

IQAC meeting was held at IQAC room at 2.30 pm on 10th Aug, 2020.

Committee discussed & passed the resolutions as under:

- ① It is resolved to decompose the IQAC.
- ② To follow the guidelines & policies of Govt & affiliating university & for the admission of students.
- ③ To give a wide publicity for admission through local TV channels, pamphlets & banners to improve the student intake strength.
- ④ To form the statutory & non-statutory committees.
- ⑤ To motivate the students to enroll their names for NCC & NSS.
- ⑥ To collect the calendar of events from the departments.
- ⑦ To prepare & submit the teaching plan by all faculty members through HoD.
- ⑧ To continue previous Certificate Courses & Added 3 new certificate courses for the year.
- ⑨ All the departments must organize Online Quiz competitions.
- ⑩ To organize national level seminars.

The following members were present & agreed for the resolutions of the meeting:

- | | |
|-------------------------------|------------------------|
| 1. Mr. A. Gombur | 11. M.C. Hadimani |
| 2. Dr. A.F. Badami | 12. Ramasubramanian |
| 3. V.S. Meesh | 13. Mrs. Kavita R.R. |
| 4. Dr. N.B. Saravijayar | 14. Vasudha V. Gollao |
| 5. Prof. A.A. Hallur | 15. Tanuja Sardar |
| 6. Dr. N.A. Koujageri | 16. (B.V.M) |
| 7. Shri. S.M. Hol | 17. B.S. Puthi |
| 8. Shri. B.B. Nargund | |

9. The following member was absent:

10. Shri. Jagadish Shinkhi

(Signature)
IQAC

Land No: 08330-222311
Fax No: 08330-2223716



**K.L.E.SOCIETY'S
S.V.S. BELLUBBI ARTS & COMMERCE COLLEGE
SAUNDATTI – 591126**

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Web: <http://www.klesvsbcs.edu.in>
E-mail: klesvsbellubbicollege@gmail.com

BUS STAND ROAD SAUNDATTI – 591126
TQ. SAUNDATTI, DIST. BELAGAVI (KARNATAKA)

Date: 20-5-2021

NOTICE

It is hereby inform all the interested students to enroll their names for the certificate course on Yoga for the academic year 2020-21. Students, who are interested in joining this course, should give their names to Shri. Shivanand M. Holi. Enroll your name on and before 28-05-2021.


HoD

PHYSICAL EDUCATION INSTRUCTOR
Gymkhana Department




Principal

PRINCIPAL
K.L.E.Society's S.V.S.Bellubbi
Arts & Com College, Saundatti.



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**Department of Physical Education and Sports
Certificate Course on Yoga**

Time Table- 2020-2021

This is to inform the students who are enrolled for Certificate Course on YOGA to attend compulsory the classes as per the prescribed time table.

Days	Time
Monday	7:00AM to 09:00 AM
Wednesday	7:00AM to 09:00 AM
Friday	7:00AM to 09:00 AM


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**Department of Physical Education and Sports
Certificate Course on Yoga
2020-21**

Syllabus

Objectives of Course

- To promote the awareness in Positive Health and Yogic Personality Development
- To develop and impart skill in application of Yogic Practices for restoring and promoting Positive Health.
- It is ideal for those always wanted to have in depth understanding of Yoga but unable to take a long time off. It covers textual, Psycho-Physiological and practical aspects of Yoga as well as Teaching methods in Yoga.

SL. No	Content	Duration
Unit-I	Introduction: Origin of Yoga & its brief development, Meaning of Yoga & its importance	05 Hours
Unit-II	Asana- Uttanpadasan, Halasan, Pawanmuktasan, Makrasan, Bhujangasan, Shaslabhasan, Dhanurasan, Ardha-Mastysendrasan, Janushirasana, Supta-Vajrasana, Chakrasana, Tadasa, Uktatasana, Padmasana, Gomukhasana, Vajrasana, Pashchimottasana, Sarvangasana, Matsyasana.	10 Hours
Unit-III	Surya Namaskar: Asanas and Variations. Pranayama, Mudras, Kriya,	08 Hours
Unit-IV	Bandhas: Jalandhar-Bandh, Mool Bandh, Uddiyan-Bandh. Meditation and Yoga.	07 Hours

Total Teaching hours:

30

References:

Name of the Author

Swami Kuvalayananda
Swami Saraswati Sataya Nand
Swamy Kualayananda
Bharamchari, Swami Dhirender
Dr. Nagendra H.R.
Swami Kuvalayananda
Ananda Swamy Shankaradev

Name of the Books

Pranayam
Asan Pranayam and Mudra Bandh
Gherand Samhita
Yogic Suksham vigyan
Pranayama the Arts & Science.
Yogic Chikitisa
Yogic management & Common


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TQ. SAUNDATTI, DIST. BELAGAVI (KARNATAKA)

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

Assessment and outcome of certificate course on

“yoga” for the year 2020-2021.

Certificate Course in yoga is designed to enable the learners to cope with yoga system in the country. It is basically a certification course, the duration of which is one month. The Certificate Course in yoga mainly emphasizes on providing the basic understanding of the yoga mentally and Physically to the students.

The course is primarily designed for those students who have interest in yoga. The basic objective of this certificate course is to gradually develop their clear understanding of the yoga class, Physical and mental development which enables the students to have a knowledge of yoga. After completion of this certificate course the students will be able to define yoga and Pranayam and Kriya.

Finally the course has helped for student's Physically and mentally for building their career.

PHYSICAL EDUCATION INSTRUCTOR
Gymkhana Department



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CERTIFICATE COURSE ON YOGA- 2021

The following are the list of students who are enrolled for Certificate Course on Yoga. They are informed to attend the classes as per prescribed class time table.

SL. NO	Name of the Students	class
01	Apporava B. Udakeri	B A I
02	Deepa Karlkatti	B A I
03	Keerti N. Naganur	B A I
04	Pooja Bhovi	B A I
05	Ravi Gorabal	B A I
06	Sagar Shamrayanavar	B A I
07	Shewata Dinnimani	B A I
08	Geeta Patravali	B A I
09	Kavaya Hadapad	B A I
10	Shivaraj Bevoor	B A I
11	Afreen B. Nadaf	B.com I
12	Jyoti Lamani	B.com I
13	Pooja Chulki	B.com I
14	Shailambi Mulla	B.com I
15	Shavini Satigeri	B.com I
16	Laxmi P' Naiker	B.com I
17	Simaran K Ani	B.com I
18	Sunita Satappanavar	B.com I
19	Poornima Y Pujar	B.com I
20	Santosh Pilibantar	B A II
21	Subash chunamari	B A II
22	Vinod waggar	B A II
23	Shivappa Saundatti	B A II
24	Saniya Mankandar	B A II
25	Anush Meti	B com II


HOD
PHYSICAL EDUCATION INSTRUCTOR
Gymkhana Department




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Arts & Com College, Saundatti.

No.	Student's Name (Surname, Name and Father's Name)	ATTENDANCE															DANCE																		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
1	Apparava B. udakani	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U	A.B.U			
2	Deepa Karolhatti	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N	K.P.N			
3	Keerati P. Naganur	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G			
4	pooja Bhovi	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G	P.U.G			
5	Ravi Ghorabal	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G	R.G		
6	Sagar Shamrayanav	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S			
7	Shewata Dinamani	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D		
8	Greta partravali	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P	G.P		
9	Kavaya Hadapad	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H	K.H		
10	Shivraj Bevoor	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B		
11	Afreen B. Nadaf	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B		
12	Jyoti Lamani	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L	J.L		
13	pooja chudai	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C	P.C		
14	Shailambi mulla	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	
15	Shavini Satigeri	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S		
16	Laxmi P. Naikar	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	L.P	
17	Simaran K. Ani	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	S.A	
18	Sunita Satappanavar	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	
19	poornima y. Pujari	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	P.P	
20	Santosh pilibantor	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	
21	Subash chunamori	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	S.C	
22	vinod waggar	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W	V.W
23	Shivappa Saundatti	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	
24	Saniya markandao	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M	S.M
25	Anusha meti	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M	A.M



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Certificate course On "yoga" for the year 2020-2021.
Model Question Paper

1. Which Mudra is best for students and scholars?
 - a. Gyana Mudra
 - b. Prana Mudra
 - c. Surya Mudra
 - d. Prithvi Mudra
2. During the practice of Surya Bhedi Pranayama, Puraka (Inhalation) should be done through :
 - a. Right Nostril
 - b. Left Nostril
 - c. Both Nostril
 - d. Mouth
3. Which Asana is recommended to do after Shirashasana ?
 - a. Chakrasana
 - b. Sarvangasana
 - c. Kurmasana
 - d. Shashankasana
4. Which Asana is recommended to do after the practice of Ardachakrasana ?
 - a. Dhanurasana
 - b. Halasana
 - c. Padahasthasana
 - d. Gomukhasana
5. Which is the seventh step during the practice of Surya Namaskara ?
 - a. Hasta Padasana
 - b. Prana masana
 - c. Parvatasana
 - d. Bhujangasana

6. How many total postures are there in Surya Namaskara ?
- 9
 - 11
 - 12
 - 14
7. Which asana is known as the King of Asana ?
- Bhadrasana
 - Shirashasana**
 - Siddhasana
 - Sukabhasana
8. Which Chakra is activated by Practice of Jalandhara bandha ?
- Muladhara
 - Visuddhi**
 - Manipura
 - Anahata
9. Which Chakra is activated by practice of Uddiyana bandha ?
- Manipura**
 - Visuddhi
 - Anahata
 - Muladhara
10. Which Mudra is performed by placing tips of ring fingers and thumb together ?
- Surya Mudra
 - Prana Mudra
 - Prithvi Mudra**
 - Vayu Mudra
11. How many parts of Ashtanga yoga are described by Maharshi Patanjali ?
- 6
 - 7
 - 8**
 - 10
12. "Sthira Sukham Asanam" this definition is given by
- Vedavyasa
 - Maharshi Patanjali**
 - Maharshi Gheranda
 - Shri Krishna
13. How many parts of Yama are described in Patanjali Yoga Sutras ?
- 5
 - 6
 - 8
 - 10

14. Who gave the definition – Yoga Chitta Vritti Nirodaha ?

- a. Maharshi Vyasa
- b. Maharshi Patanjali**
- c. Shri Krishna
- d. Maharshi Gheranda

15. According to Maharshi Patanjali, pranayama is the ____ limb of Ashtanga Yoga ?

- a. Second
- b. Third
- c. Fourth**
- d. Fifth

16. The total number of Sutras in Patanjali Yoga Sutras are ? a.

- a. 155
- b. 175
- c. 185
- d. 195**

17. Where does Ajna Chakra located ?

- a. Eyebrow centre**
- b. Chest
- c. Tongue
- d. Legs

18. The word „Yoga“ is derived from a Sanskrit word meaning what ?

- a. Spirit
- b. Union**
- c. Posture
- d. Asana

19. How many Chakras are there in the human body ?

- a. Seven**
- b. Three
- c. Four
- d. Ten

20. What is Chakra ?

- a. Prayer Point
- b. Energy centre**
- c. Karma
- d. Bandha

21. From which country does Yoga originated from ?

- a. **India**
- b. Japan
- c. America
- d. China

22. Where is Kundalini located ?

- a. **The base of the Spine**
- b. The Brain
- c. The Whole body
- d. None of the above

23. The relaxative posture is

- a. Chakrasana
- b. Navakasana
- c. **Shavasana**
- d. Mandukasana

24. Matsyasana is performed in _____

- a. Tadasana
- b. **Padmasana**
- c. Dhanurasana
- d. Halasana

25. The technique to control breath is _____

- e. Kriya
- f. **Pranayama**
- g. Asana
- h. Surya Namaskara



A handwritten signature in blue ink, appearing to be "A.G.B."

PHYSICAL EDUCATION INSTRUCTOR
Gymkhana Department

A handwritten signature in blue ink, appearing to be "S.V.S."

PRINCIPAL

K.L.E. Society's S.V.S. Bellubbi
Arts & Com College, Saundatti.



Land No: 08330-222311

Fax No: 08330-2223716

**K.L.E.SOCIETY'S
S.V.S. BELLUBBI ARTS & COMMERCE COLLEGE
SAUNDATTI - 591126**

3rd Cycle Re-Accredited at the 'B++' Level by NAAC

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BUS STAND ROAD SAUNDATTI - 591126
TQ. SAUNDATTI, DIST. BELAGAVI (KARNATAKA)

Summary

During the year 2020-21, 30 students on Yoga admitted to the regular class. The Physical Education Director, expert also using ICT and Demonstrative class. The total number of students more than 95% of the attendance is recorded evidential. This course has helped students for Positive Health and different competitive examination and some of them get achieved with competitive exam. Finally the course as helped for student's community for building their career.

PHYSICAL EDUCATION INSTRUCTOR
Gymkhana Department



Principal
PRINCIPAL
K.L.E. Society's S.V.S. Bellubbi
Arts & Com College, Saundatti.



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Saundatti – 591126. Belagavi District
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Department of Physical Education and Sports

Certificate

This is to certify that Mr/Mrs _____ of _____

has Completed **Certificate Course in Yoga** for the Year 2020-21


HOD

Department of Physical Education and Sports
PHYSICAL EDUCATION INSTRUCTOR
Gymkhana Department




Principal
PRINCIPAL
K.L.E.Society's S.V.S. Bellubbi
Arts & Com College, Saundatti.