S.H.A. S. Samiti's

Smt. K.S. Jigalur Arts & Dr(Smt) S.M.Sheshgiri Commerce College for Women, Dharwad

Notice

13/02/2024

It is hereby informed to all the students of B.A./B.Com. Fifth Semester that the Department of English conducts Three days Certificate Course on Employability Skills from 19th to 21 February 2024 6hours per day for the academic year 2023-24 in collaboration with Naandi Foundation funded by Mahindra Pride Classroom.

Hence you are requested to give your names to Prof. Shanta Patil Kulkarni on or before 15th February 2024.

Prof. Shanta Patil Kulkarni Head, Dept. of English * (SANAD *

Dr. Rajeshwari M. Shettar

S. Principalmiti's
Smt. K. S. Jigelur Arts and
Dr. (5mt) S. M. Sheshpiri Commerce
College for Women, Dharwad

S.H.A. S. Samiti's

Smt. K.S. Jigalur Arts & Dr(Smt) S.M.Sheshgiri Commerce College for Women, Dharwad

Syllabus of the Three days (18hours) Certificate Course on Employability Skills held from $19^{\rm th}$ to $21^{\rm st}$ February 2024

| Sl. No. | Session title | Duration |
|---------|---------------------------------------|----------|
| 1 | I am Unique | 2hrs |
| 2 | Body Language & Professional Grooming | 2hrs |
| 3 | English- Language for Career | 2hrs |
| 1 | Job Opportunity | 2hrs |
| 2 | Interview Preparation-I | 2hrs |
| 3 | Group Discussion | 2hrs |
| 1 | Professional Ethics | 2hrs |
| 2 | Interview preparation -2 | 2hrs |
| 3 | Effective Speaking | 2hrs |

3days/9sessions/18hours

H-O.D. Q English

- C. C.

Principal
S.H.A.S. Samiti's
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Dr. (Smt) S. M. Show giri Commerce
College for Women, Dharwad

Shri Hurakadli Ajja Shikshana Samiti's Smt. K. S. J. Arts and Dr.(Smt) S. M. S Commerce College for Women, Dharwad Accredited at 8++ Grade by NAAC in 3rd Cycle IQAC initiative

Department of English in association with Naandi Foundation

Three days Certificate Course on Employability Skills Date: 19-02-2024 to 21-02-24 Pa

Participants Attendance- B.A.

| Si. no | Registration No | Name of the participant | 19/02 M | 19/02 E | 20/02 M | 20/02 E | 21/02 M | 21/02 E |
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| 1 | U10AM21A0002 | AFREEN NADAF - | A B may | A Brook | A.B.nag | A. B. nodo | A B mode | # B Nod |
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| 3 | U10AM21A0005 | BHUVANESHWARI BHAJANTRI | | | - | _ | | |
| 4 | U10AM21A0007 | FAIROJABEGUM SANGOLLI | Q. | Or. | Cot. | W. | W. | Es. |
| 5 | U10AM21A0009 | LAKSHMI HALIYAL . | Loud | Loud | Smet | 1 month | LAND | LAND |
| 6 | U10AM21A0011 | LAXMI MARUTI KARIYAVAR | lean 8 | lagen8 | loane | Janne | leanil | loom |
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| 9 | U10AMZ1A0018 | HALLI VIJAYALAKSHMI | Will ! | (deta) | Wyd | Wijin | Myde | uga |
| 10 | U10AM21A0019 | VIDYA WAGGAYYANAVAR - | The | Dog | Sheet - | Mar | No- | 10 |
| 11 | U10AM21A0023 | RENUKA | Acord | (Both | Policia | Hond | (FECEA | (Reloca) |
| 12 | U10AM21A0025 | PREETI SHIVAPPA KITTUR - | P32 | 1380 | 250 | P812 | RED | PRIC |
| 13 | U10AM21A0026 | SUMA SHIVANAND KAMATI . | SSE | SSP | sch | 955 | ST | 325 |
| 14 | U10AM21A0028 | PAVITRA MARUTI GUNDAGOVI | Pavilon | Peniloxa | RIVITURE | Positiva | Ruita | PENHA |
| 15 | U10AM21A0029 | SHRUTI SURESH GOSAL = | chas | shaul | Sticlai | stars | - | - |
| 16 | U10AM21A0030 | RANJITA KALLAPPAGOUDAR - | Della- | PNK | PY# | PLAKE | DIK | RNG |
| 17 | U10AM21A0031 | PRABHAVATI HALLIGERIMATH - | PSA | 5-83× | BEN | BBA | 507 | BOA |
| 18 | U10AM21A0033 | RIHANABEGUM B NADAF . | Phone | Black | Otheras | Chang | Pharae | (Bilbara |
| 19 | U10AM21A0034 | SUKANYA HANCHINAMANI | 281 | all | 00 | ande | ade | -OAKL |
| 20 | U10AM21A0035 | YASMIN BAGWAN . | Bogon | Lagara | Loopen | Logax | Fagou | Logo |
| 21 | U10AM21A0037 | SANGEETA MADIWALAR | SAIM | S.A.M | S-AIM | SAM | M. A.2 | A TOTAL PROPERTY OF |
| 22 | U10AM21A0038 | SUMA MAHADEVA PETUNAVAR, | € Composition | 900 | 350 | €60 | \$0 | B |
| 23 | U10AM21A0041 | POOJA R KHODE | | | | | | |



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Department of English in association with Naandi Foundation organize

Three days Certificate Course on Employability Skills Date: 19-02-2024 to 21-02-24 Participants Attendance- B.COM.

| Sl. no | Registration No | Name of the participant | 19/02 M | 19/02 E | 20/02 M | 20/02 E | 21/02 M | 21/02 E |
|--------|-----------------|-------------------------|----------------|--------------|--------------------------|------------|-------------|--------------|
| 1 | U10AM21C0001 | AKSHATA POL | Alexanopol | Netabo pd | Achabapel | distatore | utles)alega | edlahala pig |
| 2 | U10AM21C0003 | AMRUTA C BALLARY | Amruta B | | The second second second | 1 1 2 2 | | |
| 3 | U10AM21C0004 | PREETI BADIGER | P.K.Baduga | PKanby | P.K. Bodie | P.K.Bada | PKB Ag | P.K. Bodin |
| 4 | U10AM21C0005 | SAIYADAMALAN SUNKAD | Sugaryad | Smeathead | Sweunkad | Greatha | Proumad | Girsunkild |
| 5 | U10AM21C0006 | SOUNDARYA M.SHINDHE | क्यार वा | tut 4 | STITE N | 4 | Di di | Set de |
| 6 | U10AM21C0007 | JYOTI C. GIREPPAGOUDRA | Jyoti | Jyoti | Jyoti | Jyoti | Hope | Jyoti |
| 7 | U10AM21C0008 | REKHA PATIL | Rott Ratio | Reft. Bas | R+100 | RHA | RHBU | R.H.Bu |
| 8 | U10AM21C0009 | SAVITA JANU JORE | Garit | Levie | Sais- | Bac | Serve | Pour |
| 9 | U10AM21C0012 | LAKSHMI D TEJAPPANAVAR | Laxay | Lazni | Leverie | haznij | Larry | Lazza |
| 10 | U10AM21C0013 | KAMAKSHI RAJU RAJKAR | K.R. Raika | Length | k p. caka. | k.s.sada | t.R. Rauba | k Reader |
| 11 | U10AM21C0014 | SUPRIYA CHALAWADI | S. P. Chalavad | SRChalan | \$ 800 alak | S R. Chauf | seudi | ERSkola |
| 12 | U10AM21C0015 | DEEPA NAGARAJ HUGAR | preofe | joues | Recoke. | roule | 1000A | pulle |
| 13 | U10AM21C0016 | SHRIDEVI GAMANAGATTI | Sol- | Dal | shall) | Stand | Stail | Short |
| 14 | U10AM21C0017 | GOURAMMA S KAMMAR | Copiego | Operation | Course | Change | Geron | Chugan |
| 15 | U10AM21C0018 | KEERTI S HUGAR | D | 6 | 1 | 0 | 182 | 6 |
| 16 | U10AM21C0019 | TEJASWINI KILLEDAR | TEJOSLOI PA | PE CONSTR | Terguint | KICAN. | महाकारत | Tejaswir |
| 17 | U10AM21C0020 | KAVYA NEKAR | Kanga sakhan | VICTOR STATE | | 100000000 | tays atho | 200 |
| 18 | U10AM21C0021 | SUSHMA P GARAG | Sister | cichoc | chestron | SASPAR | Suspense! | charmo |
| 19 | U10AM21C0022 | PRIYANKA B GARAG | Privanto | Privade | Brush | Bird | Prisage | Popula |
| 20 | U10AM21C0023 | KAVYA KARIGAR | 桶 | tool | 166 | -Karlo | Kao | 林木 |
| 21 | U10AM21C0024 | ANNAPURNA MALAGI | to- | A | Ac | A | A | A |
| 22 | U10AM21C0025 | KAVERI BUDIHAL | Catalian | Chickiba | Gildula | Oddie | | |
| 23 | U10AM21C0027 | RESHMA AKKARAGAL | | | | | | |
| 24 | U10AM21C0028 | SHARMILA P BHAJANTRI | SP. | SB- | DB- | 900_ | PB- | SPB. |
| 25 | U10AM21C0029 | ASHWINI NIDAGUNDI | AGA | ALA | About | PA | DAT | Asst. |
| 26 | U10AM21C0031 | KEERTI M MUDAKAVI | heests | Kecsia | Keeng | Vices49 | Keerdi | Keerki |
| 27 | U10GL21C0029 | SNEHA MINDOLLI | Shit | Su | - | - | Sals | Sur |



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Or. (Smt) S. M. Sheshgiri Commercial
College for Women, Dharwar.



MPC "Karnataka" - Trainers Attendance Sheet

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| FT. | Ţ |

| | 1 Keerthi B V | | Trainer Name | | | NAAC Grade & Rural (or) Urban | District | College Category | College Name / University KS JIGALUR ARTS AND DR SM SHESHGIRI COMMERCE COLLEGE |
|-------------------|---------------|-----------------------------------|--------------------|---------|-----------------|----------------------------------|----------|------------------|--|
| | | (From & To) 9.30 Am 1.00Pm | Hours (Per Day) | Day | Date (DD.MM.YY) | NA/Urban | Dharwad | Arts& Science | KS JIGAL |
| | B | | 6H | Day | | | | ence | UR ARTS |
| | B | 1.30 PM 9.30 Am 4.30 Pm 1.00Pm | 6Hours | Day - 1 | 2/19/2024 | | | | AND DR S |
| | B | | 6Но | Day | 2/20 | | | ٠. | M SHESH |
| | B | 1.30 PM 9.30 Am 4.30 Pm 1.00Pm | 6Hours | Day - 2 | 2/20/2024 | | | | GIRI CON |
| | B | | 6Но | Day | 2/21 | | | N | MERCE |
| | to | 1.30 PM 4.30 Pm | 6Hours | Day - 3 | 2/21/2024 | | | | COLLEGE |
| | | | | Day - 4 | | | | | FOR WOMEN DH |
| | | | | Day - 5 | | | | | PRIDE CLASSIC FOR WOMEN DHARWAD/Akkamahadevi Women's University |
| Total No of Hours | | | | Day - 6 | | | | | PRICE (|
| 35.7 | ω | | No of Days | | | | | 8 | PRICE CLASSROOM |
| 8 | 200 | | Total No of | | | 1 | | 24 | ME |



Smt. K. S. Jigalur Arts and Or. (Smt) S. M. Sheshgiri Commerce College for Women, Dharwad S.H.A.S. Samiti's Principal

Principal

Authorized Signaturotic Seal Dr. (Smt) S. N. Sheshgiri Commerce College for Women, Dharwad

S.H.A. S. Samiti's

Smt. K.S. Jigalur Arts & Dr(Smt) S.M.Sheshgiri Commerce College for Women, Dharwad

Report of the Certificate Course on Employability Skills- 19th to 21st February 2024

Department of English under IQAC organized a three days 18hours Certificate Course on Employability Skills in collaboration with Naandi Foundation funded by Mahindra Pride Classroom. The trainer Miss Keerthi Shetty, a certified trainer from Tata Strive who had come from Virajpeth, Kodagu was very active and enthusiastic. The topics covered in these three days were I am Unique, Body language & Professional Grooming, English- Language for Career, Interview Preparation, Group Discussion, Professional ethics and Effective Speaking.

Day 1: The inaugural function of the course began with the college prayer, praying for the smooth conduct of the program. The Resource Person, Principal and IQAC Co-ordination and HoD of English lighted the lamp and wished the course a grand success.

The trainer took over the training program and began with self Introduction in a special manner. Then she explained the importance of Body language in the profession. Importance of English language, Communication and soft skills in the present scenario was made understood with citing examples.

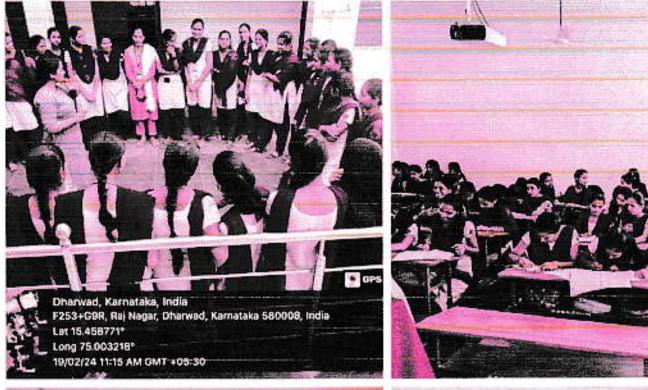
Day 2: The morning began with preparing for the Interviews, the dressing and the manner to be exhibited during the interview was explained with the help of a mock interview. The Method of participating in the Group Discussion was followed by Professional Ethics to be maintained.

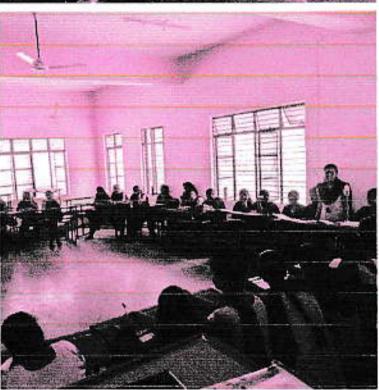
Day 3: Few more examples of professional Ethics were made to understand by the students. Interview preparation part 2 was followed by Effective Speaking. The students were trained to speak well with proper body language.

The day concluded with the valedictory session which was completely managed by the participants of the course. Two students were selected by the trainer as the best students or Pride of the classroom and were awarded with the medals. The certificated were issued to all the participants.

FSLASSASMS OF FORKULES COLLEGE A FORKULES COLLEGE &

Principal S.H.A.S. Samiti's Smt. K. S. Jigalur Arts and Dr. (Smt) S. M. Sheshgiri Commerce College for Women, Dharwad





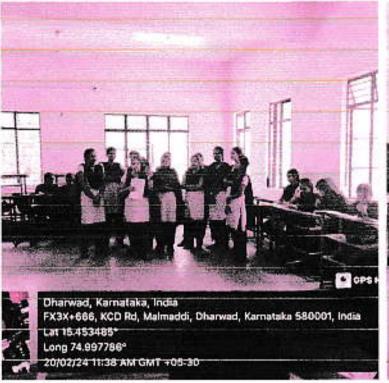


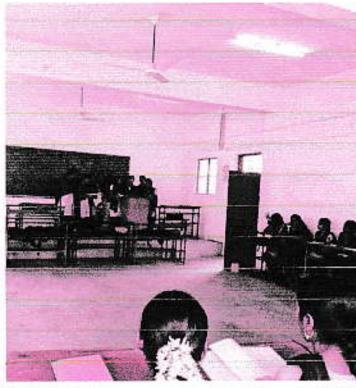
Day 01

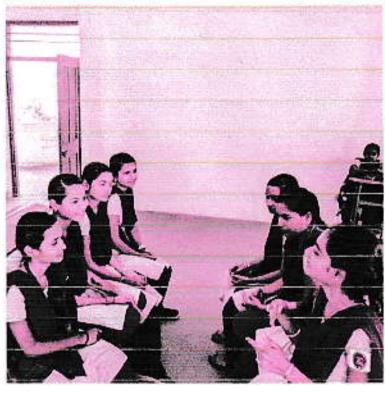
Topics Covered:

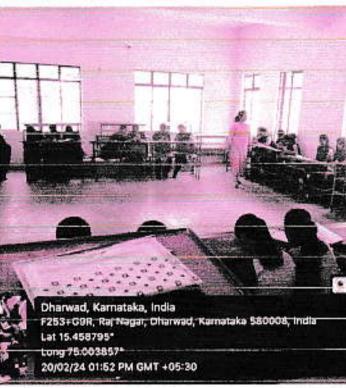
- 1. I am Unique
- 2. Body Language and Personal Grooming
- 3. English is a language for career











Day 02

Topics Covered:

- 1. Job Opportunities
- 2. Interview Preparation 1
- 3. Group Discussion





Day 03

Topics Covered:

- 1. Professional Ethics
- 2. Interview Preparation 2
- 3. Effective Speaking



AISHE Code: C-8679

Shri Hurakadli Alia Shikshana Samiti's

Smt. Kallawwa Shiyappanna Jigalur Arts & Dr. Sushila Murigeppa Sheshgiri Commerce

College for Women,

Accredited at B++ Grade by NAAC in 3rd Cycle

Near R. N. Shetty Stadium, Behind Sahitya Bhavan, DHARWAD-580 008

E-mail: shasswcd@gmail.com

Web: shasswcd.org

No. WCD 2023-2024 569

Date: 21/2/24

Phone: 0836-2436182

Letter of Appreciation

I am extremely delighted and would like to express my gratitude to Naandi Foundation and all its trainers of employability skill training through 'Mahindra Pride Classroom'. The Training was conducted from 19th to 21st Feb, 2024 to final year B.A. and B.Com girl students. It was a wonderful experience for the students to learn various skills for their career advancement. Your resourcefulness, commitment and dedication in the field of training for the students is commendable. The students and staff of this college also have expressed their sincere appreciation for your work. We expect your cooperation and service in the future also.

With warm regards,

KS14STS8SMS COMERCE COLLEGE FOR WOMEN

primalizadi S.H.A.S. Samiti's

Sret. K. S. Jigalur Arts and Dr. (Smt) S. M. Sheshgiri Commerce College for Women, Dharwad

OF COMPLETION

This Certificate is awarded to

PREETS KITTUR

from K-S. Tigalow Arts & S. H.S. Comm. College for Warney, Dhawad

B. Com V Semester

.....on successful completion of

"Employability Skill Programme" conducted by Mahindra Pride Classroom,

Chief Skills Officer

Mahindra PRIDE CLASSROOM

Naandi

Dr. (Smt) S. M. Sheshgiri Commercia College for Women, Dhanwad S.H.A.S. Samhi's

Principal



SMT. K. S. JIGALUR ARTS & DR. (SMT) S. M. SHESHGIRI COMMERCE COLLEGE FOR WOMEN, DHARWAD



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Organizes

YOGA CERTIFICATE COURSE

Date: 18th June to 4th July 2024

RESOURCE PERSON

Shri. Bheemappa H. Laddi



Smt. Shakuntala S. Biradar

Physical Director

Dr. Rajeshwari M. Shettar

Principal

S.H.A.S. Samiti's Smt. K. S. Jigaler Arts and (Smt) S. M. Sheshgiri Commerce

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Accredited at 8++ Orade by NAAC 3rd



EDUCATION AND SPORTS

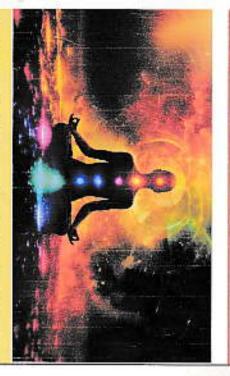
Organizes

YOGA CERTIFICATE COURSE

THEME: "YOGA FOR SELF AND SOCIETY"

Date: 18th June to 4th July 2024

Venue: College Premises



Smt. Shanta S. Patiikulkarni Smt. Shakuntala S. Biradar IQAC Coordinator Physical Director

Dr. Rajeshwari M. Shettar Principal

- Improve Flexibility and Strength
- Reduce Stress
- Boost Immunity
- Enhance Focus and Clarity
- Improve Heart Health.
- Foster Inner Peace

FEATURES OF THE COURSE:

- Free Admission for the students.
- Offline Mode.
- Covers fundamental yoga asanas, pranayama techniques, meditation, and relaxation practices.
- Focuses on physical fitness, mental wellbeing, and spiritual growth.
- Encourages active participation and handson practice

 Principal
- Certificates will be provided for HallSthem the Smt. K. S. Jigalur Arts and Smt. K. S. Jigalur Arts and participants at the end of the Control College for Women Dharwa

About the Yoga Trainer...



Shree Bheemappa H. Laddi, has completed his PG Diploma in Yoga and MA in Yoga from Karnatak University Dharwad. He has also received Certificate Yoga from Karnatak University Dharwad. Completed his CCYC from NS NIS Patiala, affiliated to Sports Authority of India, Patiala, Punjab.

"Yoga is the Journey of the self, through the self"
-Bhagavad Gita

ALL ARE CORDIALLY INVITED

Arts and Smt. Shakuntala S. Biradar if Continerce 9986538224

College for Women Dharyad chakuntalashiradar123@cmail.com

Smt. K. S. Jigalur Arts and Dr. (Smt) S. M. S. Sheshgiri Commerce

College for Women, Dharwad

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

NOTICE

Date: 12-06-2024

It is hereby informed to all the students that the Department of

Physical Education and Sports is organizing a "YOGA CERTIFICATE

COURSE" from 18th June to 4th July 2024. Interested students are informed to

register their names to Smt. Shakuntala S. Biradar, Physical Director on or before

15th June 2024.

Smt. Shakuntala S. Biradar

Physical Director

... Dr. Rajeshwari M. Shettar

S.H.A. 9 19 19 Arts and

Dr. (Smt) S. M. Sheshgirl Commerce College for Women, Dharwad AISHE Code: C-8679

Shri Hurakadli Ajja Shikshana Samiti's

Phone: 0836-2436182



Smt. Kallawwa Shivappanna Jigalur Arts & Dr. Sushila Murigeppa Sheshgiri Commerce College for Women,

Accredited at B++ Grade by NAAC in 3rd Cycle

Near R. N. Shetty Stadium, Behind Sahitya Bhavan, DHARWAD-580 008

E-mail: shasswcd@gmail.com

Web: shasswcd.org

No. WCD 2024-25 75

Date: 16 06 2024

To, Shri. Bhimapp H. Laddi Yoga Trainer Murgamath, Mrutunjaya Nagar,

Sir,

Dharwad.

Sub: Invitation to participate as a Resource Person.

Department of Physical Education and Sports Section of our college would like to organize 15 days Certificate Course on Yoga from 18th June to 4th July, 2024. We would like to invite you as Resource Person for the same. Kindly accept our invitation and do the needful.

Thanking you

Yours faithfully

S.H.A.S. Samiti's Smt. K. S. J. Arts and Dr. S. is. S. Commerce

College for Women. Dharwad

Principal

RESUME

BHEEMAPPA H LADDI S/O HANAMANT LADDI, AT POST TULASIGERI, NEAR OLD GRAMPANCHAYAT TQ DIST BAGALKOT KARNATAKA 587204

MOB: 7760622916

Email : bheemappaladdi@gmail.com

CAREER OBJECTIVES

To contribute to the growth of the organization with my smart work and dedication while being prudent, bold, interactive and adaptable. Willing to work as a key player in any creative environment.

EDUCATIONAL QUALIFICATIONS

| © <u>L</u> ass | NAME OF THE INSTITUTION | BOARD / UNIVERSITY | YEAR OF PASSING |
|-----------------------|---|--|--------------------|
| SSLC | Basaveshwar Higher Sec. School, Bagalkot | Karnataka Secondary Education Examination | 2013 (57.92%) |
| PUC | SK Comp Pu College Savadatti | Department of Pre University Education | 2015 (78.66%) |
| B.Com | KLE Sri Mrutyunjaya Arts and Commerce College Dharwad | Karnatak University Dharwad | 2018 (79.54%) |
| PG Diploma Yoga | Karnatak University Dharwad | Karnatak University Dharwad | 2019 (70.71%) |
| MA Yoga | Karnatak University Dharwad | Karnatak University Dharwad | 2021 (83.33%) |
| Certificate Yoga | Karnatak University Dharwad | Karnatak University Dharwad | 2022 (79%) |
| CCYC | NS NIS Patiala | Sports Authority of India Patiala, Punjab | 2023 (A+) |
| B.Ed | Shree Sai B Ed college Navanagara, Hubballi | Karnataka University Dharwad | 88.33% 2024 |

CORE COMPETENCIES

- Good communication skill, Hard Working, Team work and Time Management.
- Interacting with people at all level in the organization.
- Having strong analytical and problem- solving skills.
- > Commitment and dedication for professionalism, Hardworking and Self Confident.
- Basic Computer- MS OFFICE, Power Point.

RELEVENT SKILLS

- Adaptability, Flexibility.
- > Positive attitude towards responsibilities
- Motivational Techniques, Yoga Stretching experience.
- Special In Ashlanga Yoga, Power Yoga, Advanced Yoga Classes.

PROFESSIONAL SUMMARY

Goal oriented and energetic yoga Instructor with talent for motivating participants with enthusiasm and encouragement. Extensive educational background in anatomy, psychology and philosophy.

JOB EXPERIENCE

- Worked as a freelance yoga teacher in many places.
- Working as a Yoga Trainer in Police Head Quarters, Primary Health Centre, Dharwad under NHM (Contract base) from 12/10/2020 to till today.
- Working as a Yoga Instructor in Ayush Department Dharwad (Health and Wellness Centre, Tegur) from 06/03/2020 to till now.
- In many State and National level yoga competition I have worked as a Yoga Referee.

CERTIFICATE AND AWARDS

- 200 hrs certified as a registered Yoga Teacher from World Yoga organization and Swastik yoga Academy Navanagar, Hubli.
- Many times I got places in District, State and National level Yogasana competitions. Recently I got bronze medal Senior National Level Yogasana competition which is held in Tadepalligudem, Andrapradhesh.
- Also I have attended 3 times 6 days continuing Medical education (CME) programme on Yoga Therapy for yoga therapists (This programme conducted by Ministry of Ayush Govt of India).
- I Got Gold Medal in MA Yoga study from KUD.

PERSONAL DATA

Father Name

: Hanamant Laddi

Mother Name

: Rukmayya Loddi

DOB

: 15/04/1997

Sex

: Male

Age

: 27

Religion

: Hindu

Nationality

: Indian

Languages Known: Kannada, English

Present Address : S/o Hanamant Laddi, At post Tulasigeri, Near Old Grampanchayat,

To Dist Bagalkot, Karnataka 587204

DECLARATION

I hereby declare that all the information furnished above is true to the best of my knowledge and belief. I will be faithful and will foyally carry out the duties assign to me.

Place:

Thanking You

Date:

S.H.A.S. Samiti's Smt. K. S. Jigatur Arts and Or. (Smt) S. M. Sheshgiri Commerce College for Women, Dharwad

Smt.K.S.Jigalur Arts & Dr.(Smt.S.M.SheshgirCommerce College for Women,

Dharwad

DEPARTMENT OF PHYSICAL EDUCATION

YOGA CERIFICATE COURSE

(From 18th June to 04th July 2024)

Students List

| SI No | NAME OF THE STUDENT | CLASS | SIGNATURE |
|-------|-----------------------|----------|-----------|
| 1 | Amruta C.Ballary | B.Com VI | Amnuta.B. |
| 2 | Anita C.Ballary | B.Com 1 | Pilos |
| 3 | Laxmi D. Tejappanavar | B.Com VI | Laxing |
| 4 | Malashree S.Malyagol | B,A IV | Dlyagal |
| 5 | Pavitra Haramanagatti | B.Com I | And train |
| 6 | Pooja S. Mundaragi | B.Com I | PSAA. |
| 7 | Sangeeta Helawar | B.A VI | (SEA) |
| 8 | Savitri S. Huded | B.A I | 9 |
| 9 | Shilpa H | B.Com I | Shilper |
| 10 | Sneha Mindolli | B.Com VI | _ \$3b. |
| 11 | Vijayalaxmi Halli | B.A VI | UHD |
| 12 | Anita Walikar | B.A IV | A.Ota |

(Smt S S Biradar) (Bheemappa, Laddi)

Principal S.H.A.S. Samiti's

Smt. K. S. Jigalur Arts and Dr. (Smt) S. M. Sheshgiri Commerce College for Women, Dharwad







DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

YOGA CERTIFICATE COURSE

18th June to 4th July 2024

REPORT

Introduction

In alignment with our commitment to holistic education and well-being, our college conducted a Yoga Certificate Course for students from 18th June to 4th July 2024. The course was a unique initiative aimed at promoting physical fitness, mental clarity, and spiritual awareness among students. Under the expert guidance of Shri Bhimappa H. Laddi, a renowned yoga trainer, the program successfully introduced participants to the ancient and transformative practice of yoga.

Objectives of the Course

The primary objectives of the Yoga Certificate Course were:

- To educate students on the importance and benefits of yoga for overall health and wellbeing.
- To equip participants with foundational yoga techniques, including asanas (postures), pranayama (breathing exercises), and meditation.
- 3. To foster a sense of discipline, mindfulness, and balance in students' daily lives.
- To cultivate a deeper understanding of the philosophy and spiritual aspects of yoga.

Details of the Course

- Duration: 18th June to 4th July 2024 (a total of 15 days).
- Trainer: Shri Bhimappa H. Laddi, an experienced and certified yoga practitioner with years of expertise in teaching and promoting yoga.
- Participants: 12 enthusiastic students actively engaged in the program.
- Venue: The course was conducted in the college's wellness center, a serene space conducive to yoga practice.
- Certification: Upon successful completion of the course, all participants received a
 certificate of achievement, recognizing their dedication and effort.

Importance of Yoga

Yoga is a time-tested practice with profound benefits for the body, mind, and spirit. The course highlighted the following key aspects of yoga:

Enhances flexibility and strength, improving overall physical fitness.

- Corrects posture and reduces the risk of chronic pain, especially back and neck issues.
- · Boosts immunity and promotes better digestion through internal organ stimulation.
- Reduces stress and anxiety by calming the mind and lowering cortisol levels.
- Improves focus, concentration, and mental clarity, aiding academic and personal productivity.
- Encourages emotional balance and resilience, fostering a positive outlook on life.
- Cultivates mindfulness and awareness, helping individuals stay present in the moment.
- · Promotes inner peace and a deeper connection with oneself.
- Provides tools for meditation and introspection, which are essential for personal growth.

Course Highlights

- Daily Sessions: Each session began with a brief warm-up, followed by asanas, pranayama techniques, and guided meditation. Students learned foundational poses such as Tadasana, Vrikshasana, and Trikonasana, as well as breathing exercises like Nadi Shodhana and Kapalabhati.
- Interactive Learning: Shri Bhimappa H. Laddi ensured that sessions were interactive and engaging. He explained the science behind each practice, encouraging students to ask questions and share their experiences.
- Group Activities: To foster camaraderie, students participated in group activities such as partner voga and collaborative mindfulness exercises.
- Focus on Philosophy: The course also included discussions on the philosophical roots of yoga, derived from ancient texts like the Bhagavad Gita and Patanjali's Yoga Sutras.
- Feedback and Assessment: Regular feedback was collected from participants to tailor the sessions to their needs. The trainer also assessed each student's progress, offering personalized guidance.

Student Participation and Response

The 12 students who participated in the course displayed remarkable enthusiasm and commitment. Many reported noticeable improvements in their physical fitness, mental clarity, and emotional stability by the end of the program. Here are some of their reflections:

- "I feel more energetic and focused after attending this course. The breathing exercises have helped me manage stress better."
- "Learning yoga has been a transformative experience. It's something I will continue practicing."

Conclusion

The Yoga Certificate Course was a resounding success, achieving its objectives of introducing students to the transformative power of yoga. The dedication of the participants and the expertise of Shri Bhimappa H. Laddi made this program truly enriching. The course not only equipped students with valuable skills but also instilled in them a lifelong appreciation for yoga and its benefits.

We express our heartfelt gratitude to Shri Bhimappa H. Laddi for his exceptional guidance and to the college administration for supporting this initiative. This program has set the stage for future endeavors aimed at promoting wellness and holistic development among students.

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Principal

Shri Hurakadli Ajja Shikshana Samiti's Smt. K. S. J. Arts and Dr.(Smt.) S. M. S. Commerce College for Women, Dharwad Accredited at B++ Grade by NAAC in 3rd Cycle

CERTIFICATE COURSE IN YOGA

Date: _/07/2024

Duration: minutes

Max Marks: 20

A. Answer any Five of the following Questions.

5X2=10

- 1. Who is the father of yoga & define the yoga according to them. ಯೋಗದ ಪಿತಾಮಹರು ಯಾರು? ಮತ್ತು ಅವರ ಪ್ರಕಾರ ಯೋಗವನ್ನು ವ್ಯಾಖ್ಯಾನಿಸಿರಿ.
- 2. What is the meaning of yoga ? ಯೋಗದ ಅರ್ಥ ತಿಳಿಸಿರಿ.
- 3. What is health? ಆರೋಗ್ಯ ಎಂದರೇನು?
- 4. Explain the procedure of nadisodhan pranayam . ನಾಡಿಶೋಧನ ಪ್ರಾಣಾಯಾಮ ಸಾಧನೆಯ ಕ್ರಮವನ್ನು ತಿಳಿಸಿರಿ.
- Name 4 sporn postures,
 ಉದರದ ಮೇಲೆ ಮಲಗಿ ಮಾಡುವ 4 ಆಸನಗಳ ಹೆಸರುಗಳನ್ನು ಹೆಸರಿಸಿ.
- 6. Name of the asana which can be performed after the meals and what are the uses of that asana. ಊಟದ ನಂತರ ಮಾಡುವ ಆಸನ ಯಾವುದು ಮತ್ತು ಆ ಆಸನದಿಂದಾಗುವ ಪ್ರಯೋಜನವೇನು?

B. Answer the following Questions.

2X5=10

1. Explain the general rules and regulations which has to be followed by the yoga practitioner.

ಯೋಗ ಸಾಧಕನು ಪಾಲಿಸಬೇಕಾದ ಸಾಮಾನ್ಯ ನೀತಿ ನಿಯಮಗಳನ್ನು ವಿವರಿಸಿರಿ.

2. Explain the miss conceptions among the common people about the yoga ಯೋಗದ ಬಗೆಗೆ ಜನಸಾಮಾನ್ಯರಲ್ಲಿರುವ ತಮ್ಪ ಕಲ್ಪನೆಗಳನ್ನು ವಿವರಿಸಿರಿ.

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DEPARTMENT OF PHYSICAL EDUCATION

YOGA CERIFICATE COURSE

Theory Examination Score Sheet Date: 03-7-2024

| SI No | NAME OF THE STUDENT | Class | Total Marks |
|-------|-----------------------|----------|-------------|
| ī | Amruta C.Ballary | B.Com V1 | 43 |
| 2 | Anita C.Ballary | B.Com I | 42.5 |
| 3 | Laxmi D. Tejappanavar | B.Com VI | 46 |
| 4 | Malashree S.Malyagol | B,A IV | 49.5 |
| 5 | Pavitra Haramanagatti | B.Com I | 4.3 |
| 6 | Pooja S. Mundaragi | B.Com I | 41 |
| 7 | Sangeeta Helawar | B.A VI | 40.5 |
| 8 | Savitri S. Huded | B.A I | 40.5 |
| 9 | Shilpa H | B.Com I | 11.5 |
| 10 | Sneha Mindolli | B.Com VI | 40.5 |
| 11 | Vijayalaxmi Halli | B.A VI | 43 |
| 12 | Anita Walikar | B.A IV | 45.5 |

(Bheemappa Laddi)

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YOGA CERIFICATE COURSE

Practical Examination Score Sheet

Date: 04-7-2024

| SI No | NAME OF THE | Class | Sun salutation | Asana | Pranayama | Total Marks |
|-------|------------------------|----------|----------------|-----------|---|-------------|
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| 61 | Anita C.Ballary | B.Com I | 0 | X . X+0 | 3 + 5 - 60 | 4.4 |
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| 12 | Anita Walikar | B.A IV | 0 | 1 | ν <u>-</u> | 26 |

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Principal



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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

YOGA CERTIFICATE COURSE

18th June to 4th July 2024

VALEDICTORY FUNCTION

PROGRAMME LIST

Date: 4th July 2024

Time: 10 AM

1. Prayer

: All Students

2. Welcome & Introduction

: Smt. Shakuntala S. Biradar

3. Students Feedback

4. Chief guest Speech

: Smt. Shanta S. Patilkulkarni

5. Resource Person Speech:

: Shri. Bheemappa H. Laddi

6. Presidential Remarks

: Dr. Rajeshwari M. Shettar

7. Vote of Thanks

: Kum. Amruta Ballary

8. Anchoring

: Kum. Laxmi Tejappanavar

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YOGA GERTIFICATE COURSE

THEME : "YOGA FOR SELF AND SOCIETY"

Organized By





04/07/2024 Fifteen Days Yoga Certificate Course Organized by the Department of Physical Education and Sports from 18/06/2024 to has participated in



Shri Bhimappa H.

Yoga Traine

IOAC Coordinator

Smt. Shakuntala S. Biradar Physical Education Director

Principal

Smt. K. S. J. Age mad Dr. S. W. S. Commerce

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YOGA CERTIFICATE COURSE

THEME : "YOGA FOR SELF AND SOCIETY"



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS CERTIFICATE OF PARTICIPATION

Fifteen Days Yoga Certificate Course Organized by the Department of Physical Education and Sports from 18/06/2024 to 04/07/2024 This is to certify that Kumari Anita. C. Ballory has participated in



Shri Bhimappa H. Laddi Yoga Traine

IQAC Coordinator

Physical Education Director

Principal

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This is to certify that Kumari Loxmi D. Tejappanovax

has participated in

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Shri Bhimappa H. Laddi

Yoga Traine

IQAC Coordinator

Smt. Shakuntala S. Biradar

Physical Education Director

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YOGA GERHIEGATE GOURSE



THEME : "YOGA FOR SELF AND SOCIETY"

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Yoga for Harmony & Peace



This is to certify that Kumari Malashace S. Malyagol

has participated in

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Yoga Traine

IQAC Coordinator

Smt. Shakuntala S. Biradar

Physical Education Director

Principal



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THEME : "YOGA FOR SELF AND SOCIETY"





This is to certify that Kumari Pavitra Haramanagatti

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ICAC Coordinator

Smt. Shakuntala S. Biradar

Physical Education Director

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has participated in

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ICAC Coordinator

Physical Education Director

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nas participated in

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QAC Coordinator

Physical Education Director

Principal

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has participated in

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IQAC Coordinator

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Physical Education Director

Principal

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Yoga Traine

IQAC Coordinator

Smt. Shakuntala S. Birad

Physical Education Director

Principal

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04/07/2024



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Yoga Traine

IOAC Coordinator

Physical Education Director

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Shri Bhimappa H. Laddi

Yoga Traine

DAC Coordinator

Physical Education Director

Principal

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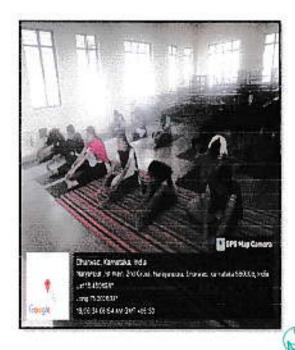
YOGA CERTIFICATE COURSE

18th June to 4th July 2024

PHOTO GALLERY









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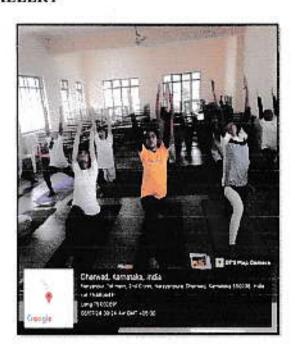
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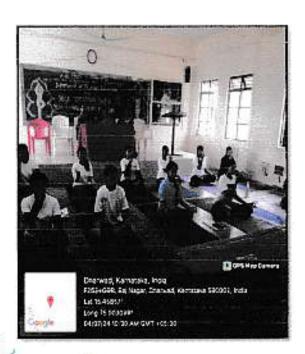
18th June to 4th July 2024

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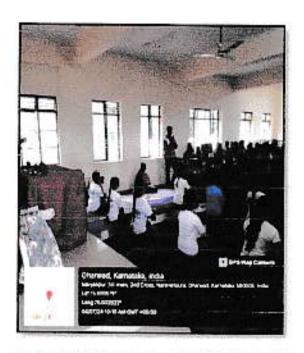


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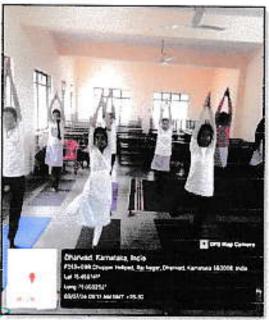
18th June to 4th July 2024

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DEPARTMENT OF PHYSICAL EDUCATION

YOGA CERIFICATE COURSE

ATTENDENCE SHEET

Time: Morning 7-30 to9-30am

Date: 18-06-2024 to 04-07-2024

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Smt. Shakuntala S.Biradar giother.

Phy. Education Director

Shri Bheemappa H. L

Yoga Trainer

Dr. Rajeshwari M. Shettar

Principal
S.H.A.S. Samitt's
S.H.A.S. Samitt's
Smt. K.S. J. Arts and Dr. S. M. S. Commerce

College for Women, Dharwad

S.H.A.S. Samiti's
S.H.A.S. Samiti's
S.H.S. J. Arts and Dr. S. N. S. Commerce College for Women, Dharwad

Smt.K.S.Jigalur Arts & Dr.(Smt.) S.M.Sheshgiri Commerce College for Women, Dharwad

DEPARTMENT OF PHYSICAL EDUCATION

YOGA CERIFICATE COURSE

ATTENDENCE SHEET

Time: Morning 7-30to9-30am

Date: 18-06-2024 to 04-07-2024

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STOOLS

Smt. Shakuntala S.Biradar

Phy. Education Director

Shri Bheemappa H. L

Yoga Trainer

Dr. Rajeshwari M. Shettar

S.H.A.S. Samit's
S.mt. K. S. Jigalur Arts and
Dr. (Smt) S. M. Sheshgiri Contmerce
College for Women, Dharwad

SMT. K. S. JIGALUR ARTS & DR. (SMT.) S. M. SHESHGIRI COMMERCE COLLEGE FOR WOMEN, DHARWAD

Accredited at B++ Grade by NAAC in 3rd Cycle

OAC INTIATIVE



YOGA CERTIFICATE COURSE

THEME: "YOGA FOR SELF AND SOCIETY"

Organized By





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has participated in

04/07/2024 Fifteen Days Yoga Certificate Course Organized by the Department of Physical Education and Sports from 18/06/2024 to



Shri Bhimappa H. Laddi

Yoga Trainei

ILAC Coordinator

Smt. Shakuntala S. Biradar Dr. Rajeshwari M. Shetta

Physical Education Director

Prencipal

S.H.A.S. Samiti's

NOTICE

Date: 17/06/2024

All the students are hereby informed that Department of Physical Education and Sports has organized **International Yoga Day celebration** on 20th June 2024. All the students are informed to attend the programme.

STATE SCORE

Smt. Shakuntala S. Biradar

Physical Education Director

1 Billie

Dr. Rajeshwri M. Shettar

Principal

S.H.A.S. Samiti's Smt. K. S. J. Arts and Dr. S. M. S. Commerce College for Women, Dharwad AISHE Code: C-8679

Shri Hurakadli Ajja Shikshana Samiti's

Phone: 0836-2436182

Smt. Kallawwa Shivappanna Jigalur Arts & Dr. Sushila Murigeppa Sheshgiri Commerce College for Women,

Accredited at B++ Grade by NAAC in 3rd Cycle

Near R. N. Shetty Stadium, Behind Sahitya Bhavan, DHARWAD-580 008

E-mail: shasswcd@gmail.com

Web: shasswcd.org

No. WCD 12024-25 78

Date:18/06/2024

To. Shri, Vilas Kulkarni Rtd. Veterinary Surgeon & Yoga Master trainer Dharwad

Subject: Invitation to participate as a resource person for International Yoga Day... Respected Sir,

We are pleased to invite you as a resource person for an A Programme on Yoga Day organized by Department of Physical Education & Sports and NSS Units. We request you to address our students and conduct a session on 20th June, 2024. Your expertise in this field will definitely benefit our students.

Anticipating your positive reply.

SOMERON

Smt. Shakuntala Biradar Associate Physical Director

Personnell Dr. Anita Kadapatti NSS Offiger, UNIT-I

Alus/ Dr. Ashvini Patil NSS Officer, UNIT-II

> Dr. Rajeshwari M. Shettar P.Rringipal

S.H.A.S. Samiti's Smt. K. S. Jigalur Arts and Dr. (Smt) S. M. Sheshgiri Commerce Cottege for Vlomen, Dharwad

AISHE Code: C-8679

Shri Hurakadli Ajja Shikshana Samiti's

Phone: 0836-2436182



Smt. Kallawwa Shivappanna Jigalur Arts & Dr. Sushila Murigeppa Sheshgiri Commerce College for Women,

Accredited at B++ Grade by NAAC in 3rd Cycle

Near R. N. Shetty Stadium, Behind Sahitya Bhavan, DHARWAD-580 008

E-mail: shasswcd@gmail.com

Web: shasswcdorg

No. WCD 124-25 84

Date: 20 6 2024

Shri, Vilas Kulkarni Rtd. Veterinary Surgeon & Yoga Master trainer Dharwad

Certificate of Appreciation

Respected Sir,

It was very kind of you for accepting our invitation as a Resource Person for A Programme on International Yoga Day organized by Department of Physical Education & Sports and NSS Units on 20th June, 2024.

We would like to extend our heartfelt thanks and regards to you for addressing our students and conducting a session. We seek your support in future for such programs.

Thanking You.

Smt. Shakuntala Biradar Associate Physical Director

په کامک کامک Dr. Anita Kadapatti NSS Officer, UNIT-1

Dr. Ashvini Patil NSS Officer, UNIT-II

> Dr. Rajeshwari M. Shettar P.Principal

S.H.A.S. Samiti's Smt. K. S. Jigalur Arts and Dr. (Smt) S. M. Sheshgiri Commerce College for Women, Dharwad

S.H.A.S. Samiti's Smt. K. S. J. Arts and Dr. S. M. S. Commerce College for Women. Dharwad



Smt. K. S. Jigalur Arts & Dr.(Smt.) S. M. Sicaligiri Commerce College for Women, Dharwad



Attendence Student list :International Yoga Day celebration Programme held on 20.06.2024

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SMT. K. S. JIGALUR ARTS & DR. (SMT) S. M. SHESHGIRI COMMERCE COLLEGE FOR WOMEN, DHARWAD



On 20th June 2024, International Yoga Day was celebrated in our college by the department of Physical education and sports.



International Yoga Day

S.H.A.S. Samiti's Smt. K. S. J. Arts and Dr. S. M. S. Commerce College for Women, Dharwad



Smt. K. S. J. Arts and Dr.(Smt) S. M. S Commerce College for Women, Dharwad



Accredited at B++ Grade by NAAC in 3rd Cycle

REPORT OF IQAC Initiative

A CERTIFICATE COURSE ON EMPLOYABILITY SKILLS

07th to 17th February, 2024



DEPARTMENT OF SOCIOLOGY,
&
CAREER GUIDANCE & PLACEMENT CELL.

DHARWAD

2023-24



Notice

Date: 03-02-24

All the final year B.A. and B.Com. students are hereby informed to attend the certificate course on Employability Skills organized by the Department of Sociology, Career Guidance and Placement Cell to be held on February 7th to 17th 2024. For further details contact convener Dr. Ashvini Patil.

Dr. Ashvini S. Patil

Assistant Professor of Sociology &

Convener, Career Guidance & Placement Cell

Dr. Rajeshwari M. Shettar

Principal

Principal S.H.A.S. Samiti's

Smt. K. S. J. Arts and Dr. S. M. S. Commerce College for Women, Disarward

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Shri Hurakadli Ajja Shikshana Samiti's Smt. K. S. J. Arts and Dr.(Smt) S. M. S Commerce College for Women, Dharwad



Accredited at B++ Grade by NAAC in 3rd Cycle

IQAC Initiative DEPARTMENT OF SOCIOLOGY, CAREER GUIDANCE & PLACEMENT CELL. Organized

A CERTIFICATE COURSE ON EMPLOYABILITY SKILLS- 07-02-2024 to 17-02-2024

About the Course

Final year B.A and B.Com students study employability skills as their SEC course. Compared with commerce students, social science students lack in this knowledge so, this course intends to give knowledge pertaining to these skills; which in turn help them in their post graduation pre-qualifying exams and in almost all competitive exams.

The Department of Sociology organized a Certificate Course on Employability Skills from 07-02-2024 to 17-02-2024. Faculty and resource persons from different backgrounds like RUDSET institution, faculty of Economics, Commerce, English, bureaucrats and officials from police department, corporate world were included in this course, which gave awareness and lecture about the employability skills and gave them idea about opportunities in competitive world.

Course Objectives:

- To provide knowledge and to develop systematic problem solving skills.
- 2. To enhance their verbal and nonverbal reasoning skills
- To improve numerical and analytical abilities and enhance English language and communications skills.

Facilities Available:

- Experienced Resource Persons
- ICT enabled class rooms and sessions
- Course Kit and study Material

Eligibility:

B.A and B.Com Final year regular students are eligible apply for this course.

S.H.A.S. Semiti's Smt. K. S. J. Arts and Dr. S. M. S. Commerce College for Women, Dharwad



Smt. K. S. J. Arts and Dr.(Smt) S. M. S Commerce College for Women, Dharwad Accredited at B++ Grade by NAAC in 3rd Cycle



Notification

03-02-2024

Subject: Composition of Board of Studies for Certificate Course on Employability Skills

It is hereby decided to compose the members of Board of Studies for the certificate course on "Employability Skills" to be organized by Department of Sociology and Career Guidance & Placement Cell.

. The Body of BoS includes:

Signature

 Dr. Rajeshwari M. Shettar Principal Helios

Dr. Ashvini S. Patil
 Assistant Professor of Sociology

dely

Dr. Basavaraj Sanapa Faculty, RUDSET Sd

4. Prof. Shanta Patilkulkarni IOAC Co-ordinator Selver_



Principal
S.H.A.S. Samiti's
3mt. K. S. J. Arts and Dr. S. M. S. Commerce
College for Women. Dharwad





Minutes

The Meeting of the BoS Certificate Course on was convened on 04-02-2024 at principal's room, The following members were present:

Signature

 Dr. Rajeshwari M. Shettar Principal

2. Dr. Ashvini S. Patil
Assistant Professor of Sociology

3. Dr. Basavaraj Sanapa Faculty, RUDSET

4. Prof. Shanta Patilkulkarni IOAC Co-ordinator dela

Sd

Resolutions:

- It was discussed to organize the Certificate Course on "Employability skills" in the First week of July.
- It was discussed and finalized the course structure and syllabus to be covered in the course.
- 3. It was discussed and decided to conduct offline. The students will be issued certificates only after 85% attendance.
- 4. No other matter was discussed.
- The Meeting was concluded with vote of thanks.

KSLARTS I S.N.S.

KSLARTS I S.N.S.

COMMERCE CULLEGE
FOR WOMEN

OHARNAO

Principal
S.H.A.S. Samiti's
Smt. K. S. J. Arts and Dr. S. M. S. Characte
College for Women, Dhara

Expected Outcomes:

After the completion of the course, the student/ researcher will be able to-

- Students will be able to demonstrate different levels of aptitude, verbal, non verbal, reasoning and language skills. It helps in enhancing their skills at different levels.
- Get knowledge about the general orientation on all competitive exams and overview of competitive exams for Government recruitment in India introduction eligibility criteria exam pattern syllabus and resources.
- Enhance the skills by various development activities based on learning methods such as problem solving exercises case studies role playing group discussion mock test.

Course Structure:

| S.NO. | PARTICULARS | DETAILS |
|-------|--------------------------------|-----------------------|
| 1. | Duration of the Course | 10 days |
| 2 | Teaching Hours | 30 hours |
| 3, | No. of Teaching Hours Per Day | 3 Hrs |
| 4 | Intake for the Course | 40-45 students |
| 5, | Eligibility for the Enrollment | B.A, B.Com Final year |
| 6. | Medium of Instruction | English and Kannada |

Dr. Ashvini S. Patil

Assistant Professor of Sociology & Convener, Career Guidance & Placement Cell Dr. Rajeshwari M. Shettar

Principal

S. S.A.M.

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COUMBREE COLLEGE

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S.H.A.S. Samiti's Smt. K. S. J. Arts and Dr. S. M. 1 (1970) College for Women, Dr. 47 (1970)



Smt. K. S. J. Arts and Dr.(Smt) S. M. S Commerce College for Women, Dharwad IQAC Initiative



DEPARTMENT OF SOCIOLOGY, CAREER GUIDANCE & PLACEMENT CELL.

organized A CERTIFICATE COURSE ON EMPLOYABILITY SKILLS- 07-02-2024 to 17-02-2024

Details of Resource Persons and Schedule

| SI. | Date | Name and Designation | Topic |
|-----|------------|--|--|
| I. | 07-02-2024 | Dr. Basavaraj Sanapa Faculty, RUDSET | Inaugural address- Employability Opportunities for graduates. |
| 2. | 08-02-2024 | Smt. Manjula Parakale PC, Police Department, Dharwad | Competitive Exams and General Studies Preparation |
| 3. | 09-02-2024 | Maj. Siddalinggaya Hiremath, KAS officer Mrs. Anuradha Vastrad Hiremath, KAS officer | Strategies of Cracking Competitive Exams |
| 4. | 10-02-2024 | Mr. Duragesh Pujari Research Scholar, Department of Economics Karnatak University, Dharwad | Reasoning and Mental Aptitude |
| 5. | 12-02-2024 | Smt. Sangceta Kalal Assistant Professor, Dept. of Mathematics Government First Grade College, Hulkoti | Mathematical and Statistical skills |
| 6. | 13-02-2024 | Dr. Rashmi Turamari Associate Professor, Dept. of Commerce Government First Grade Women's College, Dharwad | Tips for banking, IBPS and other competitive exams. |
| 7 | 14-02-2024 | Dr. Prashant Mandre Faculty of English Karnataka Arts College, Dharwad | English Grammar, communication skills for competitive exams. |
| 8 | 15-02-2024 | Prof. Shanta Patil Kulkarni Associate Professor, Department of English S.K.S.J Arts & Dr. S.M.S Comm College for Women, Dharwad | English grammar, translation for competitive exams. |
| 9 | 16-02-2024 | Mr. Anand Patil CA & Founder, Anand Academy, Hubballi Shri. V. G. Kattimath Faculty of Commerce, J. G Commerce College, Hubballi | Mental Ability in competitive exams preparation |
| 10 | 17-02-2024 | Dr. Datta Kamakar Assistant Professor, Department of Economics S.K.S.J Arts & Dτ. S.M.S Comm College for Women, Dharwad | Significance of economies in competitive exams Valedictory |

Dr. Ashvini S. Patil

KSJARISASUS

CONNERCE COLLEGE

FOR WOMEN

Assistant Professor of Sociology & Convener, Career Guidance & Placement Cell

Principal

Principal S.H.A.S. Samiti's Smt. K. S. J. Arts and Dr. S. M. S. Commerce College for Women, Dharwad

Dr. Rajeshwari M. Shettar

IQAC Initiative DEPARTMENT OF SOCIOLOGY, CAREER GUIDANCE & PLACEMENT CELL.

CERTIFICATE COURSE ON EMPLOYABILITY SKILLS- 07-02-2024 to 17-02-2024

SYLLABUS OF CERTIFICATE COURSE

Total 30Hours

UNIT-I

10 Hours

General orientation on all competitive exams.

Overview of competitive exams for Government recruitment in India.

Introduction eligibility criteria exam pattern syllabus and resources.

UNIT II 10 Hours

Quantitative aptitude number system HCF and LCM.

Ratio and proportion averages percentage time speed and distance profit and loss.

Data interpretation problems to based on simple interest compound interest.

UNIT-III 10 Hours

Verbal and nonverbal reasoning verbal reasoning data analysis.

Decision making, coding and decoding blood relations problems based on Venn diagram Arithmetic reasoning, nonverbal reasoning, analogy, cubes dice figure formation and analysis.

UNIT-IV 10 Hours

English language and comprehension solving vocabulary English grammar

Verbal ability, sentence construction, spot the error, fill in the blanks

dioms and phrases passages and comprehension and translation

M. S. J. Arts and Dr. S. M. S. Commerce college for Women, Dharwad





Time Table of Certificate Course on "Employability Skills"

From 07-02-2024 to 17-02-2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------|-----------|----------|--------|----------|
| 2-5 PM | 2-5 PM | 2-5 PM | 2-5 PM | 2-5 PM | 2-5 PM |

Dr. Ashvini S. Patil

Assistant Professor of Sociology & Convener, Career Guidance & Placement Cell Dr. Rajeshwari M. Shettar Principal

S. SAMIA

COMMERCE COLLEGE

FOR WOMEN

Principal
S.H.A.S. Samiti's
Smt. K. S. J. Arts and Dr. S. M. S. Com
College for Women, Dharwau



Shri Hurakadii Ajja Shikshana Samiti's Smt. K.S. Jigalur Arts and Dr. (Smt) S. M. Sheshgiri Commerce College for Women, Dharwad



Re-Accredited at B**Level by NAAC

IQAC initiative

Department of Sociology and Career Guidance & Placement Cell
Jointly organize

A CERTIFICATE COURSE ON EMPLOYABILITY SKILLS

From 07th to 17th February, 2024

Inaguration Programme





Resource Person

Shri. Basavaraj Sanapa Senior Faculty RUDSET Dharwad

Shri. Mahadev Sulled Faculty of Commerce Dr. Ashvini Patil

Assistant Prof, Dept. of Sociology Convener, Career Guidance & Placement Cell

Prof. Shanta Patilkulkarni

IQAC Co-ordinator

Dr. Rajoshwari M. Shettar

Principal



All Staff and Students are cordially invited

Principal S.H.A.S. Samiti's

College for Women, Dhanwad

AISHE Code: C-8679

Shri Hurakadli Ajja Shikshana Samiti's

Smt. Kallawwa Shivappanna Jigalur Arts & Dr. Sushila Murigeppa Sheshgiri Commerce College for Women,

Accredited at B++ Grade by NAAC in 3rd Cycle

Near R. N. Shetty Stadium, Behind Sahitya Bhavan, DHARWAD-580 008

E-mail: shasswcd@gmail.com

Web: shasswcd.org

No. WCD 2623-2021 536

Date:07-2-2024

Phone: 0836-2436182

To. Shri, Basayarai Sanapa Senior Faculty RUDSET Dharwad

Subject: Invitation to participate as a resource person...

Respected Sir,

We are pleased to invite you as an inaugurator to inaugurate the IQAC initiative, Certificate Course on Employability Skills organized by the department of Sociology and Career Guidance and Placement cell of our College. We request you to address our final year B.A. and B.Com students for the same on 7th February, 2024. Your expertise in this field will definitely benefit the students. Brochure of the course is enclosed herewith.

Anticipating for your positive reply.

Enclosure: Brochure

Dr. Ashvini S. Patil

Assistant Prof, Dept. of Sociology

receive à

Convener, Career Guidance and Placement Cell

Prof. Shanta Patilkulkarni

IQAC Coordinator

KS3 1875 4 S W.S.

Dr. Rajeshwari M. Shettar Principal

Smt. K. S. Jigalur Arts and Dr. (Smt) S. M. Sheshgiri Commerce College for Women, Dharwad

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Accredited at B++ Grade by NAAC in 3rd Cycle

Near R. N. Shetty Stadium, Behind Sahitya Bhayan, DHARWAD-580 008

Web: shasswcd.org E-mail: shasswcd@gmail.com

No. WCD 2023-2024 537

Date: 7/2/2024

To. Shri. Basavaraj Sanapa Senior Faculty RUDSET Dharwad

Respected Sir,

It was very kind of you for accepting our invitation as an inaugurator and resource person for our inauguration programme on A Certificate Course on Employability Skills organized by the department of Sociology and Career Guidance and Placement cell of our College on 07-02-2024.

We would like to extend our heartfelt thanks and regards to you for delivering a scholarly lecture and orienting our students. We seek your support in future for such academic programs.

Thanking You.

Dr. Ashvini S. Patil

Assistant Prof, Dept. of Sociology Convener, Career Guidance and Placement Cell

Receive à Brunny

Dr. Rajeshwari M. Shettar

Stat. K. S. J. Arts and Dr. S. M. S. Comme College for Women, Dharw.





IQAC initiative

Department of Sociology and Career Guidance & Placement Cell Jointly organize

A CERTIFICATE COURSE ON EMPLOYABILITY SKILLS

From 07th to 17th February, 2024

Inauguration Programme List

Date: 07-02-2024

Time: 2PM

Venue: L.H.I

1. College Prayer:

All College Students

2. Welcome & Introduction of resource person

Dr. Ashvini Patil Convener, Career Guidance &

Placement Cell

3. Inauguration and Inaugural Address

Shri. Basavaraj Sanapa Senior Faculty RUDSET, Dharwad

4. President

Dr. Rajeshwari M. Shettar

Principal

5. Presence

Prof. Shanta Patilkulkarni

IQAC Coordinator

6. Vote of Thanks

Ms. Sangeeta Madiwalar

7. Compeering

Ms. Laxmi Haliyal

National Anthem



Principal
S.H.A.S. Samiti's
Smt. K. S. J. Assand Dr. S. M. S. Commerce
College for Women, Dharwad





REPORT OF CERTIFICATE COURSE ON EMPLOYABILITY SKILLS 2023-24

A Certificate Course on Employability Skills was conducted for both B.A and B. Com Final Year students from 07-02-2024 to 17-02-2024. Faculty of RUDSET, Dharwad, Dr. Basavaraj Sanapa inaugurated the course. He gave a briefly told about employability related programmes at RUDSET and quoted around 84 such programmes.

The programme began with the college prayer and Dr. Ashvini S. Patil Convener, Career Guidance & Placement Cell formally welcomed everyone. Prof. Shanta Patilkilkarni, IQAC co-ordinator gave a brief introduction about the motto of the programme of welcomed and introduced the guests. Mr. Mahadev Sullad faculty of commerce was present and all participants were present.











Smt. K. S. J. Arto and Dr. S. M. S. Commerce College for Women, Dharwad





REPORT OF CERTIFICATE COURSE ON EMPLOYABILITY SKILLS 2023-24

Smt. Manjula Parakale, PC, Police Department, Dharwad was the resource person and was our Alumni who dealt her lecture on Competitive Exams and General Studies Preparation.









S.H.A.S. Samiti's Smt. K. S. J. Arls and Dr. S. M. S. Commerce College for Women, Dharwar

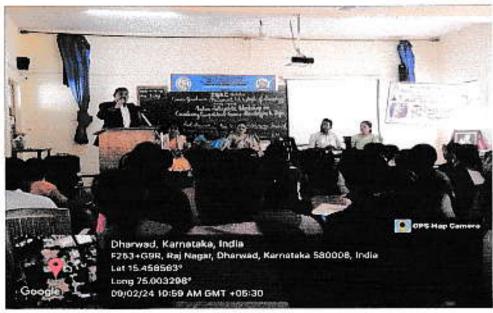




REPORT OF CAREER GUIDANCE & PLACEMENT CELL 2023-24

 An Inter-Collegiate Workshop on Cracking Competitive Exams: Strategies and Tips was conducted on 09-02-24. Students from various colleges attended the workshop. Major Siddalingayya Hiremath KAS officer and his wife Smt. Anuradha Vastrad KAS conducted the sessions and motivated our students.







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College for Women, Dharwad





REPORT OF CERTIFICATE COURSE ON EMPLOYABILITY SKILLS 2023-24

Mr. Duragesh Pujari, Research Scholar, Department of Economics, Karnatak University, Dharwad solved problems on Reasoning and Mental Aptitude. He also solved and made students to solve problems of HCF and LCM, Ratio and proportion averages percentage time speed and distance profit and loss.







S.H.A.S. Samiti's

Smt. K. S. J. Arts and Dr. S. M. S. Com

Charles Char





REPORT OF CERTIFICATE COURSE ON EMPLOYABILITY SKILLS 2023-24

Smt. Sangeeta Kalal, Assistant Professor, Dept. of Mathematics, Government First Grade College, Hulkoti was the resource person who taught Mathematical and Statistical skills, coding and decoding, blood relations problems based on Venn diagram.





KSJ MODESTET COMMERCE CONTESTS (COMMERCE CONTESTS)

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College for Women, Dharwed





REPORT OF CAREER GUIDANCE & PLACEMENT CELL 2023-24

Dr. Rashmi Turamari, Associate Professor, Dept. of Commerce, Government First Grade Women's College, Dharwad was also an alumni gave an overview and tips for banking, IBPS and other competitive exams.







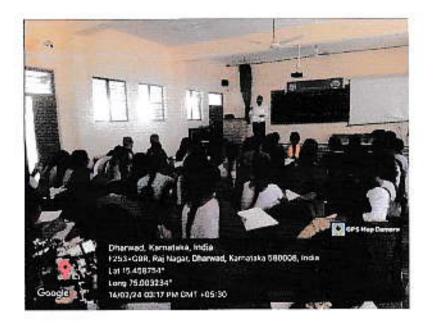
S.H.A.S. Samiti's Smt. K. S. J. Arts and Dr. S. M. S. Commerc College for Women, Dharwad





REPORT OF CERTIFICATE COURSE ON EMPLOYABILITY SKILLS 2023-24

Dr. Prashant Mandre, Faculty of English, Karnataka Arts College, Dharwad English was the resource person who gave lecture on Grammar, communication skills for competitive exams. He also focused on verbal ability, sentence construction, spot the error, fill in the blanks.







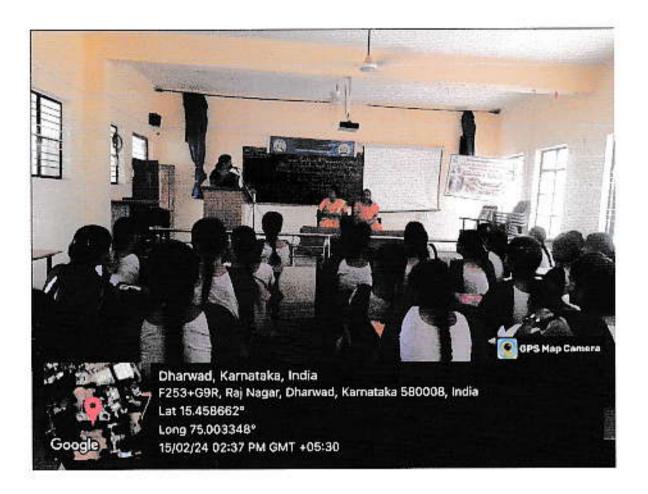
S.H.A.S. Samiti's Smt. K. S. J. Arts and Dr. S. M. S. Commerce





REPORT OF CAREER GUIDANCE & PLACEMENT CELL 2023-24

Prof. Shanta Patil Kulkarni, Associate Professor, Department of English, S.K.S.J Arts & Dr. S.M.S Comm College for Women, Dharwad. English grammar, translation for competitive exams.







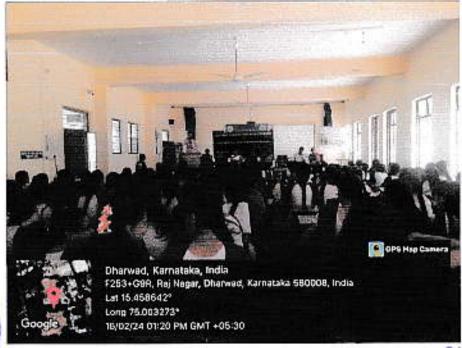




REPORT OF CERTIFICATE COURSE ON EMPLOYABILITY SKILLS 2023-24

Mr. Anand Patil, CA & Founder, Anand Academy, Hubballi focused on the importance of Mental Ability in competitive exams preparation. He also solved the problems on Verbal and nonverbal reasoning verbal reasoning data analysis. Shri. V. G. Kattimath, Faculty of Commerce, J. G Commerce College, Hubballi also dealt with Arithmetic reasoning.







Principal

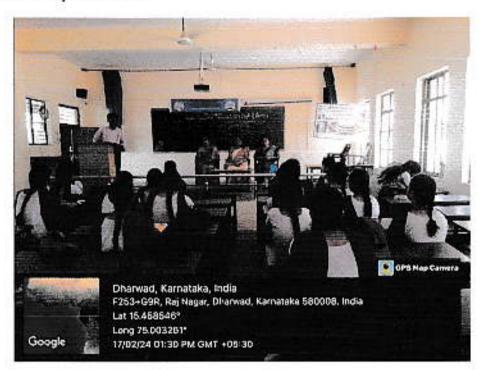
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REPORT OF CERTIFICATE COURSE ON EMPLOYABILITY SKILLS 2023-24

Dr. Datta Kamakar, Assistant Professor, Department of Economics, S.K.S.J Arts & Dr. S.M.S Commerce College for Women, Dharwad. He engaged a lecture on the significance of economics in competitive exams.







S.H.A.S. Samiti's Smt. K. S. J. Arts and Dr. S. M. S. Commerce College for Women, Dharwad



Dr. Prashantha J. Mandre

Contact Information: Contact No. 9964268918 9036340282

Email: sslcexamplanner.11@g mail.com prashant.mandre@yah oo.co.in

Present Address: 37/A Satya garden Rajatigiri Dharwad-580004

Personal Data:

DOB : 03/04/1986 Gender : Male Nationality : Indian Marital Status: Married

Category : 2A (Hindu Bhavasar Kshtriya)

Languages Known:
Kannada, English, Hindi
and Marathi
Hobbies:
Listening music and
Reading books,
magazines



Curriculum vitae

Career Objective:

To work dedicatedly for the organization with great pride in the profession where my knowledge can be exchanged and talents may be encouraged.

Professional Qualification.

| Degree | Year | Name of Institution | University / Board | Grade/Class |
|---|-----------|--|------------------------------------|-------------------------------------|
| PhD in English | 2018 | Karnatak University Dharwad (Main campus) | Karnataka University Dharwad | Awarded |
| UGC NET (English) | 2022 | University Grant Commission | University Grant Commission | Cleared With 95.12 percentile |
| KSET Karnataka Eligibility Test (English) | 2020 | Mysore University, Mysure | Musure University, Mysure | Cleared |
| M.A in English | 2011 | JSS College, Dharwad | Karnataka University Dharwad | First Class |
| B.Ed (English) | 2009 | JSS College, Dharwad | Karnataka University Dharwad | First Class |
| BA (English) | 2007 | Mahanth First Grade College, Dharwad | Karnataka University Dharwad | First Class |
| PUC | 2004 | HSPU College Ranebennur | PU Board Banglore | First Class |
| 1)Diploma in desktop publishing 2) Tally | 2006-2007 | M-Tec & Sali Computer education Dharwad | Computer education Dharwad | 1)Grade: A 2) Grade: A- |

Principal S.H.A.S. Samiti's

Smt. K. S. J. Anamed Dr. S. M. S. Commerce College for Women, Littarwad

Smt. K. S. J. Arts and Dr.(Smt) S. M. S Commerce College for Women, Dharwad Accredited at B++ Grade by NAAC in 3rd Cycle Shri Hurakadli Ajja Shikshana Samiti's

organize 19AC initiative, Career Guidance, Placement Cell and Department of Sociology Date: 07-02-2024 to 17-02-24

A Certificate Course on Employability Skills

Participants Attendance- B.COM.

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Smt. K. S. J. Arts and Dr. (Smt) S. M. S Commerce College for Women, Dharwad Accredited at B++ Grade by NAAC in 3rd Cycle Shri Hurakadli Ajja Shikshana Samiti's

Career Guidance, Placement Cell and Department of Sociology IQAC initiative

Date: 07-02-2024 to 17-02-24

Participants Attendance- B.A.

A Certificate Course on Employability Skills

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