



"ಶ್ರೀ ಶರಣ ನೂಲಿಯ ಚಂದಾಯ್"

College Code : 1241  
Tel.: 0836-2244566



ಶ್ರೀ ಶರಣ ನೂಲಿಯ ಚಂದಾಯ್ ಡಾ|| ಬಿ. ಆರ್. ಅಂಬೇಡ್ಕರ್ ಸ್ಮಾರಕ  
ಎ.ಕೆ.ಕೆ. ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯ ಕಲಾ ಹಾಗೂ ವಾಣಿಜ್ಯ ಮಹಾವಿದ್ಯಾಲಯ  
ಗಂಗಾಧರನಗರ, ಹುಬ್ಬಳ್ಳಿ - 580 020 ತಾ: ಹುಬ್ಬಳ್ಳಿ ಜಿಲ್ಲಾ : ಧಾರವಾಡ ರಾಜ್ಯ : ಕರ್ನಾಟಕ

SHRI SHARANA NOOLIYA CHANDAYYA  
Dr. B. R. AMBEDKAR SMARAKA A.K.K. EDUCATION  
SOCIETY'S ARTS & COMMERCE COLLEGE

GANGADHARNAGAR, HUBBALLI - 580 020. TQ.: HUBBALLI DIST.: DHARWAD STATE : KARNATAKA

Affiliated to Karnatak University Dharwad & Recognised by Govt. of Karnatak

Founder & President : Late Shri K. G. GOKAK M.A., L.L.B. (Spl)

E-mail : ssncdrbrambedkar@gmail.com

Website : www.ssncdrbraakkdegreecollege.in


Ref. No.

Date : \_\_\_\_\_

1.2.2 Number of Add on/certificate programs offered during the last five years

list of Certificate course- 2019-2020

Sl. no	Name of programme	Year	Code No	Date	Duration	Conducted by	Student enrolled
1	Certificate Course of YOGA	2019-2020	51	15-7-19 To 15-8-19	30 hours	Physical Education	1 to 20

  
PRINCIPAL

S. S. N. C. Dr. B. R. Ambedkar Smaraka  
A.K.K. Education Society's  
Arts and Commerce College  
Gangadharnagar, HUBBALLI-20.



**SHRI SHARANA NOOLIYA CHANDAYYA Dr B.R.AMBEDKAR SMARAKA  
A.K.K EDUCATION SOCIETY'S ARTS & COMMERCE COLLEGE,  
GANGDAHARANAGAR HUBBALLI-20**

**YOGA CERTIFICATE COURSE**

**2019-2020**

**K. KOTRESH**

**Physical Education Director**



**SHRI SHARANA NOOLIYA CHANDAYYA DR B.R. AMBEDKAR SMARAKA  
A.K.K EDUCATION SOCIETY'S ARTS & COMMERCE COLLEGE  
GANGADHARANAGAR HUBLI-20**

**YOGA CERTIFICATE COURSE - 2019-2020**

**Classes starts from 15<sup>th</sup> July 2019**

**Register your Name now**

**Harry up!!**



**CLASS SCHEDULE MONDAY TO SATURDAY 8.00 am to 9.00 am**

**Contact : Shri K. Kotresh**

**Physical Education Director**

Estd. 1994-95

"ಕಾಯಕದಿಂದ ಬಂದದ್ದು ಲಿಂಗಕ್ಕೆ ಅರ್ಪಿತ"

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Website : www.ssncdrbraakkdegreecollege.in

Ref. No.

Date : 10.07.2019

### Outcome of Yoga Certificate course


Certificate course in yoga is designed to enable the learners to cope with yoga system in our institute. It is basically a certificate course, the duration of which is 30hours.

The certificate course in yoga mainly emphasizes on providing the basic understanding of the yoga & is primarily designed for those students who have interest in Same. The basic objective of this certificate course is to gradually Practice yoga to obtain physical and mental development.

Finally the course will help our students to be physically and mentally fit for building their career.

  
PHYSICAL EDUCATION DIRECTOR  
SSNDR B. R. AMBEDKAR SMARAK  
ARTS AND COMMERCE FIRST  
GRADE COLLEGE HUBLI-20.



  
PRINCIPAL  
Dr. B. R. Principal  
A.K.K. Education Society's  
Arts and Commerce College  
Gangadharnagar, HUBBALLI-20.





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### NOTICE

It is hereby inform all the interested students to enroll their names for the certificate course on Yoga for the academic year 2019-2020. Students, Who are interested in joining this course, should give their names to Shri K. Kotresh. Enroll your name on and before 15<sup>th</sup> July 2019.

PHYSICAL EDUCATION DIRECTOR  
SSNC Dr. B. R. AMBEDKAR SMARAK  
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Gangadharnagar, HUBBALLI-20,

10/7/19

BA I Sem

BA I Sem

BA III Sem

BA III Sem

B com Ist Sem

B com Ist Sem

B com Ist Sem

Estd. 1994-95

"ಕಾಯಕದಿಂದ ಬಂದದ್ದು ಲಿಂಗಕ್ಕೆ ಅರ್ಪಿತ"

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Date : 10.07.2019

### Objectives of Yoga Certificate Course

Yoga education can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become heal there, scanner and more integrated members of the society and of the nation.

1. To enable the student to have good health
2. To practice mental hygiene.
3. To possess emotional stability.
4. To integrate moral values.

### Basic rules of yoga

- Yoga should be practiced empty stomach.
- Relax for 10 seconds at least after each yoga exercise.
- Avoid exercise intake of tea or coffee when you are practicing yoga .
- Wear comfortable clothes for practicing yoga
- First begin with easy poses and thereafter you can advance to the tough once.

  
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### SYLLABUS OF YOGA CERTIFICATE COURSE

Unit	Contents	Duration
1	Introduction: 1) Origin of Yoga and its brief Development. 2) Meaning of Yoga and its Importance. 3) Benefit of yoga Practice 4) Mental and Physical Health 5) Traditional diet & Nutrition	05 hours
2	<b>ASANAS</b> <b>*Precaution and benefits of Asana</b> <b>: Standing postures</b> Tadasan, Konasan, Ardha chakrasan, Padahastasan, Ardha katchhakrasan, Trikonasan, Parivrittatrikonasan, Vrukshasan, Garudasan, Parshvakonasan, Utkatasan <b>Sitting postures</b> Dandasana, Yoga mudrasana, Shashankasan, Ardhapadmasana, Padmasana, Vajrasana, Ardha Matsyendrasana, Ardha pashchimottasana, Pashchimottasana, vakrasana, Ushtrasana gomukhasana Parvatasana, Badhrasana, Baddhakonasan <b>Sleeping postures</b> Bhujangasana, Dhanurasana, Matsyasana Shavasana Dandasana Viparitakarni, Sarvangasana, Supta Buddha kasanana, Halasana, Supta Vajrasana, Ardha pawanuktasana.	14 hours
3	<b>Sury Namaskar :</b>	4 hours
4	Pranayam & Benefits Kapalabhati, Sooryabedi, Chandrabedi, Nadishuddhi Pranayam	5 hours
5	Meditation	2 hours

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Estd. 1994-95

"ಕುರುಕುಲದ ಬದ್ಧತೆಗೆ ಶ್ರೀ ಶರಣ ಸಮಾಜದ ಬದ್ಧತೆ"

ಶ್ರೀ ಶರಣ ಸಮಾಜದ ಬದ್ಧತೆ

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ಶ್ರೀ ಶರಣ ಸಮಾಜದ ಬದ್ಧತೆಗೆ ಶ್ರೀ ಶರಣ ಸಮಾಜದ ಬದ್ಧತೆ  
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E-mail : ssnedrbrambekar@gmail.com

Website : www.ssnedrbrambekarcollege.in




Ref. No.

Date: 14.02.2019

CERTIFICATE COURSE ON YOGA-2020

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

S.NO	Name of the Students
1	Mahantesh Beelagi
2	Manikant S Shiggavi
3	Renuka S Gokak
4	Kartik Malagimani
5	Rahul Bhajantri
6	Shankar S S
7	Vinayak Singanahalli
8	Mahesh Kalabar
9	Devaraj M Akkasali
10	Parashuram B
11	Arjun Koujageri
12	Levi babu Dasari
13	Vijay S Maladkar
14	Sony
15	Nandini
16	Muttu G Gadagin
17	Savita B Bhajantri
18	M Vedavati
19	Roopa Chapparamani
20	Devaraj Muganur

  
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ಪ್ರಥಮ ದರ್ಜೆ ಕಲಾ ಮತ್ತು ವಾಣಿಜ್ಯ ಮಹಾವಿದ್ಯಾಲಯ

ಗಂಗಾಧರ ನಗರ, ಹುಬ್ಬಳ್ಳಿ - 580 020 ಪಿನ್ : ಧಾರವಾಡ

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Website : www.ssncdegreecollege.com



Ref. No.

Date : 16.07.2017

CERTIFICATE COURSE ON YOGA

**Time Table 2019-2020**

This is to inform the students who are enrolled for Certificate Course on Yoga to attend Compulsory the classes as per the prescribed time table.

Days	Time
Monday	8.00 to 9.00
Tuesday	8.00 to 9.00
Wednesday	8.00 to 9.00
Tuesday	8.00 to 9.00
Friday	8.00 to 9.00
Saturday	8.00 to 9.00

  
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# Attendance

ವಿದ್ಯಾರಣ್ಯ ಪ್ರತಿ ದಿನದ ಹಾಜರಿ ಪುಸ್ತಕ

14.04.2019th 2020.04.14  
 ಸರ್ಕಾರಿ ಶಾಲೆ / No. of School Working Days : 30

Series / Month :

Class Teacher : K Kelenesh

Serial / Class : 10A

Date of the Class Teacher: K Kelenesh		Serial / Class		Date																															Total	
Sl. No.	Serial / 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	Att. %	Remarks		
1	Mahadev Beelagi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
2	Maikant S. Shigavi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
3	Renuka S. Gokak	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
4	Kartik Malagumai	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
5	Rahul Bhagavathi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
6	Shankar S	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
7	Vinayak Singaalli	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
8	Mahesh Kalabar	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
9	Devenay A. Akkadi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
10	Parashuram B.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
11	Anjien Keiyageri	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
12	Leni Babu Dasari	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
13	Vijay S. Maladkar	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
14	Soumy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
15	Nandini	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
16	Mutha G. Gokasig	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
17	Santa B. Bhagavathi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
18	M. Vedavati	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
19	Rajna Chappanawai	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		
20	Devenay Mugarur	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100		

PHYSICAL EDUCATION DIRECTOR  
 SSNC Dr. B. R. AMBEDKAR SMARAK  
 ARTS AND COMMERCE FIRST  
 GRADE COLLEGE HUBLI-20



PRINCIPAL  
 S. S. N. C. Dr. B. R. Ambedkar Smarak  
 Arts and Commerce College  
 Gangadhamagar, HUBBALLI-20





ಶ್ರೀ ಶರಣ ನೂಲಿಯ ಚಂದಯ್ಯ ಡಾ|| ಬಿ. ಆರ್. ಅಂಬೇಡ್ಕರ್ ಸ್ಮಾರಕ  
ಎ.ಕೆ.ಕೆ. ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯ ಕಲಾ ಹಾಗೂ ವಾಣಿಜ್ಯ ಮಹಾವಿದ್ಯಾಲಯ  
ಗಂಗಾಧರನಗರ, ಹುಬ್ಬಳ್ಳಿ - 580 020 ತಾ: ಹುಬ್ಬಳ್ಳಿ ಜಿಲ್ಲಾ : ಧಾರವಾಡ ರಾಜ್ಯ : ಕರ್ನಾಟಕ



**SHRI SHARANA NOOLIYA CHANDAYYA**  
**Dr. B. R. AMBEDKAR SMARAKA A.K.K. EDUCATION**  
**SOCIETY'S ARTS & COMMERCE COLLEGE**

GANGADHARNAGAR, HUBBALLI - 580 020. TQ.: HUBBALLI DIST.: DHARWAD STATE : KARNATAKA

Affiliated to Karnatak University Dharwad & Recognised by Govt. of Karnatak

Founder & President : Late Shri K. G. GOKAK M.A., L.L.B. (Spl)

E-mail : ssncdrbrambedkar@gmail.com

Website : www.ssncdrbraakkdegreecollege.in

Ref. No.

Date : 28-08-2019

### Report of Yoga Certificate course

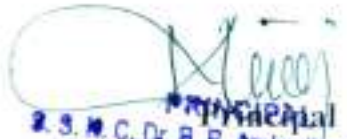
A Yoga Certificate course was conducted in our college from 15-07-2019 to 28-08-2019. 20 students who were very much interested in yoga enrolled their names under this certificate course.

Each hour of this certificate course had its own impact on the minds of the students. Every day the class hour began with a prayer and then some asanas (sitting & Standing) also some sleeping asanas. Students also practiced meditation and thus developed mental & Physical fitness.

In all the objective behind conducting such a certificate course stood to be fruitful.

  
PHYSICAL EDUCATION DIRECTOR  
SSNC DR. B. R. AMBEDKAR SMARAKA  
ARTS AND COMMERCE FIRST  
GRADE COLLEGE HUBLI-20.



  
Principal  
S. S. N. C. Dr. B. R. Ambedkar Smaraka  
A.K.K. Education Society's  
Arts and Commerce College  
Gangadharnagar, HUBBALLI-20



ಅರೇಬ್‌ನಾಡಿನ ಕೆಲವು ಪ್ರದೇಶಗಳಲ್ಲಿ ಯಾತ್ರಿಕರ ಸಂಖ್ಯೆ



ಯಾತ್ರಿಕರ ಸಂಖ್ಯೆ ಹೆಚ್ಚಾಗಿದೆ ಮತ್ತು ಸುಸ್ಥಿರವಾಗಿರುತ್ತದೆ





**SHRI SHARANA NOOLIYA CHANDAYYA**

**Dr. B. R. AMBEDKAR SMARAKA AKK**

**EDUCATION SOCIETY'S ARTS & COMMERCE COLLEGE**

**Gangadhar Nagar, Hubli**




## *Certificate of Completion*

This certificate that Name. **MAHANTESH BELAGI**.....  
Of .....**B.A.III YEAR**..... has Successfully Completed the yoga  
certificate course in the year. **2019-2020**

Co-Ordinator IQAC

  
Physical Education Director

  
Principal