



H.K.E. SOCIETY'S

SMT. VEERAMMA GANGASIRI DEGREE COLLEGE FOR WOMEN, KALABURAGI-585102
(Affiliated to A.W. University, Vijayapura-NAAC Accredited 'A' Grade)

Department of Physical Education and Sports

Value Added Course in "Yoga and Meditation"



To
The Principal
Smt. Veeramma Gangasiri Degree College for Women
Kalaburagi

Sub: Accord permission for the Value Added Course in Yoga & Meditation reg..

Sir

With reference to the above cited subject, the Department of Physical Education Would like to start the Value Added Course in **Yoga & Meditation** for the students of our college.

The "Vivek Jagurath Yoga Vidya Peth", Kalaburagi have come forward to collaborate with our college in the said course for a duration of 30 Hrs.

Hence, I kindly request you to permit us to start the Value Added Course in the college campus.

With Warm regards.

Thanking You

Yours faithfully

Dr. Sharanarama Kuppi

Physical Education Director
Smt. V.G. Degree College for Women
KALABURAGI.

S.G. Gounbali
IQAC Coordinator
Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102

[Handwritten Signature]
PRINCIPAL
Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102

ಹೈದರಾಬಾದ್ ಕರ್ನಾಟಕ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯ

ಶ್ರೀಮತಿ ಬೀರಮ್ಮ ಗಂಗಸಿರಿ ಪದವಿ ಮಹಿಳಾ

ಮಹಾವಿದ್ಯಾಲಯ ಹಾಗೂ ಸ್ನಾತಕೋತ್ತರ ಕೇಂದ್ರ ಕಲಬುರಗಿ

Hyderabad Karnataka Education Society's

Smt. Veeramma Gangasiri

Degree College & PG Centre for Women

PDA Engg. College-Rly. Station Road - Kalaburagi-585 002 - Karnataka - Phone : 08472-220374

Ref. No. HKES/SVGWCK/

Date: 17-2-2020.

To,

The H.O.D

Department of Physical Education

Smt. V.G. Degree College for Women

Kalaburagi

Sub: permission to start the Value Added Course in Yoga & Meditation for the students of our college in collaboration with "Vivek Jagurath Yoga Vidya Peth", Kalaburagi reg...

Ref: Your letter dated 15-01-2019.

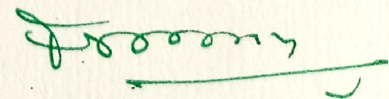
Madam,

With reference to your letter dated 15th jan. 2019 you are permitted to start the Value Added course in Yoga & Meditation for the students of our college in collaboration with Vivek Jagurath Yoga Vidya Peth, Kalaburagi with the following conditions:

- Classes to be conducted as per the time table.
- Accounts to be maintained as per the norms.
- BOS committee to be formed as per the guidelines.
- Attendance to be maintained.
- Exams to be conducted.

With warm wishes.

Your's



Dr. Eshwaryya Math

PRINCIPAL

Smt. V.G. Degree College for Women

KALABURAGI

"An enlightened woman is a source of infinite power"

ORDER

NAAC Accredited "A" Grade (3rd Cycle) Affiliated to Akkamahadevi Women's University, Vijayapura

UGC 2(F) 12(B) - E-mail : hkesvgwgc1965@rediffmail.com - website : www.vgcollege.org





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Hyderabad Karnataka Education Society's

Smt. Veeramma Gangasiri
Degree College & PG Centre for Women

PDA Engg. College-Rly. Station Road - Kalaburagi-585 102 - Karnataka - Phone : 08472-220374

Ref. No. HKES/SVGWCK/

Date: 21.01.19

To,

Charakanth Biradar

Yoga coach

Dept of Physical Education
Gulbarga University Kalaburagi

Sub: Request to act as a Board of Studies member for Value Added
Course in Yoga and Meditation.

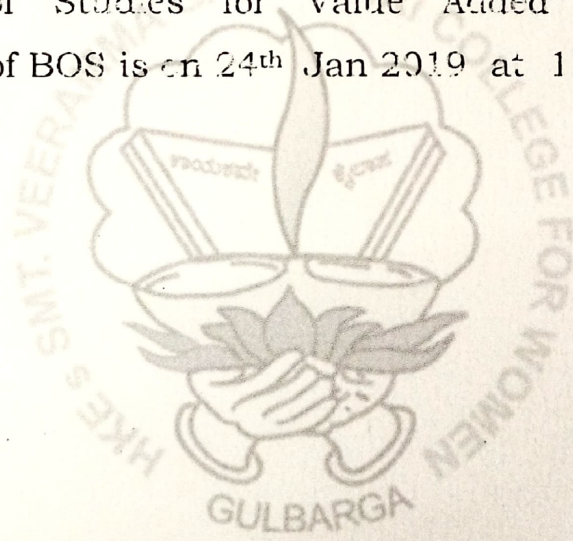
Respected Sir/Madam,

With respect to the above cited subject, you are appointed as a
member of Board of Studies for Value Added Course in Yoga &
Meditation. A meeting of BOS is on 24th Jan 2019 at 11.30 A.M with warm
regards.

Thanking You,

S. S. S. S.

Course Co - Ordinator



S. S. S. S.

Principal
PRINCIPAL

Smt. V.G. Degree College for Women,
KALABURAGI.

S. S. S. S.

CHANDRAKANT B. BIRADAR
Technical Assistant (Yoga)
Department of Physical Education
Gulbarga University, Gulbarga.

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Hyderabad Karnataka Education Society's
Smt. Veeramma Gangasiri
Degree College & PG Centre for Women

PDA Engg. College-Rly. Station Road - Kalaburagi-585 102 - Karnataka - Phone : 08472-220374

Ref. No. HKES/SVGWCK/

Date: 21.1.19

To .

Smt. Shakuntala.B
HOD Dept. of English
Smt. V.G. D. College Kalaburagi

Sub: Request to act as a Board of Studies member for Value Added Course in Yoga and Meditation.

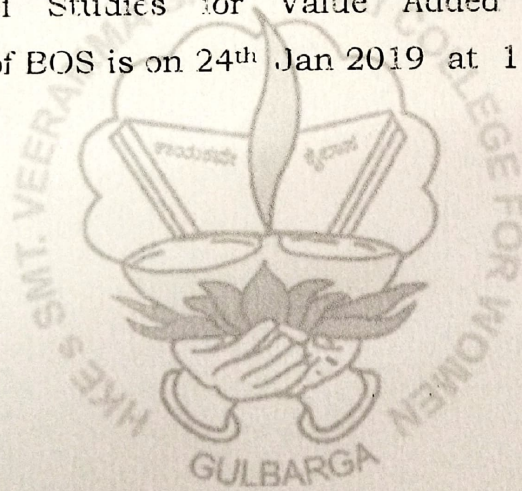
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Thanking You,

S. Kuppi

Course Co-Ordinator



[Signature]

Principal
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Hyderabad Karnataka Education Society's
Smt. Veeramma Gangasiri
Degree College & PG Centre for Women

PDA Engg. College-Rly. Station Road - Kalaburagi-585 102 - Karnataka - Phone : 08472-220374

Ref. No. HKES/SGWCK/

Date : 21.1.19

To ,

Dr. Shalamma S. Kuppi
Physical Education Department
Smt. V.G. College Kalaburagi

Sub : Request to act as a Board of Studies member for Value Added Course in Yoga and Meditation.

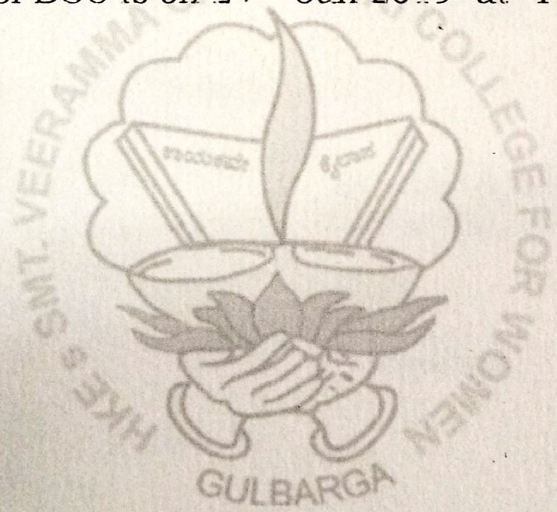
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Hyderabad Karnataka Education Society's

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Smt. Veeramma Gangasiri
Degree College & PG Centre for Women

PDA Engg. College-Rly. Station Road - Kalaburagi-585 102 - Karnataka - Phone : 08472-220374

Ref. No. HKES/SVGWCK/

Date :

ORDER

Sub: Meeting of Board of Studies members.

A meeting of following BOS Constituted is hereby convened on 10/1/19 at 11.30 A.M in Language lab (Room No 8), Smt. V. G Degree College for Women, Kalburgi

Board of Appointment of BOS members for Value Added Course in Yoga & Meditation.

SL. No.	NAME		SIGN
1	Principal Smt. V.G. Degree college for Women, Kalaburagi	BOS Chairman	
2	Chandrakanth Biradar Yoga Coach Dept. of Physical Education, Gulbarga University, Kalaburagi	Member	 CHANDRAKANTH B. BIRADAR Technical Assistant (Yoga) Department of Physical Education Gulbarga University, Gulbarga.
3	Dr. Nirinjala Kelamani Asst. Prof. Hingulambika Ayurvedic Medical College, Kalaburagi	Member	
4	Dr. Sharanamma Kuppi Physical Education Department Smt. V.G Degree College for Women, Kalaburagi	Member & Director Course Co-ordinator	
5	Smt. Shakuntala B Head. Dept. of English Smt. V.G. Degree. College for Women, Kalaburagi	Member	

The Chairman and the Member are requested to make it convenient to attend the meeting.

Course Co-Ordinator
Physical Education Director

Smt. V.G. Degree College for Women
Kalaburagi, Dept. of Education

2) NAAC Office, V.G. College, Kalaburagi

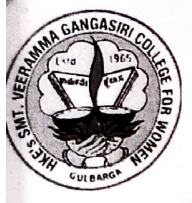
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H.K.E. SOCIETY'S
SMT. VEERAMMA GANGASIRI DEGREE COLLEGE AND P.G. CENTER FOR
WOMEN, GULBARGA - 585 102

Affiliated to Karnataka State Akkamahadevi Women's University, VII

DEPARTMENT OF Physical Education



Certificate Course in Yoga

OBJECTIVES: The aim of the course is to prepare the students physically and mentally for the integration of their physical, mental and spiritual condition, so that the students can become healthier, mentally stronger and more integrated members of the society and nation. Yoga education helps in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

OUTCOMES

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

COURSE DURATION:

30 Hours.(Theory: 15 hrs + Practical: 15 hrs)

ALLOCATION OF TOTAL HOURS FOR EACH CHAPTER

S.NO	CHAPTER	THEORY HOURS	PRACTICAL HOURS
1	UNIT-1: Asanas	03	07
2	Unit-II: Pranayama	02	05
3	Unit-III: Mudras	02	05
4	Unit-IV: Kriyas	02	04

S.G. Gounbally
IQAC Coordinator
Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102

[Signature]
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College for Women
Kalaburagi - 585 102



SYLLABUS:

Unit-1: Asanas

Standing Asanas- Standing arms, Vrikshasana , Ardha Katichakrasana, Parsva Katichakrasana, Hasta Padarsana

Sitting Asanas – Vajrasana, Shashankasana, Veerasana, Gomukhasana, Ardha Matsyendrasana

Supine Asanas- Padaultanasana, Pavana Muktasana, Sarvangasana, Vakrasana, Matrysana

Prone Asanas- Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana

Unir-II: Pranayama

Anuloma-Viloma, Kapaalabhati, Bastrika, Shitali, Sadanta Pranayama, Bhramari

Unit-III: Mudras

Chin Mudra, Chin maya Mudra, Adhi Mudra, Shambhavi, Yoni Mudra

Unit-IV: Kriyas

Kriyas- kapalabhati, Trataka

Suryanamaskar, Quick Reaxation Technique, Meditation, Deit and Nutrition, Health Awareness.

PRINCIPAL
Smt. V.G. Degree College for Women
GULBARGA

PRINCIPAL
Smt. V.G. Degree College for Women
GULBARGA

S.G. Gounhali
IOAC Coordinator
Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102



BOS MEMBERS

1. Principal : Chairman
Smt. V.G Degree College for Women,
Kalaburagi
2. Chndrakanth Biradar : Member
Yoga Coach
Dept. of Physical Education,
Gulbarga University, Kalaburagi
3. Dr. Nirmala Kelamani : Member
Asst. Prof.
Smt V.G Degree College for Women,
Kalaburagi
4. Dr. Sharanamma Kuppi : Member & Director
Physical Education Department
Smt V.G Degree College for Women,
Kalaburagi
Course Coordinator
5. Smt. Shakuntala B : Member
Head Dept. of English
Smt. V.G Degree College for Women,
Kalaburagi

S.G. Gounbali
IQAC Coordinator
Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102

[Signature]

PRINCIPAL
Smt. V.G. Degree College for Women
GULBARGA

[Signature]
PRINCIPAL
Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102



H.K.E Societys
Smt. Veeramma Gangasiri Degree College
For Women's Kalaburgi - 585102
NAAC ACCREDITED "A" Grade (3rd cycle) Affiliated to Akkamahadevi
Women's University Vijayapur.

Value Added Course in "Yoga and Meditation" organised by
Department of Physical Education and Sports

From 06.02.2019 to 12.03.2019

INAUGURATION

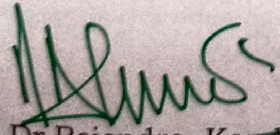
On 6th Feb 2019 at 8.AM

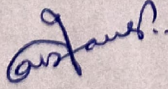
Chief guest

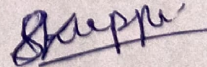
Dr.Nirmala Kelamani
Asst.Prof.Hingulambika Ayurvedic
College Kalaburgi

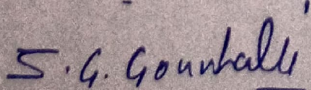
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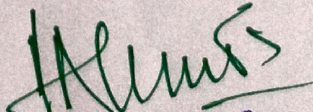
Dr. Eshwarayya Math
you Are Cordially Invited


1).Dr.Rajendra Konda
IQAC Co-ordinator


2 Dr.Farzana zabeen
NAAC Co-ordinator

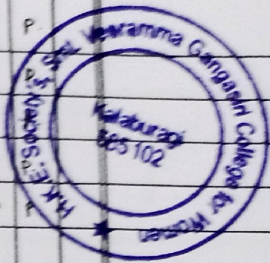

3). Dr.Sharanamma S Kuppi
Course Co-ordinator


IQAC Coordinator
Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102


PRINCIPAL
Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102

	Name of Lecturers	1	2	3	4	5	6	7	8	9	10	11
01	Ashwini A.	BSc 2 nd	P	P	P	P	P	P	P	P	P	P
02	Chitra S.D.	BA 2 nd	P	P	P	P	P	P	P	P	P	P
03	Sonali S.	BA 2 nd	P	P	P	P	-	P	P	P	-	P
04	Jyoti N.D.	BA 6 th	P	-	P	P	P	P	P	P	P	P
05	Rakshita B.	BA 6 th	P	-	P	-	P	P	P	P	P	P
06	Sunita N.K.	BA 6 th	P	P	P	-	-	-	-	-	-	P
07	Reshma L.	BA 6 th	P	-	-	-	-	-	-	-	-	-
08	Mabanni B. Patil.	BA 6 th	P	P	P	P	-	P	P	P	P	-
09	Afsana M. P.	BA 2 nd	P	P	-	-	-	P	P	P	P	P
10	Deepika S. Patil.	BSc 2 nd	P	P	P	P	-	-	-	P	P	P
11	Mosam.	BA 2 nd	P	P	P	P	P	P	P	P	P	P
12	Manjula.	BA 2 nd	P	P	P	P	P	P	P	P	P	P
13	Poojashri	BA 6 th	P	P	P	P	P	-	-	-	P	P
14	Bhagyashree R. Patil.	BA 6 th	P	P	P	P	-	P	P	-	-	-
15	Mahalaxmi R.M.	BSc 4 th	P	P	P	P	P	-	-	-	-	P
16	Vidya Sri	BSc 6 th	P	P	P	P	-	-	P	P	P	P
17	Seema N.	BSc 6 th	P	P	P	P	P	-	-	-	P	P
18	Parvati V.	BSc 2 nd	P	P	P	P	P	-	P	P	P	P
19	Shilpa S.K.	BSc 4 th	P	-	P	P	-	-	-	-	P	P
20	Ranjita M.P.	BSc 4 th	P	P	P	P	-	P	P	-	1	1
21	Jyoti S.K.	-	P	-	-	-	-	-	-	-	-	-
22	Archana B.H.	BA 2 nd	P	P	P	P	-	-	-	-	P	P
23	Roopa M.	BSc 4 th	P	P	P	P	-	-	P	P	P	P
24	B.S. Fatima	BA 2 nd	P	P	P	P	-	-	P	-	P	P
25	Pooja B.H.	BSc 2 nd	P	P	P	P	P	P	P	P	P	P
26	Basavarajeshwari	BSc 2 nd	P	P	P	P	P	-	-	-	P	P
27	Ashwini H.	BA 2 nd	P	P	P	P	P	P	P	P	-	P
28	Shivamma	BSc 2 nd	P	P	P	P	P	-	-	-	-	-

12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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[Handwritten Signature]

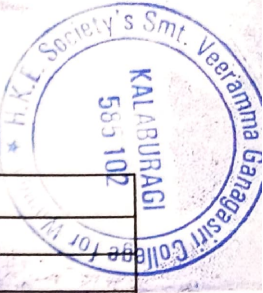
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[Handwritten Signature]
IQAC Coordinator
Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102

Hydrabad Karnataka Education Society's
Smt. Veeramma Gangasiri Women'S Degee College Kalaburgi

Department of Physical Education and Sports

Value Added Course in yoga and Meditation
Result of yoga And Meditation

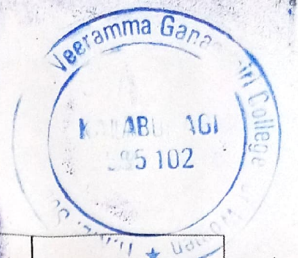


SI. No	Name	Class	Practical	Theory	Total	Grade
1	Ashwini A	B.SC II	45	40	85	A
2	Chitra S.	B.A II	40	35	75	A
3	Sonali S	B.A II	40	36	76	A
4	Jyoti N.D	B.A VI	42	40	82	A
5	Rakshita B	B.A VI	40	35	75	A
6	Sunita N.K	B.A VI	20	20	40	C
7	Reshma L	B.A VI	23	23	46	C
8	Mabanni B Patil	B.A VI	40	40	80	A
9	Afsan	B.A II	41	39	80	A
10	Deepika S Patil	B.SC II	42	36	78	A
11	Mosam	B.A II	39	38	77	A
12	Manjula	B.A II	40	38	78	A
13	Poojashri	B.A VI	39	38	77	A
14	Bhagyashree R Patil	B.A VI	36	40	76	A
15	Mahalaxmi R M	B.SC IV	41	35	76	A
16	Vidyasri	B.SC VI	36	35	71	A
17	Seema N	B.SC VI	35	33	68	B
18	Parvati V	BSC II	36	37	73	A
19	Shilpa S.K	B.SC IV	37	35	72	A
20	Ranjita M.P	B.SC IV	39	33	72	A
21	Jyoti S.K	-	-	-	-	-
22	Archana B.H	B.A II	32	31	63	B
23	Roopa M	B.SC IV	36	38	74	A
24	B.S. Fatima	B.A II	36	38	74	A
25	Pooja B.H	B.SC II	27	28	55	B
26	Basawarajeshwari	B.SC II	30	32	62	B
27	Ashwini H	B.A II	39	39	78	A
28	Shivamma	BA II	29	26	55	C
29	Ashwini S. Reddy	B.SC I	29	24	53	C

S.G. Gounbali
IQAC Coordinator
Smt. Veeramma Gangasiri
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Smt. V.G. Degree College for Women,
KALABURAGI.



H.K.E. SOCIETY'S
SMT. VEERAMMA GANGASIRI DEGREE COLLEGE
FOR WOMEN, KALABURAGI- 585 102
NAAC- ACCREDITED "A" GRADE (3rd Cycle)
Affiliated to Karnataka State Akkamahadevi Women's University,
Vijayapura



Hyderabad Karnataka Education Society's
Smt. Veeramma Gangasiri Women's Degree College, Kalaburagi
Department of Physical Education and Sports
A Report - "Yoga and Meditation"

In this era of technology; Yoga and Meditation is very much necessary. Which is meant to be a system of increasing awareness & decreasing disease, A value added course in "Yoga & Meditation" was started in our college 6th February 2019 by the Department of Physical Education.

Fifty one(51) student enrolled their names and made payment of rupees One Hundred(100/-) each to the department and were issued the receipt for the same.

Dr. Sharanamma Kuppi Course Coordinator – Seeking the permission of the principal, decided to invite external resource person Dr. Nirmala Kelamani Professor Hingulambika Ayurvedic College Kalaburgi.

The total number of hours conducted were 30 hours(Practical & Theory). This course reduce stress increases relaxation and greater flexibility in learners mind.

The function was inaugurated on 6th Feb. 2019 by the chief guest dr. Nirmala Kelamani, Principal Dr. Eshwarayya Math, NAAC Coordinator Dr. Farzana Zabeen, IQAC Coordinator Dr. Rajendra Konda , Dr. Sharanamma Kuppi Course coordinator,

member of fifth criteria and students were present.

In order to the students comprehensions, test were conducted & grades were awarded, Certificates were issued in the Valedictory function on 8.04.2019. The successful completion of course.

Shruppa

Course Coordinator

Physical Education Director

Smt. V.G. Degree College for Women
KALABURAGI

S.G. Gounbali

PRINCIPAL

Smt. Veeramma Gangasiri
College for Women

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PRINCIPAL

Smt. Veeramma Gangasiri
College for Women

[Signature]

Principal
PRINCIPAL

Smt. V.G. Degree College for Women,
KALABURAGI.

INAUGURATION



G. Gombali
C Coordinator
Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102

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PRINCIPAL
Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102

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PRINCIPAL
Smt. V.G. Degree College for Women,
KALABURAGI.

CLASSES CONDUCTED



G. Goumbali
IQAC Coordinator
Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102

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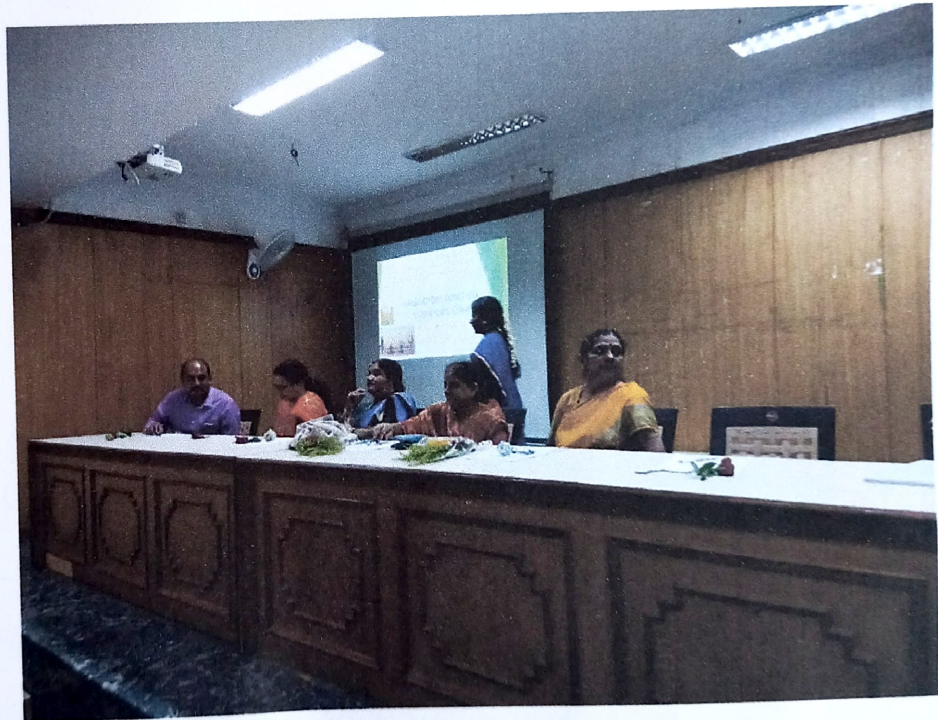


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 Kalaburagi • 585 102

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VALIDICTORY



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S. G. G. G. G.
IOAC Coordinator
Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102

Smt. Veeramma
PRINCIPAL
Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102



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PRINCIPAL

**Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102**



S. G. Gounkali
**IOAC Coordinator
Smt. Veeramma Gangasiri
College for Women
Kalaburagi - 585 102**

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KALABURAGI.**

HYDERABAD KARNATAKA EDUCATION SOCIETY'S

**SMT. VEERAMMA GANGASIRI
DEGREE COLLEGE FOR WOMEN, KALABURAGI**

Affiliated to Karnataka State Akkamahadevi Women's University, Vijayapura

(Re-accredited by NAAC with 'A' Grade 3rd Cycle)

DEPARTMENT OF PHYSICAL EDUCATION

and

VIVEK JAGRUT YOGA VIDYA PEETH (R), KALABURAGI

CERTIFICATE



This is to certify that Kum. _____ of

_____ has completed the **Yoga Certificate Course** organized by Department of Physical Education, Smt. Veeramma Gangasiri Degree College for Women, Kalaburagi in collaboration with Vivek Jagrut Yoga Vidya Peeth (R), Kalaburagi from _____ to _____ and passed the examination with _____ grade.

Dr. Sharanamma Kuppi
Course Coordinator

Dr. Nirmala C
Advisor, Vivek Jagrut Yoga Vidya Peeth

Dr. Eshwarayya Math
Principal