



TUMKUR UNIVERSITY
University College of Science
Department of Physical Education
CPE Sponsored one day Work shop


The Department of Physical education has organized **workshop on weight lifting** on **21st July 2018** at Visveswaraya Auditorium under the president ship of Principal Smt. B R Shalini and the Resource person of the workshop is National Gold medalist and the Physical education Director, Govt. First Grade College, CN Halli **Shri. Shailendrakumar**. The Resource person has taught basic skills of weight lifting and body Building and Inter University Rules for the said event. 150 students have actively taken part in the workshop and learnt skills about the weight lifting and body Building


ತುಮಕೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ತುಮಕೂರು
ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ವಿಜ್ಞಾನ ಕಾಲೇಜು
ದೈಹಿಕ ಶಿಕ್ಷಣ ಮತ್ತು ಕ್ರೀಡಾ ವಿಭಾಗ

ಸಿಪಿಇ (ಯುಜಿಸಿ) ಪ್ರಾಯೋಜಿತ

ಭಾರ ಎತ್ತುವಿಕೆ ಮತ್ತು ದೇಹದಾರ್ಢ್ಯ ಕೌಶಲ್ಯ ತರಬೇತಿ ಕಾರ್ಯಾಗಾರ


21.07.2018, ಬೆಳಿಗ್ಗೆ 10.00 ಗಂಟೆಗೆ, ಸ್ಥಳ : ಸರ್ ಎಂ. ವಿಶ್ವೇಶ್ವರಯ್ಯ ಸಭಾಂಗಣ




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The Department of Physical education has organized one day **workshop on YOGA** on **10.10.2017** at Visveswaraya Auditorium under the president ship of Principal **Dr Eshawr H Y** and the Resource person of the workshop is **Sri Srinivas**, Physical education Director, Govt. First Grade College, Dandinasivara. The Resource person has taught basic skills of Mudra, Pranayama, Kriya. 100 students have actively taken part in the workshop and learnt skills about the YOGA




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The Department of Physical education has organized workshop on **Taekwondo** on **28th July 2018** at Visveswaraya Auditorium under the president ship of Principal **Smt. B R Shalini** and the Resource person of the workshop is **State Taekwondo Coach Shri. Jagadeesh G**. The Resource person has taught basic skills of Taekwondo. 100 students have actively taken part in the workshop and learnt skills about Taekwondo





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Taekwondo Workshop






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The Department of Physical education has organized **workshop on YOGA** on **17th July 2018** at Visveswaraya Auditorium under the president ship of Principal **Smt. B R Shalini** and the Resource person of the workshop is National Yoga medalist **Ms. Nandini S P**, Jindal Bangalore. The Resource person has taught basic skills of of Yoga, Kriyas. 100 students have actively taken part in the workshop and learnt skills about the Yoga skills

Yoga Workshop




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The Department of Physical education has organized **workshop on Life skill** Programme on **24th July 2018** at Visveswaraya Auditorium under the president ship of Principal **Smt. B R Shalini** and the Resource person of the workshop is Professor in Epidemiology, **Dr. Pradeep Kumar D S**. The Resource person has taught 10 basic life skills with practicals. 400 students have actively taken part in the workshop and learnt skills about basic life skills





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The Department of Physical education has organized workshop on Women Self Defense – “ **Mahila Swaraksha**” on **20th July 2018** at Visveswaraya Auditorium under the president ship of Principal Smt. B R Shalini and the Resource person of the workshop is **Shri Karthik S Katil and his mother Smt . Shobhalatha Katil**, Mahila Swaraksha Trust, Udupi, Dakshina Kannada. The Resource persons has taught basic skills of self defense techniques, awareness, and trained the audience about how to defense during emergency and critical situations at home, at institutions at travel, at public places. 500 students have actively taken part and learned the basic skills of self defense


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