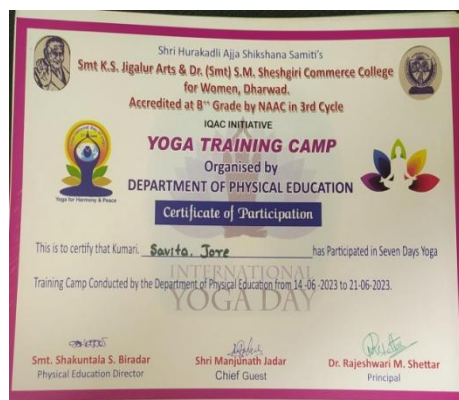
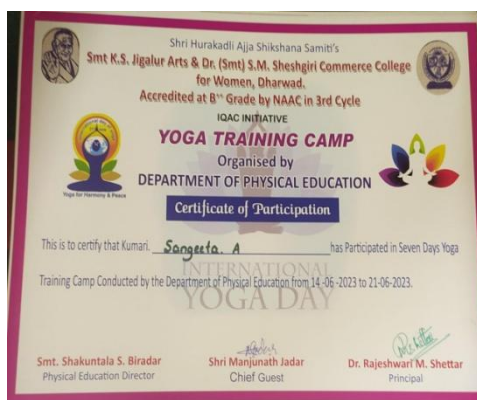
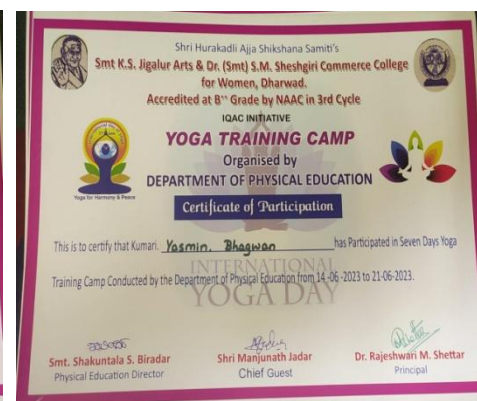
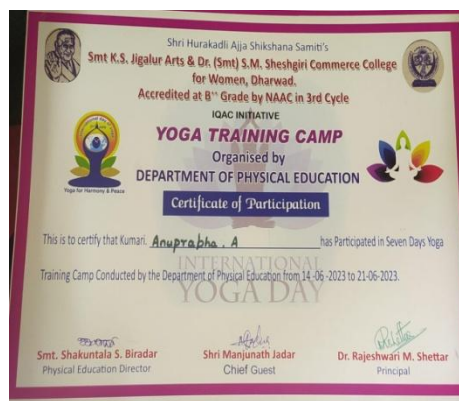
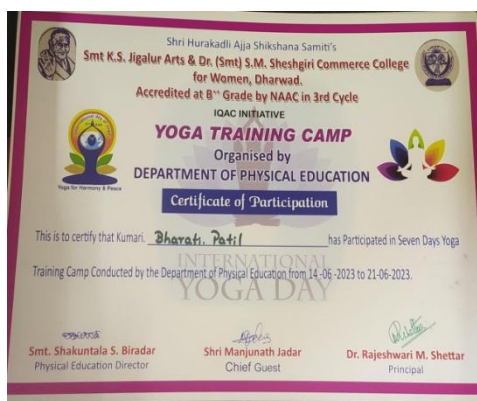
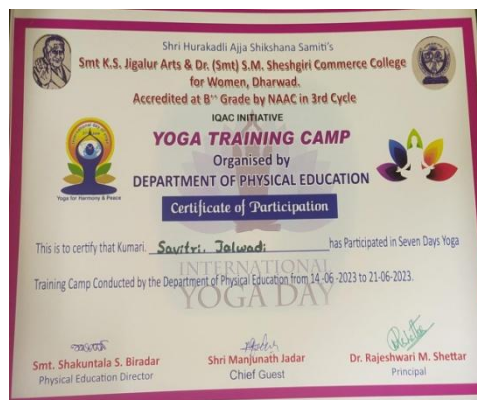
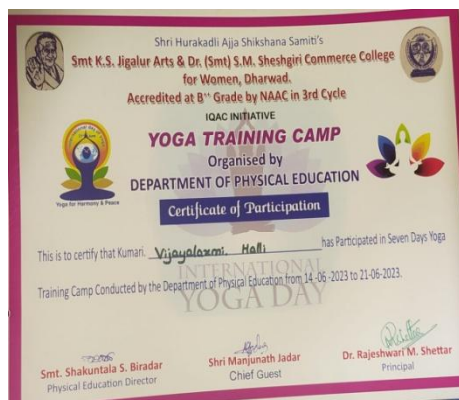
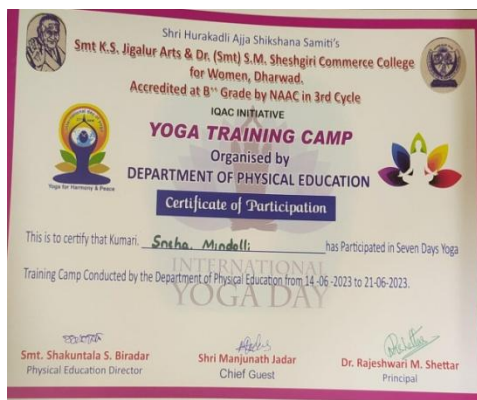
- To maintain physical fitness
- To possess emotional stability
- To tackle stress and tension
- To integrate moral values
- To make yoga an integral part of life



Yoga expert Shri Manjunath Jadar conducted the training sessions for students from 7.30 am to 9.30am. Trainer focussed on theory in first the session and explained importance of yogasana and its benefits for physical and mental health. During the yoga sessions he taught the students about Pranayama, Surya Namaskar, Dandasana, Dhanurasana, Shvasana, Halasana, Matsasana, Sarvangasan, Sirsasana, Bhujangasana, Gomukhasana, Trikonasana, Matsasana, Naukasana etc to the students.

Students practiced Pranayama a regulation of breathing pattern and Aasanas for about 2 hours. On the last day 21st June, International Yoga day students demonstrated various aasanas on the stage with a small description of aasana. Total 32 students attended the training camp with a great spirit.





Yoga training camp was organized for the college students from 13th to 21st June 2023. Shri Manunath Jadar trained the students. International Yoga Day was celebrated on 21st June 2023.

SHRI HURAKADLI AJJA SHIKSHANA SAMITI'S

**SMT. K. S. JIGALUR ARTS AND DR. (SMT) S.M. SHESHGIRI COMMERCE COLLEGE
FOR WOMEN'S DHARWAD**

Department of Computer

A Special Talk on 'Artificial Intelligence'

Date :11/08/2023

**Resource Person : Mr.Praveen Hanchinal Govt. First Grade College
Dharwad.**

**Objective of Programme : To give the knowledge of AI Software to the
students.**

Description: Resource person Mr.Praveen Hanchinal delivered a lecture on Artificial Intelligence is the intelligence of machines or software as opposed to the intelligence of humans or animals it is also the field of study in computer science that develops and studies intelligent machines. "AI" may also refer to the machine.AI is predicated to grow increasingly pervasive as technology develops, revolutionising sectors including healthcare, banking and transportation. The work market will change as a result of AI-driven automation, necessitating new positions and skills.

No of Participants 50 Students.

PPT Presentation on Artificial Intelligence



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SMT. K. S. JIGALUR ARTS AND DR. (SMT) S.M. SHESHGIRI COMMERCE
COLLEGE FOR WOMEN'S DHARWAD

Department of Computer



A Special Talk on Artificial Intelligence for B.A II & IV sem. Resource person Mr. Praveen Hanchinal Govt. First Grade College Dharwad on 11/08/2023.