

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

VALUE ADDED COURSES

YOGA

Syllabus

Course Code: BBHYOO1

Total Class Hours:25

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

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

Unit 2: Yogic Practice and Health

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

Unit 3: Different Asanas

- Swastikasana
- Vajrasana
- SuptaVajrasana
- Tadasana
- Trikonasana
- Parsvakonasana
- PavanaMuktasana
- Bhujangasana
- Shalabhasana
- Dhanurasana
- Shavasana



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

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

AIMS AND OBJECTIVES OF YOGA EDUCATION

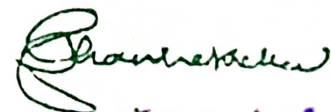
Yoga education can supplement school and university education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.

Yoga education helps in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. Briefly the aims and objectives of Yoga education are:

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

All these objectives could be dealt with in an integrated manner.

Yoga education could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.



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YOGA -SOP

Some Important Rules

Yoga is a methodical science which helps you attain the optimum capacity of mind and it is the mind that drives the body, so no wonder being an avid yoga practitioner you can have incredible achievement in your life. Yoga helps you unlock immense amount of hidden energy which used to be dissipated in myriad other forms. Once you start practicing yoga on regular basis you start channelizing 'PranaTatva' in your body. PranaTatva or life force is the source of vitality in the body. But, like many other things there are certain basic rules that should be kept in mind before you start delving into uncharted territory of yoga. Before we go deeply in the nut shell Yoga is a combination of yoga poses, meditations and pranayama - breathing practices.

The benefits of yoga lie in attaining a state of mental peace, harmony in relationship. You can learn yoga easily and it is not at all rocket science. With regular practice you can master many complex form of yoga.

All asana and postures serve different purpose and they have different impact on the body. They can relax your mind and body. There is easier kind of asana and then there is extremely complex one. Before venturing into difficult asana one should take care of many basic things as you cannot afford to make a mistake. Doing yoga in a wrong way can have harmful impact on the body. That is why it is very important to know basic rules before you start practicing Yoga.

Principles of yoga

The principle of continuity

- Don't suddenly increase the load and never move to complex exercises initially.
- Always move from simple to complex.

The principle of regularity

- Practice on regular and daily basis

The principle of moderation

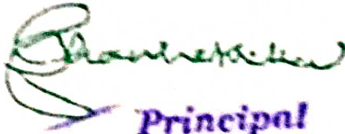
- If you cannot exercise with increasing load due to fatigue or some other reason you should stop and reduce the burden, to continue to carry out the previous two principles.

Basic rules for Yoga

- Yoga should be practiced empty stomach. If you had food, wait for at least 3 hours before practicing.
- Relax for 10 seconds at least after each yoga exercise.
- Avoid excessive 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 ones.
- Do not practice yoga on naked ground. Always use thin yoga mat or thick bed sheet for Yoga.
- Before you start Yoga, you must clear your bowels and bladder. Clean your nostrils and throat of all mucus.
- Woman should not practice yoga during menstruation.
- Food can be taken after an hour of practicing yoga.
- Morning is the best time to prepare for yoga and it is always better to practice yoga where there is abundant clean air.
- Don't do yoga twenty minutes before and after taking a shower as blood circulation could speed up after take a shower. It is better to take cold shower after practice it.


Yoga can reduce the catabolic process and helps you keep in healthy state of mind and body. It influence all system and organs of the body and prevents from many other ailments which are result of stressful lifestyle of modern time.

If you are suffering from high blood pressure and back pain back pain and respiratory problems you can get many benefits. If you practice yoga continuously you can easily control your breath. In brief, yoga is conducive to people's health.


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Name of the value added course	Course code	year of offering	No of times offered during the same year	Year of discontinuation	No of students enrolled the year	No of students completing the course in the year
Yoga	BBHY001	2018-2019	1	Nil	18	18
Yoga	BBHY001	2019-2020	1	Nil	23	23


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

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

Department of Physical Education

24-06-2018

From,

The Physical Education Director
Department of Physical Education
Dr.B.B.Hegde First Grade College, Kundapura

To

The Co-ordinator
Internal quality assurance cell (IQAC)
Dr.B.B.HegdeFirst Grade College, Kundapura


Respected Sir,

Subject: Requesting for the approval of value added course.

With respect of all above subject a meeting was conducted in the department with the external advisory committee member. Mr.Pradeep Physical education director R.N.S P U College,Kundapura on 20-06-2018 and designed the curriculum for the value added course 'Yoga'. Hence I am requesting you for the approval of yoga, value added course from the academic year 2018-2019. The details of the value added course are given below. Syllabus copy is attached with this letter.

Name of the value added course	Course code	Duration	Fees per student	Teaching faculty
Yoga	BBHY001	25 hours	Free	Mr.Pradeep

Thanking you.

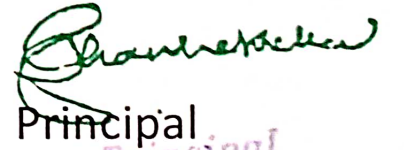

Principal
Dr. B.B. Hegde First Grade College
Kundapura -576201

25.07.2018

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

Notice

Dr.B.B.Hegde First Grade College Kundapura initiates to conduct certificate course on Yoga for the academic year 2018-2019. Interested students are hereby requested to enroll their names with Mr.Ranjith T.N. Physical Education Director on or before 30-07-2018 without fail.



Principal

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

Dr.B.B.Hegde First Grade College Kundapura

Certificate Course

YOGA 2018-2019

Enrollment List

SL.NO	Roll No	Names	Class	Signature
1	2308	ANANTH NAYAK	II BCOM A	Ananth
2	2316	ASHWINI	II BCOM A	Ashwini
3	2342	POOJA	II BCOM A	Pooja
4	2439	POORNIMA	II BCOM B	Poornima
5	2462	SANDEEP	II BCOM B	Sandeep
6	2490	SANDHYA	II BCOM B	Sandhya
7	2507	ANUSHA	II BCOM C	Anusha
8	2529	HARSHITHA	II BCOM C	Harshitha
9	2614	CHAITHRA	II BCOM D	Chaitra
10	2646	RAHUL	II BCOM D	Rahul
11	2809	MAHESH	III BBA	Mahesh
12	2711	PRASANNA	III BCA	Prasanna
13	2519	BHASKAR	II BCOM C	Bhaskar
14	2633	PALLAVI	II BCOM D	Pallavi
15	2626	MEGHA	II BCOM D	Megha
16	2801	ADARSHA SHETTY	III BBA	Adarsha
17	2708	MAHIMA	III BCA	Mahima
18	2720	VIJAYAKUMAR	III BCA	Vijayakumar

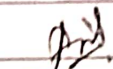
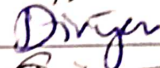
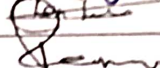
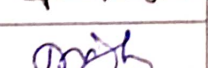
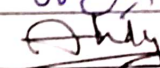
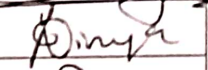

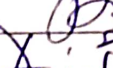
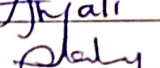
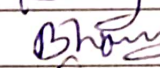
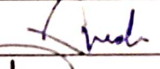
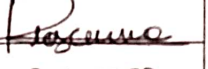

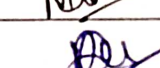
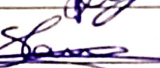

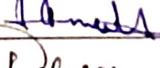
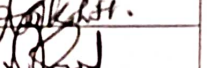




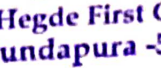

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Dr.B.B.Hegde First Grade College Kundapura

Certificate Course

YOGA 2019-2020

Enrollment List

SL.NO	Roll No	Names	Class	Signature
1	4303	AKHILA	I BCOM A	
2	4315	DIVYA	I BCOM A	
3	4411	CHAITHRA	I BCOM B	
4	4429	POORNIMA	I BCOM B	
5	4526	NITHISH	II BCOM A	
6	3605	AHALYA	II BCOM A	
7	3626	DIVYA	II BCOM A	
8	3705	AHHIL KHARVI	II BCOM B	
9	3743	PRAJWAL	II BCOM B	
10	3809	ANJALI	II BCOM C	
11	3904	AKSHAY	II BCOM D	
12	3916	BHOOMIKA	II BCOM D	
13	2908	ANUSH	III BCOM A	
14	2940	PRASANNA	II BCOM A	
15	3013	AYYAPPA POOJARI	III BCOM B	
16	3027	MALLIKA	III BCOM B	
17	3138	PRATHIKA	III BCOM C	
18	3147	SAMPATH	III BCOM C	
19	3238	PRIYA	III BCOM D	
20	4217	K P MEGHANA	I BSC	
21	3509	RAKSHITH	II BSC	
22	2905	AMRITHA	III BCOM A	
23	2912	ARCHANA	III BCOM A	


Principal
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Kundapura -576201



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

VALUE ADDED COURSES

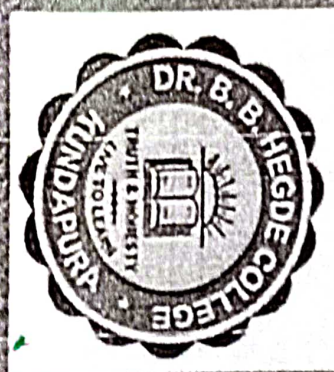


YOGA

PHYSICAL, MENTAL AND SPIRITUAL PRACTICE

"Yoga doesn't change the way we see things, it transforms the person who sees." The word Yoga originates from Sanskrit and means 'to join' 'to unite'. Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. The main goals of Yoga in daily life are physical health, mental health, social health, spiritual health, self realization and realization of Divine within us. When a body is physically healthy, the mind is clear, focused and stress is under control. Well being and free happy life are in your hands. Practice Yoga regularly with firm determination and success will be certain.

DR. B. B. HEGDE FIRST GRADE COLLEGE KUNDAPURA



CERTIFICATE VALUE ADDED COURSE

This is to certify that Mr/Miss

RAJESH KENDRE

has successfully completed the training Programme on yoga in the year 2018-19.

[Handwritten Signature]

Date: 20/01/19

Signature

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

Value Added Courses-First Aid Training

Syllabus

Course Code: BBHFOO2

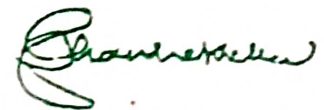
Total Class Hours:25

First Aid and Emergency Services are important parts of medical care. If a patient/accident victim receives first aid and emergency service at the right time, his/her chances of survival will increase drastically!

Here are some of the important subjects present in the curriculum –

- Types of emergency (cardiac, respiratory, burns etc)
- Emergency-wise first aid procedures
- Documentation
- Emergency medical equipment
- Emergency medicine
- Legal procedures and aspects

- The roles and responsibilities of a first aider
- Legal requirements for first aid provision.
- The importance of accurate incident reporting.
- First aid equipment and its safe use.
- The need to minimize the risk of infection.
- The importance of assessing an incident.
- How to Preserve and rescue a life.
- Person would know the Introduction as to when & how to call for a help.
- How to handle a Choking Casualty.
- Management of Casualties in Shock.



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Value added courses-Basic First Aid Training

SOP

This course will teach the student how to recognize an emergency and how to respond. The student will be prepared to make appropriate decisions regarding first aid care and how to provide care for injuries or sudden illness until professional medical help arrives. Upon completion of this course, student will be eligible for National Safety Council Certification in Basic First Aid, CPR and AED

Course Outcomes and Objectives:

Student Learning Outcomes: The student will:

- 1)Learn how to prevent medical emergencies from occurring.
- 2)Learn all of the steps that need to be taken prior to delivering care during a medical emergency.
- 3)Learn the normal functions of the human body to know when the body is not functioning properly.
- 4)Learn how to assess a victim during a medical emergency to determine what care is needed.
- 5)Learn to perform CPR on adult, child, and infant victims.
- 6)Learn to use an AED on adult, child and infant victims.
- 7)Learn how to manage breathing emergencies in adult, child, and infant victims.
- 8)Learn how to manage soft tissue injuries and bleeding.
- 9)Learn how to manage musculoskeletal injuries.
- 10)Learn how to care for a variety of forms of sudden illness


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

Dr.B.B.Hegdefirst grade College, Kundapura
Department of Physical Education

28-06-2018

From,

The Physical Education Director
Department of Physical Education
Dr.B.B.Hegde First Grade College, Kundapura

To

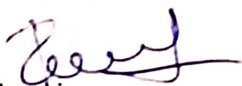
The Co-ordinator
Internal quality assurance cell (IQAC)
Dr.B.B.HegdeFirst grade College, Kundapura

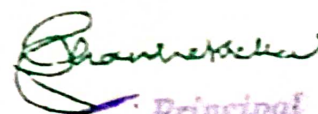
Respected Sir,

Subject: Requesting for the approval of value added course.

With respect of all above subject a meeting was conducted in the department with the external advisory committee member. Mr.Pradeep physical education director R.N shetty P U College,Kundapura on 20-06-2018 and designed the curriculum for the value added course 'Basic First Aid Training'. Hence I am requesting you for the approval of Basic First Aid Training, value added course from the academic year 2018-2019. The details of the value added course are given below. Syllabus copy is attached with this letter.

Name of the value added course	Course code	Duration	Fees per students	Teaching faculty
Basic First Aid training	BBHF002	25 hours	Free	Mr.Pradeep


Thanking you.

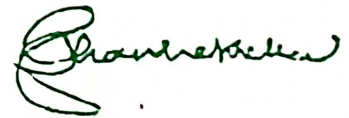

Principal
Dr. B.B. Hegde First Grade College
Kundapura -576201

24.07.2018

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

Notice

Dr.B.B.Hegde First Grade College Kundapura initiates to conduct certificate course on First Aid Training for the academic year 2018-2019. Interested students are hereby requested to enroll their names with Mr.Ranjith T.N. Physical Education Director on or before 28-07-2018 without fail.



Principal

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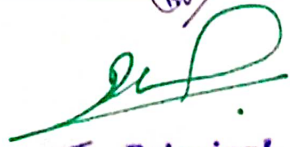
Dr.B.B.Hegde First Grade College Kundapura

Certificate Course

FIRST AID TRAINING 2019-2020

Enrollment List

SL.NO	Roll No	Names	Class	Signature
1	4317	Gayathri	I B.COM A	Gayathri
2	4417	Manikanta	I B.COM B	Manikanta
3	4462	Bhoomika	I B.COM B	Bhoomika
4	4513	Kishan Kumar	I B.COM C	Kishan Kumar
5	4561	Srinidhi	I B.COM C	Srinidhi
6	3614	Ashwini	II B.COM A	Ashwini
7	3720	Harthika	IIB.COM B	Harthika
8	3782	Sushma	II B.COM B	Sushma
9	3805	Ajith	II B.COM C	Ajith
10	3854	Rakshitha	II B.COM C	Rakshitha
11	3967	Shruthi.S	II B.COM D	Shruthi.S
12	2913	Archana	III B.COM A	Archana
13	2950	Sandhya	III B.COM A	Sandhya
14	3015	Chaithra	III B.COM B	Chaithra
15	3065	Srikrishna	III B.COM B	Srikrishna
16	3095	Sumanth	III B.COM B	Sumanth
17	3148	Supritha	III B.COM C	Supritha
18	3217	Harshitha	III B.COM D	Harshitha
19	3290	Aruna	III B.COM D	Aruna
20	3411	Divya	II BCA	Divya
21	4108	Shilpa	I BCA	Shilpa
22	4208	Preethi	II BCA	Preethi


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Dr.B.B.Hegde First Grade College Kundapura

Certificate Course

FIRST AID TRAINING 2018-2019

Enrollment List

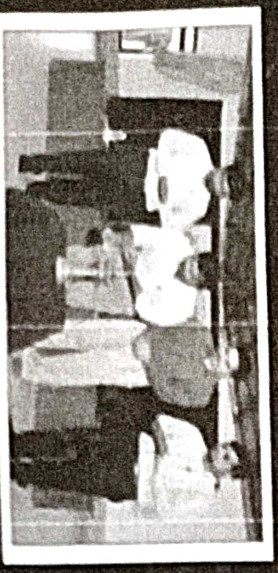
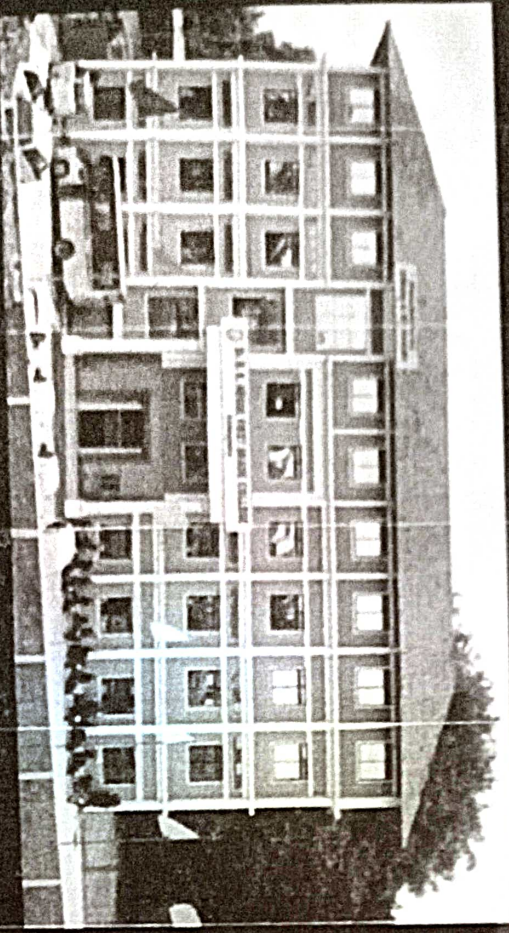
SL.NO	Roll No	Names	Class	Signature
1	2412	ANUSHA	II B.COM B	A
2	2417	CHAITHRA POOJARY	II B.COM B	Chaitra
3	2442	PRAYHIMA	II B.COM B	Prayhima
4	2510	ARPITHA	II B.COM C	Arpitha
5	2558	SACHIN	II B.COM C	Sachin
6	2608	ANUPAMA	II B.COM D	Anupama
7	2617	DEEPA B SHETTY	II B.COM D	De
8	2811	NAGARAJ	III BBA	Nagaraj
9	2816	PRAVEEN	III BBA	Praveen
10	2711	PRASANNA	III BCA	Prasanna
11	2715	SAVINA	III BCA	Savina
12	2374	SRINIVAS	II B.COM A	Srinivas
13	2377	SUBRAMANYA	II B.COM A	Subramanya
14	2319	DEEPA	II B.COM A	De
15	2216	MAHENDRA	I BBA	Mahendra
16	2074	SACHIN	I BCOM A	Sachin
17	2041	KIRAN	I BCOM A	Kiran
18	2022	CHAITHRA	I BCOM A	Chaitra

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



DR. B. B. HEGDE FIRST GRADE COLLEGE, KUNDAPUR

VALUE ADDED COURSES



BASIC FIRST AID TRAINING

FIRST AID IS FOR EVERYONE, EVERYWHERE

First aid is the assistance given to any person suffering a sudden illness or injury, with care provided to preserve life, prevent the condition from worsening or to promote recovery



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

[Handwritten Signature]
PRINCIPAL
DR. B. B. HEGDE FIRST GRADE COLLEGE
KUNDAPURA - 576201

**CERTIFICATE
VALUE ADDED COURSE**

BASIC FIRST AID TRAINING

This is to certify that Mr/Miss.....
has successfully completed the training Programme on Basic First Aid Training In the year.....

Date:

Signature