

Dr. B. B. HEGDE FIRST GRADE COLLEGE, KUNDAPURA



Accredited by NAAC with B++ Grade (Cycle I)
Affiliated to Mangalore University
(A Unit of Coondapur Education Society (R.), Kundapura)

Certificate Course

on

Yoga & Fitness

ANKITHA

This is to certify that Mr./Miss _____

has successfully completed _____ **Yoga & Fitness** _____ Certificate Course

with _____ **0** _____ grade during the year 2023-24

Chief Co-ordinator

Principal
Dr. B.B. Hegde First Grade College
Kundapura - 576201

Prof. K. Umesh Shetty
Principal



Dr. B. B. HEGDE FIRST GRADE COLLEGE, KUNDAPURA



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Certificate Course

on

Yoga & Fitness

NISHA C DEVADIGA

This is to certify that Mr./Miss _____

has successfully completed _____ **Yoga & Fitness** _____ Certificate Course

with 0 grade during the year 2023-24

Chief Co-ordinator

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Certificate Course

on

Yoga & Fitness

DARSHAN

This is to certify that Mr./Miss _____

has successfully completed _____ **Yoga & Fitness** _____ Certificate Course

with A+ grade during the year 2023-24

Chief Co-ordinator

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Kundapura -576201

Prof. K. Umesh Shetty
Principal

Dr. B. B. HEGDE FIRST GRADE COLLEGE, KUNDAPURA
VALUE ADDED COURSE (CERTIFICATE COURSE)
YOGA AND FITNESS (BBHCCCYF)
SYLLABUS: 2023-24

Total Class Hours: 30

On completion of course students will be able:

- To appreciate the origin and history of yoga in India.
- Integrate the practice of yoga and its Asana for better self-concept and esteem personality.
- To understand the concept and importance of yoga for general health and quality of life.

Unit 1: introduction to yoga and yogic practices (3 Hours)

- Yoga-Meaning, importance, and yoga to education
- Objectives of yoga education

Unit 2: Zumba Fitness & Aerobics (10 Hours)

- Cardio and Latin inspired dance
- Fitness dance cardio rehab program

Unit 3: Yogic practice and health (5 Hours)

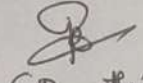
- Yogic practice and health
- Yoga for mental, physical and emotional wealth of an individual
- Concept of yogic diet, lifestyle

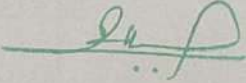
Unit 4: Different Asanas (12 Hours)

- Bitilasana
- Vajrasana
- Natarajasana
- Dhanurasana
- Tadasana
- Trikonasana
- Halasana
- PavanaMuktasana
- Bhujangasana
- Shslabhsana
- pashchimotanasana
- Shavasana
- Sarvangasana
- Surya namaskara

Dr. B B Hegde First Grade College Kundapura
Department of Hindi
Certificate Course in yoga and Fitness- BBHCCCYF
Budget for the year: 2023-24

Receipts	₹	Payments	₹
Collection of course fee from students (250eachx22)	5,500/-	Photocopy and materials Remuto the Coordinator Course Certificate Refreshment Miscellaneous	1,000/- 3,000/- 500/- 700/- 800/-
Total	5,500/-	Total	6,000/-


(Revathi .D.)
Course Co-ordinator


Principal

Principal
Dr. B.B. Hegde First Grade College
Kundapura -576201

Roll No

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**Dr. B.B. HEGDE FIRST GRADE COLLEGE
KUNDAPURA**

**Certificate Course in Yoga and Fitness (Practical)
Final Examination – June 2023-24**

Time:1 Hour

Maximum Marks: 25

I.a)How to perform Suryanamaskara ?

(2X5=10)

b) Recite the first yoga prayer.

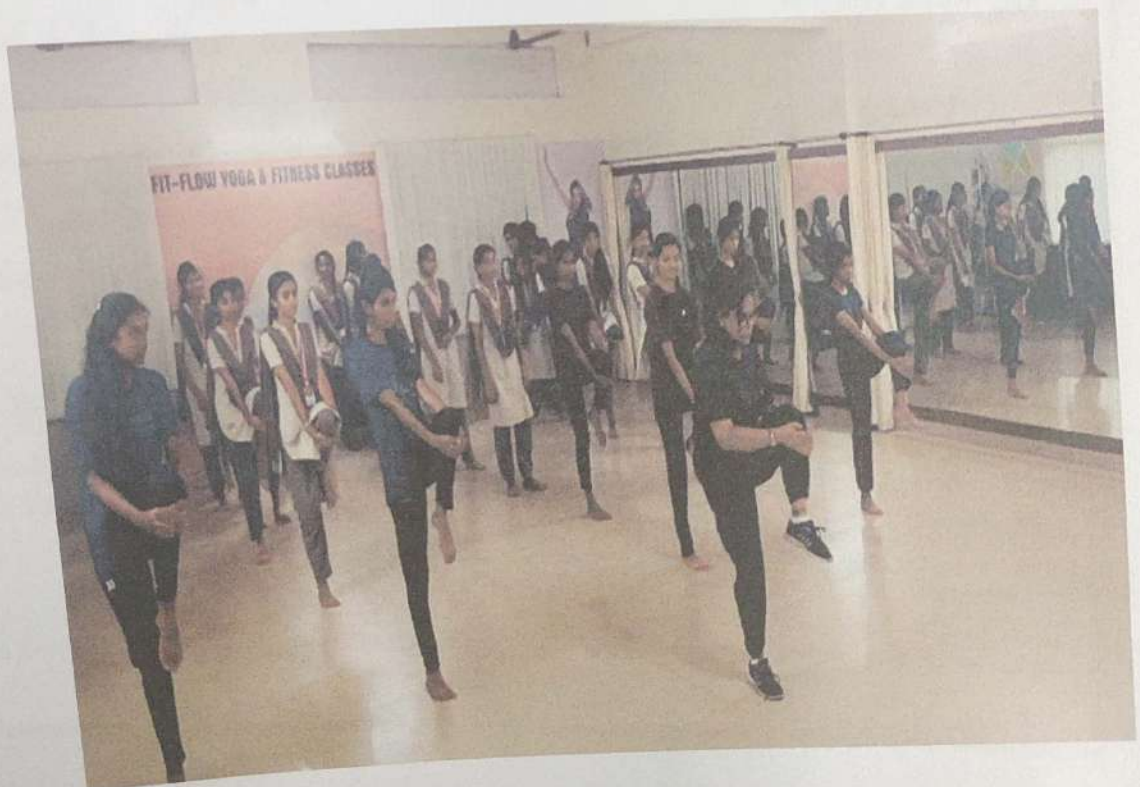
II.Any three of the following

(5x3=15)

1. How to perform vrikshasana?
2. How to perform Marjaryasana ?
3. How to perform Natarajasana ?
4. How to perform Trikonasana ?
5. How to perform Dhanurasana ?
6. How to perform padahastanasana ?
7. How to perform setubandasana ?



Dr. B.B. HEGDE FIRST GRADE COLLEGE KUNDAPURA
Certificate Course in Yoga and Fitness
2023-24



Dr. B. B. HEGDE FIRST GRADE COLLEGE, KUNDAPURA

PROGRAMME REPORT: 2023 - 2024

Date	Name of the Programme	Resource persons' details
21.06.2024	"International Yoga Day" Celebration	Mr Karunakar Shetty Yoga Teacher Katkeri

BRIEF REPORT

Dr. B. B. Hegde National Service Scheme Unit 1 & 2, NSS Unit in collaboration with Yoga and Fitness Certificate course conducted International yoga day programme.

Sri Karunakara Shetty Katkeri, yoga trainer emphasized that yoga helps to balance the body and mind of a person. He stated that yoga should not be understood in the limited sense of pranayama and physical exercise but rather as a path leading to all round evolution of life. The principal of college Prof. K. Umesh Shetty Presided over the programme. Vice Principal Dr. Chethan Shetty welcomed guests. Yoga and Fitness co-ordinator Mrs. Revathi D introduced guest. N.C.C care taker Mr. Harish Proposed vote of thanks and NSS programme officer Ms. Deepa Poojary conveyed master of Ceremony.

21/06/2024

(Revathi D)

FACULTY COORDINATOR

IQAC COORDINATOR

I.Q.A.C. Co-ordinator

Dr. B. B. Hegde First Grade College
Kundapura-576201

PRINCIPAL

Dr. B. B. Hegde First Grade Coll
Kundapura-576201

Encl: Notice/Invitation/Agenda/Attendance/Feedback/Geotagged photos/News Paper cuttings etc.

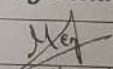
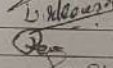
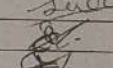
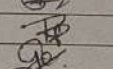
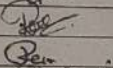
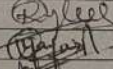

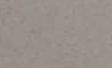
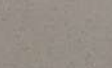

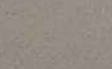
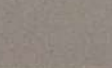
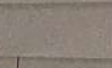
Dr. B. B. Hegde First Grade College, Kundapura

Notice, Date. 20/06/2024

All the Yoga & Fitness Certificate Course, NSS and NCC students are hereby informed to assemble in the College Auditorium International Yoga Day Celebration programme on 21/06/2024 at 9.00 AM without fail.

Principal

Dr. B.B. Hegde First Grade College
Kundapura -576201

Class & Section	Room No.	Signature
II B.Com. 'C'	001	
II B.Com. 'A'	003	
II B.B.A.	004	
I B.Com. 'D'	005	
I B.Com. 'C'	101	
I B.Com. 'A'	102	
I B.Com. 'B'	103	
II B.Com. 'B'	106	
I B.B.A.	108	
II B.Com. 'D'	109	
II B.Sc.	110	
II BCA	204	
I BCA	202	



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National Service Scheme (Unit 1 & 2)
National Cadet Corps

in association with
Yoga & Fitness Certificate Course
Organise



International Yoga Day

(A programme under IQAC)

Date : **21-06-2024** | Time : **09:00 A.M**
Venue : **Mookambika Auditorium**



President
Prof. K Umesh Shetty
Principal

Guest
Sri. Karunakar Shetty
Yoga Teacher
Katkere



WELCOME

Dr. Chethan Shetty K
Ms. Deepa Poojary
NSS Programme Officers

Prof. K. Umesh Shetty
Principal

Mr. Hareesha B.
Mr. Sharath Kumar
NCC Care takers

Mrs. Revathi D.
Yoga Instructor

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National Service Scheme Unit (1&2)

National Cadet Corps

&

Yoga & Fitness Certificate Course

Organize



International Yoga Day

Date: 21-06-2024

Time: 9:00 A.M.

Venue: Mookambika Auditorium

----- PROGRAMME AGENDA -----

Prayer

: Manoj
I B.Com. (C)

Welcome

: Dr. Chethan Shetty K.
NSS Program Officer

Guest Introduction

: Mrs. Revathi D.
Yoga Instructor

Guest Speech

: Sri. Karunakar Shetty
Yoga Teacher
Katkeri

Presidential Remarks

: Prof. K. Umesh Shetty
Principal

Memento

:

Vote of thanks

: Mr. Hareesha B.
NCC Care taker

Master of Ceremony

: Ms. Deepa Poojary
NSS Programme Officer



Dr. B. B. HEGDE FIRST GRADE COLLEGE, KUNDAPURA
STUDENT ATTENDANCE

Programme : International Yoga Day Celebration
Date : 21/06/2021
Coordinator : Mrs Revatto. D

Sl. No.	Name of the Student	Roll No.	Class & Section	Signature
1.	Anisha	BBA23004	I BBA	<i>Anisha</i>
2.	Aishwarya	BBA23002	I BBA	<i>Aishwarya</i>
3.	Kalpana	BBA23009	I BBA	<i>Kalpana</i>
4.	Ankitha	Bcm23006	IBcom A	<i>Ankitha</i>
5.	Damshan	Bcm23006	IBcom A	<i>Damshan</i>
6.	Nisha C Devadiga	Bcm23034	I Bcom A	<i>Nisha</i>
7.	Akshay	Bcm23082	I Bcom B	<i>Akshay</i>
8.	Parshan	Bcm23091	I Bcom B	<i>Parshan</i>
9.	Crowthan	Bcm23094	I Bcom B	<i>Crowthan</i>
10.	Parveekshitha Shetty	Bcm23110	I Bcom B	<i>Parveekshitha</i>
11.	Raviraj	Bcm23126	I Bcom B	<i>Raviraj</i>
12.	Shanthyruru	Bcm23134	I Bcom B	<i>Shanthyruru</i>
13.	Shivani K Shetty	Bcm23136	I Bcom B	<i>Shivani</i>
14.	T Sukeerthan	Bcm23150	I Bcom B	<i>T Sukeerthan</i>
15.	Vinutha	Bcm23156	I Bcom B	<i>Vinutha</i>
16.	Deepaka	Bcm23178	I Bcom C	<i>Deepaka</i>
17.	Sumitha	Bcm23228	I Bcom C	<i>Sumitha</i>
18.	Ravindra	Bcm23203	I Bcom C	<i>Ravindra</i>
19.	Shreesha.S	Bcm23216	I Bcom C	<i>Shreesha</i>
20.	Venkates P Shanubag	Bcm23223	I Bcom C	<i>Venkates P Shanubag</i>
21.	Vinitha	Bcm23236	I Bcom C	<i>Vinitha</i>
22.	Nagraj Chandratar	Bcm23203	IBcom	<i>Nagraj</i>
23.	Prathwin Shebbar	Bcm23009	Bcom B	<i>Prathwin</i>
24.	Athul	Bcm23089	Bcom B	<i>Athul</i>
25.	Mithun Devadiga	Bcm23128	Bcom C	<i>Mithun</i>
26.	Ashwin	Bcm221023	11 B.com B	<i>Ashwin</i>
27.	Amith	Bcm22105	11 B.com B	<i>Amith</i>
28.	Pooja	Bcm22144	11 B.com B	<i>Pooja</i>
29.	Padhep	Bcm22147	11 B.com B	<i>Padhep</i>
30.	Anusha	Bcm22110	11 B.com B	<i>Anusha</i>
31.				
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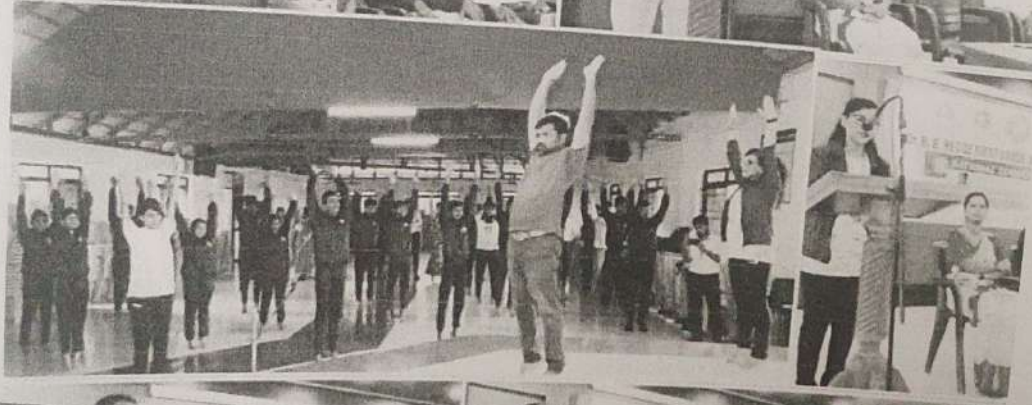
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National Service Scheme (Unit 1 & 2)
 National Cadet Corps
 in association with
 Yoga & Fitness Certificate Course

June 21, 2024



International Yoga Day



Principal
 Dr. B. B. Hegde First Grade College
 Kundapur - 5

54.		BCMA	
55.	Ajaya	BCM 23130	I B Com
56.	Nithish	BCM 23081	I B Com B
57.	Jugan	BCM 23109	



ಕುಂದಾಪುರ: ಕುಂದಾಪುರದ ಡಾ|| ಬಿ.ಬಿ. ಹೆಗ್ಡೆ ಪ್ರಥಮ ದರ್ಜೆ
 ಕಾಲೇಜಿನ ಎನ್‌ಎಸ್‌ಸಿ ಘಟಕ (1 ಮತ್ತು 2), ಎನ್.ಸಿ.ಸಿ. ಘಟಕ
 ಹಾಗೂ ಯೋಗ ಮತ್ತು ಫಿಟ್‌ನೆಸ್ ಸರ್ಟಿಫಿಕೇಟ್ ಕೋರ್ಸ್‌ನ
 ಆಶ್ರಯದಲ್ಲಿ ಯೋಗ ತರಬೇತುದಾರ ಕರುಣಾಕರ ಶೆಟ್ಟಿ
 ಕಟ್ಟೇರಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಯೋಗ ತರಬೇತಿ ನೀಡಿದರು.
 ಪ್ರಾಂಶುಪಾಲ ಪ್ರೊ|| ಕೆ. ಉಮೇಶ್ ಶೆಟ್ಟಿ ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿದ್ದರು.
 ಉಪ-ಪ್ರಾಂಶುಪಾಲ ಹಾಗೂ ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನಾ
 ಘಟಕದ ಕಾರ್ಯಕ್ರಮಾಧಿಕಾರಿ ಡಾ|| ಬೇತನ್ ಶೆಟ್ಟಿ ಕೋವಾಡಿ,
 ಯೋಗ ಮತ್ತು ಫಿಟ್‌ನೆಸ್ ಸರ್ಟಿಫಿಕೇಟ್ ಕೋರ್ಸ್‌ನ ಸಂಯೋಜಕಿ
 ರೇವತಿ ಡಿ., ಎನ್.ಸಿ.ಸಿ. ಕೇರ್ ಟೀಕರ್‌ಹರೀಶ್ ಬಿ., ಎನ್‌ಎಸ್‌ಸಿ
 ಕಾರ್ಯಕ್ರಮಾಧಿಕಾರಿ ದೀಪಾ ಪೂಜಾರಿ ಉಪಸ್ಥಿತರಿದ್ದರು.

Dr. B.B. HEGDE FIRST GRADE COLLEGE

Roll No

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KUNDAPURA

Certificate Course in Yoga and Fitness (theory)

Final Examination – June 2023-24

Time: 1 hours

Maximum Marks: 25

SECTION A

Answer all the questions

(1X 16 = 16)

1. Yoga is derived from which sanskrit word ?

- a. Union
- b. Diffusion
- c. Breaking into Pieces
- d. Surya Namaskar

2. Asana useful in diabetes is –

- a. Mandukasana
- b. Siddhasana
- c. Padmasana
- d. Virasana

3. According to yoga _____ is a form of mind

- a. Pravritti
- b. Tapas
- c. Yama

4. According to Patanjali, Asana is

- a. Sitting in comfortable position
- b. Control of water and food intake
- c. Control of sense organs
- d. High Calories burn

5. Which asana is also known as palm tree pose ?

- a. Bhujangasana
- b. Kapalbhati
- c. Urdhvahastottanasana
- d. Trikonasana

6. Which of the following Kriya is beneficial for reducing excess fats from the body?
- Trataka
 - Kapalbhati
 - None of the above
 - Agnisara Kriya
7. During yoga breathing should be
- Deep-
 - Cautions
 - Fast
 - Normal
8. The word "Nadi" is derived from the word "Nad" which means
- To Run
 - To carry
 - To flow
 - To blow
9. Name the asana in which the waist and arms look like a cobra?
- Ardhachakrasana
 - None of the above
 - Bhujangasana
 - Vakrasana
10. What is the second pose in surya Namaskara ?
- Namaskarasana
 - Padahastasana
 - Hastottansana
 - Parvatasana
11. What does 'namaste' mean?
- Thank you
 - Welcome
 - Have a good day
 - Salutations to you
12. Which asana affects the digestive system ?
- Vajrasana-
 - All of the above
 - Udarakashan asana
 - Matyendrasana

13. . Which asana is also known as palm tree pose ?

- a.Kapalbhati
- b.Bhujangasana
- c.Urdhvahastottanasana
- d.Trikonasana

14. Breathing includes the action of ___

- a.Inhaling
- b.Sleeping
- c.Sitting
- d.Running

15. Chakrasana is contraindicated for

- a.Anxiety
- b.Stress
- c.Recent Surgery
- d.None of the above

16. Which country does yoga originate from

- a.Thailand
- b.India-
- c.Bangladesh
- d.Japan

SECTION B

Answer the any three of the following

(3x3=9)

- 1.Explain Yoga and Asana.
- 2.Write the benefits of Bhujangasana.
3. Write detail about the Tadasana.
- 4.Explain the benefits and contraindications of Hastasana.

Dr. B. B. Hegde First Grade College, Kundapura

Application for Certificate Course : 2023-24

Name of the Student : Akash Noyak.
Class & Section : I B COM (A)
Roll No. : BCM23002
Father's Name : Balakrishna Noyak
Mother's Name : Asha.
Guardian's Name :
Contact Number : 7338453728
Email ID : an347016@gmail.com.
Permanent Address : Kollur, Kalyanigudde, Sri Ganesh.



Preference in Numbers from 1 to 10 :

- | | |
|--------------------------------------|---------------------------------|
| 1. Entrepreneurial Skill Development | <input type="text" value="8"/> |
| 2. Functional English | <input type="text" value="7"/> |
| 3. Yakshagana | <input type="text" value="10"/> |
| 4. Event Management | <input type="text" value="9"/> |
| 5. Aviation & Hospitality Management | <input type="text" value="6"/> |
| 6. Computer Fundamentals | <input type="text" value="4"/> |
| 7. Fashion Designing | <input type="text" value="5"/> |
| 8. Yoga and Fitness | <input type="text" value="1"/> |
| 9. Soft Skills Development | <input type="text" value="3"/> |
| 10. Stock Marketing Operations | <input type="text" value="2"/> |

Undertaking :

I abide all the rules and regulations relating to the certificate courses offered by the Departments.

Signature of the Parent

Signature of the Student

Date :

Place :

(For office use only)

Admitted to _____
Year 2023-24.

Certificate Course during the Academic

Chief Coordinator

Principal
Dr. B. B. Hegde First Grade College
Kundapura

Dr. B. B. Hegde First Grade College, Kundapura
Application for Certificate Course : 2023-24

Name of the Student : Ankitha
Class & Section : IBcom A
Roll No. : BCM23006
Father's Name : Uday Kumar shetty
Mother's Name : Rajeevi
Guardian's Name : Uday kumar shetty
Contact Number : 7975982681
Email ID : shettyankitha53@gmail.com
Permanent Address : Amasebail



Preference in Numbers from 1 to 10 :

- | | |
|--------------------------------------|----|
| 1. Entrepreneurial Skill Development | 10 |
| 2. Functional English | 3 |
| 3. Yakshagana | 6 |
| 4. Event Management | 7 |
| 5. Aviation & Hospitality Management | 5 |
| 6. Computer Fundamentals | 1 |
| 7. Fashion Designing | 4 |
| 8. Yoga and Fitness | 2 |
| 9. Soft Skills Development | 9 |
| 10. Stock Marketing Operations | 8 |

Undertaking :

I abide all the rules and regulations relating to the certificate courses offered by the Departments.

[Signature]
Signature of the Parent

Ankitha
Signature of the Student

Date :
Place :

(For office use only)

Admitted to _____ Certificate Course during the Academic
Year 2023-24.

[Signature]
Chief Coordinator

[Signature]
Principal
Dr. B.B. Hegde First Grade College
Kundapura