



S.V.P.V.V Samstha's

**Shri S.B.Mamadapur Arts, Commerce & Science  
College Badami – 587201**

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NOTICE

It is to inform all the interested students to enroll their names for the value-added course on Yoga for the academic year 2021-22. Interested students, are requested to meet Shri. P.M.Meti, Physical Education Director to enroll their names on or before 16-09-2022.

*P.M. Meti*

**Physical Education Director**

*Sri Sidramappa Basappa*

**Principal**

**Sri Sidramappa Basappa Mamadapur  
Arts, Commerce & Science College  
BADAMI - 587 201 Dist: Bagalkot**



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## Time-Table

Value-Added Course on Yoga From 03-12-2020 to 02-01-2021

TIME	MON	TUE	WED	THU	FRI	SAT
06:00 AM To 06:05 AM	Prayer					
06:05 AM To 06:15 AM	Warm-Up Exercise	Warm-Up Exercise	Warm-Up Exercise	Warm-Up Exercise	Warm-Up Exercise	Warm-Up Exercise
06:15 AM To 06:40 AM	Surya Namaskar (Include Twelve various postures like Pranamasana, Hastauttanasana, Hastapadasana, Ashwa sanchalanasana, Dandasana, Ashtanaga namaskar, Bhujangasana, Adho mukh savana, Ashwa sanchalanasana, Hastapadasana, Hastauttanasana, Tadasana )					
06:40 AM To 06:55 AM	Dhanurasana, Vrikshasana, Trikonasana & Shirsasana	Dhanurasana, Vrikshasana, Trikonasana & Shirsasana	Dhanurasana, Vrikshasana, Trikonasana & Shirsasana	Dhanurasana, Vrikshasana, Trikonasana & Shirsasana	Dhanurasana, Vrikshasana, Trikonasana & Shirsasana	Dhanurasana, Vrikshasana, Trikonasana & Shirsasana
06:55 AM To 06:30 AM	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana

Yoga Guide:- Mr.P.M.Meti

*P. M. Meti*

Physical Education Director

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**Syllabus for the year 2021-22**

Unit	Content	Duration in Hrs
I	Introduction: Origin of Yoga & its brief development, Meaning of Yoga & its importance	05
II	Asanas for Students: Dhanurasana, Vrikshasana, Trikonasana & Shirsasana. Practicing of asanas and their importance.	10
III	Surya Namaskar: Asanas and Variations. Pranayama, Mudras, Kriyas	08
IV	Meditation and Yoga	07

Total Teaching hours: 30

**Reference Books:**

**Asana**, Kuvalyananda Swami, Kaivalyadhama, Lonavla

**Asana Pranayama & Mudra Bandha**, Saraswati, Swami Satyananda, Bihar  
School Of Yoga, Munger, 1969

**Asana Why and How?** Tiwari, O.P., Kaivalyadhama, Lonavla

**Asana, Pranayama, Bandha, Mudra**, Saraswati, Swami Satyanand, Bihar  
School of Yoga, Munger

**Application in Yoga**, Gharote, manmath M. and others, Lonavla, 2008

*P. An. aeti'*

**Physical Education Director**

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**Value-added Course : YOGA**

**Assessment and Outcome of Value-Added Course on “Yoga”  
for the year 2021-2022.**

Value-Added Course on yoga is designed for our college students to create awareness and to adopt yoga in their daily life. It is basically a value-added course, the duration of which is one month. The value-added course on yoga mainly emphasizes on providing the basic information, understanding it's importance and adoption of the yoga mentally and physically by the students.

After the completion of the course the student will have the ability to guide others for practicing Surya namaskara, various asanas and their advantages. Each student is honoured with certificate after the completion of the value-added course.

*P. an. aeti'*

**Physical Education Director**

*Sri Sidramappa Basappa*

**Principal**

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Shri S.B.Mamadapur Arts, Commerce & Science

College Badami – 587201

EST: 1956



## Attendance Sheet

Yoga add'n course from

Class : 10.V.S.S.B.M.C. Subject : Yoga  
 Roll No. : Badami 587 201 Date : 2020-21

Roll No.	Name of the Student	3/12	4/12	5/12	6/12	7/12	8/12	9/12	10/12	11/12	12/12	13/12	14/12	15/12	16/12	17/12	18/12	19/12	20/12	21/12	22/12	23/12	24/12	25/12	26/12
01	Abhishek Badiger																								
02	Annapurna S. Waddar																								
03	Ashif. Bagawan																								
04	Asnabegam Nbdy																								
05	Bangarappa R. Waddar																								
06	Chandrashekar S. Tali																								
07	Dastagirasaab Hussarabai																								
08	Dixpa L. Panmar																								
09	Ganapappa Karamali																								
10	Huligemma Y. Shingapur																								
11	Inanna M. Tali																								
12	Jawad Shirur																								
13	Kalinamma M. Honnawar																								
14	Kishanachari K. Neli																								
15	Kishan R. Jandarkhar																								
16	Muttanna H. Waddar																								
17	Nageshacharya M. Shontager																								
18	Narajshamji Bilagi																								
19	Nidrawati W. Waddar																								
20	Manali Papp Rajur																								
21	Manali Baraker																								
22	Muttanna G. Ojug																								
23	Muttanna G. Gurikar																								
24	Sakkubai H. Chawadi																								
25	Savitri K. Muchakharoli																								
26	Savitri N. Rathod																								
27	Sayyad R. Hallur																								
28	Pranjal Bevoor																								
29	Pratibha R. Suraganachari																								
30	Purnima Birakabli																								

Signature of the Teacher \_\_\_\_\_  
 Principal \_\_\_\_\_

S.S.B.M. Arts, Commerce & Science College, Badami



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**Value Added Course on "yoga" for the year 2021-2022.**

## **Model Question Paper**

**1. Which of the following is not included in Triguna ?**

- a. Satwa b. Raja c. Tama d. None of the these

**2. Shatkarma is not mentioned in .....**

- a. Gherand Samhita b. Hatyogpradipika c. Patanjali Yog Sutra d. All of these

**3. Which Asana is the best as per "Hatayogpradipika"?**

- a. Vajrasana b. Padmasana c. Swastiksana d. Siddhasana

**4. .... are the basis of all creation in the world**

- a. Panchamahabhoot b. Triguna c. Ashtanyog d. Panchakosh

**5. Which of these is not one of the main four Vedas?**

- a. Rig veda b. Sama veda c. Atharva veda d. Dhanurveda

**6. Which types of exercises included in Sukshma Vyayama?**

- a. Neck Rotation b. Shoulder Movement c. Knee Movement d. All of these

**7. Shatkarma includes which of the following Karma?**

- a. Kapalbhata b. Basti c. Neti d. All of these

**8. On Which Day International Yoga Day celebrated?**

- a. June 21 b. June 22 c. June 23 d. April 1<sup>st</sup>

**9. Yoga Class usually begins with .....**

- a. Dhyan b. Prayer c. Sukshama Vyayama d. Surya Namaskar

**10. "Trisharira" Includes .....**

- a. Subtle Body b. Gross Body c. Casual Body d. All of these

**11. The ..... System removed waste products from the body?**

- a. Digestive System b. Nervous System c. Excretory System d. None of these

**12. Pawan Muktasana useful in .....**

- a. Menstrual Disorder b. Constipation c. Obesity d. All of these

**13. Pranayama is described in which of the following text?**

- a. Patanjali Yog Sutra b. Gherand Samhita c. Hathayogpradipika d. All of these

**14. Digestion begin with.....**

- a. Large Intestine b. Small Intestine c. Stomach d. Mouth





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15.The main organ in Respiratory System is.....

- a. Lungs b. Trachea c. Diaphragm d. Spleen

16.Tadasana is useful in .....

- a. Sciatica b. Obesity c. Constipation d. All of these

17.Skin, Ear and Kidneys are .....

- a. Cell b. Tissue c. Organ d. Body System

18.Which Kosha is related to totally stress free stage?

- a. Anandmaya Kosha b. Manomaya Kosha c. Annamaya Kosha d. Pranmaya Kosha

19.Which is the Powerhouse of the cell?

- a. Chromosome b. Nucleus c. Mitochondria d. None of these

20.Yoga's first reference is found in .....

- a. Vedas b. Upanishad c. Aranyak d. None of these

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