ಭಾರತೀಯ ಆದಿಮಜಾತಿ ಸೇವಕ ಸಂಘ (ರಿ)
ಬಿ.ಎ.ಜೆ. ಎಸ್. ಎಸ್. ಕಲಾ ಮತ್ತು ವಾಣಿಜ್ಯ ಮಹಿಳಾ ಮಹಾವಿದ್ಯಾಲಯ
ಹಲಗೇರಿ ರಸ್ತೆ.
Affiliated to Karnataka State Women's University Bijapur.
Bhartiya Adimjati Sevak Sangh(R)
BA JSS Arts and Commerce College for women
Sri Gayatri Campus, Halageri Road Ranebennur581115 Dist.: Haveri State Karnataka
STD:08373- Office: 267968, 297468, Mobile: 9481736128
Email: bajsswck09@gmail.com web: bajsswomenscollege.com

1.2.1 Number of Add on / Certificate / Value Added programme offered during the last five years.

This is to certify that, in addition to the regular 02 UG programme i.e., BA and B.Com., based on the students feedback, stakeholders recommendations and overview of IQAC during students interaction, college has introduced 02 value added courses i.e., Spoken English and Yoga during the last five years. The details of the activities along with supporting documents are made available on Institutional Website.

Year	Title of the Value Added course	Page No. From – To
	SPOKEN ENGLISH	
2018-19	Brochure	2
	Circular	3
	Time Table	4-5
	Profile of the Resource Person	6
	Geotagged Photo	7
	Model Certificate	8
	Course completion letter	9
	Students Attendance	10-13
	Model Question paper	14
	YOGA	
2018-19	Brochure	15
	Circular	16
	Time Table	17-18
	Syllabus copy	19-20
	Profile of the Resource Person	21
	Model Certificate	22
	Summary	23-25
	List of students enrolled	26-27
	Students Attendance Register	28-31
	Model Question Paper	32-34

IQAC Co-ordinator
B.A.J.S.S. Arts & Commerce College for Women
Halageri Road, RANEBENNUR-581115

B.A.J.S.S. Arts & Commerce College for Women RANEBENNUR 581115.

PRINCIPAL
BAJSS. Arts & Commerce College For Womens
Halageri Road, RANEBENNUR-581115

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B.A.J.S.S ARTS & COMMERCE COLLEGE FOR WOMEN
HALAGERI ROAD RANEBENNUR-581115

2018-19

CERTIFICATE COURSE IN SPOKEN ENGLISH



Course will commence from 01 -08-2018

Timing: Every Friday and Saturday3PM to 6 PM

Venue: Sanadi Hall

IQAC Initiative

Organised By Department Of English

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ಭಾರತೀಯ ಅಭಿವೃದ್ಧಿಪರ ಸೇವಾ ಸಂಘ (ರಿ)

ಬಿ.ಎ.ಜೆ.ಎಸ್.ಎಸ್. ಕಲಾ ಮತ್ತು ವಾಣಿಜ್ಯ ಮಹಿಳಾ ಮಹಾವಿದ್ಯಾಲಯ

ಹಳಗೇರಿ ರಸ್ತೆ,

Permanently Affiliated to Karnataka State Womens University, BIJAPUR.
Accredited with "B" Grade by NAAC
Bharatiya Adimjati Sevak Sangh (R.)

B.A.J.S.S. Arts & Commerce College for Women

Sri Gayatri Campus, Halageri Road, RANEBENNUR-581 115. Dist. : Haveri State : Karnataka

Ref. No. : B.A.J.S.S./Admn/

Date: 20/7/2018

Circular

This is to bring to the Notice of all the students of our college is that as usual our college will start short term Certificate course in Spoken English during this academic year from 01-08-2018 to 15-10-2018. Interested students are here by informed to enroll their names to Sri. Devaraj S. Hanchinamani, Course Organizer on or before 28-07-2018.

Timings of the Classes is as follows.

Friday and Saturday 3 Pm to 6 Pm.

Course organizer
Co-ordinator

Principal
PRINCIPAL
BAJSS. Arts & Commerce College For Womens
Halageri Road, RANEBENNUR-581115

Copy to :

Course organizer

H.O.D Dept of English

The Recourse Person.

BA III

BA-II

BA I

BA II Sociology

B.Com-I

STD : 08373 - Office : 267968, 297468 Mobile : 9481736128
E-mail : bajsswck09@gmail.com web : bajsswomenscollege.com

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BAJSS ARTS & COMMERCE COLLEGE FOR WOMEN'S
GAYATRI CAMPUS HALAGERI ROAD RANEBENNUR-581115.
TIME TABLE FOR THE ACADEMIC YEAR 2018-19
B.A. I, III & V SEMESTER

DAYS	TIME CLASS	9-00 TO 10-00	10-00 TO 11-00	11-00 TO 12-00	12-00 TO 1-00	1-00 TO 2-00	2-00 TO 3-00	3-00 TO 4-00	4-00 To 6-00
MONDAY	B.A. I SEM	Kannada H No -1 Englsih H No – 4 (JH) Economics H No -8 (SRC)	Kannada (Basic) HNo-9 Hindi (Basic) M.R	History H.No-2 (AGM) Education H.No-3 (BUM) Journalism H.No-6 (RB)	Geography (Lab)(GKG) Pol-Science H.No-3 (GMN) Sociology H.N-06 (RM)	English(Basic) H No -9 (DH)			
	B.A. III SEM	Geography (Lab) (PKG) Pol-Science HNo-3 (GMN) Education H No -7 (BUM)	History H No -1 (AGM) Journalism (CR) H No -6	Economics HNo-5 (SRC) Sciology H No -06 (RM)	English (Basic) H.No-9 (JH)	Kannada(Basic) H No -1 Hindi (Basic) M.R	Kannada HNo-2 English HNo-4 (DH)		
	B.A.V SEM	History H No -2 (AGM) Sciology H No -10 (RM) Journalism (CR) H No -6 (RB)	Geography (Lab)(PKG) Pol-Science HNo-3 (ASN)	Kannada(Basic) H No -9 Hindi (Basic) M.R	Kannada HNo-1 English HNo-2 (HAB) Economics H.No-5 (GRK)	Geography (lab)(GKG) POl-Science H No - 3(GMN) Education H No -4 (BUM)	History H No -2 (AGM) Sociology H No -6 (RM) Journalism H No – 6 (RB	Education H No - 4 (BUM)	
TUESDAY	B.A. I SEM	Kannada H No -1 English H No -4 (DH) Economics H No -8 (SRC)	Kannada (Basic) HNo-9 Hindi (Basic) (MR)	Geography (Lab)(GKG) Pol-Science HNo-3(GMN) Sociology H.No-06 (RM)	History H No -1 (AGM) Education H No -3 (BUM) \Journalism H No -6 (RB)	I C H No -9 (ASN)			
	B.A. III SEM	Geography (Lab)(PKG) Pol-Science HNo-3(GMN) Education HNo-7 (BUM)	History H No -1 (AGM) Journalism H No -6 (RH)	Kannada HNo-2 English HNo-1 (DH) Economics H.No – 5 (SRC)	Kannada (Basic) H No -9 Hindi (Basic) M.R	PD &CS H No -1 (RM)	English(Basic) H No -9 (JH)		
	B.A. V SEM	History H No -2 (AGM) Sociology H No -6 (RM) Journalism (CR) H No -6(RB)	Geography (Lab)(PKG) Pol-Science HNo-3(SN)	Kannada(Basic) H.No-9 Hindi (Basic)	Kannada H No -2 Economics H No -5 (SRC) English H No -4 (DH)	Geography (Lab)(GKG) POl-Science H No - 3(GMN) Education H No -4 (BUM)	History H No -2 (AGM) Sociology H No -10 (RM) Journalism H No -6 (AB)	Education Hno-4 (BUM)	
WEDNESDAY	B.A. I SEM	Kannada H No -1 English H No -4 (JH) Economics (CR) H No -8 (SRC)	English (Basic) HNo-9 (DH)	Geography (Lab) (GKG) Pol-Science HNo-3(GMN) Sociology H No -10 (RM)	Kannada (Basic) H No -9 Hindi (Basic) M.R	I C H No -9 (ASN)			
	B.A. III SEM	Geography (Lab) (PKG) Pol-Science HNo-3(GMN) Education H No -8 (BUM)	Kannada (Basic) HNo-8 Hindi (Basic) (MR)	Kannada HNo-2 English HNo-4 (DH) Economics HNo-5 (SRC)	History HNo-1 (AGM) Journalism H No -6 (RB)	Sociology H.No-06 (RM)	English(Basic) H No -9 (DH)	Sociology HNo-10 (RM)	
	B.A. V SEM	History H No -2 (AGM) Sciology H No -6 (RM) Journalism (CR) H No -6 (RB)	Geography (Lab)(PKG) Pol-Science HNo-3 (ASN)	Kannada HNo-4 English HNo-3 (HAB) Economics H No -5 (GRK)	Kannada(Basic) H No -9 Hindi (Basic) M.R	Geography (Lab)(GKG) POl-Science H No - 3(GMN) Education H No -4 (BUM)	Kannada H No -4 English H No -3 (DH) Economics H No -5 (SRC)	Education HNo-4 (BUM)	

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DAY'S	TIME / CLASS	9-00 TO 10-00	10-00 TO 11-00	11-00 TO 12-00	12-00 TO 1-00	1-00 TO 2-00	2-00 TO 3-00	3-00 TO 4-00	-00 To 6-00
THURSDAY	B.A. I SEM	Kannada H.No-1 English H.No-4 (DH) Economics H.No-2 (SRC)	English (Basic) H.No-5 (DH)	Geography (Lab)(GKG) Pol. Science H.No-3 (GMN) Sociology H.No-06 (RM)	History HNo-1 (AGM) Education H.No-3 (BUM) Journalism H.No-6 (RB)	I C H.NO -9 (ASN)	Kannada(Basic) H.No-9 Hindi (Basic) M.R		
	B.A. III SEM	P.D &CS H.No-8 (JH)	Sociology HNo-6(RM)	Kannada H.No-2 English H.No-4(JH) Economics H.No-5 (SRC)	English (Basic) H.No-9 (DH)	Kannada(Basic) H.No-2 Hindi (Basic) M.R	Geography (Lab) Pol-Science HNo-3 (GMN) Education HNo-4 (BUM)		
	B.A V SEM	Pol-Science HNo-3 (GMN) Education HNo-4 (BUM)	History H.No-1 (AGM) Sociology HNo-6 (RM) Journalism HNo-6 (RB)	Kannada HNo-1 English HNo-2 (HAB) Economics HNo-5 (GRK)	Geography (lab)(GKG)	Kannada H.No-1 English H.No-3(DH) Economics H.No-5(GRK)	2-00 to 5 -00 Pm Geography Practical-I (Lab)(GKG)	Kannada (Basic) H.No-9 Hindi (Basic) MR	
FRIDAY	B.A. I SEM	History HNo-1 (AGM) Education H.No-4 (BUM) Journalism H.No-6 (RB)	I.C. H.No-9 (ASN)	Geography (Lab)(GKG) Pol. Science H.No-3 (GMN) Sociology H.No-6(RB)	Kannada H.No-1 English HNo-4 (DH) Economics - H.No-7 (SRC)	Kannada(Basic) H.No-9	English(Basic) H.No-9 (DH)		
	B.A. III SEM	PD & .CS H.No-8 (DH)	Geography (lab) (PKG) Pol-Science HNo-3(GMN) Education HNo-4 (BUM)	Kannada H.No-2 English H.No-4 (DH) Economics H.No-5 (SRC)	Sociology H.No-06 (RB) Journalism H.No-6 (RB)	Geography(Practical) (Lab) (PKG)	History H.No-2 (AGM)		
	B.A. V SEM	Geography (Lab)(PKG) Pol-Science HNo-3(GMN)	History HNo-1 (AGM) Sociology HNo-10(RM) Journalism H.No-6(RB)	Education H.No-7 (BUM)	Kannada H.No-5 English H.No-4 (HAB) Economics H.No-9 (GRK)	History H.No-1 (AGM) Sociology H.No-06(RM) Journalism H.No-6(RB)	Kannada H.No-5 English H.No-4 (DH) Economics H.No-3 (SRC)	Kannada(B) H.No-9 Hindi (Basic) M.R	
SATURDAY	B.A. I SEM	Geography (Practical) (lab)(GKG)	English (Basic) HNo-9 (JH)	History H.No-1(ASM) Education H.No-4(BUM) Journalism H.No-6	IC H.No-8 (ASN)	Geography(Practical) (lab)(GKG)		Spoken English	Spoken English
	B.A. III SEM	History (H.No-1) (AGM) Journalism H.No-6 (RB)	P.D &CS H.No-1 (RM)	English (Basic) H.No-9 (DH)	Kannada (Basic) H.No-9 Hisndi(Basic) MR	Sociology H.No-06 (RM)			
	B.A. V SEM	Kannada (Basic) H.No-9 English HNo-3 (JH) Economics H.No-5 (SRC)	Pol-Science H.No-3(GMN) Education H.No-4 (BUM)	Kannada H.No-2 English H.No-3 (HAB) Economics H.No-5 (SRC)	History H.No-1 (AGM) Sociology H.No-06 (RM) Journalism H.No-6 (RB	Pol-Scien H.No-3(ASN) Education H.No-6 (BUM)	Geography Practical II (Lab)(PKG)	Geography (Lab) History (H.No-1) (AGM)	

PRINCIPAL
BAJSS.Arts & Commerce College For Womens
Halageri Road, RANEBENNUR-581115

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Personal Profile

Name and address :- **Prof. H.A.Bhixavartimath**
Rtd Principal
S J V P Digree Collge, Harihar.
Dl:- Davanageri
M No:- 9844809965
Email ID:- habbayalu@gmail.com

Educational qualifications :- M.A In English
Language and Literature
Karanataka University Dharwad.
P.G.D.T. (CIEFL Hudrabada).

Experience:-

1. Served as Prof and Head of the Dept. Of English S.J.V.P Degree college Harihar. From 1973 to 2007 Served as a Principal In the Same college form 2007-2011.
2. 35 Years of Teaching Experiences For UG and PG Classes S.J.V.P Degree college Harihar.
3. Served as a English Language Work book committee member, Kuvempu university Shivamoga. And Davangeri University .
4. Presently Serving as a Prof Of English at B.A.J.S.S Women's College Ranebennur From 2012 to Present day.
5. Expert in Teaching communication skills specially spoken English.
6. Participated as resources person in seminars on language and Literature now condecting spoken English classes for the interested degree students in B.A.J.S.S Women's College Ranebennur

Awards and Honours.

Recipient of many awards for creative writings in Kannada.

1. Sankarmana award
2. Ramana shri award
3. Ja.Cha.Ni award
4. Karanatak State Rajyothsva Dist award.

Thanking you

Yours faith fully,

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BAJSS Arts & Commerce College For Women, Halageri Road Ranebennur-581115

An IQAC Initiative

Department Of English

CERTIFICATE COURSE IN SPOKEN ENGLISH

CERTIFICATE

This is to Certify that Miss.....Studying in BA completed a Certificate Course in Spoken English successfully, conducted in our college from 01-08-2018 to 15-10-2018

Prof: S.A.Tambe	Prof: H.A.Bhikshavartimath	Prof: Devaraj.S.Hanchinamani	Dr.R.M.Kuberappa
Principal	Resource Person	Organiser	Secretary

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BAJSS ARTS & COMMERCE COLLEGE FOR WOMEN RANEBENNUR
DEPT OF ENGLISH

To,
The Principal
BAJSS Arts & Commerce college for women
Ranebennur

From,
Devaraj S Hanchinamani
Co-Ordinator,
Certificate Course in Spoken English
BAJSS Arts & Commerce college for women
Ranebennur

Sub: Successful completion of the certificate course in Spoken English for degree students of our college.

I am glad to bring to your notice that the department of English of our college conducted certificate course in spoken English in our college from 01-08-2018 to 15-10-2018 for about 90 Hours, 37 students attended the course regularly and found it useful for their future career.

Thanking you,

Yours faithfully

Date- 22-10-2018

Place- Ranebennur.

Resource person

Co-ordinator

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B.A.J.S.S ARTS & COMMERCE COLLEGE FOR WOMEN GAYATRI CAMPUS
HALAGERI ROAD RANEBENNUR-581115

DEPRTMENT OF ENGLISH

Certificate Course in Spoken English
From 01-08-2018 to 15-10-2018

Attendance List of Spoken English Class 2018-19 Date: Total :90 Hours

Sl No	Student Name	Class	
1	ANNAPOORNA ELIGAR	BA-I	
2	ARCHANA K. SUNAGAR	BA-I	
3	ASHA. S. H	BA-I	
4	BHARATI. B. TAVARAGI	BA-I	
5	GEETHA. C	BA-I	
6	INDIRA. K. LAMANI	BA-I	
7	JAYAMMA. P. DYAVANNANAVAR	BA-I	
8	KAVYA. H. NAGARAJJI	BA-I	
9	KAVYA. P. NAGARAJJI	BA-I	
10	MADHU. S. BANAKAR	BA-I	
11	NETRAVATI. M. SANNAPPANAVAR	BA-I	
12	POOJA. K	BA-I	
13	RENUKA. N. HARIJAN	BA-I	
14	DEEPA HIRIYAKKANAVAR	BA-II	
15	PRIYANKA BHANUVALLI	BA-II	
16	R. RUBINABANU	BA-II	
17	RADHA	BA-II	
18	SAVITHRA. KAMBALI	BA-II	
19	SHILPA. N. M	BA-II	
20	SHILPA. S. MATHAPATI	BA-II	
21	SHWETHA. F. MATHAD	BA-II	
22	SHWETHA. S. U	BA-II	
23	SUJATA. CHALAVADI	BA-II	
24	SUMA. KENCHAPPANAVAR	BA-II	
25	UMAVVA M. BIDARI	BA-II	
26	JYOTHI. H.M	BA-III	
27	AMBIKA NAGARAJJI	BA-III	
28	DEEPA MERANAL	BA-III	
29	GOURAMMA TOGATAVEER	BA-III	
30	KAVYA GUDAGER	BA-III	

Co-ordinator

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			21/9	22/9	28/9	29/9	5/10	6/10	8/10	9/10	10/10	11/10	12/10	13/10	14/10	15/10
31	LATA .H . MADIVALAR	BA-III														
32	MALIGEVVA. MEGALAMANI	BA-III														
33	MEGHA CHALAVADI	BA-III														
34	PRIYANKA. H. MALLADAD	BA-III														
35	SAROJA . KORAVAR	BA-III														
36	SAVITA . HALAVAGAL	BA-III														
37	SHILPA TALAVAR	BA-III														

Signature of the Course Co-ordinator

CO-ORDINATOR

Signature of the Resource Person

Signature of the Principal

PRINCIPAL

BAJSS. Arts & Commerce College For Womens
Halageri Road, RANEBENNUR-581115

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B.A.J.S.S ARTS & COMMERCE COLLEGE FOR WOMEN GAYATRI CAMPUS
HALAGERI ROAD RANEBENNUR-581115

DEPRTMENT OF ENGLISH

Certificate Course in Spoken English
From 01-08-2018 to 15-10-2018 .

Attendance List of Spoken English Class 2018-19 *Date:* *Total :90 Hours*

Sl No	Student Name	Class	24/8/18	22/9	28/9	29/9	5/10	6/10	8/10	9/10	10/10	11/10	12/10	13/10	14/10	15/10	
1	ANNAPOORNA ELIGAR	BA-I															
2	ARCHANA K. SUNAGAR	BA-I															
3	ASHA. S. H	BA-I															
4	BHARATI. B. TAVARAGI	BA-I															
5	GEETHA. C	BA-I															
6	INDIRA. K. LAMANI	BA-I															
7	JAYAMMA. P. DYAVANNANAVAR	BA-I															
8	KAVYA. H. NAGARAJJI	BA-I															
9	KAVYA. P. NAGARAJJI	BA-I															
10	MADHU. S. BANAKAR	BA-I															
11	NETRAVATI. M. SANNAPPANAVAR	BA-I															
12	POOJA. K	BA-I															
13	RENUKA. N. HARIJAN	BA-I															
14	DEEPA HIRIYAKKANAVAR	BA-II															
15	PRIYANKA BHANUVALLI	BA-II															
16	R. RUBINABANU	BA-II															
17	RADHA	BA-II															
18	SAVITHRA. KAMBALI	BA-II															
19	SHILPA. N. M	BA-II															
20	SHILPA. S. MATHAPATI	BA-II															
21	SHWETHA. F. MATHAD	BA-II															
22	SHWETHA. S. U	BA-II															
23	SUJATA. CHALAVADI	BA-II															
24	SUMA. KENCHAPPANAVAR	BA-II															
25	UMAVVA M. BIDARI	BA-II															
26	JYOTHI. H.M	BA-III															
27	AMBIKA NAGARAJJI	BA-III															
28	DEEPA MERANAL	BA-III															
29	GOURAMMA TOGATAVEER	BA-III															
30	KAVYA GUDAGER	BA-III															

Co-ordinator

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31	LATA .H . MADIVALAR	BA-III																
32	MALIGEVVA. MEGALAMANI	BA-III																
33	MEGHA CHALAVADI	BA-III																
34	PRIYANKA. H. MALLADAD	BA-III																
35	SAROJA . KORAVAR	BA-III																
36	SAVITA . HALAVAGAL	BA-III																
37	SHILPA TALAVAR	BA-III																

Signature of the Course Co-ordinator

CO-ORDINATOR

Signature of the Resource Person

Signature of the Principal

PRINCIPAL

BAISS. Arts & Commerce College For W...
Hulagerl Road, RANEBENNUR-5...

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B.A.J.S.S ARTS & COMMERCE COLLEGE FOR WOMEN
HALAGERI ROAD RANEBENNUR-581115

DEPARTMENT OF ENGLISH

Certificate Course in Spoken English

ANNUAL EXAM OF THE SPOKEN ENGLISH COURSE

15-09-2018

1. Construct dialogues for the following situations: **3X10=30**

   a) Request your friend for her laptop.
   b) Invite your teacher to your birthday party.

2. Imagine that you are facing a job interview. Construct the dialogue between the interviewer and interviewee.

3. Write proper modes for the following functions:

   a) Take the permission of your teacher to use his dictionary.

   b) Introduce your friend to your teacher.

4. Give appropriate question tags. **2X2=4**

   1) Sudha has a cell phone.
   2) I am coming today.

5. Give one word to the following: **3X2=6**

   1) One who knows many languages.
   2) One who loves mankind.
   3) One who hates women.

Answer the following Questions. **2X5=10**

6. Write a few sentences about your future dream.

7. Write a talk between the two neighbors regarding the cleanliness of their environment.

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About our Institution:

The BAJSS is an all India level service organization which was founded by the late Sh.Thakkar Bapa in Delhi in the year 1949. Prime aim of this organization is to meet the educational needs of the tribal and the poor people of the rural folk of India.Dharwad branch of the BAJSS organization of Karnataka State ventured to establish BAJSS Arts and Commerce College for women at Ranebennur in 1979 and BAJSS First Grad Arts and Commerce College at Ranebennur in 2006 to promote the educational needs of the backward ruralyouth of Ranebennur Taluk. Our BAJSS is the pioneer institution to open the college exclusively for women in the undivided Dharwad District of Karnatak with a broad vision to make young women knowledgeable employable and responsible citizens of India.Recognizing the quality education of our institMion provided to the ruralwomen, the NAAC reaccredited our women's college at B levelin 2013. The able guidance of our beloved chairman of our institution Sri Rudrappa M. Lamaniand our beloved Secretary/ Administrator Dr. R.M. Kuberappa have been instrumental in all our academic achievements and accomplishments.

Course structure:
Duration:
Course structure:
*** The course comprises of 90 periods of 45 Days.**
*** Registrations are limited to 80 participants on a first come first serve basis.**
*** Enroll your name with co-ordinator on or before 21-06-2018**
Fee Structure: Free Course
Contact Details:
EMail: bajsswck09@gmail.com
Mob: 9449925505,9448068095,9990285682 1,9482551293

Course Objectives:
- To enable the student to have good health
- To Practice Mental Hygiene
- To Possess Emotional Stability
- To Integrate Moral Value

Course Outcome:
- Equip themselves with basic knowledge about their personality
- Learn techniques of gaining good health
- Learn Origin of Yoga systems
- Student can understand Digestive System
- Student can understand how the the blood circulation of blood increases

Assessment:
The assessment of ones performance will be based on attendance, yoga practice observation, weekly once individual assessment is made by assigning different types of yoga.

Organizing Team:
Prof.S.A.Tambe,
Principal, BAJSS Arts & Commerce Coolege for Wome,Ranebennur.

Dr.R.M.Kuberappa, Secretary, BAJSS (R), Ranebennur.

Sri. S.D.Havanur, Yoga Expert Rtd. H.M. Malatesh High School Devaragudda.

Prof. B.U.Malenahalli, Organiser,BAJSS Arts & Commerce Coolege for Wome,Ranebennur.

YOGA
Certificate Course

B.A.J.S.S ARTS & COMMERCE COLLEGE FOR WOMEN HALAGERI ROAD RANEBE NNUR-581115

Course will commence 21-08-2018 to 14-08-2018
Timing: Every Day 6.30AM to 8.30AM
Venue: Sanadhi Halli
Organised By Department of Physical Education & Sport

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Date: 15-06-2018

CIRCULAR

This is to bring to the Notice to all the students of our college is that as usual our college will start short term Certificate course In Yoga Training during 2018-2019 academic year from 21-06-2018 to 14-08-2018. Interested students are here by informed to enroll their names to Prof. Basavaraj Malenahalli, Course Organizer on or before 18-06-2018.

Timings of the Classes is as follows.

Every Day 6:30 AM to 8:30 AM

Principal
PRINCIPAL
BAJSS. Arts & Commerce College For Wo
Halageri Road, RANEBENNUR-58111

I SA

BA III

B. Com-II

ಭಾರತೀಯಆದಿಮಜಾತಿಸೇವಕಸಂಘ (ರಿ)
ಬಿ.ಎ.ಜೆ. ಎಸ್. ಎಸ್. ಕಲಾಮತ್ತುವಾಣಿಜ್ಯಮಹಿಳಾಮಹಾವಿದ್ಯಾಲಯ
ಹಲಗೇರಿರಸ್ತೆ.
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Bhartiya Adimjati Sevak Sangh(R)
BA JSS ARTS AND COMMERCE COLLEGE FOR WOMEN
Sri Gayatri Campus, Halageri Road Ranebennur581115 Dist.: Haveri State Karnataka
STD:08373- Office: 267968, 297468, Mobile: 9481736128
Email: bajsswck09@gmail.com web: bajsswomenscollege.com

Department of Physical Education and Sports
Certificate Course on Yoga 2018-19
Time Table-2018-19

This is to inform the students who have enrolled for Certificate Course on YOGA to attend compulsory the classes as per the prescribed time table

MONTH:- JUNE 2018		
DAY	TIME	DATE
Monday	7 AM-8AM	25,
Tuesday	7 AM-8AM	26,
Wednesday	7 AM-8AM	27,
Thursday	7 AM-8AM	21,28,
Friday	7 AM-8AM	22,29,
Saturday	7 AM-8AM	
MONTH:- JULY 2018		
DAY	TIME	DATE
Monday	7 AM-8AM	02,09,16,23,30
Tuesday	7 AM-8AM	03,10,17,24,31
Wednesday	7 AM-8AM	04,11,18,25
Thursday	7 AM-8AM	05,12,19,26
Friday	7 AM-8AM	06,13,20,27
Saturday	7 AM-8AM	07,14,21,28
MONTH:- AUGUST 2018		
DAY	TIME	DATE
Monday	7 AM-8AM	06,
Tuesday	7 AM-8AM	07,14
Wednesday	7 AM-8AM	01,08,
Thursday	7 AM-8AM	02,09,
Friday	7 AM-8AM	03,10,
Saturday	7 AM-8AM	04,11,

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Department of Physical Education and Sports
Certificate Course on Yoga 2018-19

Syllabus

Objectives of Course

- To promote the awareness in Positive Health and Yogic Personality Development
- To develop and impact skill in application of Yogic Practices for restoring and promoting Positive Health
- It ts ideal for those always wanted to a have in depth understanding of yoga but unable to take a long time off.Inspires to lead a joyful life with Yoga.

Sl.No	Content	Duration
1	Unit-1.Introduction to Yoga	14
2	Unit – 2 : Knowledge of our Body	14
3	Unit – 3 : Importance of Food, Water and Exercise	14
4	Unit – 4 : Yoga Asanas and Practicals	48

Total Teaching hours: 90

References:

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Yoga Syllabus

Introduction to Yoga A Life Science

Content of Yoga	90 Hours
Unit -1 : Introduction to Yoga Chapter-1 : Origin and History Chapter-2 : Types of Yoga Chapter-3 : Importance and Impact of Yoga	14
Unit – 2 : Knowledge of our Body Chapter-4 : Complete structure of body Chapter-5 : Internal organs and co-ordination Chapter-6 : Digestive System	14
Unit – 3 : Importance of Food, Water and Exercise Chapter-7 : Healthy and Water Chapter-8 : Exercise and Yoga	14
Unit – 4 : Yoga Asanas and Practical's Chapter-9 : a) Increase circulation of blood b) Injury proofing by warm-up exercises 1) Hand and Shoulder rotation 2) Head rotation 3) Jogging on the spot 4) Jumping 5) Jumping jacks 6) Hip rotation 7) touching feet alternate leg hands 8) Relaxation Vishramasana c) Suryanamaskara with Suryastuti (Namaskara, Urdhvasana, Hshtapadmasana,	48

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Ekapadmasana (L), Dwipadasana, Parvatasana, Ashtangasana(Prone), Bhujangasana, Ekapadmasana(R), Hshtapadasana, Urdhvasana, Namaskarasana d) Butterfly, Vakrasana, Gomukhasana (sitting), e) (Supine) Sarvangasana, Halasana, Pavanamuktasana Chapter-10 : Pranayama a) Anuloma – Viloma b) Kapalabhati (kriya) c) Bhramari d) Bhastrika Chapter-11 : (Prone) Makarasana, Dhanurasana Chapter-12 : Om meditation and Shavasana (Padmasana or Sukhasana) Assignments :- 2 Assignments : 1) on food and water 2) uses of Asanas and when not to do (Have to be submitted and marks will be allotted for it	

Text books : -

1) The complete human body : The definitive visual guide by Dr. Alice Roberts

2) Complete book of Yoga by Swami Vivekananda

3) The Illustrated light on Yoga – B.K.S. Iyengar

Reference books :-

1) Hatha Yoga Pradhika by Mukthibhodananda

2) Patanjali Yoga Sutras by Swami Vivekananda

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PROFILE OF SRI .S.D.HAVANUR

Name	***:***	***Sri.S.D.Havanur***
Date of Birth	***:***	***01-05-1950***
Designation	***:***	***Rtd Head Master*** ***Sri Malatesh High School Devaragudda*** ***Tq : Ranebennuru***
Yoga Experience	***:***	***34 yers***
Address	***:***	***Sri S.D.Havanur*** ***At M.G.Timmapur*** ***Po Kancharagatti*** ***Tq Ranebennuru*** ***Dt: Haveri***

Sri .S.D.Havanur

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BAJSS

BAJSS ARTS & COMMERCE COLLEGE FOR WOMEN HALGERI ROAD RANEBENNUR

HALGERI ROAD RANEBENNUR - 581115

DEPARTMENT OF PHYSICAL EDUCTION & SPORTS

CERTIFICATE

This is to certify that Kumar/ Kumari.....of.....
has Completed Certificate Course in Yoga for the year 2018-19

Prof. S A THAMBE	Sri S D HAVANUR	Prof. B U MALENAHALLI	Dr. B M KUBERAPPA
Principal	*Yoga Expert*	*Organiser*	*Secretary*

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SUMMARY

During the year 2018-19, 58 Students on Yoga admitted to the regular class the Sri. S D Havanur Rtd Head master and Yoga expert also using ICT and Demonstrative class.The total number of students more than 90% of the attendance is regularly. This course has helped students for positive health and different competitive examination and some of them get achieved with competitive exam. Finally the course as helped for Students community for building their career.

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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Assessment and outcome of certificate course on

"Yoga" for the year 2018-19

Certificate Course in yoga is designed to enable the learners to lead a joyful yogic life in the country. It is basically a certification course, the duration of which is one month The Certificate Course in yoga mainly emphasizes on prividing the basic understanding of the yoga mentally and Physically to the students.

The course is primarily designed for those students who have interest in yoga. The basic objectives of this certificate course is to gradually develop their clear understanding of the yoga class, physical and mental development which enables the students to have a knowledge of yoga. After completion of this certificate course the students will be able to define yoga and Pranayam.

Finally the course as helped for student's Physically and mentally for building their career.

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CERTIFICATE COURSE ON YOGA 2018-19

The following are the list of students who have enrolled for Certificate Course on Yoga They are informed to attend the classes as per prescribed class time table.

SL.NO	Name of The Students	SL.NO	Name of The Students
1	U.B BASANAGOUDA	30	PALLAVI P.A
2	RANJITA P CHALAVADI	31	SUPRITA U .G
3	ROJA B.B	32	SURITA .F.K
4	VIDYA S.M	33	NAFEESC B
5	DEEPA P.K	34	AKSHATA N
6	USHA H.N	35	POOJA M N
7	PREMA L	36	RENUKA L.H
8	TEJASHWINI P.M	37	POOJA L.H
9	ROJA S	38	POOJA B.
10	P.M SHAMMUR	39	KAVYA S
11	KUSUMA C	40	MAMATA B
12	R.B. GOURAKKALAVAR	41	LATHA C
13	HONNAMMA .A	42	UMA P.C
14	SUCHITRA S	43	SHRUTHI K.N
15	DEEPA T	44	TEJASWINI P.M
16	SUMA P.H	45	SHILPA N.M
17	KAVYA NK	46	VIDYA U.K
18	NETRA.M.S	47	VEENA M
19	CHAITHRA M.K	48	JOYTI H.K
20	R.G.BALIGAR	49	GEETA M.K
21	BHAVYASHREE A	50	POOJA S.A
22	PAVITRA.G.P	51	VIDYA K.Y
23	L.V.MARIGOUDEA	52	VIDYA K .G
24	SAVITA Y.Y	53	NANDITA T.
25	SEEMA K	54	SWATI P.T
26	SUSHMA C.A	55	GIRIJA D
27	JYOTI S.N	56	SUNITA
28	KAVYA A.H	57	LAXMI M.N
29	SUMA M	58	SHWETHA H.R

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SUBJECT **ATTENDANCE** **REGISTER**

Roll No.	NAME ಹೆಸರು	21/6	22/6	25/6	26/6	27/6	28/6	29/6	2/7	3/7	4/7	5/7	6/7	9/7	10/7	11	12	13	14	15	16	17	18	19	20	26	27	28	29	30	31		Remarks ಷರಾ
01	U.T. Basavagouda	UP		UP	UP	UP	UP	UP	UP	UP	UP	UP	UP	UP	UP	UP																	
02	Kavita P Chalavadi	KL		KL	KL	KL	KL	KL	KL	KL	KL	KL	KL	KL	KL	L																	
03	Roja. B. Baraki.	Roja		Roja	Roja	Roja	Roja	Roja	Roja	Roja	Roja	Roja	Roja	Roja	Roja	Roja																	
04	Vidya S. Mathad	Vidya		Vidya	Vidya	Vidya	Vidya	Vidya	Vidya	Vidya	Vidya	Vidya	Vidya	Vidya	Vidya	Vidya																	
05	Deepa P Kumbar	D		D	D	D	D	D	D	D	D	D	D	D	D	D																	
06	Usha. H. Nayak	U		U	U	U	U	U	U	U	U	U	U	U	U	U																	
07	Prema Lamani	P		P	P	P	P	P	P	P	P	P	P	P	P	P																	
08	Tejaswini. P. M.	T		T	T	T	T	T	T	T	T	T	T	T	T	T																	
09	Roja Shivagetti	R		R	R	R	R	R	R	R	R	R	R	R	R	R																	
10	P.M. Shamanur	Pm		Pm	Pm	Pm	Pm	Pm	Pm	Pm	Pm	Pm	Pm	Pm	Pm	Pm																	
11	Kusuma Chalageri	KC		KC	KC	KC	KC	KC	KC	KC	KC	KC	KC	KC	KC	KC																	
12	R.B Gouthakicalagi	R		R	R	R	R	R	R	R	R	R	R	R	R	R																	
13	Honnamma, Anksapur	H		H	H	H	H	H	H	H	H	H	H	H	H	H																	
14	Suchitra S	S		S	S	S	S	S	S	S	S	S	S	S	S	S																	
15	Deepa Totad	D		D	D	D	D	D	D	D	D	D	D	D	D	D																	
16	Suma. P. H.	S		S	S	S	S	S	S	S	S	S	S	S	S	S																	
17	Kavya NK	K		K	K	K	K	K	K	K	K	K	K	K	K	K																	
18	Neetha. M Sunagar	N		N	N	N	N	N	N	N	N	N	N	N	N	N																	
19	Chaitra. M. Kokal	C		C	C	C	C	C	C	C	C	C	C	C	C	C																	
20	R. G. Baligar.	R		R	R	R	R	R	R	R	R	R	R	R	R	R																	
21	Bhavyashree A.	BA		BA	BA	BA	BA	BA	BA	BA	BA	BA	BA	BA	BA	BA																	
22	Pavitra. G. Patil.	P		P	P	P	P	P	P	P	P	P	P	P	P	P																	
23	L.V. Maligoudar	L		L	L	L	L	L	L	L	L	L	L	L	L	L																	
24	Savita. G. Yaligar	S		S	S	S	S	S	S	S	S	S	S	S	S	S																	
25	Seema Kattakod	S		S	S	S	S	S	S	S	S	S	S	S	S	S																	
26	Sushma C Hijen	S		S	S	S	S	S	S	S	S	S	S	S	S	S																	
27	Jyoti. S.N.	J		J	J	J	J	J	J	J	J	J	J	J	J	J																	
28	Kavya A.H.	K		K	K	K	K	K	K	K	K	K	K	K	K	K																	
29	Suma. Mathad	S		S	S	S	S	S	S	S	S	S	S	S	S	S																	
30	Pallavi. P. A.	P		P	P	P	P	P	P	P	P	P	P	P	P	P																	
31	Supriya U.G.	S		S	S	S	S	S	S	S	S	S	S	S	S	S																	

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SUBJECT

ATTENDANCE

REGISTER Month

Roll No.	NAME ಹೆಸರು
01	U B. Basanagouda
02	Kavita. P Chalavadi
03	Roja. B Bagaki.
04	Vidya S. Mathad
05	Deepa P Kumbar
06	Usha. H. Nayak
07	Prema Lamani
08	Tejaswini. P. M.
09	Roja. Shinagegri
10	P. M. Shamanur
11	Kusuma Chalageri
12	R. B. Gouthakicatagi
13	Honnamma, Anksapur
14	Suchitra S
15	Deepa Totad
16	Suma P. H.
17	Kavya. N.K.
18	Neetha. M Sunagar
19	Chaitra. M. Kakal.
20	R. G. Baligar.
21	Bhavyashree. A.
22	Pavitra. G. Patil.
23	L.V. Mahi: goudar
24	Savita. Y. Yaligar
25	Seema Kattakad
26	Sushma. C. Ajjer
27	Jyoti. S.N.
28	Kavya. A.H.
29	Suma. Mathad
30	Pallavi. P. A.
31	Suprita. U. G.

30	31	1	2	3	4	6	7	8	10	11	13	14
7	7	8	8	8	8	8	8	8	8	8	8	8

26	27	28	29	30	31	Remarks ಷರಾ
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SUBJECT

ATTENDANCE

REGISTER Month

Roll No.	NAME ಹೆಸರು	16	17	18	19	20	21	22	23	24	25	26	27
32	Sanita F Kotepp												
33	Naresc Belakeri.												
34	Harshata Nataraganyak												
35	Pooja. M. Lekkikoni.												
36	Rekha. L. Hittalemani												
37	Pooja. " "												
38	Pooja Basanagouda												
39	Kavya. Sanur.												
40	Mamata Banni hatt												
41	Lata Chakrasali												
42	Uma. P. Chakrasali												
43	Shruthi. K. M.												
44	Tejashini. P. M.												
45	Shilpa. M. M.												
46	Vidya. U. K.												
47	Veena. M.												
48	Jyothi. H. K.												
49	Geetha. M. K.												
50	Pooja. S. Angadi												
51	Vidya. K. Yadachi.												
52	Vidya K. Giri gouda												
53	Nandita. Talawar												
54	Swati. P. Tutad.												
55	Gita Damballi.												
56	Sunita												
57	Laxmi. M. N.												
58	Shwetha. H. Pat												

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ಭಾರತೀಯಆದಿಮಜಾತಿಸೇವಕಸಂಘ (ರಿ)
ಬಿ.ಎ.ಜೆ. ಎಸ್. ಎಸ್. ಕಲಾಮತ್ತುವಾಣಿಜ್ಯಮಹಿಳಾಮಹಾವಿದ್ಯಾಲಯ
ಹಲಗೇರಿರಸ್ತೆ.
Permanently Affiliated to Karnataka State Women's University Bijapur.
Bhartiya Adimjati Sevak Sangh(R)
BA JSS ARTS AND COMMERCE COLLEGE FOR WOMEN
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Certificate Course on "Yoga" for the year 2018-19

Model Question Paper

1) which mudra is best for students and scholars .

a. Surya mudra b.Prana mudra c.Gyana mudra d.Surya mudra

2) During the practice of surya bhedi pranayama, puraka (Inhalation) should be done through

a. Right nostril b. Mouth c. Left Nostril d. Both Nodtril

3) which Asana is recommended to do after Shirashasana ?

a kurmasana b. chakrasana c. Shashankasana d. Sarvangasana

4) which is the seventh step during the practice of surya Namaskara?

a . prana masana b. Bhujangasana c. . Hasta padasana d. Parvatasana

5) Which Asana is recommended to do after the practice of Ardhchakrasana?

a. Halasana b. Gomukhasana c. Dhanurasana d. Padahasthasana

6)Which asana is known as the king of Asana?

a. Shirashasana b. Sukabhasana c. Bhadrasana d. Siddhasana

7). Which Chakra is activated by Practice of Jalandhar Bandha?

a. Manipur b. Anahata c. Visuddhi d. Muladhara

8) Which Asana is known as the king of Asana?

a. Siddhasana b. Shirsasana c.Sukabhasana d. Bhadrasana

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9) Which Chakra is activated by practice of Uddiyana bandha?

a. Vishuddhi b. Muladhara c. Anahata d. Manipura

10) How many parts of Ashtanga Yoga are decribed by Maharshi Patanjali?

a. 7 b. 10 c. 6 d. 8

11) Which Mudra is performed by placing tips of ring fingers and thumb together?

a. Pranamudra b. Suryamudra c. Vayumudra d. Prithvimudra

12) "Sthira Sukham Asanam" this definition is given by

a. Shri Krishna b. Vedavyasa c. Maharshi Patanjali d Maharshi Gheranda

13) How many parts of Yama are described in Patanjali Yogasutras?

a. 8 b.6 c.5 d.10

14) Who gave the definition Yoga Chitta Vritti Nirodaha?

a. Maharshi Gheranda b. Maharshi Vyasa c. Shri Krishna
d. Maharshi Patanjali

15) The total number of Sutras in Patanjali Yoga sutras are?

a. 155 b.185 c.195 d.175

16) According to Maharshi Patanjali Pranayama is the _____ limb of Ashtanga Yoga?

a. Third b. Fourth c. Second d.Fifth

17) Where does Ajna Chakra located?

a. Tongue b. Chest c. Eyebrow centre d. Legs

18) The word "Yoga" is derived from a Sanskrit word meaning what?

a. Union b.Spirit c. Asana d. Posture

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19) What is Chakra?

a. Prayer point b. Karma c. Bandha d. Energy centre

20) How many chakras are there in the human body?

a. Four b. Three c. Seven d. Ten

21) From which country does Yoga originated from?

a. Japan b. China c. India d. America

22) Where is Kundalini located?

a. The brain b. The whole body c. The base of the spine d. None of the above

23) Matsyasana is performed in _____

a. Dhanurasana b. Tadasana c. Halasana d. Padmasana

24) The technique to control breath is _____

a. Surya namaskara b. Asana c. Kriya d. Pranayama

25) The relaxative posture is

a. Shavasana b. Navakasana c. Mandukasana d. Chakrasana

Co-ordinator IQAC
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