



Sri Bhagawan Mahaveer Jain Evening College
(Affiliated to Bengaluru City University)

Skill Enhancement Initiative
Yoga

Yoga is the part of Curriculum for B.Com Students under NEP-2020. As a skill enhancement course, (in connection to that) SBMJEC is offering Yoga course to 1st B.Com Students. The course is inaugurated Yoga Classes for 1st year B.Com 2021-2022 Batch on 13th December 2021.



JGI **SRI BHAGAWAN MAHAVEER
JAIN EVENING COLLEGE**
(Affiliated to Bengaluru City University)
V V Puram Bengaluru 560004
In Association with IQAC,NAAC

Orientation on:
Skill Enhancement Course - Yoga
I year B.Com 2021-22 Batch

Chief Guest:
Dr. M Jayappa
Special officer, Karnataka State Higher Education Council
Bengaluru

Speaker:
Mr. Joseph E.T
M.Sc in Yoga, Yoga instructor, JGI

DATE: 13th December 2021 **TIME:06:00 PM**
VENUE:SBMJEC
Dr. K. M. Mahesh, Principal, SBMJEC
Shruthi M.S.HOD, SBMJEC

Staff & Students



Picture 1

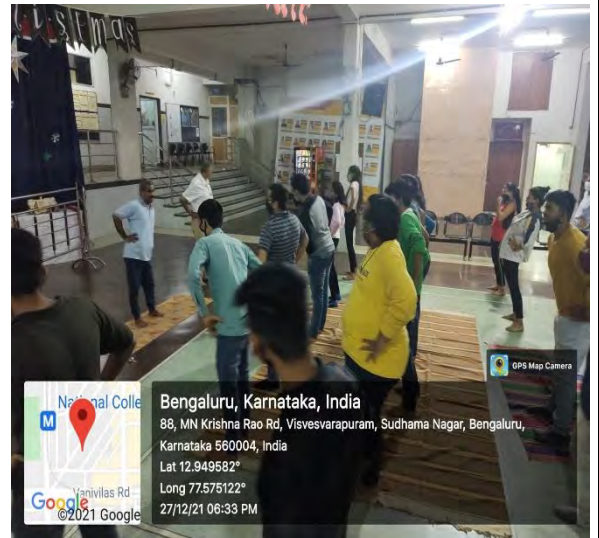


Picture 2

Warm-up Session



Picture 4



Picture 3



Picture 5



Picture 6

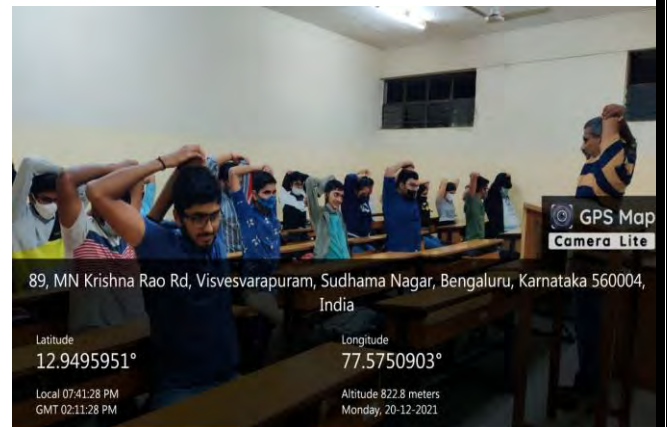


Picture 7

Yoga in Classroom



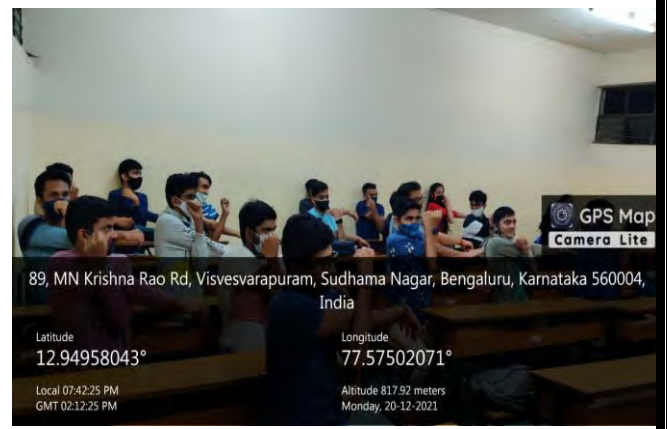
Picture 8



Picture 11



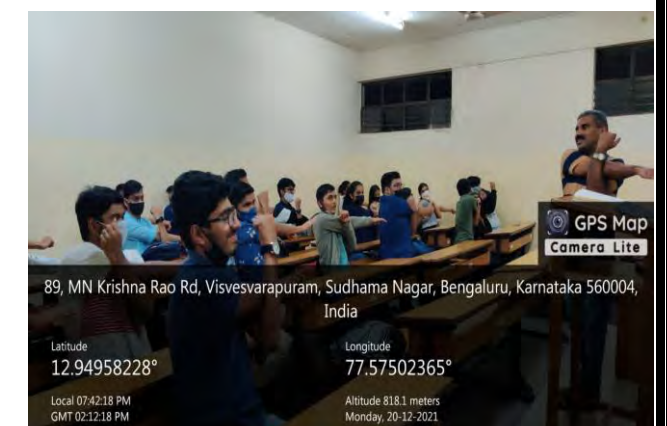
Picture 10



Picture 9



Picture 12



Picture 13

Mr. Joseph E T

M.Sc in Yoga, Yoga instructor

Joseph E T is professional yoga teacher, practicing yoga since 1990. Started teaching yoga as professional since 1998, he has completed M.Sc in Yoga. And providing **Yoga therapy** for ailment. He started his journey in JGI from 2011 imparting his valuable knowledge and skills related to yoga to Students and staff.

In **SBM Jain Evening College** Joseph E T gives practical and theoretical session, students are participating enthusiastically in both session and submitted assignment about yoga.