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: 31-05-2021

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 2020-2021 academic year from 21-06-2021 to 23-08-2021. Interested students are here by informed to enroll their names to Prof. Basavaraj Malenahalli, Course Organizer on or before 07-06-2020.

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 the 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. Lamanisand 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 21-06-2021
Fee Structure: Free Course
Contact Details:
EMail: bajsswck09@gmail.com
Mob:
9449925505,9448068095,9731311298,9482551293

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:
Dr. Suresh Banakara,
Principal, BAJSS Arts & Commerce Coolege for Wome,Ranebennur.

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

Prof.Rajiv K.M. Yoga Expert
BAJSS Arts & Commerce Coolege for Wome,Ranebennur.

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 21-06-2021 to 23-08-2021
Timing: Every Day 6.30AM to 8.30AM
Venue: Sanadhi Halli
Organised By Department of Physical Education & Sport

RESUME

Rajiv.K.M.
S/O Dr R M Kuberappa,Sri Tiruchi Nilaya,
1st Main 2nd Cross,
Umashankar Nagar,
Ranebennur-581115
Haveri district

:(rajivkmhi5@gmail.com)
: +919731311298/ 9448068095

CAREER OBJECTIVE

To establish myself as a successful person with enthusiasm to excel in every opportunity entrusted to me. Achieving excellence in work and striving every moment to improviseaccording to the need.

EDUCATIONAL QUALIFICATIONS

Course	Name of the Institution & Place	Year of passing	Percentage
Ph D Scholar	Dr MGR Educational and Research Institute, University, Chennai	Part time	Pursuing
M.Tech in Computer Science & Engineering	CMRIT, ITPB road, Bengaluru	2014	63.12%
B.E Computer Science & Engineering	Jnana Vikas Institute of Technology, Bidadi, Ramanagar District	2010	56.52%
Intermediate	J.S.S Pre-University College, Dharwar	2005	53.00%
S S L C	Rotary E M School, Ranebennur-581115 Haveri District	2002	62.88%

PERSONAL INFORMATION

Name: **RAJIV KUBERAPPA MALLADADA**

Permanent Address: S/O Dr R M Kuberappa,
Sri Tiruchi Nilaya,
1st Main 2nd Cross,

Umashankar Nagar,
Ranebennur -581115
Haveri district

Date of Birth: 14-10-1986

Sex: Male

Nationality: Indian

Marital status: Married

Languages Known: Kannada,Hindi,Telugu & English.

Hobbies and Interests: Participating and organizing events, Teach and practice **Yoga[Certified in April 2022], Sports- Basket ball, Volleyball, etc, Listening to Music, Educational Institutions Management and Business.**

Work Experience:

Worked in	Duration
Guest Lecturer, Government Engineering College, Huvina Hadagali, Bellary District,Karnataka	4th August 2014 to 20th November 2014
Guest Lecturer, Government Engineering College, Devagiri , Haveri , Karnataka	2nd February 2015 to 24th May 2018
Guest Lecturer, B A J S S Arts And Commerce College for Women, Gayatri Campus, Ranebennur, Haveri District, Karnataka State	1st June 2018 to till date in service

PERSONAL SKILLS

Comprehensive problem solving abilities, Ability to deal with people diplomatically,Fast learner, Team facilitator.

DECLARATION

I here by declare that all the information furnished above is true to the best of my knowledge.

Place :
Date : **(RAJIV K M)**

Department of Physical Education and Sports
Certificate Course on Yoga 2020-21

Time Table-2020-21

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		
DAY	TIME	DATE
Monday	7 AM-8AM	21,28,
Tuesday	7 AM-8AM	22,29
Wednesday	7 AM-8AM	23, 30
Thursday	7 AM-8AM	24,
Friday	7 AM-8AM	
Saturday	7 AM-8AM	26
MONTH:- JULY		
DAY	TIME	DATE
Monday	7 AM-8AM	05,12,19,26
Tuesday	7 AM-8AM	06,13,27,
Wednesday	7 AM-8AM	14,28,
Thursday	7 AM-8AM	01,08,15,29
Friday	7 AM-8AM	02,09,16,30
Saturday	7 AM-8AM	03,10,17,31
MONTH:- AUGUST		
DAY	TIME	DATE
Monday	7 AM-8AM	02,09,16,23
Tuesday	7 AM-8AM	03,10,17,
Wednesday	7 AM-8AM	04,11,18,
Thursday	7 AM-8AM	05,12,
Friday	7 AM-8AM	06,13,
Saturday	7 AM-8AM	07,14

Department of Physical Education and Sports
Certificate Course on Yoga 2020-21

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:

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	48

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

SUMMARY

During the year 2020-21, 26 Students on Yoga admitted to the regular class the Sri.Rajiv K M Assistant Professorand 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 2020-21

Certificate Course in yoga is designed to enable the learners tolead 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.

CERTIFICATE COURSE ON YOGA 2020-21

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	RANJITA B.G	14	MADHU.B
2	JAYASHRI.N.I	15	RENUKA H
3	RAJESHWARI.N.P	16	LALITA B.
4	SUMA.G	17	NIVEDITA S
5	MADHU.S	18	KAVYA .N
6	TEJASWINI .M	19	LAXIMI.S
7	SUPRITA G	20	KAVYA N
8	PADMA P	21	ARCHANA S
9	VIDYA.D	22	RATNAMMA K
10	MANGALA Y	23	JYOTI D
11	VIDYA.G	24	SHWETHA M
12	JYOTI.S	25	PREAMA D
13	PARVATI K	26	REKHA T

STUDENT'S ATTENDANCE REGISTER

Name of the School _____

Month of _____ 20 Class : _____

12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of days persent	Total No. of Attendance from the beginning of the Academic year	Date of original addmission to the class/promotion

2020-21

YOGA CLASSES

21-06-2021 to 23-08-2021

ವರ್ಗದ ಶಿಕ್ಷಕರು/ಶಿಕ್ಷಕಿಯರು: (ಶ್ರೀ. ಶಿವಲೆ K. M.

PRINCIPAL
BAIES Arts & Commerce College for Women
Hälageri Road, RANEBENNUR-581115

ವಿದ್ಯಾರ್ಥಿಗಳ ಹಾಜರಿ ಪುಸ್ತಕ

ಶಾಲೆ ಹೆಸರು: BAJSS Kiromen's College Ranebennur

ಮಾಹೆ: 2020-21 ತರಗತಿ: BA/BSc/Com

Roll No. ರೋಲ್ ನಂ.	Admission No. ಪ್ರವೇಶ ಸಂಖ್ಯೆ	Date of Birth ಜನ್ಮ ದಿನಾಂಕ	Name of the Student ವಿದ್ಯಾರ್ಥಿಯ ಹೆಸರು	Caste ಜಾತಿ	1	2	3	4	5	6	7	8	9	10
					21-6-2021									
01			Ranjita B. Gowrakkalavar		1	2	3	4	5	6	7	8	9	10
02			Jayashri. N. Hanji.		1	2	3	4	5	6	7	8	9	10
03			Rajeshwari. N. Patil.		1	2	3	4	5	6	7	8	9	10
04			Suma. R. Ganjiappanavar		1	2	3	4	5	6	7	8	9	10
05			Madhu. Solabannanavar		1	2	3	4	5	6	7	8	9	10
06			Tejaswini. P. Mandakki		1	2	3	4	5	6	7	8	9	10
07			Sushita. U. Gowdappagowdar		1	2	3	4	5	6	7	8	9	10
08			Padma Paste.		1	2	3	4	5	6	7	8	9	10
09			Vidya. B. Dodachikkanavar		1	2	3	4	5	6	7	8	9	10
10			Mangala. N. Yadahalli		1	2	3	4	5	6	7	8	9	10
11			Vidya Gyanigoudra		1	2	3	4	5	6	7	8	9	10
12			Jyothi. S. Mukhajakar.		1	2	3	4	5	6	7	8	9	
13			Parvati Kayakad.		1	2	3	4	5	6	7	8	9	
14			Madhu S. Bhakar		1	2	3	4	5	6	7	8	9	
15			Renuka. N. Hadimani		1	2	3	4	5	6	7	8	9	10
16			Lalita. T. Binger.		1	2	3	4	5	6	7	8	9	10
17			Nivedita. M. Sannappanavar		1	2	3	4	5	6	7	8	9	10
18			Kavya. P. Nagathejji.		1	2	3	4	5	6	7	8	9	10
19			Laxmi M. Sutar		1	2	3	4	5	6	7	8	9	
20			Kavya. H. Nagarajji		1	2	3	4	5	6	7	8	9	10
21			Archana Somagal		1	2	3	4	5	6	7	8	9	10
22			Kathamma. K. Kakad		1	2	3	4	5	6	7	8	9	10
23			Jyothi. Dyamanavar		1	2	3	4	5	6	7	8	9	10
24			Swetha. Malagi. B.A.		1	2	3	4	5	6	7	8	9	10
25			Prema. H. Davangeri		1	2	3	4	5	6	7	8	9	10
26			Rekha. T. Talawar.		1	2	3	4	5	6	7	8	9	10
No. Present Daily ದಿನವಹಿ ಹಾಜರಾದವರ ಸಂಖ್ಯೆ														
Total No. in the Register ಪುಸ್ತಕದಲ್ಲಿರುವ ಒಟ್ಟು ಸಂಖ್ಯೆ														

ಆರಂಭದಲ್ಲಿ ಹೋಜ್ಜಾರು Abstract in the beginning

		Minorities	Others	Total
ಗಂಡು/Boys				

1. Number at the beginning of the Month ತಿಂಗಳಿನಲ್ಲಿ ಶಾಲೆ ಪ್ರಾರಂಭದ ಸಂಖ್ಯೆ: ____

3. No. left during the month

STUDENT'S ATTENDANCE REGISTER

Name of the School _____

Month of _____ 20 Class : _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of days persent ಹಾಜರಿದ್ದ ದಿನಗಳ ಸಂಖ್ಯೆ	Total No. of Attendance from the beginning of the Academic year ಶೈಕ್ಷಣಿಕ ವರ್ಷಾರಂಭದಿಂದ ಇಲ್ಲಿಯವರೆಗೆ ಒಟ್ಟು ಹಾಜರಿ	Date of orinignal addmission to the class/promotion ವಿದ್ಯಾರ್ಥಿಯು ಮೊದಲ ತರಗತಿಗೆ ಸೇರಿದ ದಿನಾಂಕ ಅಥವಾ ಪ್ರಮೋಷನ್ ಆದ ದಿನಾಂಕ
							23-8-2021																										

ವಿದ್ಯಾರ್ಥಿಗಳ ಹಾಜರಿ ಪುಸ್ತಕ

ಶಾಲೆ ಹೆಸರು: BAJSS Women's College Ranebennur

ಮಾಪೆ: _____ 2020-21ನೇ ಸಾಲಿನ ತರಗತಿ: 1SA / B. Com

Roll No. ರೋಲ್ ನಂ.	Admission No. ಪ್ರವೇಶ ಸಂಖ್ಯೆ	Date of Birth ಜನ್ಮ ದಿನಾಂಕ	Name of the Student ವಿದ್ಯಾರ್ಥಿಯ ಹೆಸರು	Caste ಜಾತಿ	೧	೨	೩	೪	೫	೬	೭	೮	೯	೧೦	೧೧
					4	5	6	7	9	10	11	12	13	14	16
					B	B	B	B	B	B	B	B	B	B	B
01			Ranjita Gouragakkanavar		26	31	32	33	34	35	36	36	37		38
02			Jayashri. N. Ganji		36	31	32	33	34	35	36	37	38	39	40
03			Rajeshwari. N. Patil		31	32	33	34	35	36	37	38	39	40	41
04			Suma. R. Yallijappanavar		30	31	32	33	34	35	36	36	37	38	39
05			Madhu. Salabamanavar		32	33	34	35	36	37	38	39	40	41	42
06			Tejaswini. P. Mandakki		29	30	31	32	33	34	35	36	37	38	39
07			Sushita. C. Gouda Nagouda		29	30	31	32	33	34	35	36	37	38	39
08			Padma. Paste		30	31	32	33	34	35	36	37	38	39	40
09			Vidya. B. Doddachikkanavar		39	31	37	33	33	34	35	36	37	38	39
10			Mangala. N. Vadeyalli		31	32	33	34	35	36	37	38	39	40	41
11			Vidya. Yalligouda		31	38	38	34	35	36	37	38	39	40	41
12			Jyothi. S. Thagalkar		29	30	31	32	33	34	35	36	37	38	39
13			Parvati. Karkad		30	31	32	33	34	35	36	37	38	39	40
14			Madhu. S. Banakar		31	32	33	34	35	36	37	38	39	40	41
15			Renuka. N. Harijan		32	33	34	35	36	37	38	39	40	41	42
16			Lalita T. Binger		32	33	34	35	36	37	38	39	40	40	
17			Nivedita. M. Sannappanavar		31	32	33	34	35	36	37	38	39	40	41
18			Kavya. P. Nagathajji		31	32	33	34	35	36	37	38	39	40	41
19			Laxmi. M. Sutar		30	31	32	33	34	35	36	37	38		
20			Kavya. H. Nagathajji		30	31	32	33	34	35	36	37	38	39	40
21			Archana Sunagar		31	32	33	34	35	36	37	38	39	40	41
22			Rathnamma. Kilarad		30	31	32	33	34	35	36	37	38	38	39
23			Jyothi. Oyamannavar		31	32	33	34	35	36	37	38	39	40	41
24			Shwetha. Melagiri		32	33	34	35	36	37	38	39	40	41	42
25			Prema. H. Davanagere		32	33	34	35	36	37	38	39	40	41	42
26			Rekha. Talawar		32	33	34	35	36	37	38	39	40	41	42

No. Present Daily ದಿನವಹಿ ಹಾಜರಾದವರ ಸಂಖ್ಯೆ

STUDENT'S ATTENDA

Name of the School _____

Month of _____ 20

೧೨	೧೩	೧೪	೧೫	೧೬	೧೭	೧೮	೧೯	೨೦	೨೧	೨೨	೨೩	೨೪
17	18	23										
18	18	18	15	16	17	18	19	20	21	22	23	24

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

Certificate Course on "Yoga" for the year 2020-21

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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