



**H.K.E. SOCIETY'S  
A. V. PATIL ARTS, SCIENCE & COMMERCE COLLEGE  
ALAND**



**NAAC B+ Grade**

**Estd :1980**

**Ordinance and Regulations  
With Respect of  
CONSUCATED PROGRAMME OF VALUE ADDAED COURSE  
ON  
YOGA AND MEDITATION-2018  
UNDER THE  
DEPARTMENT OF PHYSICAL EDUCATION**

**With effect from**

**Academic year 2018-19**



**Course Coordinator**

**DR.VENKATESH G.**

**Assistant Professor & Head  
Department of Political Science**

**&**

**In-Charge  
Department of Physical Education**

**Course Co-Coordinator**

**Kum. ASHWINI VALSANG**

**Lecturer in Political Science**



ESDT: 1980

STD: 08477 Ph: 202421

Hyderabad Karnataka Education Society's  
**A.V. Patil Degree College of Arts, Science & Commerce**  
 Vidya Nagar, ALAND -585302 - Dist: Kalburagi , Karnataka- India

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UGC COLLEGE CODE NO. KAGU 002 -Fax: 08477 -202421 NAAC Accredited "B"+ Grade

Ref: No. HKES/ AVPDC/PT/

Date: 06/08/2018

## Value Added Course Meeting

### Meeting Minutes for Institutional Board of Studies for Value added Course on Yoga and Meditation held on 06.08.2018

The institutional Board of Studies of the Department of Physical Education for the Value-added course on **Yoga and Meditation** held on (06.08.2018) in IQAC Room H.K.E. Society's, A.V.Patil Arts, Science and Commerce College, Aland Tq, Kalaburagi Dist. At 10:30 am.

HKES's/AVPASCC/VAC/Pol.Sc/2018-19/

Date: 06.08.2018

#### Following Committee Members:

Name of the Member	Designation	Department/Institution	Signatures
Dr.Venkatesh G. Course Co-ordinator	Assistant Professor & Head/ BOS/BOE Chairman	Political Science, HKES's, A V PatilArts,Science& Commerce College Aland.	
Prof. S.S. Patil	Associate Professor & Principal	Maths, HKES's, A V PatilArts,Science& Commerce College Aland.	
Dr. Ramesh M. IQAC Coordinator	Assistant Professor & Head	Chemistry, HKES's, A V PatilArts,Science& Commerce College Aland.	
Dr. Shankar Shore Subject Expert	Assistant Professor &Head of Physical Education	Government Degree College, Madanhippargi, Aland tq, Kalaburagi Dist.	
Kum. Ashwini Valsang Course Co, Co-ordinator	Lecturer	Political Science, HKES's, A.V.Patil Arts, Science Commerce College, Aland.	
Kum. Rajshekhar Julpe Alumni Member	Ph.D Research Scholar in Yogic Science	Mangalore University, Mangalagangothri 9686596221	

In the beginning of the meeting the Chairman of the BOS **Prof. S.S.Patil**, Welcomed all members and briefed them about the academic activities of the Department of Political Science & **In-Charge Department of Physical Education** the members expressed their highly appreciation and satisfaction about the activities of the department. After that institutional BOS discussed and resolved the following items:

#### Item 1. Starting of the Value-added course on Yoga and Meditation.

The BOS discussed the item and resolved to start the Value-added course on **Yoga and Meditation**

#### Item 2. Approval of the Syllabus for Value added course.

The BOS discussed and approved the syllabus for the Value-added course on **Yoga and Meditation**

### Item 3. Approval of admission criteria

The BOS discussed and approve the criteria for admission and resolved that any students enrolled in UG course can enrol in this course. In addition to this BOS also finalized the exam pattern.

Meeting of the BOS was concluded with the vote of thanks by **Dr. Venkatesh G.** Assistant Professor and Head Department of Political Science and In-Charge Department of Physical Education.

#### Name of the BOS Member

#### Signature

**Dr. Venkatesh G.**  
Course Coordinator



**Prof. S.S. Patil**  
Principal



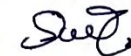
**Dr. Ramesh M.**  
IQAC Coordinator



**Dr. Shankar Shore**  
Subject Expert



**Kum. Ashwini Valsang**  
Course Co, Coordinator



**Kum. Rajshekhar Julpe**  
Alumni Member



To,  
The Principal

Date:

Sub: Request to grant permission to start Value added course on Yoga and Meditation from the academic year 2018-19: Reg.

Respected Sir,

We would like to start the Value-added course on **"Yoga and Meditation"** from the academic year 2018-19: with intake of 120 students. Please permit us to start the Value-added course and do the needful.

Thanking You.



**HOD/Course Coordinator**

*Dr. Venkatesh. G.*

M.A., M.Phil., Ph.D.

Assistant Professor & H.O.D.

Dept. of Political Science

H.K.E. Society's A.V. Patel Degree College  
ALAND - 585 302, Dist. Kalyan.



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**Value Added Course Preamble :**

**Preamble:**

The our college is committed to create an environment where students feel empowered to improve up on their learning behavior for which more academic in puts is not enough. Going beyond it, they are provided with the training that contributes in their capacity building by motivating them to train their inner self, through emotional management, Self-understanding and positive thinking. Yoga training can help students to strengthen their potentials.

Institution conducts a value added course in Yoga programme for students in view with making them conscious of the importance of physical and mental wellbeing.

Yoga and Meditation are considered as art and science of healthy living by our ancient.gurus. It is method to bring harmony of body and mind for general wellbeing. Yoga is considered as one of the greatest gifts to the world by Indians for healthy living. Students in particular are benefitted by learning yoga.

Keeping its various advantages and proved evidence in improving the health, efficiency and managing stress related problems, it was decided to start the Value Added Course in yoga for all the students of HKES's. A.V. Patil Arts, Science& Commerce College, Aland.

**GOAL:** At the end of successful completion of the course, the student will be able to understand the scientific basis of Yoga and practice various yogasanas effectively and correctly for the personal benefit.

**Objectives:**

- Promoting positive health and holistic wellness .
- Toenablestudentstobecomecompetentandcommittedprofessionalswillingtoperformas Yoga Trainer.
- To make student to use competencies and skills needed for becoming effective Yoga trainer.
- To enable student to understand the type of Yoga.
- To acquaint student with the Practical knowledge of Yogasana, Kriya, Bandhas, Mudra, Meditation and Pranayama etc.
- Conduct Yoga Protocol at workplaces.
- Conduct yoga classes in Parks, Societies, etc.
- Toenhancethecapacitiesofstudentsforphysicalandmentalwellbeingthroughself-help.
- To empower student teachers to create a harmonious class room at workplace.

The yoga course is one of the value added course that **Department of Political Science& In-Charge Department of Physical Education** offers. It is research based course wherein the effectiveness of the Course is studied through students, post training feedback and pre-test and post achievement tests.

**Medium of Instruction:** English and Kannada.

**Course Structure and Examination Scheme:**

**Total contact hours:**

Theory Classes: 30 Hours

**Mode of Examination:**

Theory and Practical:

**50 Marks**

**No. of Seats: 120**



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**Value Added Course Guidelines:**

It is informed that the following guidelines are to be followed for the conduct of Value Added Course (VAC) on **Yoga and Meditation** by the Department of Political Science & In-Charge Department of Physical Education during the students of 2018-19.

**A) REGISTRATION/ELIGIBILITY FOR VAC:**

1. Students have at least 10+2 Pass in Arts, Science, & Commerce
2. A Student will be permitted to register for only one VAC in a semester.
3. A Student can register for VAC in any semester except during the first semester of his/her study.
4. Each student has to study at least one Value Added Course in an academic year. However there is no limit on the maximum number of VAC a student can complete during his/her period of study in the College.
5. A Student cannot register for a Value Added Course offered by his/her parent Dept.
6. Undergraduate students from the Faculty of Arts, Science and Commerce.
7. A student can register to VAC and Collect Separate registration form, From the Department of Political Science.
8. Age: **No age limit.**
9. Selection Procedure to VAC on the bases of Merit.
- 10 The VAC can be offered only if there are at least/Minimum 10 (Five) students or Maximum 100 (Academic year) students opting for it.
11. Free Registration.

**B) CONDUCT OF VAC CLASSES:**

1. The Classes have conducted at least **One hour** in a week during the academic year and as per the college time table for the academic year **2018-19**.
2. The Classes for VAC shall be held in hybrid mode (i.e., Theory and /Practical).

**C) Duration of course: 4 Months /30 Hours**

This **30 Hours** with a combination of **16 Hours** in regular theory classes. However the combination of regular theory classes and VAC classes shall be decided by the Head Department Political & In-Charge Department of Physical Education

3. Science/with the approval of our college Principal.
4. The conduct exam of **100 Marks** including theory and Practical.
5. After successfully compilation of VAC Certificate can issue to all the students.

**D) Certification of Yoga:** The candidate who has 80% attendance in the class shall be eligible for certification. Certificate to the candidates shall be issued after getting the report from the institution about the attendance of the candidate and the program conducted.



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**Value Added Course Agenda :**

1. To approve the action of Head, Department Political Science in adopting and implementing the VAC to communicated by the IQAC & Principal our college, from the academic year 2018-19.
2. To draft and approve the syllabus for VAC of B.A/B.Sc/ B.Com Academic year2018-19 adoption and implementation.
3. To design and approve the abstract question paper with maximum marks: 100 of VAC written/theory and Practical examination for adoption and Implementation.
4. To approve the given below internal assessment of VAC for adoption and Implementation.
  - a) MCQ Questions: **50 Marks**
  - b) Practical Examination: **50 Marks**
5. To discuss and approve the qualifying marks of VAC 35 for adoption and Implementation.
6. To draft and adopt the syllabi abstract question paper, Model/Pattern of VAC for adoption and Implementation.
  - a) MCQ Questions: **50 Marks**
  - b) Practical Examination: **50 Marks**
7. To procure prescribed textbooks, Reference books, Departmental library, Central library in our college.
8. To design and adopt the syllabus and Model question paper for Value Added Course in **Yoga and Meditation.**
9. To prepare the **30** days plan for VAC.
10. Any other matters:



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**Value Added Course Resolutions :**

1. It is unanimously resolved to adopt the action of Head, Department Political Science in adopting and implementing the VAC to communicated by the IQAC & Principal our college, from the academic year 2021-22.
  2. It is unanimously resolved to approve the syllabus for VAC of B.A/B.Sc./B.Com Academic year 2018-19 adoption and implementation.
  3. It is unanimously resolved to approve the abstract question paper with maximum marks: 100 of VAC written/theory examination adoption and Implementation.
  4. It is unanimously resolved to given below assessment of VAC for adoption and Implementation.  
A) MCQ Questions: **50 Marks**  
B) Practical Examination: **50 Marks**
  5. It is unanimously resolved to approve that the qualifying marks of VAC 35 for adoption and Implementation.
  6. It is unanimously resolved to adopt the syllabi abstract question paper, Model/Pattern of VAC for adoption and Implementation.  
A) MCQ Questions: **50 Marks**  
B) Practical Examination: **50 Marks**
- It is unanimously resolved to adopt the syllabus and Model question paper for Value Added Course in **Yoga and Meditation**.
7. It is unanimously resolved to **30 days plan** for VAC. Nil





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**Value Added Course on Yoga and Meditation and (Theory)**

**Syllabus:**

**1. Foundation of Yoga:**

**04Hour**

- Yoga: Etymology, definitions, aim, objectives and misconceptions.
- Yoga: Its origin, history and development.
- AshtangaYoga(Yama,Niyam,Asana,Pranayama,Pratyahara,Dharna, Dhyana,Samadhi)
- Principles and Practices of Jnana Yoga, Bhakti Yoga, Karma Yoga
- Introduction of Yogic Text (HathaYogaPradeepka, Gher and Samhita, Patanjali Yoga Sutra)
- Principles of Health Yoga

**2. Introduction to Human Body:**

**04Hour**

- Basic knowledge of Human Body Skeleton; organization of body cells, tissues, Systems, membranes and glands.
- Basic Knowledge of Anatomy and Physiology of the following systems  
Musculoskeletal  
system Digestive  
system Respiratory  
System  
Cardio vascular  
system excretory  
system;  
Endocrinesystem.  
Nervoussystem

**3. Yoga Therapy:**

**04Hour**

- Yoga Therapy: Meaning and Definition, Principles and Discipline, Area and Limitation, Role Of Lifestyle and Diet in Yoga Therapy, Yoga For Holistic Health, Panchkosha
- Yoga Management:-Arthritis, Cervical Spondylosis, BackPain, Sciatica Pain, Hernia, Gynecology
- KidneyDisease,Thyroid,Obesity,LiverRelatedProblem,Diabetes,C onstipation,Asthma,
- Hyper tension, Heart Disease,VisionDefects,Insomnia,Headace,MentalStress,Depres sion,Anxiety

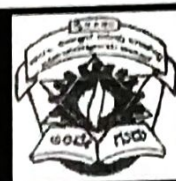
**4. Yoga and Allied Science:**

**03Hour**

- Knowledge of Yogic Principles-Ahara, Vihar, Achar- Vichar.
- Alternative Therapy: Basic principles of Ayurveda, Naturopathy.
- Yogic concept of healthy living: Tridosha.
- Therapeutic importance of Dincharya and Ritucarya,
- Importance of Diet(Aahara).
- Yoga as preventive and pramotive health care.



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**SYLLABUS:**

**Value Added Course on Yoga and Meditation Practical 15. Hours**

**PRACTICAL-1**

**1. Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskar:**

Yogic Sukshma vyayama, Yogic Sthula Vyayama, Surya Namaskara

**2. Yogasana:**

**StandingAsana:**Tadasana, Trikonasana, Urdhahastotanasana, Vrikshasana, Ardhchakrasna, Padhastanasana, Ashwasthasana

**SittingAsana:**Padmasana, Vakrasana, Ardhamatsyendrasana, Janusirsasana, Paschimottanasana, Vajrasana, Ushtrasana, Shasankasana Gomukhasana, Mandukasana, Bhadrasana, Singhasana

**ProneLyingAsana:**Bhujangasana, Shalabhasana, Dhanurasana, Makarasana

**Supine Lying Asana:** Pawanmukt asana and its variation, setubandhasana, sarvangasana, Ardhalasana, Uttanpadasana, Halasana, Naukasana, Cakrasana Markatasana, Shavasana.

**3. Practices leading to Meditation:**

Pranav and SohamJapa, Yoga Nidra, Chakra Meditation, Ajapa Dharana, Om Meditation  
**PracticalII**

**Shatkarma: Knowledge and ability to perform the following Practices:**

Neti(Jalandsutra), Dhauti(Vaman+Vastra), NauliAgnisara, TratakaKapalbhati

**Pranayama:**

Breath Awareness, Yogic Breathing, Nadishodhan Pranayama, Suryabhedhi, Ujjayi, Shitali Sitkari, Bhastrika, Bhramari

**Bandha and Mudra:**

Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, TriBandha, Yoga Mudra, Shanmukhi Mudra, shambhavi mudra, Vipareet Karni Mudra

**Practices leading to Meditation**

Pranav and SohamJapa, YogaNidra, ChakraMeditatio, AjapaDharana, Om Meditation

**Yoga Protocol for General Class and International Day of Yoga Protocol Training (15 days).**

**REFERENCES:**

1. Lightonyoga by B.K. Slyengar
2. Theyogasutras of Patanjali by B.K.Slyengar
3. Integrated approach of yoga therapy for positive health by H.R.Nagendra
4. Pranayama: The art and science by H.R.Nagendra
5. AmonographonPranayamabyIshwarBaswaraddi, MorarjiDesaiNationalInstituteofYoga
6. AmonographofyogasanabyIshwarBaswaraddi, MorarjiDesaiNationalInstituteofYoga



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## Value added Course on Yoga and Meditation

Date: 6/8/2018

### NOTICE

All the students are hereby informed that, under the Department of Physical Education and in charge Department of Political Science is starting the Value-added course on **Yoga and Meditation** from the **(06.08.2018)**, interested students can enrol their names on or before **(06.08.2018)** in the Department of Political Science.

HOD/Course Coordinator

*Dr. Venkatesh. G.*

M.A., M.Phil., Ph.D.

Assistant Professor & H.O.D.

Dep<sup>t</sup> of Political Science

H.K.E. Society's A.V. Patil Degree College  
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Principal

PRINCIPAL

H.K.E. Society's A.V. Patil Degree  
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## Value added Course on Yoga and Meditation Time-Table (2018-19)

The classes for the value added course are conducted according to the college time table on the following days.

Sl No.	Days	Time	Room No.
01	Tuesday	03.10 to 04.10	1, 2, 3
02	Friday	03.10 to 04.10	1, 2, 3

Total hours per week 2 hours

Course coordinator

**Dr. Venkatesh. G.**

M. A., M.Phil., Ph.D.  
Assistant Professor & H.O.D.  
Dept of Political Science  
H.K.E. Society's A.V. Patil Degree College  
ALAND - 585 302, Dist. Kalaburagi.

IQAC Coordinator

IQAC Coordinator  
H.K.E.Society's A.V. Patil College  
Aland Dist: Kalaburagi-585302

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Value added Course on Yoga and Meditation  
Enrolment List

SL.No	NAME OF THE STUDENT	Class	Signature
1	Akash Shivaputrappa	B.A I Sem	Akash
2	Abhishek Kashinath S	B.A I Sem	Abhishek
3	Akhilesh Raju	B.A I Sem	Akhilesh
4	Atish Revanasidda	B.A I Sem	Atish
5	Chetan Subhash	B.A I Sem	Chetan
6	Chandrakanth Krishna	B.A I Sem	Chandrakanth
7	Deepak Rooping	B.A I Sem	Deepak
8	Hasanlal Mainoddin	B.A I Sem	Hasanlal
9	Kumar Bhimashankar	B.A I Sem	Kumar
10	Mallikarjun Sharanabasappa	B.A I Sem	Mallikarjun
11	Mallikarjun Baburao	B.A I Sem	Mallikarjun
12	Pavitra Vithal G	B.A I Sem	Pavitra
13	Panchaling Basavaraj	B.A I Sem	Panchaling
14	Rajkumar Basavaraj	B.A I Sem	Rajkumar
15	Rajeshwari Siddaram	B.A I Sem	Rajeshwari
16	Ajaykumar Niranjan G	B.A III Sem	Ajaykumar
17	Ashif Shaman Patel	B.A III Sem	Ashif
18	Anand Basavaraj	B.A III Sem	Anand
19	Ambresh Siddaram	B.A III Sem	Ambresh
20	Gundappa Shankar	B.A III Sem	Gundappa
21	Hirabai Eranna	B.A III Sem	Hirabai
22	Kiran Devichand R	B.A III Sem	Kiran
23	Mallinath Nagappa	B.A III Sem	Mallinath
24	Mallamma Shankar	B.A III Sem	Mallamma
25	Mahananda Mahantesh	B.A III Sem	Mahananda
26	Ningayya Shantayya	B.A III Sem	Ningayya
27	Shruti Hanamanthraya	B.A III Sem	Shruti
28	Santoshkumar Jayaram	B.A III Sem	Santoshkumar
29	Shivaraj Shrimanth	B.A III Sem	Shivaraj
30	Santosh Naganna	B.A III Sem	Santosh
31	Arunkumar Somanath	B.A V Sem	Arunkumar
32	Ambika Tukaram	B.A V Sem	Ambika
33	Anuradha Naganna G	B.A V Sem	Anuradha
34	Akash Subhash	B.A V Sem	Akash
35	Geetabai Revanasiddappa	B.A V Sem	Geetabai
36	Jagadish Siddharudh	B.A V Sem	Jagadish

37	Kirankumar Kantu P	B.A V Sem	<del>Kirankumar</del>
38	Krantiveer Shivanand	B.A V Sem	<del>Krantiveer</del>
39	Laxmiputra BABURAO	B.A V Sem	<del>Laxmiputra</del>
40	Maya Rajendra	B.A V Sem	<del>Maya</del>
41	Mallinath Hanumanth	B.A V Sem	<del>Mallinath</del>
42	Manda Shrianth	B.A V Sem	<del>Manda</del>
43	Marutirao Prabhakar	B.A V Sem	<del>Marutirao</del>
44	Nirmala Mainal Mallinath	B.A V Sem	<del>Nirmala</del>
45	Premkumar Shrishail	B.A V Sem	<del>Premkumar</del>
46	Pushpa Tukaram	B.A V Sem	<del>Pushpa</del>
47	Prashanth Parameshwar	B.A V Sem	<del>Prashanth</del>
48	Pradeep Chandrakanth	B.A V Sem	<del>Pradeep</del>
49	Ranjita Salegoan S	B.A V Sem	<del>Ranjita</del>
50	Rugusar Afsana Fujal Ahemad	B.A V Sem	<del>Rugusar</del>
51	Ajayakumar Mahadev H	B.Sc I Sem	<del>Ajayakumar</del>
52	Bhagyashree Maharudrappa	B.Sc I Sem	<del>Bhagyashree</del>
53	Bhagyashree Babshetty	B.Sc I Sem	<del>Bhagyashree</del>
54	Bhushan Ananthkumar	B.Sc I Sem	<del>Bhushan</del>
55	Chanda Pasha Rukum	B.Sc I Sem	<del>Chanda</del>
56	Dilshad Begum Ladlesab	B.Sc I Sem	<del>Dilshad</del>
57	Farjana Begum Ahemad Ali	B.Sc I Sem	<del>Farjana</del>
58	Giriraj Sharanabasappa	B.Sc I Sem	<del>Giriraj</del>
59	Kousar Jahan Mainoddin	B.Sc I Sem	<del>Kousar</del>
60	Kashinath Marabe	B.Sc I Sem	<del>Kashinath</del>
61	Kumar Revappa	B.Sc I Sem	<del>Kumar</del>
62	Md Ashpak Ahemad	B.Sc I Sem	<del>Md Ashpak</del>
63	MALLIKARJUN Shivasharanappa	B.Sc I Sem	<del>Mallikarjun</del>
64	Nagaraj Shivasharanappa	B.Sc I Sem	<del>Nagaraj</del>
65	Rajiya Sultan Gunjoti	B.Sc I Sem	<del>Rajiya</del>
66	Sirin Banu Meheboob	B.Sc I Sem	<del>Sirin</del>
67	Shubhana Ahemad Rashid	B.Sc I Sem	<del>Shubhana</del>
68	Sagar Mallikarjun	B.Sc I Sem	<del>Sagar</del>
69	Savitri Devendrappa	B.Sc I Sem	<del>Savitri</del>
70	Sabiha Anam Khaja Ahemad	B.Sc I Sem	<del>Sabiha</del>
71	Amar Shrishail	B.Sc III Sem	<del>Amar</del>
72	Ashiya Anjum Ahemad Ali	B.Sc III Sem	<del>Ashiya</del>
73	Ambika Mahadev	B.Sc III Sem	<del>Ambika</del>
74	Adarsh Mallikarjun	B.Sc III Sem	<del>Adarsh</del>
75	Akshayakumar Ambaraya	B.Sc III Sem	<del>Akshayakumar</del>
76	Bhoramma Gundappa	B.Sc III Sem	<del>Bhoramma</del>
77	Kasturi Shantappa	B.Sc III Sem	<del>Kasturi</del>
78	Laxmi Basavaraj	B.Sc III Sem	<del>Laxmi</del>
79	Laxmikanth Devindra	B.Sc III Sem	<del>Laxmikanth</del>
80	Patane Ajit Kashiraya	B.Sc III Sem	<del>Patane</del>
81	Hanamanthray Parameshwar	B.Sc V Sem	<del>Hanamanthray</del>
82	Iqbal Ahemad Ayyub Ali	B.Sc V Sem	<del>Iqbal</del>
83	Kumar Sharanappa	B.Sc V Sem	<del>Kumar</del>

84	Kedarnath Shrikanth	B.Sc V Sem	Kedarnath
85	Mathapati Kashinath Sharanayya	B.Sc V Sem	Mathapati
86	Mahesh Gopal	B.Sc V Sem	Mahesh G
87	Manjunath Suryakanth J	B.Sc V Sem	M
88	Mashaq Hasan Sab	B.Sc V Sem	Nitishkumar
89	Nitishkumar Baburao	B.Sc V Sem	Nitishkumar
90	Narasappa Anandrao	B.Sc V Sem	Narasappa
91	Lokesh Virendra	B.Com I Sem	Lokesh
92	Mahesh Gurulingappa	B.Com I Sem	M
93	Mashaq Ansari Md	B.Com I Sem	M
94	Mohammad Matin	B.Com I Sem	Mohammad
95	Nuroddin Ahemad Ali	B.Com I Sem	Nuroddin
96	Nagarse Namrata S	B.Com I Sem	Nagarse
97	Pooja Suresh Malipatil	B.Com I Sem	Pooja
98	Praveen Rajshekhar	B.Com I Sem	Praveen
99	Rahul Kumar Dinesh	B.Com I Sem	Rahul
100	Siddaram Kalyani	B.Com I Sem	Siddaram
101	Siddaram Kalyani	B.Com III Sem	Siddaram
102	Akshay Anand T	B.Com III Sem	Akshay
103	Ajay Shamaraya	B.Com III Sem	Ajay
104	Ashwath Shailendra	B.Com III Sem	Ashwath
105	Ambresh Hanamanth	B.Com III Sem	Ambresh
106	Ashokkumar Dhanu R	B.Com III Sem	Ashokkumar
107	Akshata Shashikanth	B.Com III Sem	Akshata
108	Bhimaraya Malliath K	B.Com III Sem	Bhimaraya
109	Basavaraj Revanasidda	B.Com III Sem	Basavaraj
110	Devaraj Siddarudh	B.Com III Sem	Devaraj
111	Krishnakumar Chandrakanth	B.Com V Sem	Krishnakumar
112	Kaveri Jaganath	B.Com V Sem	Kaveri
113	Laxmibai Shankar H	B.Com V Sem	Laxmibai
114	Laxmi Rajkumar	B.Com V Sem	Laxmi
115	Malashree Gurunath Kage	B.Com V Sem	Malashree
116	Mahendrakar Akshay Jagadish	B.Com V Sem	Mahendrakar
117	Nagendra Salegoan A	B.Com V Sem	Nagendra
118	Nandini Shantappa	B.Com V Sem	Nandini
119	Nagaraj Tippanna	B.Com V Sem	Nagaraj
120	Pooja Shrimanth	B.Com V Sem	Pooja

  
Head/Course Coordinator

Dr. Venkatesh. G.

M.A., M.Phil., Ph.D.  
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**H.K.E. SOCIETY'S  
A. V. PATIL ARTS, SCIENCE & COMMERCE COLLEGE  
ALAND**



NAAC B+ Grade

Estd :1980

**Value added Course on Yoga and Meditation Attendance for the Academic Year 2018-19**































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1	Akash S	1	2	3	4	5	6	7	8	8	9	10	11	12	13	13	14	15	16	17	18	19	19	20	21	22	22	23	24	25	25	
2	Abhishek K. S	-	1	2	3	4	5	5	6	7	8	8	9	10	11	12	13	14	14	15	16	17	18	18	19	20	20	21	22	23	24	
3	Akhilesh Raju	1	2	2	2	3	4	5	6	7	7	7	8	8	9	10	10	11	12	13	14	15	16	17	18	18	19	20	20	21	22	
4	Atish Revanasidda	1	1	2	3	4	4	5	6	7	8	8	9	10	11	12	13	14	14	15	16	17	17	18	19	19	20	20	21	22	23	
5	Chetan Subhash	-	1	1	2	3	4	5	6	6	7	8	9	9	10	11	12	12	13	14	15	16	17	18	18	19	19	20	21	22	23	
6	Chandrakanth K.	1	2	2	3	4	5	6	7	8	8	9	10	11	12	13	14	15	16	17	18	18	19	20	21	22	23	24	25	26	27	
7	Deepak Roopsing	1	1	1	2	3	4	5	5	5	6	7	7	8	9	9	10	11	12	13	14	15	16	17	18	19	20	20	21	22	23	
8	Hasanlal M.	-	1	1	1	2	2	3	4	5	5	6	7	7	8	9	10	11	11	12	13	14	15	16	17	18	19	20	20	21	22	23
9	Kumar B	1	2	2	3	4	5	5	6	7	8	8	9	10	10	11	12	13	14	15	16	16	17	18	19	20	20	21	22	23	23	
10	Mallikarjun S	1	1	2	3	3	4	5	6	7	8	8	8	9	10	11	12	13	14	15	15	16	16	17	18	18	19	20	20	21	21	
11	Mallikarjun B	-	1	1	1	2	2	3	4	5	5	6	7	7	8	8	9	10	10	11	12	13	14	15	16	17	18	18	19	20	20	
12	Pavitra Vithal G	1	2	2	3	4	5	6	6	7	8	8	9	10	11	12	13	14	15	15	16	17	17	18	19	20	21	22	23	23	24	
13	Panchaling B	1	1	2	3	3	4	5	6	7	8	8	9	10	11	12	12	13	14	15	16	16	17	18	19	19	20	20	21	22	23	
14	Rajkumar B	1	2	3	3	4	5	6	6	7	7	8	9	10	10	11	12	13	13	14	15	16	17	18	18	19	19	20	20	21	22	
15	Rajeshwari S	1	2	3	3	4	4	5	6	7	8	9	9	9	10	10	11	12	13	13	14	15	16	17	17	18	19	20	21	22	23	
16	Ajaykumar N	-	1	1	1	2	2	3	4	5	6	6	7	8	8	9	10	11	12	13	13	14	15	16	17	17	18	19	20	21	22	23
17	Ashif Shaman Patel	1	2	2	3	4	5	6	6	7	8	8	9	10	10	11	12	13	14	15	16	17	17	18	19	20	20	21	22	23	23	
18	Anand Basavaraj	1	1	2	3	3	4	5	5	6	7	8	8	9	10	11	11	12	13	14	15	16	17	18	18	19	20	20	21	22	22	
19	Ambresh Siddaram	1	1	2	2	3	4	5	5	5	6	7	8	9	9	10	11	11	12	13	14	15	16	17	18	18	19	20	21	22	23	24
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21	Hirabai Eranna	1	1	2	3	3	4	5	6	7	7	8	9	9	10	11	11	12	13	14	15	16	17	18	19	20	20	21	22	23	24	
22	Kiran Devichand R	1	2	3	4	5	5	6	7	8	8	9	10	11	12	12	13	14	15	16	17	18	19	20	20	21	22	23	24	25	26	



23	Mallinath Nagappa	1	2	2	3	4	4	5	6	7	8	8	9	10	11	12	13	14	15	16	17	17	18	19	20	20	21	22	23	24	25
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25	Mahananda M	1	1	2	3	3	3	4	5	6	7	7	8	9	9	10	11	12	12	13	14	15	16	17	18	19	20	20	21	22	
26	Ningayya S	1	1	1	2	3	4	5	6	7	8	9	10	11	12	12	13	14	15	16	17	18	19	20	20	21	22	23	24	25	26
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29	Shivaraj Shrimanth	1	2	2	3	4	5	6	6	7	8	9	10	11	12	12	13	14	14	15	16	17	18	19	20	20	21	22	23	24	25
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32	Ambika Tukaram	-	1	1	2	2	3	4	5	5	6	7	8	8	9	9	10	11	12	12	13	14	15	16	17	17	19	20	21	22	23
33	Anuradha Naganna	1	2	2	3	4	5	6	6	7	7	8	9	9	10	11	12	13	14	15	15	16	17	18	19	20	21	22	23	24	25
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37	Kirankumar Kantu	1	1	2	2	3	4	4	5	6	7	8	8	9	9	10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
28	Krantiveer S	1	2	2	3	4	4	5	6	7	8	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
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46	Pushpa Tukaram	1	1	2	2	3	4	4	5	6	7	8	9	9	10	11	12	13	14	15	16	17	18	19	19	20	21	22	23	24	25
47	Prashanth P	1	1	1	2	3	4	5	6	7	8	9	10	10	11	12	13	14	15	16	17	18	19	20	20	21	22	23	24	25	26
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49	Ranjita Salegoan S	1	2	3	4	4	5	6	7	8	8	9	10	11	12	13	14	15	16	17	18	18	19	20	21	22	23	24	25	26	26
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56	Dilshad Begum L	1	2	3	3	4	5	5	5	6	7	7	8	8	9	10	11	12	12	13	14	15	16	17	18	18	19	20	20	21	22	23
57	Farjana Begum A	-	1	2	2	3	4	5	5	6	7	8	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	22	23	24	25	
58	Giriraj S	1	2	3	3	4	5	6	7	8	8	9	10	11	11	12	13	14	15	16	16	17	18	18	19	20	20	21	22	23	24	
59	Kousar Jahan M	1	1	2	3	4	5	6	7	7	8	9	9	10	10	11	12	13	14	15	15	16	17	18	18	19	20	20	21	22	23	
60	Kashinath Marabe	1	2	2	3	4	4	5	6	6	7	8	9	9	10	11	12	12	13	14	15	16	17	17	18	19	20	21	22	23	24	
61	Kumar Revappa	-	1	2	2	3	4	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	
62	Md Ashpak A	1	2	2	3	4	4	5	6	6	6	7	8	9	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24		
63	MALLIKARJUN S	1	1	1	2	3	3	4	5	6	7	8	8	9	10	11	12	13	14	15	16	17	17	18	19	20	20	21	22	23	24	
64	Nagaraj S	1	2	3	4	4	5	6	7	7	8	9	10	11	12	13	14	15	16	17	18	18	19	20	20	21	22	23	24	25	26	
65	Rajiya Sultan G	1	2	3	4	4	4	5	6	7	7	8	8	9	10	10	11	12	13	14	15	16	17	18	18	19	20	21	22	23	24	
66	Sirin Banu M	1	1	1	2	3	3	4	5	6	7	8	9	10	10	11	12	13	14	15	16	17	18	19	19	20	21	22	23	24	25	
67	Shubhana Ahemad	1	2	2	3	4	5	6	7	7	8	9	10	11	12	13	14	15	16	17	18	19	20	20	21	22	23	24	25	25	26	
68	Sagar Mallikarjun	1	1	2	3	3	4	5	5	6	7	8	8	9	10	11	12	12	13	14	15	16	17	18	19	20	21	22	23	23	24	
69	Savitri D	1	2	3	3	4	5	6	7	8	8	9	10	11	12	12	13	14	15	16	17	18	19	20	20	21	22	23	24	25	26	
70	Sabiha Anam Khaja	1	1	2	3	3	4	5	6	6	7	8	8	9	10	11	12	13	14	15	16	17	18	18	19	20	20	21	22	23	24	
71	Amar Shrishail	-	1	1	2	3	3	4	5	5	6	7	7	8	8	9	9	10	11	12	13	14	15	16	17	18	18	19	20	20	21	
72	Ashiya Anjum A	1	2	3	3	4	5	6	7	8	8	9	10	11	12	12	13	14	15	16	17	18	18	19	20	20	21	22	23	24	25	
73	Ambika Mahadev	1	2	3	3	3	4	5	6	7	7	8	9	10	11	12	13	14	15	15	16	17	18	18	19	20	21	22	23	24		
74	Adarsh Mallikarjun	1	1	2	3	3	4	5	5	6	7	8	8	9	9	10	11	12	12	13	14	15	16	17	18	18	19	20	20	21	22	
75	Akshayakumar	1	2	3	3	4	5	5	6	7	8	8	9	10	11	11	12	13	14	15	16	17	18	18	19	20	20	21	22	22	23	
76	Bhoramma G	1	2	3	4	4	4	5	6	6	7	8	8	9	10	10	11	11	12	13	14	15	15	16	16	17	18	19	20	20	21	
77	Kasturi Shantappa	-	1	2	3	4	4	5	6	7	8	8	9	10	11	12	13	14	15	16	17	18	18	19	20	20	20	21	22	23	24	
78	Laxmi Basavaraj	1	2	3	3	4	5	5	6	7	8	9	10	11	12	12	13	14	15	16	17	17	18	19	20	21	22	23	24	25	26	
79	Laxmikanth D	1	2	3	3	4	5	6	7	8	8	8	9	10	11	12	13	14	15	16	17	18	18	19	19	20	21	22	23	24	25	
80	Patane Ajit K	1	1	2	3	4	5	5	6	7	8	8	9	10	11	12	13	14	15	16	17	17	18	19	20	21	22	23	24	25	26	
81	Hanamanthray P	1	2	2	3	4	5	6	7	7	8	8	9	9	10	11	12	13	14	15	16	17	18	18	19	20	21	22	23	24	25	
82	Iqbal Ahemad A	1	1	2	3	3	4	5	6	7	8	9	10	11	12	12	13	14	15	16	17	18	18	19	20	21	22	23	24	25	26	
83	Kumar Sharanappa	1	2	3	4	5	6	6	6	7	7	8	9	10	10	11	12	13	14	15	16	17	17	18	19	20	20	21	22	23	24	
84	Kedarnath S	1	1	2	3	4	4	5	6	7	7	8	8	9	9	10	11	12	13	14	15	16	17	18	19	20	20	21	22	23	24	25
85	Mathapati K	1	2	2	3	4	5	5	6	7	8	8	9	9	10	11	12	13	14	15	16	17	18	19	20	20	21	22	23	24	25	
86	Mahesh Gopal	1	1	1	2	3	3	4	5	5	6	7	8	8	9	10	11	11	12	13	14	15	16	17	18	19	20	20	21	22	23	

87	Manjunath S	1	2	3	4	5	6	7	8	9	10	11	12	13	13	14	15	16	17	18	19	20	20	21	22	23	24	25	25	26	27	
88	Mashaq Hasan Sab	1	1	2	3	3	4	5	5	6	7	8	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
89	Nitishkumar B	1	1	1	2	2	3	4	5	6	7	8	8	9	10	11	12	13	14	15	16	17	18	18	19	20	21	22	23	24	25	
90	Nanandrao	1	2	3	4	5	6	7	8	8	9	10	11	12	13	14	15	16	17	17	18	19	20	20	21	22	23	24	25	26	27	
91	Lokesh Virendra	1	1	2	3	3	4	5	5	6	7	8	8	9	10	10	11	12	13	14	15	16	17	18	18	19	20	20	21	22	23	24
92	Mahesh G	1	2	2	3	4	5	6	7	8	8	9	10	10	11	12	13	14	14	15	16	17	18	19	20	20	21	22	23	24	25	
93	Mashaq Ansari Md	1	2	3	3	3	4	5	5	6	7	7	8	9	9	10	11	12	13	13	14	15	16	17	18	19	20	20	21	22	23	
94	Mohammad Matin	1	1	2	3	3	4	5	5	6	7	8	8	9	10	11	12	13	14	15	16	17	18	18	19	20	21	22	23	24	25	
95	Nuroddin Ahemad	1	1	1	2	3	3	4	5	5	6	7	8	8	9	10	11	12	13	14	15	16	17	18	18	19	20	21	22	23	24	
96	Nagarse Namrata S	1	2	3	3	4	5	6	6	7	8	8	9	10	10	11	12	13	14	15	16	16	17	18	19	20	21	22	23	24	25	
97	Pooja Suresh M	1	2	3	3	4	5	5	6	7	7	8	9	10	11	12	12	13	14	14	15	16	17	18	19	19	20	20	21	22	23	
98	Praveen R	1	1	2	2	3	4	5	6	7	8	8	9	10	11	12	12	12	13	14	15	16	17	17	18	19	20	21	22	23	24	
99	Rahul Kumar D	1	2	3	3	4	5	6	6	7	8	9	9	9	10	11	12	13	13	14	15	15	16	17	18	19	20	20	21	22	23	
100	Siddaram Kalyani	1	1	2	3	4	5	5	6	7	8	8	9	10	11	12	12	13	14	15	16	16	17	18	19	20	20	21	22	23	24	
101	Siddaram Kalyani	1	2	3	4	5	6	7	8	8	9	10	11	12	13	13	14	15	16	17	17	18	19	20	20	21	22	23	24	25	26	
102	Akshay Anand T	1	2	3	3	3	4	5	5	6	7	8	9	9	10	11	12	13	13	14	15	16	17	18	19	20	20	21	22	23	24	
103	Ajay Shamaraya	1	1	1	2	3	3	3	4	5	5	6	7	8	9	9	10	11	12	13	13	14	15	16	17	18	19	20	21	22	23	
104	Ashwath S	1	2	3	4	4	5	6	7	7	8	9	9	10	11	12	13	14	15	16	17	18	19	19	20	21	22	23	24	25	26	
105	Ambresh H	1	1	2	3	4	5	6	6	7	8	9	10	11	12	12	12	13	14	15	16	17	18	18	19	20	20	21	22	23	24	
106	Ashokkumar D	1	2	2	3	4	4	5	6	7	7	8	8	9	10	10	11	12	12	13	13	14	15	16	17	18	19	20	21	22	23	24
107	Akshata S	1	2	3	3	3	4	5	5	6	7	8	8	8	9	10	11	12	12	13	14	15	16	17	18	19	20	21	22	23	24	
108	Bhimaraya Malliath	-	1	1	2	3	4	5	6	7	8	8	9	9	10	11	12	13	14	15	16	17	18	18	19	20	21	22	23	24	25	
109	Basavaraj R	1	2	2	3	3	4	4	5	6	7	7	8	8	9	10	11	12	13	13	14	15	16	17	18	19	20	20	21	22	23	
110	Devaraj Siddarudh	1	1	2	2	3	4	5	6	7	8	8	9	9	10	11	12	12	13	14	15	15	16	17	17	18	19	20	20	21	22	
111	Krishnakumar C	1	1	1	2	3	3	4	5	5	6	7	8	8	9	10	10	11	12	12	13	14	15	16	17	18	18	19	20	20	21	
112	Kaveri Jaganath	1	1	2	2	3	3	4	5	6	7	8	8	9	10	11	12	13	14	15	16	16	17	18	19	20	21	22	23	24	25	
113	Laxmibai Shankar	1	1	1	2	3	3	4	5	5	6	7	7	8	8	9	10	10	11	12	13	14	15	16	17	18	19	20	20	21	22	
114	Laxmi Rajkumar	1	2	2	3	4	5	5	6	7	8	8	9	10	10	11	11	12	13	14	14	15	16	17	18	19	20	20	21	22	23	
115	Malashree G Kage	1	2	2	3	3	4	5	5	6	7	8	8	9	10	11	11	12	13	13	14	14	15	16	17	18	18	19	20	21	22	
116	Mahendrakar A	1	1	2	2	3	4	5	5	6	7	7	8	8	9	10	11	12	13	13	14	14	15	16	17	18	18	19	20	21	22	
117	Nagendra Salegoan	1	2	3	3	4	5	6	7	7	8	9	10	11	12	13	14	15	16	16	17	18	19	20	20	21	22	23	24	25	26	
118	Nandini Shantappa	1	1	1	2	2	2	3	4	5	6	7	7	8	8	9	10	10	11	12	13	14	15	16	16	17	18	18	19	20	20	

119	Nagaraj Tippanna	1	2	2	3	4	5	5	6	7	8	8	9	10	11	12	13	14	15	16	17	17	18	19	20	21	22	23	24	25	26	
120	Pooja Shrimanth	1	1	2	2	3	4	5	5	6	7	8	8	9	10	11	12	13	14	14	15	16	17	18	19	20	21	22	23	24	25	26
Faculty Signature with date.																																



**Course Coordinator**

**Dr. Venkatesh. G.**

M.A., M.Phil., Ph.D.

Assistant Professor & H.O.D.

Dept of Physical Science

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**IQAC Coordinator**

IQAC Coordinator

H.K.E.Society's A.V. Patil College

Aland Dist: Kalaburagi-585302



**Principal**

PRINCIPAL

H.K.E. Society's A.V. Patil Degree

College, ALAND-585302



ESDT: 1980

STD: 08477 Ph: 202421

Hyderabad Karnataka Education Society's  
**A.V. Patil Degree College of Arts, Science & Commerce**

Vidya Nagar, ALAND -585302 - Dist: Kalburagi, Karnataka- India

Web: [www.hkesociety.org/avpdc](http://www.hkesociety.org/avpdc) -E-mail: [avpatilaland@gmail.com](mailto:avpatilaland@gmail.com)

UGC COLLEGE CODE NO. KAGU 002 -Fax: 08477 -202421 NAAC Accredited "B"+ Grade

Ref: No. HKES/ AVPDC/PT/2021-22

Date: 12/12/18

**NOTICE**

All the students enrolled in Value added course on Yoga and Meditation are hereby informed that, the course examination is scheduled on 12.12.2018.

**HOD/Course Coordinator**

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M.A., M.Phil., Ph.D.

Assistant Professor & H.O.D.  
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**Principal**

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ALAND



NAAC B+ Grade

Estd :1980

Value added Course on Yoga and Meditation

Marks List

SL. No	NAME OF THE STUDENT	Marks Scored	SL. No	NAME OF THE STUDENT	Marks Scored
1	Akash Shivaputrappa	60	61	Kumar Revappa	70
2	Abhishek Kashinath S	69	62	Md Ashpak Ahemad	71
3	Akhilesh Raju	65	63	MALLIKARJUN Shivasharanappa	68
4	Atish Revanasidda	67	64	Nagaraj Shivasharanappa	73
5	Chetan Subhash	60	65	Rajiya Sultan Gunjoti	75
6	Chandrakanth Krishna	68	66	Sirin Banu Meheboob	73
7	Deepak Roopsing	71	67	Shubhana Ahemad Rashid	70
8	Hasanlal Mainoddin	75	68	Sagar Mallikarjun	68
9	Kumar Bhimashankar	69	69	Savitri Devendrappa	61
10	Mallikarjun Sharanabasappa	60	70	Sabiha Anam Khaja Ahemad	60
11	Mallikarjun Baburao	61	71	Amar Shrishail	71
12	Pavitra Vithal G	73	72	Ashiya Anjum Ahemad Ali	73
13	Panchaling Basavaraj	69	73	Ambika Mahadev	71
14	Rajkumar Basavaraj	67	74	Adarsh Mallikarjun	72
15	Rajeshwari Siddaram	68	75	Akshayakumar Ambaraya	58
16	Ajaykumar Niranjana G	61	76	Bhoramma Gundappa	72
17	Ashif Shaman Patel	64	77	Kasturi Shantappa	59
18	Anand Basavaraj	65	78	Laxmi Basavaraj	73
19	Ambresh Siddaram	70	79	Laxmikanth Devindra	60
20	Gundappa Shankar	71	80	Patane Ajit Kashiraya	56
21	Hirabai Eranna	65	81	Hanamanthray Parameshwar	75
22	Kiran Devichand R	70	82	Iqbal Ahemad Ayyub Ali	54
23	Mallinath Nagappa	67	83	Kumar Sharanappa	60
24	MALLAMMA Shankar	71	84	Kedarnath Shrikanth	63
25	Mahananda Mahantesh	75	85	Mathapati Kashinath S	69
26	Ningayya Shantayya	71	86	Mahesh Gopal	70
27	Shruti Hanamanthraya	73	87	Manjunath Suryakanth J	68
28	Santoshkumar Jayaram	69	88	Mashaq Hasan Sab	63
29	Shivaraj Shrimanth	75	89	Nitishkumar Baburao	71
30	Santosh Naganna	63	90	Narasappa Anandrao	63
31	Arunkumar Somanath	71	91	Lokesh Virendra	68
32	Ambika Tukaram	68	92	Mahesh Gurulingappa	70
33	Anuradha Naganna G	69	93	Mashaq Ansari Md	69
34	Akash Subhash	75	94	Mohammad Matin	68
35	Geetabai Revanasiddappa	71	95	Nuroddin Ahemad Ali	70
36	Jagadish Siddharudh	70	96	Nagarse Namrata S	72
37	Kirankumar Kantu P	69	97	Pooja Suresh Malipatil	73

38	Krantiveer Shivanand	65	98	Praveen Rajshekhar	71
39	Laxmiputra BAburao	61	99	Rahulkumar Dinesh	69
40	Maya Rajendra	70	100	Siddaram Kalyani	73
41	Mallinath Hanumanth	61	101	Siddaram Kalyani	70
42	Manda Shrianth	68	102	Akshay Anand T	70
43	Marutirao Prabhakar	75	103	Ajay Shamaraya	69
44	Nirmala Mainal Mallinath	72	104	Ashwath Shailendra	73
45	Premkumar Shrishail	61	105	Ambresh Hanamanth	72
46	Pushpa Tukaram	71	106	Ashokkumar Dhanu R	73
47	Prashanth Parameshwar	62	107	Akshata Shashikanth	68
48	Pradeep Chandrakanth	71	108	Bhimaraya Malliath K	69
49	Ranjita Salegoan S	75	109	Basavaraj Revanasidda	74
50	Ruqusar Afsana Fujal A	70	110	Devaraj Siddarudh	68
51	Ajayakumar Mahadev H	64	111	Krishnakumar Chandrakanth	71
52	Bhagyashree Maharudrappa	73	112	Kaveri Jaganath	71
53	Bhagyashree Babshetty	68	113	Laxmibai Shankar H	72
54	Bhushan Ananthkumar	65	114	Laxmi Rajkumar	65
55	Chanda Pasha Rukum	72	115	Malashree Gurunath Kage	71
56	Dilshad Begum Ladlesab	75	116	Mahendrakar Akshay Jagadish	65
57	Farjana Begum Ahemad Ali	69	117	Nagendra Salegoan A	68
58	Giriraj Sharanabasappa	70	118	Nandini Shantappa	72
59	Kousar Jahan Mainoddin	68	119	Nagaraj Tippanna	65
60	Kashinath Marabe	69	120	Pooja Shrimanth	68

**Course Coordinator**

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**H.K.E. SOCIETY'S  
A. V. PATIL ARTS, SCIENCE & COMMERCE COLLEGE  
ALAND**



NAAC B+ Grade

Estd.1980

**REGISTRATION FORM**

To,  
**The Principal/Head /VAC, Coordinator,**  
H. K. E. Society's  
A. V. Patil Atrs, Science & Commerce College,  
Aland.

**Respected Sir,**

I hereby apply for the Value Added Course on "**Yoga and Meditation**" basis in response to your notice no.....Dated.....The requisite particulars are given below in the prescribed format.

**Personal Information:**

1. Name of the Student (in block letters): .....
2. Permanent address with pin code: .....
3. Register No. (Given in the University): .....Semester (Odd/Even) (tick) Year:.....
4. Date of birth (as per SSLC Marks card/Equivalent Certificate) 

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5. Category: GEN/SC/ST/OBC/ Differently able to (tick) Gender: Male/Female (tick)
6. Sub caste: ..... Religion: .....Nationality: .....
7. Choice of the VAC in the Department of: ..... Offering the VAC in the year .....

**Signature of the Applicant**

The form has to be filled up by student and handed over to the Head of the Value Added Course Coordinator/Department within Seven days after the opening of VAC. Option once exercised cannot be changed after forwarding the list to the respective VAC Coordinator/Head of the department.

**HOD/VAC, Coordinator**  
**Dr. Venkatesh. G.**  
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**IQAC, Coordinator**  
**IQAC Coordinator**  
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**Value Added Course on Yoga and Meditation:**  
**Model Question Paper**

**Time: 1.1/2 Hours Max. Marks: 50**

**Introduction:-1. Answer all following questions From: A Section**

**A. Section: Answer the following questions.**

**20 Marks**

1. Which is the Sanskrit root (verb form) for the etymological derivation of the word "Yoga"?  
(A) Yug (C) Yuj  
(B) Yuge (D) Yuje
2. Who was the Yoga Guru of Swami Kuvalayananda?  
(A) PattabhiJois (C) MadhavDas  
(B) T. Krishnamacharya (D) Yogendra
3. Which of the following practice leads to immortality, according to Ishavasyopanisad?  
(A) Vairagya (C) Vidya  
(B) Viveka (D) Vishaya
4. Definition of Yoga according to Kathopanishad is  
(A) Control on mind (C) Control on sense organs and intellect  
(B) Control on sense organs, mind and intellect (D) Control on body and mind
5. How many types of Kundalini by nature are described in Siddha SiddhantaPaddhati?  
(A) 02 (C) 04  
(B) 03 (D) 06
6. Which Upanishad described the 'ShandilyaVidya'?  
(A) Kathopanishad (C) Aitareyopanishad  
(B) Brihadaranyakopanishad (D) Chhandogyopanishad
7. 13. When did the UN General Assembly announce 21st June as the International Yoga Day?  
(A) 21st June 2014 (C) 12th Dec 2014  
(B) 11th Dec 2014 (D) 11th June 2014
8. In which of the following text 'Bhujangikaran' Pranayama is described?  
(A) Yoga Vashishtha (C) Hatha Ratnavali  
(B) Shiva Samhita (D) Siddha SiddhantaPaddhati
9. Which day is celebrated as 'International Day of Yoga'?  
(A) June 20 (C) June 22  
(B) June 21 (D) June 23
10. Who compiled 'Yoga Sutra'  
(A) Patanjali (C) Svatmarama  
(B) Gheranda (D) None of the above

11. Name the title of the book released on 17th June'15 that has been compiled by Dr. Imran Chaudhary and Abhijeet Singh published by Muslim Rashtriya Manch?

- (A) Yoga and Islam  
(B) Islamic Yoga  
(C) Yoga for All  
(D) Karma Yoga

12. Which of the following is one of the Five Principles of Yoga by Sivanandi?

- (A) Savasana  
(B) Bhakti  
(C) Jnana  
(D) Tantra

13. The appropriate amount of time to wait after a meal before beginning a yoga practice is:

- (A) 30 minutes  
(B) 60 minutes  
(C) 90 minutes  
(D) 2 hours

14. Every Yoga teacher must start the practice session with

- (A) Pranayama  
(B) Asana  
(C) Kriya  
(D) Silence

15. The purpose of Yoga as taught by the ancients is to attain:

- (A) Perfect health  
(B) Peace of mind  
(C) Stress relief  
(D) Enlightenment or Self-realization.

16. Who compiled 'Hathayogapradipika'?

- (A) Patanjali  
(B) Gheranda  
(C) Svamarama  
(D) None of the above

17. How many types of Kundalini by nature are described in Siddha Siddhant Paddhati?

- (A) 02  
(B) 03  
(C) 04  
(D) 06

18. "Samadosha Samagnishch Samadhatu Malakriyah" are the characteristic features of 'Swastha' according to which Acharya of Ayurveda?

- (A) Acharya Charaka  
(B) Acharya Sushruta  
(C) Acharya Kashyapa  
(D) Acharya Vagbhata

19. What is the main therapeutic benefit of Kapalabhati practice?

- (A) to remove kapha disorders  
(B) to remove pitta disorders  
(C) to remove vata disorders  
(D) to remove vata-pitta disorders

20. The Yoga class usually begin with a

- (A) A Prayer  
(B) Suryanamaskar  
(C) Yogic Sūkshma Vyayama  
(D) Yogasana

21. Which of the following pairs is not correctly matched?

- (A) Hatha Pradeepika – Swatmarama Suri  
(B) Light on Yoga – B.K.S. Iyengar  
(C) Bhaja Govindom – Veda Vyasa  
(D) Raja Martanda – Bhoja

22. What is the remedy (upaya) for abolition of sufferings according to Patanjali?

- (A) Samadhi  
(B) Dhyana  
(C) Kriya-yoga  
(D) Viveka-khyati

23. The types of Maha-yoga according to Hatha Ratnavali

(A) 6  
(B) 4




(C) 8  
(D) 3

24. Which one of the following is not included in elements of success according to Shiva Samhita?

- (A) Firm belief (C) Sacrifice  
(B) Restraint of sense organs (D) Mitahara

25. How many ShodhanKriyas are described in Hatha, Ratnavali?

- (A) 07 (C) 06  
(B) 08 (D) 04

Prepared by: <b>Dr. Venkatesh G.</b> Signature:  Designation: <b>VAC, Coordinator</b>	Approved by: <b>Dr. Ramesh M</b> Signature:  Designation: <b>IQAC, Coordinator</b>	Approved by: <b>Prof. S.S.Patil</b> Signature:  Designation: <b>Principal</b>
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## Report and Outcome Analysis

**Name of the Course: Yoga and Meditation**

**Name of the Department: Political Science**

**Number of Student Enrolled: 120**

**BOS Meeting Date: 06.08.2018**

**Start Date of the Course: 06.08.2018**

**End Date of the Course: 05.12.2018**

The Department of Physical Education and it's in-charge by the Department of Political Science have conducted Value added course on **Yoga and Meditation** for the students from: Arts, Science & Commerce **06.08.2018** to **05.12.2018**.

The course was about the core concept of Approaches of the Skill Development for **Yoga and Meditation**.

The total **120** students were enrolled in this course and they got fundamental knowledge of about Yoga and Meditation related concepts.

**Course concluded with final examination and certificate distributions.**

### **Outcome of the Course:**

#### **Fundamentals and History of Yoga;**

- Veda is knowledge and Yoga is its practice. Yoga as its manifestation.
- Veda, from the root "vide" to know, refers to Knowledge.
- Knowledge about different schools of yoga, their teachings.
- Founder of yogic traditions and their yogic path.

#### **Anatomy and Physiology:**

##### **Course Outcomes:**

- Yoga students should know not only yogic body but also Anatomy and physiology
- ☑ Increase in yoga awareness around the globe had led to increased injury due to yoga practice so, in depth knowledge is required for yoga therapist-they don't strain their ligaments, tendons or any system.

#### **Yoga and Health:**

##### **Course Outcomes:**

- Factors affecting health (physical, mental and emotional health) and the role of positive attitude and necessary of lifestyle correction. We can understand the importance of hygiene in general and sanitary hygiene in particular. Which in turn prevent communicable disease? Importance of yoga on communicable and lifestyle diseases.

#### **Yoga Practical:**

##### **Course Outcomes:**

- Understand the concept of loosening practices.

- Understanding the different kinds of asana, and the internal movements of the body and prana.
- To understand the physiological benefits, (removes depression, headaches and increase concentration).

### **Yoga Diet and Nutrition:**

#### **Course Outcomes:**

- To learn about balance diet to types of nutrition.
- To understand the concept of yogic diet according to traditional yogic text.
- Importance of how and what to eat in life.
- To understand the concept of psychology and the role of yoga in promoting learning intelligence and personality for all people.
- Understanding spirituality and the powers of mind, chakras concepts to purify our body.
- The technique how yoga is the healer for psychological diseases.

#### **Basic Yoga Texts:**

##### **Course Outcomes:**

- We get knowledge to explore self.
- Teach us self-discipline and social discipline.
- Make better earth to live for self and for other creatures.
- It relieves physical and mental pain.

### **Methodology of Teaching Yoga**

#### **Course Outcomes:**

- Sharing knowledge through workshop, yoga tour enhances our knowledge in yoga.
- ☑ It gives good karma and service to society

#### **Yoga Practical:**

##### **Course Outcomes:**

- Self-evaluation of our brain function and its response for self as well as for the public.

#### **Yoga Therapy:**

##### **Course Outcomes:**

- Understand how holistic focus of yoga therapy encourages the integration of mind, body and spirit. Understand the yogic management of each disease.

#### **Yoga Practical:**

##### **Course Outcomes:** ☑

- Understand Asana better and cultivate as our lifestyle
- Understanding the importance of Mantras and Meditation

### **Yoga Upanishads**

#### **Course Outcomes:**

- Understanding how to attain the liberation through yoga, Dhyana, Pranayama and description about Limbs of yoga
- To make awareness to the students about types of Nadis and different state of mana and Chakra systems.

### **Traditional Systems of Medicine and Therapies:**

#### **Course Outcomes:**

- Healing ability of our body is understood clearly with evidence.
- Promoting Indian system of medication and knowing their importance.
- Knowledge about 4 padas, various stages to attain siddhi and samskaras.
- Self-discipline and social discipline is followed by practicing of Astanga yoga.
- Can know about "Chitta Vritti Nirodhaga" concept.

### **Clinical Application in Traditional Systems of Medicine and Therapies**

#### **Course Outcomes:**

Leaving the modifications in yoga for examination and treating diseases in human body.

Learned about holistic approach through traditional Indian system and therapies and its techniques. To understand therapeutic applications for the various problems in women like uterus related problems

### **Yoga for Personality Development**

#### **Course Outcomes:**

- To learn integrated personality development and Panchakosha concept through yoga for happy and successful living. Discuss about SWOT analysis; yogic way of living.

Yogic practices for personality development.

### **Value Education and Spirituality**

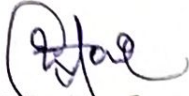
#### **Course Outcomes:**

- To learn about value education to empower education to make or create lifelong learners.
- To understand the concept of Human moral values and life skill developments

### **Yoga for Mental Hygiene**

#### **Course Outcomes:**

- Students may solve their physical and mental problems through yoga
- To development the social adjustments through yoga in students.
- Students relax their mind by using different relaxation techniques through yoga.
- Impact of yoga for intellectually challenged people



**Head/Course Coordinator**

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**Principal**

**PRINCIPAL**

H.K.E. Society's A.V. Patil Degree  
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H.K.E.Society's



**A.V. PATIL ARTS, SCIENCE &  
COMMERCE COLLEGE**

MANID Dist, Kalaburgi, Karnataka - 585 302



**CERTIFICATE**

**CERTIFICATE**

*This is to Certify that **Shruti Hanamantappa**  
of **B.B. III** Semester for the year **2018-19**  
has successfully completed the value added course in  
**Yoga and Meditation** we wish him/her for future endeavours*

**Iqbal Co-ordinator**

**Head of Dept.**

**Principal**

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## CERTIFICATE

# CERTIFICATE

This is to Certify that **Hasanlal Mainoddin**  
of **B.A I** ..... Semester for the year **2018-19** .....  
has successfully completed the value added course in  
**Yoga and Meditation** ..... we wish him/her for future endeavours

**Iga C** Co-Ordinator

Head of Dept.

Principal



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CERTIFICATE

*This is to Certify that **Arunkumar Gomanath** of **B.A V** Semester for the year **2018 - 19** has successfully completed the value added course in **Yoga and Meditation**. we wish him/her for future endeavours*

**TAMC** Co-Ordinator

*TAMC*

Head of Dept.

*Head of Dept.*

Principal

*Principal*