



ಭಾರತೀಯ ಆದಿಮಜಾತಿ ಸೇವಕ ಸಂಘ (ರಿ)  
ಬಿ.ಎ.ಜಿ. ಎಸ್. ಎಸ್. ಕಲಾ ಮತ್ತು ವಾಣಿಜ್ಯ ಮಹಿಳಾ ಮಹಾವಿದ್ಯಾಲಯ  
ಹಲಗೇರಿ ರಸ್ತೆ.

Permanently Affiliated to Karnataka State Women's University Bijapur.  
Bhartiya Adimjati Sevak Sangh(R)

**BA JSS ARTS AND COMMERCE COLLEGE FOR WOMEN**

Sri Gayatri Campus, Halageri Road Ranebennur 581115 Dist.: Haveri State Karnataka  
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5.1.3 Capacity Building and Skill Enhancement Initiatives

2. Language skills

B.A.J.S.S ARTS & COMMERCE COLLEGE FOR WOMEN GAYATRI CAMPUS  
HALAGERI ROAD RANEBENNUR-581115

DEPARTMENT OF ENGLISH  
Certificate Course in Spoken English

**COMMUNICATION SKILLS (SPOKEN ENGLISH)**  
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**BAJSS ARTS & COMMERCE COLLEGE FOR WOMEN'S**  
**GAYATRI CAMPUS HALAGERI ROAD RANEENUR-581115.**  
**TIME TABLE FOR THE ACADEMIC YEAR 2020-21**  
**B.A. II, IV & VI SEMESTER**

TIME CLASS	9-00 TO 10-00	10-00 TO 11-00	11-00 TO 12-00	12-00 TO 1-00	1-00 TO 2-00	2-00 TO 3-00	3-00 TO 4-00	4-00 TO 4-30
B.A. II SEM	Kannada LH2(MYK) English (DSH) LH9 Economics(SH)LH12	Pol.Science LH1(ASN) Geography LH17(PNK) Sociology LH6(RM)	Basic Kannada LH12(MYK)	History (CMK) LH12 Compute Science LH20 (RKM)	Geography Lab LH17(PNK)	Basic English LH12(DSH)		
B.A. IV SEM	History (CMK) LH11 Geography(PNK) LH17 Journalism(RB) LH7	Basic English LH11(DSH)	Economics LH11(SBB) Kannada LH2(NNG) English LH9(PMK)	Geography Practical LH7(PNK)	Basic Kannada LH11(MYK)	Journalism Lab LH-7	Journalism Lab(RB) LH7	
B.A. VI SEM	Kannada LH5(NNG) English(PMK) LH19 Economics(SBB)	History (CMK) LH10 Education LH3 (BUM) Journalism (RB) LH7	Pol.Science LH1 (ASN) Geography LH17(PNK) Sociology LH6(RM)	Basic Kannada LH10(MYK)	History (CMK) LH10 Education LH3 (BUM) Journalism (RB) LH7	Basic Kannada LH10(NNG)	Pol.Science LH1(ASN) Geography LH17(PNK) Sociology LH6(RM)	
B.A. II SEM	Basic English LH12(DSH)	History (CMK) LH12 Compute Science LH20 (RKM)	Kannada LH2(NNG) English (DSH) LH9 Economics(SH) LH12	Education LH3 (BUM) Journalism (RB) LH7	Basic Kannada LH12(MYK)	EVS LH - 12	Journalism Lab(RB) LH7	
B.A. IV SEM	Economics LH11(SBB) Kannada LH2(NNG) English LH9(PMK)	Pol.Science LH1(MDH) Education LH3 (BUM) Sociology LH6 (RM)	Geography Lab LH17(PNK)	Geography Lab LH-17 (PKG)	Basic English LH-11 (DSH)	---	---	
B.A. VI SEM	History (CMK) LH10 Education LH3 (BUM) Journalism (RB) LH7	Geography Lab LH17(PNK)	Kannada LH2 (MYK) English (PMK) LH19 Economics(SBB) LH12	Pol.Science LH1(ASN) Geography LH17(PNK) Sociology LH6(RM)	Kannada LH5(NNG) English(PMK) LH19 Economics(SH)	Pol.Science LH1(MDH) Geography LH17(PNK) Sociology LH6(RM)	Geography Lab LH17(PNK)	
B.A. II SEM	Education LH3 (BUM) Journalism (RB) LH7	History (CMK) LH12 Compute Science LH20 (RKM)	Basic Kannada LH12(MYK)	Pol.Science LH1(ASN) Geography LH17(PNK) Sociology LH6(RM)	EVS LH - 12	Kannada LH2(MYK) English (DSH) LH9 Economics(SH) LH12	---	
B.A. IV SEM	Basic English LH11(DSH)	Pol.Science LH1(MDH) Education LH3 (BUM) Sociology LH6(RM)	Geography Lab (PNK) LH - 17	Basic Kannada LH10(NNG)	Economics LH11(SBB) Kannada LH2(NNG) English LH9(PMK)	History(CMK) LH11 Geography(PNK) LH17 Journalism(RB) LH7	---	
B.A. VI SEM	Pol.Science LH1 (ASN) Geography LH17(PNK) Sociology LH6(RM)	Basic Kannada LH10(MYK)	Kannada LH5(NNG) English(PMK) LH19 Economics(SBB)	History (CMK) LH10 Education LH3 (BUM) Journalism (RB) LH7	Pol.Science LH1 (MDH) Geography LH17(PNK) Sociology LH6(RM)	Geography Lab LH17(PNK)	History (CMK) LH10 Education LH3 (BUM) Journalism (RB) LH7	

TIME CLASS	9-00 TO 10-00	10-00 TO 11-00	11-00 TO 12-00	12-00 TO 1-00	1-00 TO 2-00	2-00 TO 3-00	3-00 TO 4-00	4-00 TO 4-30
B.A. II SEM	Pol.Science LH1(ASN) Geography LH17(PNK) Sociology LH6(RM)	Education LH3 (BUM) Journalism (RB) LH7	Kannada LH5 (MYK) English(DSH) LH19 Economics(SH)	EVS LH - 12	Geography Lab LH17(PNK)	Basic English LH12(DSH)		
B.A. IV SEM	Economics LH11(SBB) Kannada LH2(MYK) English LH9(PMK)	Basic Kannada (NNG) LH11	History (CMK) LH11 Geography(PNK) LH17 Journalism(RB) LH7	Pol. Science LH1(MDH) Education LH3 (BUM) Sociology LH6(RM)	Basic English (DSH) LH-11	Basic Kannada(NNG) LH11	---	
B.A. VI SEM	History (CMK) LH10 Education LH3 (BUM) Journalism (RB) LH7	Pol.Science LH1(MDH) Geography LH17(PNK) Sociology LH6(RM)	Basic Kannada(NNG) LH10	Kannada LH5(MYK) English(PMK) LH19 Economics(SH)	History (CMK) LH10 Education LH3 (BUM) Journalism (RB) LH7	Kannada LH5 (MYK) English(DSH) LH19 Economics(SBB)	Journalism Lab(RB) LH7	
B.A. II SEM	Basic English LH12(DSH)	Pol.Science LH1 (ASN) Geography LH17(PNK) Sociology LH6(RM)	EVS LH - 12	Basic Kannada (NNG) LH11	Education LH3 (BUM) Journalism (RB) LH7	---		Spoken English
B.A. IV SEM	Pol.Science LH1(MDH) Education LH3 (BUM) Sociology LH6(RM)	Basic Kannada(MYK) LH11	History (CMK) LH11 Geography(PNK) LH17 Journalism(RB) LH7	Basic English LH11(DSH)	Geography Lab LH17(PNK)			
B.A. VI SEM	Geography Lab LH17(PNK)	History (CMK) LH10 Education LH3 (BUM) Journalism (RB) LH7	Kannada LH5(NNG) English(PMK) LH19 Economics (SH)	Pol.Science LH1 (MDH) Geography LH17(PNK) Sociology LH6(RM)	Kannada LH5(MYK) English(PMK) LH19 Economics(SBB)	Pol.Science LH1(MDH) Geography LH17(PNK) Sociology LH6(RM)	History (CMK) LH10 Education LH3 (BUM)	
B.A. II SEM	Kannada LH5 (NNG) English(DSH) LH9 Economics(SH)	Basic English LH12(DSH)	Geography Lab LH17(PNK)	History (CMK) LH12 Compute Science LH20 (RKM)	EVS LH - 12	Basic Kannada(MYK) LH12	---	
B.A. IV SEM	Economics LH11(SBB) Kannada LH2(MYK) English LH9(PMK)	History (CMK) LH11 Geography(PNK) LH17 Journalism(RB) LH7	Basic English LH11(DSH)	Basic Kannada (NNG) LH11	Journalism Lab(RB) LH7	Pol.Science LH1(MDH) Education LH3 (BUM) Sociology LH6(RM)	---	Spoken English
B.A. VI SEM	Pol.Science LH1 (MDH) Geography LH17(PNK) Sociology LH6(RM)	Basic Kannada(NNG) LH10	History (CMK) LH10 Education LH3 (BUM) Journalism (RB) LH7	Kannada LH5(MYK) English(PMK) LH19 Economics(SH)	Geography Lab LH17(PNK)	Kannada LH5(NNG) English(PMK) LH19 Economics(SH)	Journalism Lab(RB) LH7	

**PRINCIPAL**  
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 Halageri Road, RANEENUR-581115





30	CHAITRA KOTRESH KADARAMANDALAGI	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
31	DEEPA DEVARAGUDDA	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
32	GANGA RAJASHEKHAR KAMBALI	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
33	GEETA KOTEPPA BANNIHATTI	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
34	GOURI MANEGAR	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
35	HARSHITA YENKAREDDI CHALAGERI	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
36	HEMAVATI SURESHA MUDAREDDI	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
37	HONNAVYA NAGAPPA HOTTININGANNAVAR	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
38	JEEVITHA B ALADAGERI	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
39	JYOTHI KUDARIHAL	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
40	REKHA MANJUNATHA BARKI	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
41	RENUKA MANJAPPA MANNUR	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
42	SAKKUBAI GANGADHAR HALAWAGAL	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
43	SALMA CHIKKALAGAR	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
44	SAVITRAVYA HULIGEPPA CHATRAD	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
45	SHALINI BASAVARAJ NEELAPPANAVAR	Bcom-I	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Signature of the Course Co-ordinator

CO-ORDINATOR

Signature of the Resource Person

Signature of the Principal

PRINCIPAL

BAJSS, Arts & Commerce College For Women  
Halageri Road, RANEENNUR



**BAJSS Arts & Commerce College For Women, Halageri Road Ranebennur-581115**  
**Department Of English**  
**CERTIFICATE COURSE IN SPOKEN ENGLISH**  
**CERTIFICATE**

This is to Certify that Miss.....Studying in BA  
 completed a Certificate Course in Spoken English successfully, conducted in our college  
 from 15-01-2021 to 15-02-2021

Prof: S.A.Tambe      Prof: H.A.Bhikshavartimath      Prof: Devaraj.S.Hanchinamani      Dr.R.M.Kuberappa  
 Principal      Resource Person      Organiser      Secretary

### 3.Life Skills (Yoga)

<b>Introduction to Yoga and Yogic practices</b>	
Content of Yoga Course	90 Hrs
<b>Unit-1 Introduction to Yoga</b>	14
Chapter No. 1 Yoga, Origin, History and Development. Chapter No. 2 Yoga, meaning and objectives.	
<b>Unit-2 Yogic practices for common man</b>	14
Chapter No. 3. Yogic practices and positive health. Chapter No. 4. Rules and regulations of yoga practitioners. Chapter No. 5. Nature and significance of Asana, Pranayama and Kriyas	
<b>Unit-3 Role of Yoga in Modern life</b>	14
Chapter No. 6. Importance of Yoga in modern life. Chapter No. 7. Yogic principles of healthy living	
<b>Unit-4 Yoga Practical</b>	45
Chapter No.8 <b>Asanas:</b> a) Relaxative Asanas: Vishramasana, Tadasana, Makarasana, Shavasana. b) Meditative Asanas: Sukhasana, Padmasana, Vajrasana. Swastikasana. c) Cultural Asanas: Standing : Urdhva hasttottanasana, Prashvakati chakrasana, Sitting: Shashankasana, Ushtrasana. Supine: Sarvangasana, Halasana. Prone: Bhujangasana, Shalabhasana. <b>Yogic Surya Namaskara with Mantras.</b>	03
Chapter No.9 <b>Pranayama:</b> Mechanism of correct breathing and Yogic deep breathing, Concept of pooraka, Rechaka and Kumbhaka Suryanuloma- viloma and Chandranuloma-viloma	
Chapter No.10 <b>Kriya-</b> Kapalabhati <b>Journal/Workshop/ Seminar:</b>	
<b>Journal:</b> The students have to write minimum ten assignment on different topics related to Yoga practical as given by the Yoga Practical teacher. The journals have to be signed by the concerned practical teacher and the chairman of the department and shall be produced at the time of practical examination for evaluation	



## Yoga and Yogic practices Time - Table

MONTH:- JUNE		
DAY	TIME	DATE
Monday	7 AM-8AM	21,28,
Tuesday	7 AM-8AM	22,29
Wednesday	7 AM-8AM	23, 30
Thursday	7 AM-8AM	24,
Friday	7 AM-8AM	
Saturday	7 AM-8AM	26
MONTH:- JULY		
DAY	TIME	DATE
Monday	7 AM-8AM	05,12,19,26
Tuesday	7 AM-8AM	06,13,27,
Wednesday	7 AM-8AM	14,28,
Thursday	7 AM-8AM	01,08,15,29
Friday	7 AM-8AM	02,09,16,30
Saturday	7 AM-8AM	03,10,17,31
MONTH:- AUGUST		
DAY	TIME	DATE
Monday	7 AM-8AM	02,09,16,23
Tuesday	7 AM-8AM	03,10,17,
Wednesday	7 AM-8AM	04,11,18,
Thursday	7 AM-8AM	05,12,
Friday	7 AM-8AM	06,13,
Saturday	7 AM-8AM	07,14





  
**I.Q.A.C Co-ordinator**  
 B.A.J.S.S  
 Arts & Commerce College for Women,  
 Halageri Road,  
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