



**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 15th 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"

College Code : 1241

ಶ್ರೀ ಶರಣ ನೂಲಿಯ ಚಂದಯ್ಯ

Tel.:0836-2244566



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
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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 : 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 15th July 2019.

PHYSICAL EDUCATION DIRECTOR
SSNC Dr. B. R. AMBEDKAR SMARAK
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PRINCIPAL
B. S. M. C. Dr. B. R. Ambedkar Smaraka
A.K.K. Education Society's
Arts and Commerce College
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

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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	ASANAS *Precaution and benefits of Asana : Standing postures Tadasan, Konasan, Ardha chakrasan, Padahastasan, Ardha kathechakrasan, Trikonasan, Parivrittatrikonasan, Vrukshansan, Garudasan, Parshvakonasana, Utkatasana Sitting postures Dandasana, Yoga mudrasana, Shashankasana, Ardhapadmasana, Padmasana, Vajrasana, Ardha Matsyendrasana, Ardha pashchimottasana, Pashchimottasana, vakrasana, Ushtrasana gomukhasana Parvatasana, Badhrasana, Baddhakonasana Sleeping postures Bhujangasana, Dhanurasana, Matsyasana Shavasana Dandasana Viparitakarni, Sarvangasana, Supta Buddha kanasana, Halasana, Supta Vajrasana, Ardha pawan muktasana.	14 hours
3	Sury Namaskar :	4 hours
4	Pranayam & Benefits Kapalabhati, Sooryabedi, Chandrabedi, Nadishuddhi Pranayam	5 hours
5	Meditation	2 hours

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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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 Gangadhar Nagar, HUBBALLI-20.

ವಿದ್ಯಾರ್ಥಿಗಳ ಪತ್ರಿಕೆ ದಿನದ ಹಾಜರಿ ಪುಸ್ತಕ

14.07.2019
No. of School Working Days: 30

Signature: K Kethmesh

send / Class

Yoga

Date		Page		Class		Teacher	
Roll No.	Name of Students	Roll No.	Name of Students	Roll No.	Name of Students	Roll No.	Name of Students
1	Mahantesh Beclagi	16	Manikant S. Shigavi	31	Kartik Malagolani	46	Rahul Bhagatkar
2	Renuka S. Gokak	17	Shankar S.S	32	Vinayak S. Sagaralli	47	Mahesh Kalabar
3	Kartik Malagolani	18	Manikant S. Shigavi	33	Devanay N. Akkadi	48	Parashuram B.
4	Rahul Bhagatkar	19	Manikant S. Shigavi	34	Anjita Kuvjageri	49	Leni Babu Dasari
5	Shankar S.S	20	Manikant S. Shigavi	35	Vijay S. Malakar	50	Gayatri
6	Vinayak S. Sagaralli	21	Manikant S. Shigavi	36	Nandini	51	Murthy G. Gadagin
7	Mahesh Kalabar	22	Manikant S. Shigavi	37	Santa B. Bhargava	52	M. Vedavati
8	Devanay N. Akkadi	23	Manikant S. Shigavi	38	Rajendra Chappanawari	53	Devanay M. Naganur
9	Parashuram B.	24	Manikant S. Shigavi	39			
10	Anjita Kuvjageri	25	Manikant S. Shigavi	40			
11	Leni Babu Dasari	26	Manikant S. Shigavi	41			
12	Vijay S. Malakar	27	Manikant S. Shigavi	42			
13	Gayatri	28	Manikant S. Shigavi	43			
14	Nandini	29	Manikant S. Shigavi	44			
15	Murthy G. Gadagin	30	Manikant S. Shigavi	45			
16	Santa B. Bhargava	31	Manikant S. Shigavi	46			
17	M. Vedavati	32	Manikant S. Shigavi	47			
18	Rajendra Chappanawari	33	Manikant S. Shigavi	48			
19	Devanay M. Naganur	34	Manikant S. Shigavi	49			
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215		230	Manikant S. Shigavi	245			
216		231	Manikant S. Shigavi				

PHYSICAL EDUCATION DIRECTOR
SSNC Dr. B. R. AMBEDKAR SMARTPARK
ARTS AND COMMERCE FIRST
GRADE COLLEGE HUBBARD, 20



E.S.N.C. Dr. B. P. Archedkar Smarak
A.K.K. Education Society's
Arts and Commerce College
Gangadharwadi, HUBBALLI-2



ಶ್ರೀ ಶರಣ ನೂಲಿಯ ಚಂದಯ್ಯ ದಾ|| 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

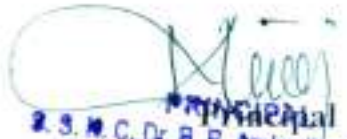
A Yoga Certificate course was conducted in our college from 15-07-2019 to 28-08-2019. 20 students who were very much interested in yoga enrolled their names under this certificate course.

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

02 (10/5)
 ಉದ್ಘಾಟನೆ ಕೆಲಸಕ್ರಮದ ಉದ್ಘಾಟನೆ/ನಂವರಿ



ಎಲ್ಲಾ ಉದ್ಘಾಟನೆಗಳು ಜನಪ್ರಿಯವಾಗಿವೆ ಮತ್ತು ದ್ರವ್ಯವಾಗಿದೆ





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 B. CELAGI**...

Of **B.A. III YEAR**..... has Successfully Completed the yoga
certificate course in the year. **2019-2020**

Co-Ordinator IQAC

Physical Education Director

Principal