ಭಾರತೀಯಆದಿಮಜಾತಿಸೇವಕಸಂಘ (ರಿ)

ಬಿ.ಎ.ಜೆ. ಎಸ್. ಎಸ್. ಕಲಾಮತ್ತುವಾಣಿಜ್ಯಮಹಿಳಾಮಹಾವಿದ್ಯಾಲಯ

ಹಲಗೇರಿರಸ್ತೆ.

Affiliated to Karnataka State Women's University Bijapur.
BhartiyaAdimjatiSevakSangh(R)

BA JSS ARTS AND COMMERCE COLLEGE FOR WOMEN

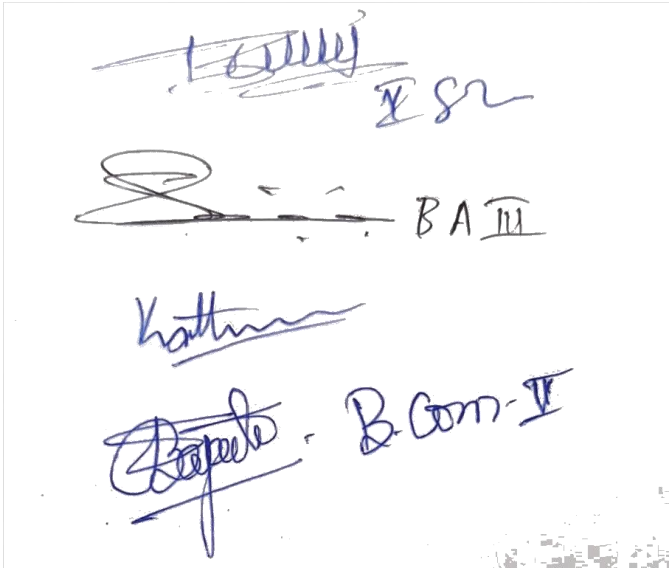
Sri Gayatri Campus, Halageri Road Ranebennur581115 Dist.: Haveri State Karnataka
STD:08373- Office: 267968, 297468, Mobile: 9481736128
Email: bajsswck09@gmail.com **web: bajsswomenscollege.com**

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

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 2004 to promote the educational needs of the backward rural youth 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 institution provided to the rural women, the NAAC reaccredited our women's college at B level in 2013. The able guidance of our beloved chairman of our institution Sri Rudrappa M. Lamani and 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: 9449925505,9448068095,9990285682l,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 ulood 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

PROFILE

Name :- Sri S. D. Havanur

Date of Birth :- 01-05-1950

Designation :- Rtd Head Master
Sri Malatesh High School
Devaragudda

Tq :- Ranebennur

Yoga Experience : - 34 Years

Adress :- Sri S.D. Havanur

At :- M. G. Timmapur

Post :- Kacharagatti

Tq :- Ranebennur

Dist :- Haveri

(S. D. Havanur)

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,

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:

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, Namaskarasana d) Butterfly, Vakrasana, Gomukhasana (sitting), e) (Supine) Sarvangasana, Halasana, Pavanamuktasana Chapter-10 : Pranayama a) Anuloma – Viloma b) Kapalabhati (kriya)	48

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

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.

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.

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

SUBJECT

ATTENDANCE

REGISTER

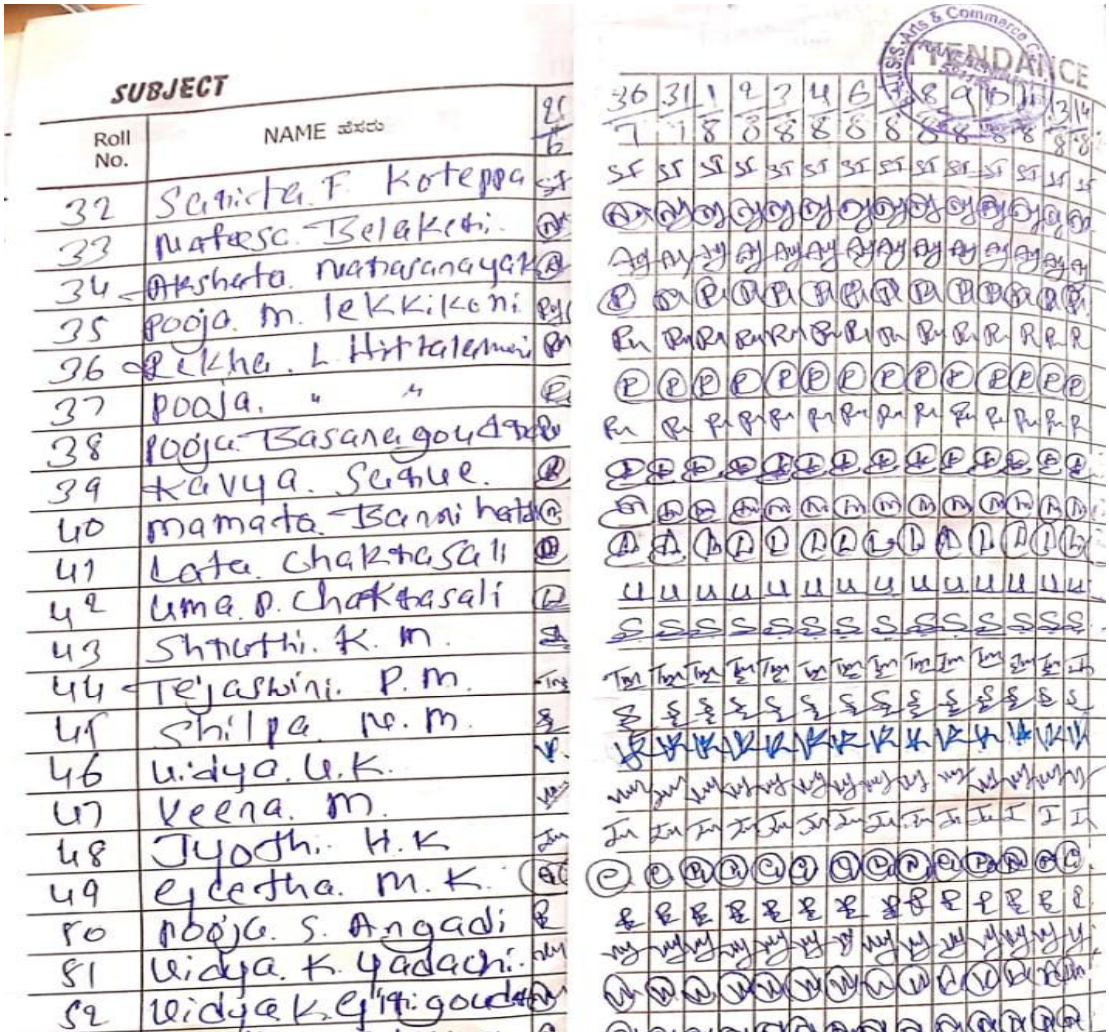
Roll No.	NAME
01	U.T. Basanagouda
02	Kavita P Chalawadi
03	Roja T.B. Bathki
04	Vidya S. Mathad
05	Deepa P Kumbar
06	Usha H. Nayak
07	Prema Lamani
08	Tejaswini P.M.
09	Roja Shinnageri
10	P.M. Shamanth
11	Kusuma Chalageri
12	K.B. Gouthamigatavi
13	Hanamma, Anksapur
14	Suchitra S
15	Deepa Totad
16	Suma P.H.
17	Kavya N.K.
18	Nirmala M. Sunagar
19	Chaitra M. Kokal
20	R.G. Baligar
21	Bhavyashree A
22	Pavitra G. Patil
23	L.V. Mathigoudra
24	Savita G. Yaligar
25	Seema Kattakod
26	Sushma C. Ajjer
27	Jyoti S.N.
28	Kavya A.H.
29	Suma. Mathad
30	Pallavi P.A.
31	Supriya U.R.

Roll No.	NAME
04	Vidya S Mathad
05	Deepa P Kumbar
06	Usha H Nayak
07	Prema Lamani
08	Tejaswini P.M.
09	Roja Shinnageri
10	P.M. Shamanth
11	Kusuma Chalageri
12	K.B. Gouthamigatavi
13	Hanamma, Anksapur
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19	Chaitra M. Kokal
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22	Pavitra G. Patil
23	L.V. Mathigoudra
24	Savita G. Yaligar
25	Seema Kattakod
26	Sushma C. Ajjer
27	Jyoti S.N.
28	Kavya A.H.
29	Suma. Mathad
30	Pallavi P.A.
31	Supriya U.R.

S.S. Arts & Commerce College
RANEBENNUR
581115
Contact

PRINCIPAL
S.S. Arts & Commerce College For Women
Ranebennur





SUBJECT

Roll No.	NAME ಹೆಸರು
32	Sanita. F. Kotepp
33	Mateesc. Belakeri.
34	Akshata. Nathasanagyal
35	Pooja. M. lekkikoni
36	Rekha. L. Hittalemani
37	Pooja. " "
38	Pooja. Basanagouda
39	Kavya. Sajjan.
40	Mamata. Banni hatt
41	Lata. Chakrasali
42	Uma. P. Chakrasali
43	Shanthi. K. M.
44	Tejashini. P. M.
45	Shilpa. M. M.
46	Vidya. V. K.
47	Veena. M.
48	Jyothi. H. K.
49	Sujatha. M. K.
50	Pooja. S. Angadi
51	Vidya. K. Yadachi.
52	Vidya K. Gowdagouda

ATTENDANCE

Certificate Course on “Yoga” for the year 2018-19

Model Question Paper

1) which mudra is best for students and scholars .

   a. Surya mudrab.Prana mudrac.Gyana mudrad.Surya mudra

2) During the practice of suryabhedi 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 ?

akurmasana b.chakrasana c.Shashankasana d.Sarvangasana

4)which is the seventh step during the practice of suryaNamaskara?

a .pranamasana 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.Shirsasanac.Sukabhasana d.Bhadrasana

9) Which Chakra is activated by practice of Uddiyanabandha?

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

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

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) "SthiraSukhamAsanam" this definition is given by

a. Shri Krishna b.Vedavyasa c.MaharshiPatanjali dMaharshiGheranda

13) How many parts of Yama are described in PatanjaliYogasutras?

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

14) Who gave the definition Yoga ChittaVrittiNirodaha?

a. MaharshiGheranda b.MaharshiVyasa c.Shri Krishna d.MaharshiPatanjali

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

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

16) According to MaharshiPatanjali 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

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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PRINCIPAL
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