

**AHM's
ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE,
BHATKAL**

Add-On Course

on

Yoga

**Under the
Department of Physical Education & Sports**

Academic Year: 2022-23

Course Coordinator

**Mr. K Kaleemulla
Physical Education Director
Department of Physical Education & Sports**



From

Date: 01-12-2022

Mr. K Kaleemulla

Physical Education Director

Anjuman Arts, Science and Commerce College,
Bhatkal

To

The Principal

Anjuman Arts, Science and Commerce College
Bhatkal

**Subject: Request to grant the permission to start the add-on course on Yoga for the academic year
2022-23**

Respected Sir,

We would like to start the add-on course on "Yoga" for a few students who are interested in this field.
Please permit us to start the Yoga course for the academic year 2022-23.

Thanking You

Warm Regards



Mr. K Kaleemulla

Physical Education Director

Physical Education Director

Physical Education Director

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Meeting Report of Institutional Board of Studies for Add-on Course on Yoga held on :

The Institutional Board of Studies of the Department of Physical Education & Sports for an add-on course on introduction to Yoga held on 05-12-2022 in the principal chamber at 10:30 AM.

1. **Prof. Mushtaque K Shaikh**
Principal, Chairman
2. **Prof. S.A. Indikar**
IQAC Coordinator
3. **Mr. K Kaleemulla**
Course Co-Coordinator
4. **Mr. Afzal G. Jamadar**
Member, Physical Education & Sports Committee

In the beginning of the meeting the Chairman of BoS: Prof. Mushtaque K Shaikh welcomed all the members and briefed them about the academic activity of the Yoga course. The members expressed their appreciation and satisfaction about the activities of the department.

After that institutional BoS discussed and resolved the following points:

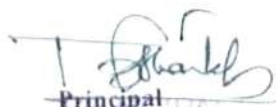
1. **Starting of the add-on course on the introduction to Yoga**
BoS discussed the point and resolved to start an add-on course on Yoga in order to improve the basic knowledge of Statistical Analyses of books, articles, or other publications.
2. **Approval of the syllabus for add-on course**
The BoS discussed and approved the syllabus for the add-on course on Yoga.
3. **Approval of admission criteria.**
The BoS discussed and approved the admission criteria and resolved that the students who are interested in the arena of Yoga can enroll in this course.

The meeting of the BoS was concluded with the vote of thanks by the Mr. K Kaleemulla, Physical Education Director

The following members were present in the meeting:

1. **Prof. Mushtaque K Shaikh** 
2. **Prof. S.A. Indikar** 
3. **Mr. K Kaleemulla** 
4. **Mr. Afzal G. Jamadar** 




Principal
Anjuman Arts, Science & Commerce College,
& P.G. Centre
BHATKAL - 571 320

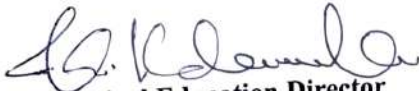
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NOTICE

Date: 15-12-2022

Add-on Course on "Yoga"

All the students are hereby informed that the Department of Physical Education & Sports is starting an add-on course on "Yoga" for the students, from 09-01-2023 to 30-01-2023. Interested students can enroll their names on or before 02-01-2023 with Mr. K Kaleemulla, Physical Education Director.


Physical Education Director
(Mr. K Kaleemulla)

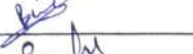



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Yoga Add-on Course 2022-23

Enrollment List of the Students

SL. NO.	REG NO.	NAME OF THE STUDENT	SIGN
1	20K29502	Abdul Bari	
2	20K29504	Abdul Khadir Ahmed	
3	20K29505	Abdul Khadir Izhan	
4	20K29507	Abdul Rahaman Sayyaf Askeri	
5	20K29508	Abdul Rahman Shabandri	
6	20K29509	Abdulla	
7	20K29524	Chetan Bhoja Naik	
8	20K29525	Gangulli Mohammad Musab	
9	20K29527	Ibrahim Gawai	
10	20S16701	Asha Rama Naik	
11	20S16702	Aysha	
12	20S16703	Bhaskar Krishna Naik	
13	20S16706	Likhit Dasa Moger	
14	20S16707	Monika Ishwar Naik	
15	20S16709	Nain Khatija	
16	20S16715	Roopa Nagaraj Acharya	
17	20A27602	Anjali Hanumappa Koraga	
18	20A27603	Anusha Jattappa Naik	
19	20A27606	Hema Manjappa Moger	
20	20A27607	Lohit Janardhan Harikant	
21	20A27619	Sachin Basavayya Gonda	
22	20A27620	Sandhya Satish Harijan	
23	20A27624	Swati Narayan Naik	
24	20A27625	Umme Habiba	



Physical Education Teacher
Anjuman Arts, Science & Commerce College
3 PG Centre
Bhatkal-581320





PRINCIPAL
Anjuman Arts, Science & Commerce College
3 PG Centre
Bhatkal-581320

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Add-on course on Yoga

Time Table for the academic year 2022-23

Days	Timings (2 hrs)	Venue
Saturday to Thursday	Morning: 7:00 AM to 8:00 AM	Function Hall
	Evening: 4:00 PM TO 5:00 PM	


Course Coordinator

Physical Education Director
Anjuman Arts, Science & Commerce
College & P.G. Centre
BHATKAL-581320


IQAC Coordinator

IQAC & NAAC CO-ORDINATOR
Anjuman Arts, Science,
Commerce College & P.G. Centre
Bhatkal


Principal

PRINCIPAL
Anjuman Arts, Science & Commerce College
& P.G. Centre
BHATKAL-581320

Course Title: Yoga

Course Overview:

Yoga is an ancient art that connects the mind and body. It is an exercise that we perform by balancing the elements of our bodies. In addition, it helps us meditate and relax. Moreover, Yoga helps us keep control of our bodies as well as mind. It is a great channel for releasing our stress and anxiety. Yoga gained popularity gradually and is now spread in all regions of the world. It unites people in harmony and peace.

Learning Objectives:

By the end of the course, learners should be able to:

1. Bringing Holistic Health and Well-Being.
2. Purification and harmonization of Body, Prana and Mind.
3. Leading to Raja yoga.
4. To gain balance and control in one's life.

Course Duration:

- **Total Hours:** 30 hours
- **Frequency:** Daily 2 hour class

YOGA COURSE SYLLABUS

- 1) INTRODUCTION OF YOGA
- 2) AIMS AND OBJECTIVE OF YOGA
- 3) SCOPE OF YOGA
- 4) YOGA PRACTICE RULES AND REGULATION
- 5) YOGA POSTURES STEP-BY-STEP
- 6) THE SUN SALUTATION SURYA NAMASKAR
- 7) SITTING YOGA ASANAS
 - Padmasana [lotus pose]
 - Shishuasana (Child Pose)
 - Janu Sirsasana (One-Legged Forward Bend)
 - Paschimottanasana
 - Ardha Matsyendrasana (Sitting Half Spinal Twist)
- 8) STANDING YOGA ASANAS
 - Ardhabaddhapadmavrikshasana-half bound lotus tree pose. ...
 - ArdhaBaddhaPadmotanasana-Half Bound Lotus Standing Forward Bend. ...
 - Garudasana Eagle Posture. ...
 - Hasta Utthanasana - Raised Arms Pose. ...
 - Kati Chakmsana-Waist Rotating Pose. ...
- 9) PRANAYAMA
 - Shitali Pranayama.
 - Ujjayi Pranayama.
 - Kapalbhatai Pranayama
 - Viloma Pranayama
 - Anuloma Pranayama

Reference book:

1. Anatomy and Physiology of Yogic Practices	Gore, M.M	New Age Books, New Delhi
2. Astadal Yoga Mala, (Vol I-VIII)	Iyengar, B.K.S	Allied publishers Pvt. Ltd., LucInow,2009



ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE, BHATKAL

ATTENDANCE SHEET FOR THE COURSE ON YOGA 2022-23

MORNING TIME: 7:00 AM TO 8:00 AM & EVENING TIME: 4:00 PM TO 5:00 PM

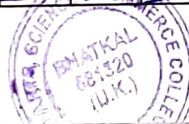
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ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE, BHATKAL

ATTENDANCE SHEET FOR THE COURSE ON YOGA 2022-23

MORNING TIME: 7:00 AM TO 8:00 AM & EVENING TIME: 4:00 PM TO 5:00 PM

SL. NO.	REG NO.	NAME OF THE STUDENT	Date Time	9-1-2023	10-1-2023	11-1-2023	16-1-2023	17-1-2023	18-1-2023	19-1-2023	21-1-2023	22-1-2023	23-1-2023	24-1-2023	25-1-2023	28-1-2023	29-1-2023	30-1-2023
13	20S16706	Likhith Dasa Moger	M	Likhith	Likhith	Likhith	Likhith	A	Likhith	Likhith	Likhith	Likhith	Likhith	Likhith	Likhith	Likhith	Likhith	Likhith
			E	Likhith	Likhith	Likhith	Likhith	A	Likhith	Likhith	Likhith	Likhith	Likhith	Likhith	Likhith	Likhith	Likhith	Likhith
14	20S16707	Monika Ishwar Naik	M	Monika	Monika	Monika	Monika	Monika	Monika	Monika	Monika	Monika	A	Monika	Monika	Monika	Monika	Monika
			E	Monika	Monika	Monika	Monika	Monika	Monika	Monika	Monika	Monika	A	Monika	Monika	Monika	Monika	Monika
15	20S16709	Nain Khatija	M	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain
			E	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain	Nain
16	20S16715	Roopa Nagaraj Acharya	M	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa
			E	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa	Roopa
17	20A27602	Anjali Hanumappa Koraga	M	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali
			E	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali
18	20A27603	Anusha Jattappa Naik	M	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	A	Anusha	Anusha
			E	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	A	Anusha	Anusha
19	20A27606	Hema Manjappa Moger	M	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema
			E	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema
20	20A27607	Lohit Janardhan Harikant	M	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit
			E	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit	Lohit
21	20A27619	Sachin Basavayya Gonda	M	Sachin	Sachin	Sachin	Sachin	Sachin	A	Sachin	Sachin	Sachin	Sachin	Sachin	Sachin	Sachin	Sachin	Sachin
			E	Sachin	Sachin	Sachin	Sachin	Sachin	A	Sachin	Sachin	Sachin	Sachin	Sachin	Sachin	Sachin	Sachin	Sachin
22	20A27620	Sandhya Satish Harijan	M	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya
			E	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya
23	20A27624	Swati Narayan Naik	M	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati
			E	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati	Swati
24	20A27625	Umme Habiba	M	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme
			E	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme	Umme



Principal
Anjuman Arts, Science & Commerce College
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YOGA ADD-ON COURSE 2022-23

Max. Marks: 50

Time: 1 Hour

1. How many chakras are there in the human body?
 - a. 100
 - b. 12
 - c. 114
 - d. 7
2. According to Patanjali, what is Asana?
 - a. Control of sense organs
 - b. Control of water and food intake
 - c. Sitting in a comfortable position
 - d. High-calorie burn
3. What is the ultimate aim of Hatha Yoga, according to Hatha Pradipika?
 - a. Steadiness and flexibility
 - b. Breath control
 - c. Raja Yoga
 - d. Mantra Siddhi
4. Which one is not a palming stage in eye relaxation?
 - a. Simple Palming
 - b. Palming and Jumping
 - c. Press and release palming
 - d. Palming with Bhramari
5. Which asana is also known as the palm tree pose?
 - a. Bhujangasana
 - b. Kapalbhati
 - c. Urdhva Hastottanasana
 - d. Trikonasana
6. There are eight stages of training for a yogi. What is the final stage (apart from 'moksha')?
 - a. Samadhi
 - b. Pratyahara
 - c. Mukti
 - d. Niyama
7. Bikram yoga is a form of what type of yoga?
 - a. Hot yoga
 - b. Prana yoga
 - c. Forest yoga
 - d. Hatha yoga
8. Where is the Ajna Chakra located?
 - a. Chest
 - b. Legs
 - c. Eyebrow center
 - d. Tongue

9. What is the second pose in Surya Namaskara?
 - a. Parvatasana
 - b. Hastottanasana
 - c. Namaskarasana
 - d. Padahastanasana
10. Which state of our consciousness corresponds to deep sleep?
 - a. Turiya
 - b. Svapna
 - c. Jagrata
 - d. Sushupti
11. Which of the following is not a type of Pranayama?
 - a. Anulom Vilom
 - b. Kapalbhathi
 - c. Bhastrika
 - d. Vrikshasana
12. What is the meaning of "Namaste" in yoga?
 - a. Goodbye
 - b. Peace be with you
 - c. I bow to you
 - d. Let's meditate together
13. Which asana is also known as the cobra pose?
 - a. Bhujangasana
 - b. Vrikshasana
 - c. Shavasana
 - d. Ustrasana
14. What is the purpose of Savasana (Corpse Pose) at the end of a yoga session?
 - a. To relax the mind and body
 - b. To strengthen the core
 - c. To improve flexibility
 - d. To balance the chakras
15. Dhanurasana is also called the bow pose because it resembles the shape of a:
 - a. Lotus flower
 - b. Bow and arrow
 - c. Snake
 - d. Bow
16. True or False: The ultimate aim of Hatha Yoga is to achieve physical fitness.
17. True or False: The Ajna Chakra is located in the chest.
18. True or False: Savasana (Corpse Pose) is practiced at the beginning of a yoga session.
19. True or False: Dhanurasana (Bow Pose) resembles the shape of a snake.
20. True or False: Bikram yoga is a form of hot yoga.
21. Inverted Two-Legged Staff Pose is also known as:
 - a) Marichyasana Twist
 - b) Ardha Matsyendrasana
 - c) Dwi Pada Viparita Dandasana
 - d) Adho Mukha Svanasana

22. Which pose represents the animal Cobra in yoga?
- a) Bhujangasana
 - b) Tadasana
 - c) Vrikshasana
23. What is the goal of Raja Yoga?
- a) Physical strength
 - b) Self-realization
 - c) Flexibility
24. How many vinyasas are there in a traditional Sun Salutation?
- a) 10
 - b) 12
 - c) 18
25. Which branch of yoga focuses primarily on physical asanas?
- a) Hatha Yoga
 - b) Jnana Yoga
 - c) Bhakti Yoga
26. There are twenty-six postures that make up Bikram Yoga. Which of these is not one of those postures?
- a. Sun Salutation Pose
 - b. Palm Tree Pose
 - c. Tree pose
 - d. Cobra Pose
27. Yoga is not related to samkhya.
- a. Undetermined
 - b. FALSE
 - c. TRUE
 - d. None of the above
28. Which Asana is good for the thyroid gland?
- a. Dhanurasana
 - b. Matsyendrasana
 - c. Veerasana
 - d. Halasana
29. How many koshas do humans have as per the yogic system?
- a. 5
 - b. 3
 - c. 4
 - d. 2
30. By mastering which practice can one float like a lotus leaf on the water?
- a. Sitali
 - b. Bhastrika
 - c. Nadi Shodhana
 - d. Plavini

31. What type of yoga was invented by Bharat Thakur?
- Yin Yoga
 - Artistic Yoga
 - Hatha Yoga
 - Bikram Yoga
32. What is not one principle taught in yoga?
- Relaxation
 - Flexibility
 - Proper exercise
 - Strength
33. The basis of 'Pancha kosha' is:
- Isha Upanishad
 - Taittiriya Upanishad
 - Kena Upanishad
 - Prashna Upanishad
34. Which of these is not one of the main four Vedas?
- Atharva veda
 - Rig veda
 - Sama veda
 - Dhanurveda
35. Which one of the following attributes satisfies the criteria of Sattvic Food?
- None of the above
 - Unnatural, overcooked, stale, left over and processed food
 - Pure, essential, natural, vital, energy containing
 - Spicy, hot, bitter, sour and pungent
36. There are twenty-six postures that make up Bikram Yoga. Which of these is not one of those postures?
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- None of the above
 - Unnatural, overcooked, stale, left over and processed food
 - Pure, essential, natural, vital, energy containing
 - Spicy, hot, bitter, sour and pungent
46. The word "yoga" is derived from a Sanskrit word meaning what?
- A. Spirit B. Union C. Posture
47. What is not one principle taught in yoga?
- A. Proper exercise B. Relaxation C. Strength
48. Which country does yoga originate from?
- A. Bangladesh
B. Thailand
C. India
49. There are eight stages of training for a yogi. What is the final stage (apart from 'moksha')?
- A. Samadhi
B. Niyama
C. Pratyahara
50. What does 'hatha' mean?
- A. Sun and Moon
B. Fire and Water
C. Light and Dark

**AHM's
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NOTICE

Sports/15/22-23/

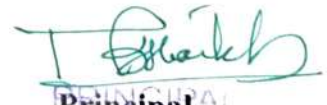
28-01-2023

Add-on course on Yoga for the academic year 2022-23

Exam Date	Timings	Room
31-01-2023	10:00 AM. to 11:00 AM (01 hr)	Function Hall


Course Coordinator

Principal & Academic Director
Anjuman Arts, Science & Commerce
& P.O. Centre
Bhatkal-581320


Principal

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Anjuman Arts, Science & Commerce College
& P.O. Centre
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Yoga Add-on Course 2022-23

Marks List

SL. NO.	REG NO.	NAME OF THE STUDENT	GRADE
1	20K29502	Abdul Bari	A
2	20K29504	Abdul Khadir Ahmed	A
3	20K29505	Abdul Khadir Izhan	B
4	20K29507	Abdul Rahaman Sayyaf Askeri	B
5	20K29508	Abdul Rahman Shabandri	B
6	20K29509	Abdulla	B
7	20K29524	Chetan Bhoja Naik	A
8	20K29525	Gangulli Mohammad Musab	B
9	20K29527	Ibrahim Gawai	B
10	20S16701	Asha Rama Naik	B
11	20S16702	Aysha	A
12	20S16703	Bhaskar Krishna Naik	A
13	20S16706	Likhit Dasa Moger	B
14	20S16707	Monika Ishwar Naik	A
15	20S16709	Nain Khatija	A
16	20S16715	Roopa Nagaraj Acharya	A
17	20A27602	Anjali Hanumappa Koraga	A
18	20A27603	Anusha Jattappa Naik	B
19	20A27606	Hema Manjappa Moger	A
20	20A27607	Lohit Janardhan Harikant	B
21	20A27619	Sachin Basavayya Gonda	B
22	20A27620	Sandhya Satish Harijan	A
23	20A27624	Swati Narayan Naik	B
24	20A27625	Umme Habiba	A


Course coordinator


Principal

Anjuman Arts, Science, Commerce College
& P.G. Centre
BHATKAL-581 320



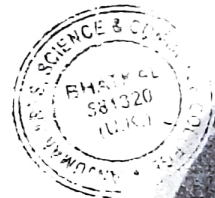
A.H.M.s
ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE

Anjumanabad, Bhatkal 581320, Uttara Kannada, Karnataka

Accredited at 'B' Level by NAAC

CERTIFICATE

This is to certify that Mr/Miss ABDULLA
with register No. 20K29509 has successfully completed the Add-on Course on
"Yoga" during 09-01-2023 to 30-01-2023 and secured B grade.



Mr. K. Kaleemulla
Course Co-Ordinator

Mr. S. A. Indikar
IQAC Co-Ordinator

IQAC & NAAC CO-ORDINATOR

Anjuman Arts, Science,

Commerce College & P.G. Centre

Bhatkal

Mr. M. K. Shaikh

Principal

Anjuman Arts, Science & Commerce

& P.G. Centre

BHATKAL-581320



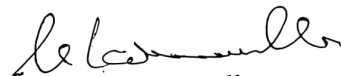
A.H.M.s
ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE

Anjumanabad, Bhatkal 581320, Uttara Kannada, Karnataka
Accredited at 'B' Level by NAAC

CERTIFICATE

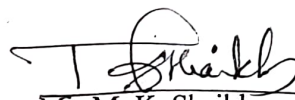
This is to certify that Mr/Miss AYSHA
with register No. 20516702 has successfully completed the Add-on Course on
"Yoga" during 09-01-2023 to 30-01-2023 and secured A grade.




Mr. K. Kaleemulla
Course Co-Ordinator


Mr. S. A. Indikar
IQAC Co-Ordinator

IQAC & NAAC CO-ORDINATOR
Anjuman Arts, Science
& Commerce College & P.G. Centre
Bhatkal


Mr. M. K. Shaikh
Principal
Anjuman Arts, Science & Commerce
& P.G. Centre
BHATKAL-581320

AHM's
ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE, BHATKAL

Report and Outcome Analysis

Name of the Course: Yoga

Name of the Department: Physical Education & Sports

Number of students enrolled : 24

BoS Meeting Date: 05-12-2022

Start Date of the Course: 09-01-2023

End Date of the Course: 30-01-2023

Department of Physical Education & Sports has conducted add-on course on Yoga for the Students who are interested in this area of knowledge from 09-01-2023 to 30-01-2023.

The course was about "to improve the basic knowledge of Statistical Analyses of books, articles, or other publications.

24 students were enrolled in this course and they benefited with the fundamental knowledge of Yoga. Students also applied these skills and concepts during the assignments.

Course concluded with final examination and certificate distribution.

Outcomes of the Course:

- Enhance skills and knowledge.
- Learn Krishnamacharya's teachings.
- Qualify to teach yoga globally.
- Understand traditional yoga systems.
- Focus on Hatha Yoga principles.
- Improve physical health.
- Feel lighter and fitter.


PRINCIPAL
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