ಭಾರತೀಯ ಆದಿಮಜಾತಿ ಸೇವಕ ಸಂಘ (ರಿ)
ಬಿ.ಎ.ಜೆ.ಎಸ್. ಎನ್. 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		
2019-20	Brochure	2
	Circular	3
	Time Table	4-6
	Profile of the Resource Person	7
	Geotagged Photo	8
	Model Certificate	9
	Course completion letter	10
	Students Attendance	11-14
	Model Question paper	15
YOGA		
2019-20	Brochure	16
	Circular	17
	Time Table	18-19
	Syllabus copy	20-21
	Profile of the Resource Person	22
	Model Certificate	23
	Summary	24-25
	List of students enrolled	26
	Students Attendance Register	27-30
	Model Question Paper	31-33

IQAC Co-ordinator

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

2019-20

CERTIFICATE COURSE IN SPOKEN ENGLISH



Course will commence 02-09-2019

Timing: Every Friday and Saturday3PM to 6 PM

Venue: Sanadi Hall

IQAC Initiative

Organised By Department Of English

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B.A.J.S.S. ARTS & COMMERCE COLLEGE FOR WOMEN

GAYATRI CAMPUS, HALAGERI ROAD, RANEBENNUR- 581115

****

CIRCULAR

Date - 17-08-2019.

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 02-09-2019 to 10-02-2020. Interested students are here by informed to enroll their names to Sri. Devaraj S. Hanchinamani, Course Organizer on or before 30-08-2019.

Timings of the Classes is as follows.

Friday and Saturday 3 Pm to 6 Pm.

Course organizer

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 Sem

BA I Sem

BA I Sem

B.Com - III

BA I Semester

BA I Sem

2019-20

BAJSS ARTS & COMMERCE COLLEGE FOR WOMEN'S
GAYATRI CAMPUS HALAGERI ROAD RANEBENNUR-581115.
TIME TABLE FOR THE ACADEMIC YEAR 2019-20
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 6-00
MONDAY	B.A. I SEM	IC	Pol-Science Education Sociology	Economics Kannada English	Kannada (B)	History Geography Journalism	English (B)	
	B.A. III SEM	Education English Economics	Kannada – B Hindi - B	--	Geography Kannada Sociology	English – B	History Education Journalism	
	B.A.V SEM	Kannada English	History Journalism	Economics Sociology	Geography Pol-Science Education	Kannada – B	Kannada English Economics	Economics Sociology
TUESDAY	B.A. I SEM	English - B	Economics Kannada English	History Geography Journalism	Kannada - B	IC	Geography - Lab	
	B.A. III SEM	Kannada – B Hindi - B	Education English Economics	Geography Kannada Sociology	History Pol-Science	Computer	Geography Kannada Sociology	
	B.A. V SEM	Geography Pol-Science Education	History Journalism	Kannada English	Kannada- B Hindi – B	Economics Sociology	Geography Pol-Science Education	
WEDNESDAY	B.A. I SEM	IC	Pol-Science Education Sociology	Kannada – B	Economics Kannada English	English – B	Geography - Lab	
	B.A. III SEM	Computer	English (B)	Geography Kannada	Kannada – B Hindi	Computer	Geography - Lab	
	B.A. V SEM	Geography Pol-Science Education	Kannada English	Economics Sociology	History Journalism	Kannada Hindi	Geography Pol-Science Education	Economics Sociology

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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 6-00
THURSDAY	B.A. I SEM	Pol-Science Education Sociology	History Geography Journalism	English – B	Kannada English Economics	Kannada – B	IC	
	B.A. III SEM	Education English Economics	English – B	Geography Kannada Sociology	History Pol-Science Journalism	Kannada – B	Geography - Lab	
	B.A V SEM	History Journalism	Sociology Economics	Kannada – B	Sociology Economics	Geography Pol-Science Education	History Journalism	
FRIDAY	B.A. I SEM	English – B	History Journalism Geography	Kannada – B	---	Pol-Science Education Sociology	Geography - Lab	Spoken English
	B.A. III SEM	History Pol-Science Journalism	Computer	---	Education English Economics	Kannada – B	English - B	
	B.A. V SEM	Kannada English	Geography Pol-Science Education	History Journalism	Sociology Economics	Geography (Lab)	Geography Pol-Science Education	
SATURDAY	B.A. I SEM	IC	Pol-Science Education Sociology	---	History Geography Journalism	Geography - Lab		Spoken English
	B.A. III SEM	Geography (Lab)	English – B	History Pol-Science Journalism	Computer	Geography (Lab)	Education English Economics	
	B.A. V SEM	History Journalism	Kannada- B	Geography Pol-Science Education	Kannada English	Sociology Economics	Sociology Economics	

PRINCIPAL
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Halageri Road, RANEBENNUR-581115

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

TIME-TABLE FOR THE ACADEMIC YEAR 2019-20
COMMERCE DEPARTMENT (Odd Sem – I, III and V)

Days	Class	9-00 to10-00	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 6-00
Monday	B.Com-I Sem	Eng (B) (DH)	IC (MDH)	P.Mkg (KKH)	F.A/c – I (SAT)	Kan (B) (NNG)	S.P (SAB)	
	B.Com-III Sem	IFS (SAB)	Corp A/c-I(SAT)	P.P.Mgt (SUMAN)	R.Mgt (KKH)	B.Stat (LAXMAN)	Mo Eco (SBB)	
	B.Com-V Sem	Taxation – I (KKH)	Cost A/c- I (SAB)	Ind Eco (GRK)	HRM (SAB)	Comp App(RKM)	P.F.M (KKH)	
Tuesday	B.Com-I Sem	Eng (B) (DH)	P.Mkg (KKH)	S.P(SAB)	Man Eco (SH)	IC (MDH)	F.A/c – I (SAT)	
	B.Com-III Sem	Mo Eco (SBB)	Corp A/c-I (SAT)	P.P.Mgt (SUMAN)	R.Mgt (KKH)	B.Stat (LAXMAN)	Computer (RKM)	
	B.Com-V Sem	Taxation – I (KKH)	Cost A/c- I (SAB)	Ind Eco (GRK)	P.P Auditing (SAT)	Comp App (RKM)	—	
Wednesday	B.Com-I Sem	IC (SN)	P.Mkg (KKH)	Man Eco (SH)	SP (SAB)	Eng (B) (DH)	Kan (B) (NNG)	
	B.Com-III Sem	Mo Eco(SBB)	Corp A/c- I(SAT)	Computer (RKM)	R.Mgt (KKH)	IFS (SAB)	P.P.Mgt (SUMAN)	
	B.Com-V Sem	Taxation – I (KKH)	Cost A/c- I (SAB)	HRM (SAB)	Ind Eco (GRK)	P.F.M (KKH)	P.P.Auditing(SAT)	
Thursday	B.Com-I Sem	Kan (B) (NNG)	F.A/c (SAT)	S.P (SAB)	P.Mkg (KKH)	I.C (MDH)	M.Eco (SH)	
	B.Com-III Sem	IFS (SAB)	B.Stat (Laxman)	P.P.Mgt (SUMAN)	Mo Eco(SBB)	Computer (RKM)	Corp A/c (SAT)	
	B.Com-V Sem	P.P.Auditing (SAT)	Cost A/c- I(SAB)	P.F.M (KKH)	Comp App (RKM)	HRM (SAB)	Taxation (KKH)	
Friday	B.Com-I Sem	Kan (B)(MSS)	F.A/c (SAT)	M Eco (SH)	Eng (B) (DH)	S.P(SAB)	-----	Spoken English
	B.Com-III Sem	Mo Eco(SBB)	B.Stat (Laxman)	Computer(RKM)	IFS (SAB)	P.P.Mgt (SUMAN)	R.Mgt (KKH)	
	B.Com-V Sem	P.P Auditing (SAT)	P.F.Mgt (KKH)	Taxation (KKH)	Comp App (RKM)	Ind Eco(GRK)	HRM (SAB)	
Saturday	B.Com-I Sem	IC (MDH)	F.A/c (SAT)	Kan (B) (MSS)	Man Eco (SH)	P.Mkg (KKH)	Eng (B) (PK)	Spoken English
	B.Com-III Sem	R.Mgt (KKH)	B.Stat (Laxman)	Computer (RKM)	IFS(SAB)	Corp A/c(SAT)	----	
	B.Com-V Sem	P.P Auditing (SAT)	P.F.M (KKH)	HRM (SAB)	Comp App (RKM)	Ind Eco (GRK)	Cost A/c (SAB)	

PRINCIPAL
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Halageri Road, RANEBENNUR-581115

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Personal Profile of the Resource person

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

Department Of English 2019-20

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 02-09-2019 to 10-02-2020

Prof: S.A. Tambe	Prof: H.A.Bhikshavartimath	Prof: Devaraj.S.Hanchinamani
Principal	Resource Person	Organiser

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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 02-09-2019 to 10-02-2020 for about 90 Hours, 40 students attended the course regularly and found it useful for their future career.

Thanking you,

Yours faithfully

Date- 20-02-2020

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 02-09-2019 to 10-02-2020.

Attendance List of Spoken English Class 2019-20 *Date:* *Total :90 Hours*

Sl No	Student Name	Class	2/9/19	3/9/	6/9	7/9	12/9	14/9	20/9	21/9	26/9	27/9	28/9	4/10	5/10	11/10	12/10
1	AKKAMMA. BADAMI	BA-I	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
2	ANJALI. B. GUDIGER	BA-I			-	-	-	-	-	-	-	-	-	-	-	-	-
3	ANJALI. M. AIRANI	BA-I	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
4	BASAVVA. M. HADIMANI	BA-I															
5	BHAGYASHREE. C. L	BA-I															
6	BHAVANA. N. PATIL	BA-I															
7	BHAVANI. BAGADEKAR	BA-I															
8	BHAVYA. KUPPELUR	BA-I															
9	CHAITRA. MEGALAMANI	BA-I		-	-	-	-	-									
10	KAVYA. T. SHETRA	BA-I															
11	KEERTHANA. K	BA-I															
12	MAMATA. KORER	BA-I															
13	MUSKAN. M. BHANDARI	BA-I															
14	NAGAVENI. S. KOTIHAL	BA-I															
15	NANDITA. J. PATIL	BA-I															
16	NEELAMMA. M. HOSANGADI	BA-I															
17	PALLAVI. BIDARI	BA-I															
18	RESHMA. K. BANAKAR	BA-I															
19	RUPA. K. DUGGATTI	BA-I															
20	S.V. ARCHANA	BA-I															
21	SUSHMA. S. MASTI	BA-I															
22	VEENA. H	BA-I															
23	MAMATA. L. PUJAR	BA-I															
24	PREMA. H. DAVANAGERI	BA-I															
25	ANJALI . NAYAK	Bcom-I															
26	ANJUMA. MAJEEDSAB. MAGANUR	Bcom-I															
27	CHETANA. B. H	Bcom-I															
28	KARISHMA. M. SAVANUR	Bcom-I															
29	KAVITA. R. TUPPADA	Bcom-I															
30	KAVYA. G. KALER	Bcom-I															

Co-ordinator

Resource person

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			2/9	3/9	6/9	7/9	12/9	14/9	20/9	21/9	26/9	27/9	28/9	4/10	5/10	11/10	12/10
31	LAVANYA. MATER	Bcom-I															
32	MADHU. B. CHANNAGOUDRA	Bcom-I	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu
33	MADHURA. A . P	Bcom-I															
34	MAMATHA. CHALAVADI	Bcom-I															
35	MEGHA. N. TIMMENAHALLI	Bcom-I															
36	MEGHA. SHEKAPPA. UJJER	Bcom-I															
37	MEGHANA. PURAD	Bcom-I															
38	MUSKAN BANU. KILLEDAR	Bcom-I															
39	NETRAVATI. MELAGIRIYAPPANAVAR	Bcom-I	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM
40	NIRMALA. S. HADAPAD	Bcom-I	nirmala	nirmala	nirmala	nirmala	nirmala.										

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 02-09-2019 to

Attendance List of Spoken English Class 2019-20 *Date:* *Total :90 Hours*

Sl No	Student Name	Class	18/9	19/9	23/10	26/10	2/11	8/11	9/11	15/11	22/11	7/12	28/12	28/1	31/1	1/2	10/2
1	AKKAMMA. BADAMI	BA-I	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
2	ANJALI. B. GUDIGER	BA-I	—		—	—	—	—	—	—	—	—	—	—	—	—	—
3	ANJALI. M. AIRANI	BA-I	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
4	BASAVVA. M. HADIMANI	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	BHAGYASHREE. C. L	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	BHAVANA. N. PATIL	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	BHAVANI. BAGADEKAR	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	BHAVYA. KUPPELUR	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	CHAITRA. MEGALAMANI	BA-I	—		—		—	—		—	—	—	—	—	—	—	—
10	KAVYA. T. SHETRA	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	KEERTHANA. K	BA-I				—	—	—	—	—	—	—	—	—	—	—	—
12	MAMATA. KORER	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	MUSKAN. M. BHANDARI	BA-I			—		—	—	—	—	—	—	—	—	—	—	—
14	NAGAVENI. S. KOTHAL	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	NANDITA. J. PATIL	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	NEELAMMA. M. HOSANGADI	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	PALLAVI. BIDARI	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	RESHMA. K. BANAKAR	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	RUPA. K. DUGGATTI	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	S.V. ARCHANA	BA-I			—		—	—	—	—	—	—	—	—	—	—	—
21	SUSHMA. S. MASTI	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	VEENA. H	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	MAMATA. L. PUJAR	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	PREMA. H. DAVANAGERI	BA-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	ANJALI . NAYAK	Bcom-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	ANJUMA. MAJEEDSAB. MAGANUR	Bcom-I	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
27	CHETANA. B. H	Bcom-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28	KARISHMA. M. SAVANUR	Bcom-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29	KAVITA. R. TUPPADA	Bcom-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30	KAVYA. G. KALER	Bcom-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Co-ordinator

Resource person

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			18/10	19/10	21/10	26/10	2/11	8/11	9/11	15/11	23/11	7/12	28/12	2/1	3/1	1/2	10/2
31	LAVANYA. MATER	Bcom-I															
32	MADHU. B. CHANNAGOUDRA	Bcom-I	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu	madhu
33	MADHURA. A . P	Bcom-I															
34	MAMATHA. CHALAVADI	Bcom-I															
35	MEGHA. N. TIMMENAHALLI	Bcom-I															
36	MEGHA. SHEKAPPA. UJJER	Bcom-I															
37	MEGHANA. PURAD	Bcom-I															
38	MUSKAN BANU. KILLEDAR	Bcom-I															
39	NETRAVATI. MELAGIRIYAPPANAVAR	Bcom-I	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM	NVM
40	NIRMALA. S. HADAPAD	Bcom-I	nirmala	nirmala	nirmala	nirmala	nirmala	nirmala	nirmala	nirmala	nirmala	nirmala	nirmala	nirmala	nirmala	nirmala	nirmala

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

HALAGERI ROAD RANEBENNUR-581115

DEPARTMENT OF ENGLISH

Certificate Course in Spoken English

ANNUAL EXAM OF THE SPOKEN ENGLISH COURSE

10-02-2020

1.Give appropriate question tags. **2X3=6**

1) Sudha has a cell phone.
2) I am coming today.
3) Pass me the salt.

2. 3. Write proper modes for the following functions: **10X1=10**

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

b) Introduce your friend to your teacher.

3. Give one word to the following: **2X2=4**

1) One who knows many languages.
2) One who loves mankind.

Answer the following Questions. **6X5=30**

4. Share your experience that you had paid a recent visit to a hill station.
5. Write a few sentences about your future dream.
6. Write a talk between the two neighbors regarding the cleanliness of their environment.
7. Draw a dialogue between a police inspector and a public discussing about the traffic jam.
8. Write a conversation between the Principal and a student.
9. Write a dialogue between two friends. Who are meeting after ten years break.

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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.

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 instiMion 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. Lamoniand 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 21-06-2019**
Fee Structure: Free Course
Contact Details:
EMail: bajsswck09@gmail.com
Mob: 9449925505,9448068095,99 02856821,9482551293

YOGA
Certificate Course

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

Course will commence 21-06-2019 to 12-08-2019
Timing: Every Day 6.30AM to 8.30AM
Venue: Sanadhi Halli
Organised By Department of Physical Education & Sport

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CIRCULAR

Date: 13-06-2019

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 2019-2020 academic year from 21-06-2019 to 12-08-2019. Interested students are here by informed to enroll their names to Prof. Basavaraj Malenahalli, Course Organizer on or before 17-06-2019.

Timings of the Classes is as follows.

Every Day 6:30 AM to 8:30 AM.

Principal

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

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ಬಿ.ಎ.ಜೆ. ಎಸ್. ಎಸ್. ಕಲಾಮತ್ತುವಾಣಿಜ್ಯಮಹಿಳಾಮಹಾವಿದ್ಯಾಲಯ
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Bhartiya Adimjati Sevak Sangh(R)
BA JSS ARTS AND COMMERCE COLLEGE FOR WOMEN
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Email: bajsswck09@gmail.com web: bajsswomenscollege.com

Department of Physical Education and Sports
Certificate Course on Yoga 2019-20
Time Table-2019-20

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 2020		
DAY	TIME	DATE
Monday	7 AM-8AM	24,
Tuesday	7 AM-8AM	25,
Wednesday	7 AM-8AM	26,
Thursday	7 AM-8AM	27,
Friday	7 AM-8AM	21,28,
Saturday	7 AM-8AM	22,29,
MONTH:- JULY 2020		
DAY	TIME	DATE
Monday	7 AM-8AM	01,08,15,22,29
Tuesday	7 AM-8AM	02,09,16,23,30
Wednesday	7 AM-8AM	03,10,17,24,31
Thursday	7 AM-8AM	04,11,18,25,
Friday	7 AM-8AM	05,12,19,26,
Saturday	7 AM-8AM	06,13,20,27,
MONTH:- AUGUST 2020		
DAY	TIME	DATE
Monday	7 AM-8AM	05,12,
Tuesday	7 AM-8AM	06,
Wednesday	7 AM-8AM	07
Thursday	7 AM-8AM	01,08,
Friday	7 AM-8AM	02,09,
Saturday	7 AM-8AM	03,10,

Co-ordinator
B.A.J.S.S.
Arts & Commerce College for Women
Halageri Road,
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Department of Physical Education and Sports
Certificate Course on Yoga 2019-20

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.see 2018-19 format for corection.

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:

Co-ordinator I/C
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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, Ekapadmasana (L), Dwipadasana, Parvatasana, Ashtangasana(Prone), Bhujangasana, Ekapadmasana(R), Hshtapadasana, Urdhvasana,	48

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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.Tinmapur* *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
Principal

Sri S D HAVANUR
Yoga Expert

Prof. B U MALENAHALLI
Organiser

Dr. R M KUBERAPPA
Secretary

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SUMMARY

During the year 2019-20, 68 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 2019-20

Certificate Course in yoga is designed to enable the learners to lead a joy ful yogic life 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 2019-20

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	SUNITA S.M	35	ANITHA .B
2	SANGEETA B.C	36	RANJITA B.G
3	SHWETHA P.M	37	SUPRITA U.G
4	USHA N	38	TANUJA B
5	SUMA N	39	PALLAVI B
6	LAXMI N	40	MAMATA K
7	MANGALA .P	41	PADMA P
8	RANJITA P.C	42	MADHURA A.P
9	GETA S.N	43	POOJA B.P
10	RANJITA E	44	NANDITA P
11	TEJASWINI P.M	45	RESHMA B
12	SHWTHA S.U	46	M.S SOLABANNANAVAR
13	RANJITA R.P	47	JAYASHREE A
14	ARCHANA .S	48	VARUNA B
15	G.N.DAMBRLLI	49	SHRUTI K
16	S.T CHOUDAMANAVAR	50	JOYTI M
17	MANJULA S.K	51	SHWETHA S
18	MADHU R.K	52	JYOTI S
19	MANJULA M.B	53	NAGARATNA K
20	POOJA S.A	54	POOJA K
21	NAGAMMA N.P	55	POORNIMA B
22	UMA B.V	56	KAVYA S
23	VIDYA SS	57	KAVYA N
24	JYOTI P.K	58	GAYATRI D
25	BASAMMA F.B	59	JYOTI K
26	B.MADIWALAR	60	AMRUTA M
27	ASHA Y	61	MEGHA U
28	SHILPA N.M	62	NAGAVENI E
29	SHRUTI K	63	SANGEETA G
30	RAJESHWARI .P	64	MAMATA K
31	PARVATI .K	65	AMBIKA K
32	SAKAMMA K	66	DEEPA U
33	POOJA K	67	PALLAVI B
34	SUMA R.G	68	SHOBHA N

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SUBJECT

ATTENDANCE

REGISTER Month

Roll No.	NAME
01	Sunita S. M.
02	Sangeeta B Chattad
03	Shwetha P. M.
04	Usha Nayak
05	Suma Nayak
06	Lapmi. Nishalaggi.
07	Mangala. Policegoudra
08	Ranjita. P. C
09	Geeta. S Nandihalli
10	Ranjita. E.
11	Tejashwini. P. M
12	Shwetha S. U.
13	Ranjita. R Pujari
14	Archana. Senugar.
15	G. N. Dambarlli
16	S. D. Chowdamanavar
17	Manjula. S. Kambali
18	Madhu. K. K.
19	Manjula. M. B.
20	Pooja S Angadi.
21	Nagamma N. Patil
22	Uma. B. Basanegoudra
23	Vidya. S. S
24	Jyothi P Kambli
25	Basamma. F. Banadi
26	B. Madiwalar.
27	Asha Yaralli.
28	Shilpa. N. M
29	Shruthi Kayaka
30	Rajeshwari patil
31	Radhika Kanakad

5	27	28	29

Roll No.	NAME
01	Sunita S M.
02	Sangeeta B Chatnad
03	Shwetha P. M.
04	Usha. Nayak
05	Suma Nayak
06	Lapmi. Nimalagi.
07	mangala. Police go
08	Ranjita. P.
09	Geeta. S Nandihalli
10	Ranjita. E.
11	Tejashwini. P. M
12	Shwetha S. U.
13	Ranjita. R Pujeri
14	Archana. Sanugam.
15	G. N. Damballi
16	S. D. Choudamanavar
17	manjula. S. Kambali
18	madhu. K. K.
19	manjula. M. B.
20	Pooj. S Angadi.
21	Nagamma. N. patil
22	Uma. B. Basanegoudra
23	Vidya S S
24	Jyothi P Kambli
25	Basamma. F. Bhadi
26	B. madiwalar.
27	Asha. Yaralli.
28	Shilpa. M. M.
29	Shruthi. Kayakad
30	Rajeshwari. patil
31	Pathvati. Kayakad

ATTENDANCE

REGISTER Month

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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SUBJECT

ATTENDANCE

REGISTER

Roll No.	NAME
32	Sakamma Kothigoth
33	Pooja Kwagale
34	Suma R Gajjarapu
35	Anita Hoppad
36	Ranjita B G
37	Supritha G G
38	Tanuja Ishooki
39	Nallabi Erigaiah
40	Mamata Kothal
41	Padma Paste
42	Madhuta A P
43	Pooja B Patil
44	Nandita Patil
45	Reshma Banakar
46	M S Solabannanavar
47	Jayashree Attar
48	Vathsala Battikoppa
49	Shruti Kadaramandalagi
50	Jyothi Mitagalkar
51	Sujatha Sanningannanavar
52	Jyothi
53	Nagarathna K Hottad
54	Pooja K
55	Poornima Bilachi
56	Kavya Shetty
57	Kavya Nagarajji
58	Jyothi Davanagere
59	Jyothi Kwagale
60	Hemavathi Banakar
61	Megha Ujjeni
62	Nagaveni Eresimi

27	28	29	30	31

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Roll No.	NAME
32	Sakamma Kattigar.
33	Pooja Kwaggale
34	Soma R. Gitajagnal
35	Anita Koppad
36	Ranjita B G
37	Supriya G. G
38	Tanuja Bhoski.
39	pallavi Balakeri.
40	Mamata Kotihal
41	padma paste
42	Madhuta A. P.
43	Pooja B patil
44	Nandita Patil
45	Reshma Banakar
46	M S Solabannanavar
47	Jayashree Attigeri
48	Veenuna Bettikoppa
49	Shruti. Kadapamandalagi
50	Jyothi. Mitagalkar
51	Sweetha Sanningammanavar
52	Jyothi "
53	Nagarathna K. Hattad
54	Pooja K.
55	Poornima Bilachi.
56	Kavya Shetta.
57	Kavya Nagarajji
58	Jayalakshmi Davanageri
59	Jyothi Khiragi
60	Ammuta Banakar
61	Megha Ujjeni
62	Nagaveni Ettesimi

ATTENDANCE

REGISTER Month

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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Certificate Course on "Yoga" for the year 2019-20

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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...nich 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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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

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