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**H.K.E. SOCIETY'S**

# **BASAVESHWAR COLLEGE OF EDUCATION,**

BVB CAMPUS, MANHALLI ROAD, BIDAR – 585 403 KARNATAKA, INDIA.

(Recognized by SRC NCTE, New Delhi and Permanent Affiliated to Gulbarga University, Kalaburagi)

E-Mail: [principalbcebidar@hkes.edu.in](mailto:principalbcebidar@hkes.edu.in), website: [www.hkesbcoebidar.in](http://www.hkesbcoebidar.in)

## **CRITERION – I**

### **CURRICULAR ASPECTS**



## **1.2 : Academic Flexibility**

### **1.2.2: Number of Value Added Courses during last five years**

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<b>2022-23</b>	
<b>A</b>	<b>Integrating ICT Skills in Education</b>
<b>B</b>	<b>ಭಾಷೆ ಹಾಗೂ ಸಂವಹನ ಕೌಶಲ್ಯ</b>

  
**IQAC Coordinator**  
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**SYLLABUS AND COURSE LEARNING  
OUTCOMES OF  
VALUE ADDED COURSES  
SESSION: 2022 – 2023**

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EDUCATION****Course Duration: 30 Hrs.****Total: 50 Marks****Practical:40 Marks****Introduced in: 2022****Viva-voce: 05 Marks****Attendance: 05 Marks****Course Outcomes and Objectives :**

After completion of course the student teachers will be able to :

1. Understand the scope of ICT and its applications in teaching learning
2. Use mixed mode of instructions in teaching learning process
3. Integrate Google apps in classroom teaching
4. Create and use multimedia content

**SECTION - A  
Introduction to ICT**

- Need to importance of ICT in education scope of ICT in teaching learning evaluation administration publication research.

**SECTION - B  
Technology Mediated introductions**

- Smart boards flip the learning blended learning

**SECTION - C  
Educational web tools**

- Google apps Google drive Google documents Google sheets Google slides Google forms Google classrooms

**SECTION - D**

- E R, creating and using PDF audio and video editing.
- Audio video conferencing apps Google meet zoom, terms.

**Evaluation scheme:**

- Attendance 5 marks.
- Practical examination on any two topics the syllabus and assigned by internal examiner 40 marks.
- Viva-voce 5 Marks.

  
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from

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Duration : 30 Hrs.

Total : 50 Marks

Introduced in : 2022

Practical : 40 Marks

Viva-Voce : 05 Marks

Attendance : 05 Marks

**ಉದ್ದೇಶಗಳು :**

- ಭಾಷೆಯ ಮೂಲ ಪರಿಕಲ್ಪನೆಗಳನ್ನು ಅರ್ಥೈಸಿಕೊಳ್ಳುವುದು
- ಸಂವಹನ ಮಾಧ್ಯಮವಾಗಿ ಭಾಷೆಯ ಮಹತ್ವ ತಿಳಿದುಕೊಳ್ಳುವುದು
- ಭಾಷೆಯ ವಿಮರ್ಶಾತ್ಮಕ ವಿಶ್ಲೇಷಣೆ
- ಭಾಷಾ ಕೌಶಲ್ಯಗಳ ಮಹತ್ವ ಅರಿಯುವುದು

**ವಿಭಾಗ - A**

- ಭಾಷೆಯ ಉಗಮ ಮತ್ತು ಬೆಳವಣಿಗೆ
- ಭಾಷೆಯ ಅರ್ಥ, ಸ್ವರೂಪ, ಭಾಷೆಯ ಕಾರ್ಯಗಳು, ಭಾಷೆಯ ವಿವಿಧ ಘಟಕಾಂಶಗಳು

**ವಿಭಾಗ - B**

- ಭಾಷಾ ಉಗಮದ ಸಿದ್ಧಾಂತಗಳು
- ದೈವಮೂಲ, ಅನುಕರಣೆ, ಶ್ರಮ ಪರಿಹಾರ, ಅನುಕರಣವಾದ, ತೊದಲುಡಿ, ವಂಶವೃಕ್ಷ
- ಮನೋಭಾವ ಅಭಿವ್ಯಕ್ತಿ, ಸಂಪರ್ಕ, ಸಂಗೀತ, ಇಂಗಿತ

**ವಿಭಾಗ - C**

- ಭಾಷೆ ಕೌಶಲ್ಯಗಳು
- ಆಲಿಸುವಿಕೆ, ಮಾತುಗಾರಿಕೆ, ಓದುಗಾರಿಕೆ, ಬರವಣಿಗೆ

**ವಿಭಾಗ - D**

- ಭಾಷೆಯ ವಿಮರ್ಶಾತ್ಮಕ ವಿಶ್ಲೇಷಣೆ
- ಉಪಭಾಷೆ, ಪ್ರಮಾಣೀಕೃತ ಮತ್ತು ಆ ಪ್ರಮಾಣೀಕೃತ ಭಾಷೆ, ಭಾಷೆ, ಪ್ರಥಮ ಹಾಗೂ ದ್ವಿತೀಯ ಭಾಷೆ

  
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# **BASAVESHWAR COLLEGE OF EDUCATION,**

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## **INTEGRATING ICT SKILLS IN EDUCATION**

Value Added Course

**Personalized  
Learning and  
Differentiation**

**Increased  
engagement  
and motivation**

**Timings : 5:00pm to 05:45pm**

### **Material Required :**

- Computers
- Laptops
- Printers
- Scanners
- Software programs
- Data projectors
- Interactive teaching box


**Communication,  
Developing 21st  
Century Skills**

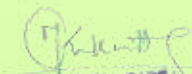
**Efficient  
and  
effective  
administra  
tion**

**Improving  
Teacher-Student**

**Preparatio  
n for the  
future**

**Course Duration : 30 Hours**  
**Course Planner : Pandurang V. Kumbar**

  
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# INTEGRATING ICT SKILLS IN EDUCATION

## VALUE ADDED COURSE FOR B. ED STUDENTS SYLLABUS

### INTEGRATING ICT SKILLS IN EDUCATION

#### SECTION - A

##### Introduction to ICT

Need to importance of ICT in education, scope of ICT in teaching, learning, evaluation, administration, publication, research.

#### SECTION - B

##### Technology Mediated introductions

Smart boards, flip the learning, blended learning.

#### SECTION - C


##### Educational web tools

Google apps, Google drive, Google documents, Google sheets, Google slides, Google forms And Google classrooms.

#### SECTION - D

E R, creating and using PDF audio and video editing.  
Audio video conferencing apps Google meet zoom, terms.

  
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( Value Added Course)

Course Contents :

Topic are covered under 4 parts :


∞ Practical's	10 Hours
∞ Theory Classes	03 Hours
∞ Life skill Practical's	10 Hours
∞ Discipline	07Hours

(Error reduction drills and building of basic vocabulary)

Course Duration : 30 Hours

Course Planner : **Pandurang V. Kumbar**

  
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# INTEGRATING ICT SKILLS IN EDUCATION

## VALUE ADDED COURSE FOR B. ED STUDENTS SYLLABUS

### INTEGRATING ICT SKILLS IN EDUCATION



## Syllabus of the INTEGRATING ICT SKILLS IN EDUCATION

- ❧ **Introduction to ICT** **10 Hours**  
Need to importance of ICT in education, scope of ICT in teaching, learning, evaluation, administration, publication, research.
- ❧ **Technology Mediated introductions** **10 Hours**  
Smart boards, flip the learning, blended learning.
- ❧ **Educational web tools** **05 Hours**  
Google apps, Google drive, Google documents, Google sheets, Google slides, Google forms And Google classrooms.
- ❧ **E R, creating and using PDF audio and video editing.**  
Audio video conferencing apps Google meet zoom, terms. **05 Hours**

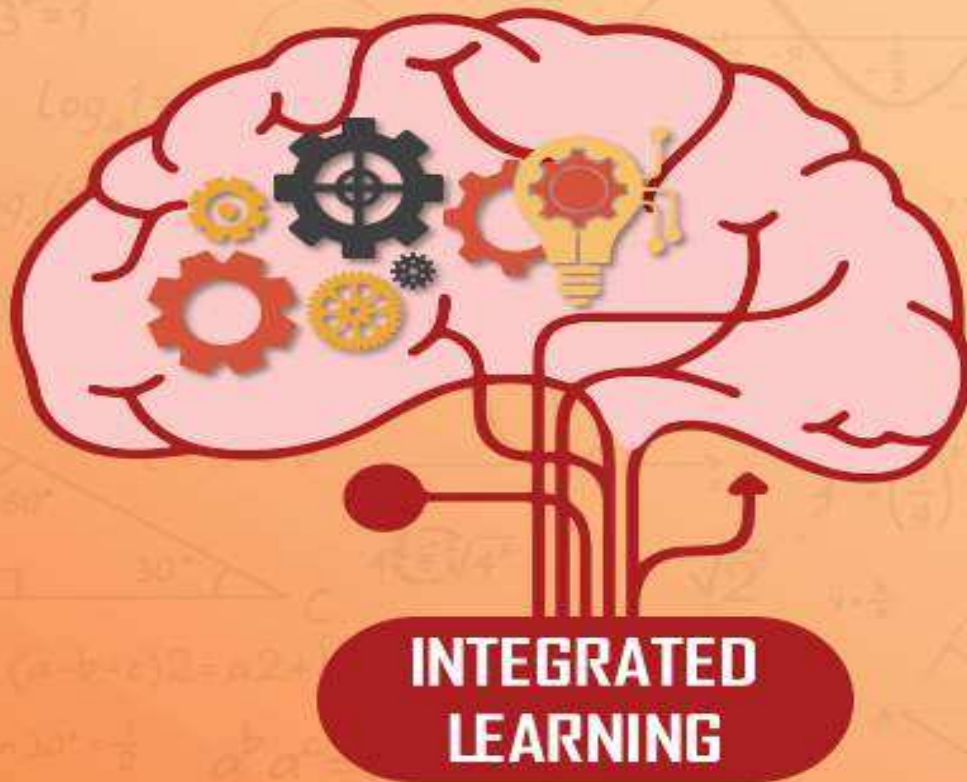
  
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# INTEGRATING ICT SKILLS IN EDUCATION

VALUE ADDED COURSE FOR B. ED STUDENTS SYLLABUS

## INTEGRATING ICT SKILLS IN EDUCATION

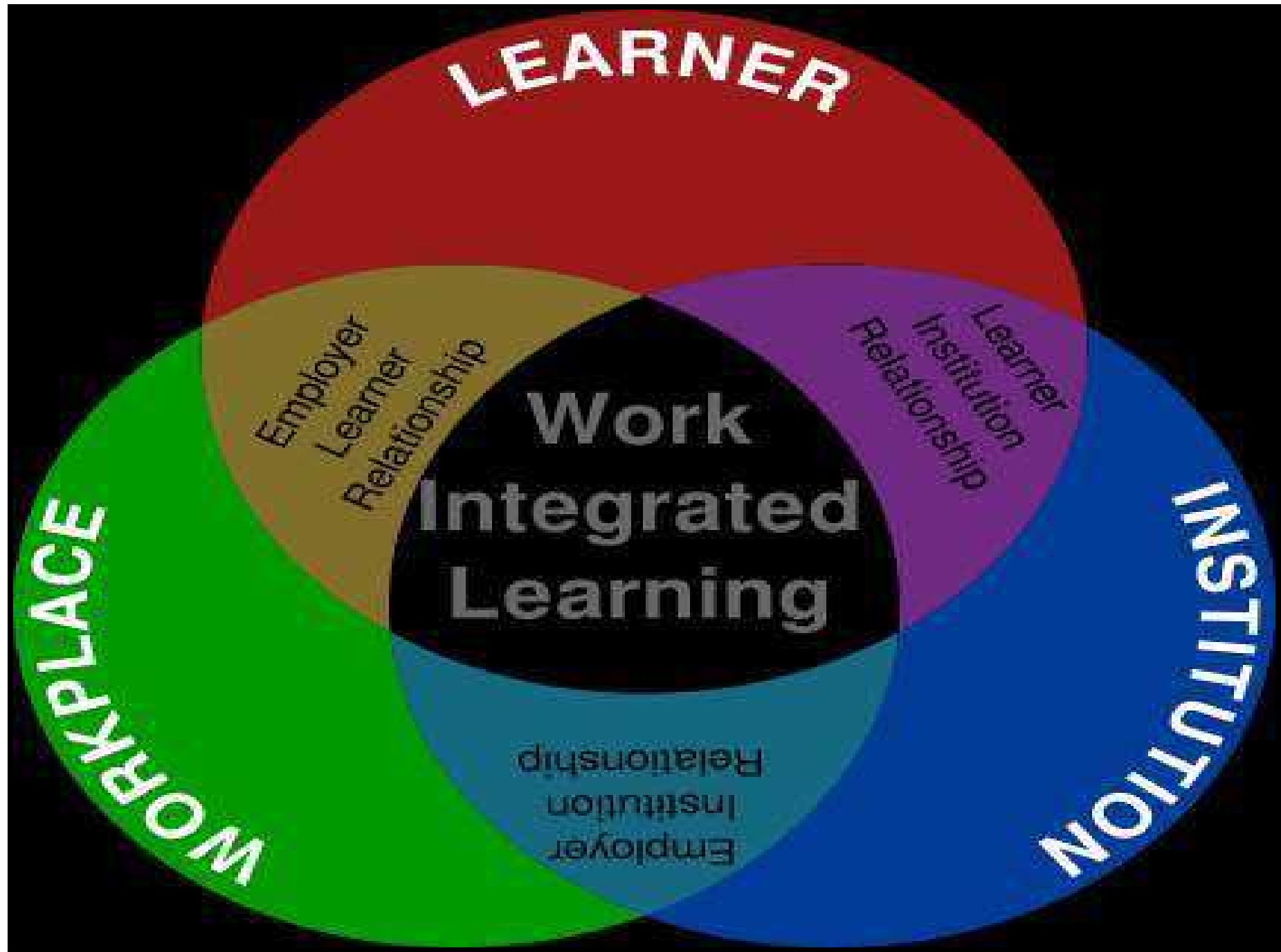


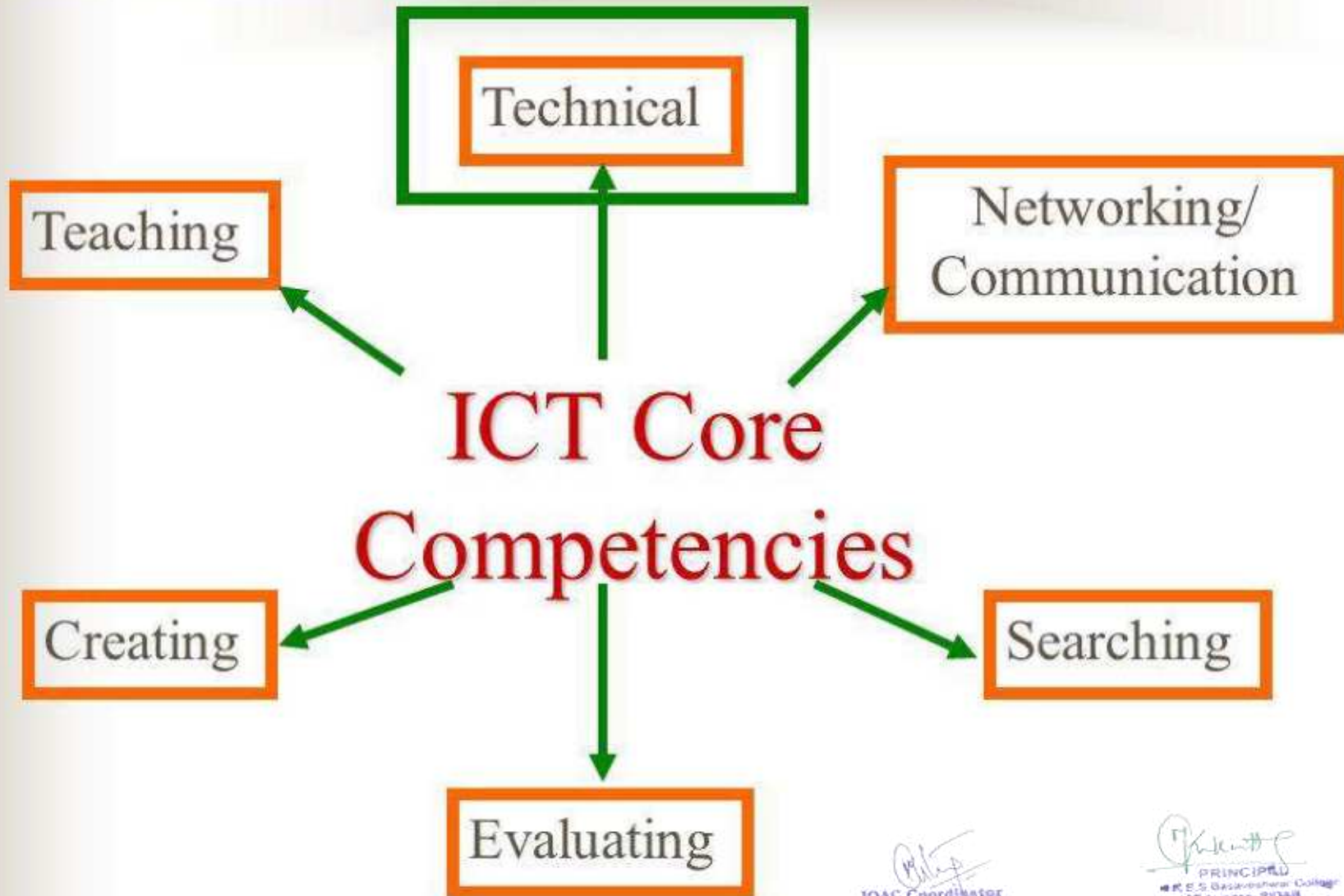
### INTEGRATED LEARNING

Integrative learning is the process of making connections among concepts and experiences so that information and skills can be applied to novel and complex issues or challenges.

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U.S. Department of Education  
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Office of Education



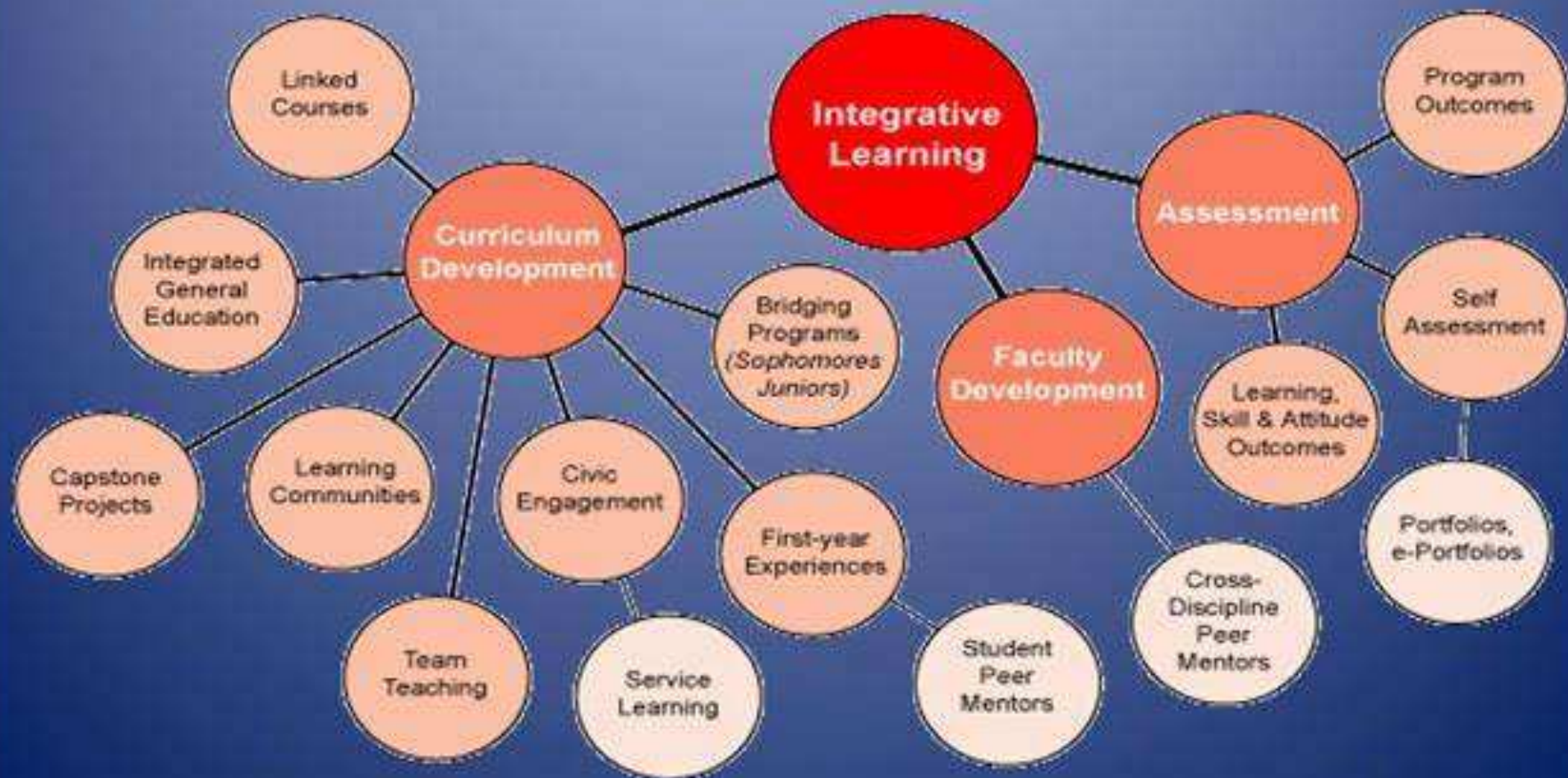


  
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# Integrated Learning



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## **CRITERION – I**

### **CURRICULAR ASPECTS**



## **1.2 : Academic Flexibility**

### **1.2.2: Number of Value Added Courses during last five years**

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	<b>2021-22</b>
<b>A</b>	<b>Life Skills</b>

  
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**SYLLABUS AND COURSE LEARNING  
OUTCOMES OF  
VALUE ADDED COURSES  
SESSION: 2021 – 2022**

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## **CERTIFICATE COURSE IN LIFE SKILLS**

**Duration : 30 Hrs.**

**Total : 50 Marks**

**Introduced in : 2021**

**Practical : 40 Marks**

**Viva-Voce : 05 Marks**

**Attendance : 05 Marks**

### **Course Outcomes and Objectives :**

After completion of this course student teachers will be able to :

- Gain Self competency and confidence
- Gain an edge thought professional competency
- Aim for high sense of social competence
- Be an integral human being
- Use appreciate thinking and problem solving techniques to solve new problems

### **SECTION – A Communication Skill**

- Listing speaking reading writing and different modes of writing nonverbal communication

### **SECTION – B Professional Skills**

- Writing resumes and cover letters interview skills group discussion skills

### **SECTION – C Social Skills**


- Social and cultural equator brainstorming ethics and integrity

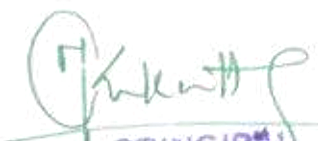
### **SECTION – D Leadership and management skills**

- Innovative leadership and management problem solving and decision making skills

### **Evaluation scheme**

- Attendance 10 marks
- Viva voce 40 marks

  
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These Life Skills  
Include Problem  
Solving,

## **LIFE SKILLS**

Value Added Course

Critical Thinking

**Timings : 5:00pm to 05:45pm**

Self Wareness  
Building Skills

### **Material Required :**

- Notebooks.
- Trade Books At Students'
- Independent Reading Levels.
- Paper.
- Folders.
- Math Manipulative.
- Storage Bins.
- Tissues.
- Disinfectant Wipes.

Decision - Making

Creative  
Thinking

**Course Duration : 30 Hours**

**Course Planner : Shre Rajkumar A. Sindhe**

Interpersonal  
Relationship  
Skills

## **LIFE SKILLS**

### VALUE ADDED COURSE FOR B. ED STUDENTS SYLLABUS

#### **LIFE SKILLS**

#### **SECTION – A**

##### Communication Skill

Listening speaking reading writing and different modes of writing nonverbal communication

#### **SECTION –B**

##### Professional Skills

Writing resumes and cover letters interview skills group discussion skills

#### **SECTION – C**

##### Social Skills

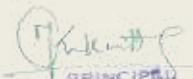
Social and cultural equator brainstorming ethics and integrity

#### **SECTION – D**

##### Leadership and management skills

Innovative leadership and management problem solving and decision making skills

  
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( Value Added Course)

Course Contents :

Topic are covered under 4 parts :


∞ Life skill Practical's	10 Hours
∞ Theory Classes	03 Hours
∞ Life skill Practical's	10 Hours
∞ Discipline	07Hours

(Error reduction drills and building of basic vocabulary)

Course Duration : 30 Hours

Course Planner : **Shre Rajkumar A. Sindhe**

  
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# LIFE SKILLS

## VALUE ADDED COURSE FOR B. ED STUDENTS SYLLABUS

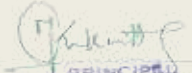
# LIFE SKILLS



## Syllabus of the LIFE SKILLS

- ☞ **Communication Skill** **10 Hours**  
Listing speaking reading writing and different modes of writing  
nonverbal communication
- ☞ **Professional Skills** **10 Hours**  
Writing resumes and cover letters interview skills group discussion skills
- ☞ **Social Skills** **05 Hours**  
Social and cultural equator brainstorming ethics and integrity
- ☞ **Leadership and management skills** **05 Hours**  
Innovative leadership and management problem solving and  
decision making skills

  
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# IMPORTANCE OF LIFE SKILLS BALANCED AND COMPLETE HUMAN BEING

VALUE ADDED COURSE FOR B. ED STUDENTS SYLLABUS

## IMPORTANCE OF LIFE SKILLS BALANCED AND COMPLETE HUMAN BEING



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# Life Skills



  
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# Life Skills

Self-Awareness  
Self-Management

Empathy  
Sympathy

Problem-Solving  
& Decision-Making


Interpersonal  
Relationship

Accepting  
Criticism

Stress  
Management

Thinking  
& Creativity

Communication  
& Collaboration

  
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# 8 ESSENTIAL SKILLS FOR ADULTS IN RECOVERY



## PRACTICING SELF-CARE

Making time for things like regular exercise, personal hobbies, and meditation help to maintain balance in life.



## PLANNING AND COOKING NUTRITIOUS MEALS

Regularly eating nutritious meals can help the body recover from the harmful effects of substance abuse.



## SETTING AND ACHIEVING PERSONAL GOALS

Goal-setting helps the healing process, increases self-efficacy, and requires self-examination, which are all great in recovery.



## MAINTAINING A CLEAN LIVING SPACE

A clean environment promotes feelings of safety, security, and comfort while also improving personal hygiene.



## MANAGING FINANCES

Money can be a powerful trigger but saving and spending money wisely can help reduce stress and sustain sobriety.



## BUILDING HEALTHY RELATIONSHIPS

Relationships built on honesty, trust, communication, and healthy boundaries reinforce sobriety, even in stressful times.



## MANAGING TIME RESPONSIBLY

Effective time management increases efficiency, reduces boredom and anxiety, and provides a sense of fulfillment.



## FINDING AND MAINTAINING EMPLOYMENT

Sustainable employment in recovery is essential for rebuilding confidence, achieving goals, and paying off debt.

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## **CRITERION – I**

### **CURRICULAR ASPECTS**



## **1.2 : Academic Flexibility**

### **1.2.2: Number of Value Added Courses during last five years**

Est.: 1980

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**H.K.E. SOCIETY'S**

# **BASAVESHWAR COLLEGE OF EDUCATION,**


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## **INDEX**

<b>Sl. No.</b>	<b>Particulars</b>
	<b>2020-21</b>
<b>A</b>	<b>Health Education</b>

  
**IQAC Coordinator**  
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BIDAR - 585 403 (Karnataka)

  
**PRINCIPAL**  
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**SYLLABUS AND COURSE LEARNING  
OUTCOMES OF  
VALUE ADDED COURSES  
SESSION: 2020 – 2021**

**IQAC Coordinator**  
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## **CERTIFICATE COURSE IN HEALTH EDUCATION**

**Duration : 30 Hrs.**

**Introduced in : 2020**

### **Course Outcomes and Objectives :**

After completion of this course student teachers will be able to :

- To develop the health attitudes
- To provide a healthful environment for physical and mental health
- To eradicate the disease through health drive programs
- To improve the general candidates of living in the community

**Total : 50 Marks**

**Practical : 40 Marks**

**Viva-Voce : 05 Marks**

**Attendance : 05 Marks**

### **SECTION - A**

#### **Health education**

- Meaning, importance, objectives of health education, personal hygiene, medical inspections

### **SECTION – B**

#### **First Aid**

- First Aid principles, philosophy of first Aid,
- Importance of first aid
- Golden rules of first aid, first Aid kit, first aid in emergencies

### **SECTION – C**

#### **Stress and strain**

- Concerns of stress, effect stress management, stress free life.


### **SECTION – D**


#### **Dietary requirements**

- Nutritional needs, sportsman dietary, need for diet planning, food and water

### **Evaluation scheme**

- Attendant 10 marks
- Viva voce 40 marks

  
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# **BASAVESHWAR COLLEGE OF EDUCATION,**

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**First Aid**

## **HEALTH EDUCATION**

Value Added Course

Health education  
improves the quality of  
life

**Timings : 5:00pm to 05:45pm**

Health education  
elevates the  
student's  
understanding of  
health

### **Material Required :**

- Basic Classes
- Hand washing
- Rehydration
- Clean Drinking Water
- Oral Health
- Body Mechanics
- Ophthalmic
- Basic Health Overview
- Respiratory.

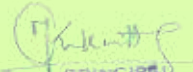
It also reduces  
premature deaths

It inspires  
the youth to  
boost and  
keep up their  
health

Course Duration : 30 Hours  
Course Planner : **Sri Dhanraj Bhavara**

It stimulates  
people's  
awareness  
and skills

  
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# HEALTH EDUCATION

## VALUE ADDED COURSE FOR B. ED STUDENTS SYLLABUS

### HEALTH EDUCATION

#### Section - A

##### Health Education

- ❖ Meaning, Importance, Objectives Of Health Education, Personal Hygiene, Medical Inspections

#### Section – B

##### First Aid

- ❖ First Aid Principles, Philosophy Of First Aid,
- ❖ Importance Of First Aid
- ❖ Golden Rules Of First Aid, First Aid Kit, First Aid In Emergencies

#### SECTION – C

##### Stress And Strain

- ❖ Concerns Of Stress, Effect Stress Management, Stress Free Life.

#### Section – D

##### Dietary Requirements

- ❖ Nutritional Needs, Sportsman Dietary, Need For Diet Planning, Food And Water





**H.K.E. SOCIETY'S**

# **BASAVESHWAR COLLEGE OF EDUCATION,**

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( Value Added Course)

**Course Contents :**

Topic are covered under 4 parts :

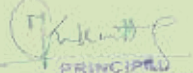
∞ Health Education Practical's	10 Hours
∞ Theory Classes	03 Hours
∞ Health Education Practical's	10 Hours
∞ Discipline	07Hours

(Error reduction drills and building of basic vocabulary)

**Course Duration : 30 Hours**

**Course Planner : Dr. Sidram Ninge**

  
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# HEALTH EDUCATION

## VALUE ADDED COURSE FOR B. ED STUDENTS SYLLABUS

### HEALTH EDUCATION



## SYLLABUS OF THE HEALTH EDUCATION

- ☞ **Health education** **10 Hours**  
Meaning, Importance, Objectives Of Health Education, Personal Hygiene, Medical Inspections
  
- ☞ **First Aid** **10 Hours**  
First Aid principles, philosophy of first Aid, Importance of first aid  
Golden rules of first aid, first Aid kit, first aid in emergencies
  
- ☞ **Stress and strain** **05 Hours**  
Concerns of stress, effect stress management, stress free life.
  
- ☞ **Dietary requirements** **05 Hours**  
Nutritional needs, sportsman dietary, need for diet planning, food and water

#### HEALTHY ROUTINE TIPS

- Eat nutritious, healthy and useful food for your body.
- Do sports so that your physical health is maintained
- Avoid anything that can cause your health to deteriorate

**Healthy is Expensive**



*[Signature]*  
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*[Signature]*  
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M.A.E.S. Basaveshwari College  
of Education, BIDAR



#CHOOSEHEALTH

# 12 TIPS TO BE HEALTHY

**1**  
EAT A  
HEALTHY DIET



**2**  
BE PHYSICALLY ACTIVE,  
EVERY DAY, YOUR WAY



**3**  
GET  
VACCINATED



**4**  
DON'T USE  
ANY FORM  
OF TOBACCO

**5**  
AVOID OR MINIMIZE  
USE OF ALCOHOL

**6**  
MANAGE STRESS FOR  
YOUR PHYSICAL  
AND MENTAL HEALTH



**7**  
PRACTICE  
GOOD HYGIENE



**8**  
DON'T SPEED,  
OR DRINK AND DRIVE



**9**  
WEAR A SEAT-BELT  
WHEN DRIVING  
AND HELMET  
WHEN CYCLING



**10**  
PRACTICE  
SAFE SEX

**11**  
REGULARLY CHECK  
YOUR HEALTH

**12**  
BREAST FEEDING:  
BEST FOR BABIES





Exercise  
Regularly

Eat  
Healthy

Healthy  
Life

Reduce  
Stress

Drink  
Plenty of  
Water

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**Hair**  
Salmon, dark green veggies, beans



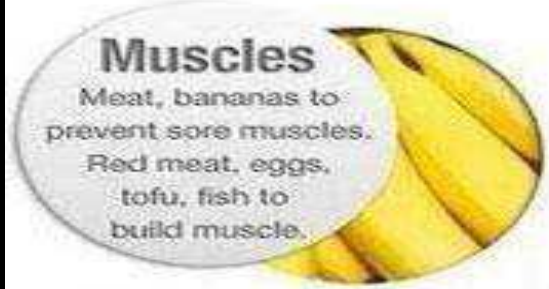
**Eyes**  
Egg yolks, yellow corn, carrots



**Brain**  
Salmon, tuna, sardines, walnuts



**Heart**  
Baked potato, prune juice, tomatoes



**Muscles**  
Meat, bananas to prevent sore muscles. Red meat, eggs, tofu, fish to build muscle.



**Lungs**  
Broccoli, Brussels sprouts, bok choy



**Bones**  
Milk, oranges, celery



**Skin**  
Salmon, blueberries, green tea



**Intestines**  
Prunes, yoghurt

# Foods that Benefit your Body

  
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## **CRITERION – I**

### **CURRICULAR ASPECTS**



## **1.2 : Academic Flexibility**

### **1.2.2: Number of Value Added Courses during last five years**

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**H.K.E. SOCIETY'S**

# **BASAVESHWAR COLLEGE OF EDUCATION,**

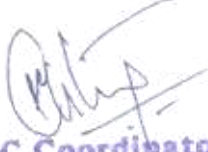
BVB CAMPUS, MANHALLI ROAD, BIDAR – 585 403 KARNATAKA, INDIA.

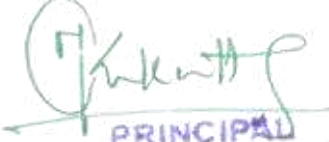
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## **INDEX**

<b>Sl. No.</b>	<b>Particulars</b>
	<b>2019-20</b>
<b>A</b>	<b>Importance of Life Skills Balanced and Complete Human Being</b>

  
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**SYLLABUS AND COURSE LEARNING  
OUTCOMES OF  
VALUE ADDED COURSES  
SESSION: 2019 – 2020**

**H.K.E. SOCIETY'S****BASAVESHWAR COLLEGE OF EDUCATION,**

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E-Mail: [principalbcebidar@hkes.edu.in](mailto:principalbcebidar@hkes.edu.in), website: [www.hkesbcoebidar.in](http://www.hkesbcoebidar.in)**CERTIFICATE COURSE IN IMPORTANCE OF LIFE SKILLS  
BALANCED AND COMPLETE HUMAN BEING**

1.

**Course Duration: 30 Hrs.****Total: 50 Marks****Introduced in: 2019****Practical:40 Marks****Viva-voce: 05 Marks****Attendance: 05 Marks****Course Outcomes and Objectives :**

After completion of this course student teachers will be able to :

- Define the concept of life skills
- Describe the various categories of the life skills
- It increases their communication skills
- It facilitate the mental health and wellbeing
- Promote positive relationship and mutual respect for others

**SECTION - A**

- Concept and importance of life skills for balance complete human being
- Need of life skills, life skill education, importance of life skills,

**SECTION – B****Various Types of Life Skills**

- Self-awareness
- Empathy
- Critical thinking
- Creative thinking
- Decision making
- Problem solving
- Effective communication
- Enter personal relationship
- Coping with stress
- Coping with emotion

**SECTION - C**

- Life skills kinds, importance of life skills, methods to teach life skills, benefits of life skills

**SECTION – D**

- Practice of life skills for a successful life, secret of success

**Evaluation scheme**

- Attendance 10 marks
- Viva voce 40 marks





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# **BASAVESHWAR COLLEGE OF EDUCATION,**

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These Life Skills  
Include Problem  
Solving,

## **IMPORTANCE OF LIFE SKILLS BALANCED AND COMPLETE HUMAN BEING**

Value Added Course

Critical Thinking

**Timings : 5:00pm to 05:45pm**

### **Material Required :**

- Notebooks.
- Trade Books At Students'
- Independent Reading Levels.
- Paper.
- Folders.
- Math Manipulative.
- Storage Bins.
- Tissues.
- Disinfectant Wipes.

Self Wareness  
Building Skills

Decision - Making

Creative  
Thinking

Interpersonal  
Relationship  
Skills

**Course Duration : 30 Hours**

**Course Planner : Shre Rajkumar A. Sindhe**

# **IMPORTANCE OF LIFE SKILLS BALANCED AND COMPLETE HUMAN BEING**

## **VALUE ADDED COURSE FOR B. ED STUDENTS SYLLABUS**

### **IMPORTANCE OF LIFE SKILLS BALANCED AND COMPLETE HUMAN BEING**

#### **SECTION - A**

**Concept and importance of life skills for balance complete human being  
Need of life skills, life skill education, importance of life skills,**

#### **SECTION –B**

##### **Various Types of Life Skills**

- 1. Self-awareness**
- 2. Empathy**
- 3. Critical thinking**
- 4. Creative thinking**
- 5. Decision making**
- 6. Problem solving**
- 7. Effective communication**
- 8. Enter personal relationship**
- 9. Coping with stress**
- 10. Coping with emotion**

#### **SECTION - C**

**Life skills kinds, importance of life skills, methods to teach life skills, benefits of life skills**

#### **SECTION – D**

**Practice of life skills for a successful life, secret of success**





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( Value Added Course)

**Course Contents :**

Topic are covered under 4 parts :

∞ Life skill Practical's	10 Hours
∞ Theory Classes	03 Hours
∞ Life skill Practical's	10 Hours
∞ Discipline	07Hours

(Error reduction drills and building of basic vocabulary)

**Course Duration : 30 Hours**

**Course Planner : Shre Rajkumar A. Sindhe**

# IMPORTANCE OF LIFE SKILLS BALANCED AND COMPLETE HUMAN BEING

## VALUE ADDED COURSE FOR B. ED STUDENTS SYLLABUS

### IMPORTANCE OF LIFE SKILLS BALANCED AND COMPLETE HUMAN BEING



#### Syllabus of the LIFE SKILLS BALANCED AND COMPLETE HUMAN BEING

- ☞ **Concept and importance of life skills for balance complete human being      10 Hours**  
Need of life skills, life skill education, importance of life skills,
  
- ☞ **Various Types of Life Skills      10 Hours**
  - Self-awareness**
  - Empathy**
  - Critical thinking**
  - Creative thinking**
  - Decision making**
  - Problem solving**
  - Effective communication**
  - Enter personal relationship**
  - Coping with stress**
  - Coping with emotion**
  
- ☞ **Life skills kinds, importance of life skills, methods to teach life skills,      05 Hours**  
**benefits of life skills**
  
- ☞ **Practice of life skills for a successful life, secret of success      05 Hours**

# IMPORTANCE OF LIFE SKILLS BALANCED AND COMPLETE HUMAN BEING

## VALUE ADDED COURSE FOR B. ED STUDENTS SYLLABUS

### IMPORTANCE OF LIFE SKILLS BALANCED AND COMPLETE HUMAN BEING





# Life Skills







# 8 ESSENTIAL SKILLS FOR ADULTS IN RECOVERY



## **PRACTICING SELF-CARE**

Making time for things like regular exercise, personal hobbies, and meditation help to maintain balance in life.



## **PLANNING AND COOKING NUTRITIOUS MEALS**

Regularly eating nutritious meals can help the body recover from the harmful effects of substance abuse.



## **SETTING AND ACHIEVING PERSONAL GOALS**

Goal-setting helps the healing process, increases self-efficacy, and requires self-examination, which are all great in recovery.



## **MAINTAINING A CLEAN LIVING SPACE**

A clean environment promotes feelings of safety, security, and comfort while also improving personal hygiene.



## **MANAGING FINANCES**

Money can be a powerful trigger but saving and spending money wisely can help reduce stress and sustain sobriety.



## **BUILDING HEALTHY RELATIONSHIPS**

Relationships built on honesty, trust, communication, and healthy boundaries reinforce sobriety, even in stressful times.



## **MANAGING TIME RESPONSIBLY**

Effective time management increases efficiency, reduces boredom and anxiety, and provides a sense of fulfillment.



## **FINDING AND MAINTAINING EMPLOYMENT**

Sustainable employment in recovery is essential for rebuilding confidence, achieving goals, and paying off debt.



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## **INDEX**

<b>Sl. No.</b>	<b>Particulars</b>
	<b>2018-19</b>
<b>A</b>	<b>Yoga for Human Excellence</b>

  
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**SYLLABUS AND COURSE LEARNING  
OUTCOMES OF  
VALUE ADDED COURSES  
SESSION: 2018 – 2019**



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## **CERTIFICATE COURSE IN YOGA FOR HUMAN EXCELLENCE**

**Duration : 30 Hrs.**

**Introduced in : 2018**

**Course Outcomes and Objectives :**

- To enable the student to have good health
- To practice mental hygiene
- To possess emotional stability
- To integrate moral values
- To attain higher level of consciousness

**Total: 50 Marks**  
**Practical : 40 Marks**  
**Viva voce : 05 Marks**  
**Attendance : 05 Marks**

### **SECTION - A**

#### **Introduction to Yoga**

- Need and importance of yoga, different types of Yoga, Raja yoga, Jnana, Karma, bhakti, Hatha, Mantra, Laya

### **SECTION – B**

#### **Ashtanga Yoga**

- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

### **SECTION - C**

#### **Pranayama**

- Kapalbhati, Bhramaree, Shitali, Ujjayi p.

### **SECTION – D**

#### **Surya Namaskar**

- 12 steps of Surya Namaskar benefits of Surya Namaskar, Principles of Surya Namaskar.

**Evaluation scheme**

- Attendant 10 marks
- Viva voce 40 marks

  
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# **BASAVESHWAR COLLEGE OF EDUCATION,**

BVB CAMPUS, MANHALLI ROAD, BIDAR – 585 403 KARNATAKA, INDIA.

Yoga helps with back pain relief.

## **YOGA FOR HUMAN EXCELLENCE**

Value Added Course

Yoga improves strength, balance and flexibility.

Timings :09:00am to 10:00am

Yoga benefits heart health.

### **Material Required :**

Yoga Mat

Yoga Mat Bag

Comfortable Exercise Clothes

Water Bottle

Yoga Block


Yoga Strap

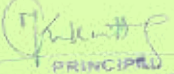
Yoga can mean more energy and brighter moods. ...

Yoga relaxes you, to help you sleep better.

**Course Duration :30 Hours**  
**Course Planner : Smt. Veena S. Jalade**

Yoga helps you manage stress.

  
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H.K.E.S. Basaveshwar College of Education  
BIDAR - 585 403 (Karnataka)

  
PRINCIPAL  
H.K.E.S. Basaveshwar College  
of Education BIDAR

# Yoga for Human Excellence

VALUE ADDED COURSE FOR B. ED STUDENTS SYLLABUS

In 30 Hours You can learn below mentioned Yoga for Human Excellence

## SECTION - A

### Introduction to Yoga

- Need and importance of yoga, different types of Yoga,
- Raja yoga, Jnana, Karma, bhakti, Hatha, Mantra, Laya

## SECTION- B

### AshtangaYoga

- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

## SECTION - C

### Pranayama

- Kapalbhati, Bhramaree, Shitali, Ujjayi p.

## SECTION- D

### Surya Namaskar





**H.K.E. SOCIETY'S**

# **BASAVESHWAR COLLEGE OF EDUCATION,**

BVB CAMPUS, MANHALLI ROAD, BIDAR – 585 403 KARNATAKA, INDIA.



( Value Added Course)

Course Contents :

Topic are covered under 4 parts :

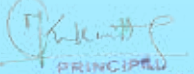
∞ Yoga Practical's	10 Hours
∞ Theory Classes	03 Hours
∞ Yoga Practical's	10 Hours
∞ Discipline	07Hours

(Error reduction drills and building of basic vocabulary)

Course Duration : 30 Hours

Course Planner : Smt. VEENA S. JALADE

  
IQAC Coordinator  
H.K.E.S. Basaveshwar College of Education  
BIDAR - 585 403 (Karnataka)

  
PRINCIPAL  
H.K.E.S. Basaveshwar College  
of Education, BIDAR



# Yoga for Human Excellence

VALUE ADDED COURSE FOR B. ED STUDENTS SYLLABUS

In 30 Hours You can learn below mentioned Yoga for Human Excellence



## Syllabus of the Yoga for Human Excellence

- ❧ Introduction to Yoga 10 Hours  
Need and importance of yoga, different types of Yoga,  
Raja yoga, Jnana, Karma, Bhakti, Hatha, Mantra, Laya
  
- ❧ Ashtanga Yoga 10 Hours  
Yama, Niyama, Asana, Pranayama, Pratyahara,  
Dharana, Dhyana, amadhi
  
- ❧ Pranayama 05 Hours  
Kapalbhati, Bhramaree, Shitali, Ujjayi p.
  
- ❧ Surya Namaskar 05 Hours  
12 steps of Surya Namaskar benefits of Surya Namaskar,  
Principals of Surya Namaskar.

# Yoga for Human Excellence

VALUE ADDED COURSE FOR B. ED STUDENTS SYLLABUS

In 30 Hours You can learn below mentioned Yoga for Human Excellence



  
IQAC Coordinator  
H.K.E.S. Basaveshwar College of Education  
BIDAR - 585 403 (Karnataka)







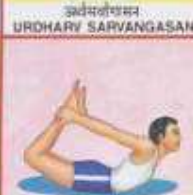



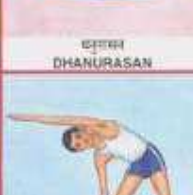

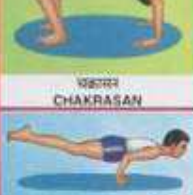

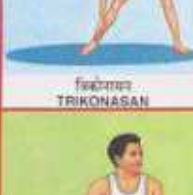

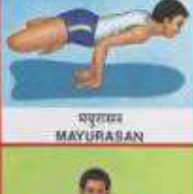

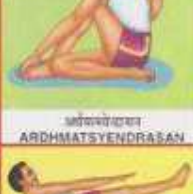

  
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of Education, BIDAR





# YOGASAN CHART

## योगासन चार्ट

 पश्चिमोत्थसन PASHCHIMOTTHASAN	 भुजंगसन BHUJANGASAN	 ऊर्ध्वसर्वाङ्गसन URDHVA SARVANGASAN	 हलसन HALASAN
 कर्णपिरसन KARNPIRASAN	 शलभगसन SHALBHAGAN	 धनुगसन DHANURASAN	 उशुगसन USHTRASAN
 चक्रगसन CHAKRASAN	 जगशुशरहसन JANUSHIRHASAN	 त्रिकणगसन TRIKONASAN	 मगसन MATSARASANA
 मयुरगसन MAYURASAN	 गमुकहसन GOMUKHASAN	 अर्धमगसुगदुरगसन ARDHAMATSYENDRASANA	 भदुरगसन BHADRASANA
 भदुरपदगसन BADHPADASANA	 शुरुशगसन SHIRSHASAN	 शुवगसन SHAVASANA	 पदमगसन PADMASANA

# YOGASAN CHART

## योगासन चार्ट



 पदमगसन PDMASANA	 उशुगसन USHTRASANA	 सर्वगङगसन SARVANGASANA	 हलसन HALASANA
 ऊर्धुवधनुगसन URDHVA DHANURASANA	 भुजगसन BHUJANGASANA	 ऊर्धुवसर्वगङगसन URDHVA SARVANGASANA	 ऊर्धुवधनुगसन URDHVA DHANURASANA
 मगसन MATSARASANA	 ऊर्धुवधनुगसन URDHVA DHANURASANA	 ऊर्धुवसर्वगङगसन URDHVA SARVANGASANA	 ऊर्धुवधनुगसन URDHVA DHANURASANA
 ऊर्धुवधनुगसन URDHVA DHANURASANA	 ऊर्धुवसर्वगङगसन URDHVA SARVANGASANA	 ऊर्धुवधनुगसन URDHVA DHANURASANA	 ऊर्धुवसर्वगङगसन URDHVA SARVANGASANA
 ऊर्धुवसर्वगङगसन URDHVA SARVANGASANA	 ऊर्धुवधनुगसन URDHVA DHANURASANA	 ऊर्धुवसर्वगङगसन URDHVA SARVANGASANA	 ऊर्धुवधनुगसन URDHVA DHANURASANA

1. स्वास्थ्य के लिए हर दस वर्ष से अधिक आयु वाले व्यक्ति को योगासन का अभ्यास करना चाहिए।
2. योगासन का अभ्यास करने से दीर्घ आयु होती है तथा शरीर व मन दोनों शुद्ध होते हैं।
3. योगासन साफ और खुशी तथा भे करने चाहिए तथा सर्वे विना कुछ खाद्य शीत आदि से विवृत होकर करने चाहिए।
4. हर रोज तीन बार प्रकार के योगासन करने चाहिए और प्रत्येक आसन क्रम से कम पाँच मिनट अवश्य करना चाहिए।

# Surya Namaskar

























Sl. No.	Name of the Student	Caste	Date:											
			0	1	2	3	4	5	6	7	8	9	10	11
1	Shruti Shankar		P	P	P	P				P	P	P	P	
2	Maheshwari Lakshmi		P	P	P					P	P			
3	Ashwini Tukaram		P	P	P					P	P	P		
4	Rajashree Prabhakar		P	P	P	P				P	P	P	P	
5	Singara Chetkar		P	P	P	P				P	P	P	P	
6	Sulga Rani Veeranna			P	P	P				P	P	P	P	
7	Pravali Ashok Patil		P	P	P					P	P	P	P	
8	Sumanya Fakir Ahmad		P	P	P	P				P	P	P	P	
9	Kanya Mallikarjun		P	P	P	P				P	P	P	P	
10	Raja Ramesh		P	P	P	P				P	P	P	P	
11	Sudharani Manikappa		P	P	P	P				P	P	P	P	
12	Ashwini Chandrakanta		P	P	P	P				P	P	P	P	
13	Pooja Shanker Rao		P	P	P	P				P	P	P	P	
14	Dyahi Manik		P	P	P	P				P	P	P	P	
15	Anuradha Raju		P	P	P	P				P	P	P	P	
16	Manjula Gopalrao		P	P	P	P				P	P	P	P	
17	Savitribai Pandit		P	P	P	P				P	P	P	P	
18	Ambajis Tippanna		P	P	P	P				P	P	P	P	
19	Siddagonda Asmi		P	P	P	P				P	P	P	P	
20	Vishal Arjun		P	P	P	P				P	P	P	P	
21	Karunashree Gajappa		P	P	P	P				P	P	P	P	
22	Gayatri Neelkanth		P	P	P	P				P	P	P	P	
23	Arabi Kamaja		P	P	P	P				P	P	P	P	
24	Vijaylaxmi Shankar		P	P	P	P				P	P	P	P	
25	Zibrahim Yousuf		P	P	P	P				P	P	P	P	
26	Shivani Shankar		P	P	P	P				P	P	P	P	
27	Nalimabagum B.		P	P	P	P				P	P	P	P	
28	Sayli Baburao		P	P	P	P				P	P	P	P	

No. Present Daily \_\_\_\_\_  
 Total No. in the Register \_\_\_\_\_

Abstract in the beginning	SC	ST	Minorities	Others	Total
Boys					
Girls					
Total					

1. Number at the beginning of the Month \_\_\_\_\_  
 2. Admission during the month \_\_\_\_\_  
 3. No. leaving the month \_\_\_\_\_  
 4. Number at the end of the month \_\_\_\_\_  
 ClassTeacher

Name of the School \_\_\_\_\_  
 Month of Sept 20\_\_  
 Class : \_\_\_\_\_

01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of days present	Date of original admission to the class/promotion
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		

5. No. of School working days \_\_\_\_\_  
 6. Average number on the roll during the month \_\_\_\_\_  
 7. Percentage of (6) and (7) the month \_\_\_\_\_  
 Head Master

Abstract at the end	SC	ST	Minorities	Others	Total
Boys					
Girls					
Total					







NAME OF THE SCHOOL  
STUDENTS ATTENDANCE FOR THE  
ವಿದ್ಯಾರ್ಥಿಗಳ ಹಾಜರಿ, ರಜೆಗಳ

Admission No. ಇದ್ದೇ ಸಂಖ್ಯೆ	Class Number ಕ್ಲಾಸ್ ನಂಟು	Names ಅಡ್ಡೆನಾಮ್	0	1	2	3	4	5	6	7	8	9	10	11	12	13
			1	2	3	4	5	6	7	8	9	10	11	12	13	
1		Roshini Satish	P				P	P	P	A	P					
2		Ambika Prakash	P				P	P	P	P	P					
3		Uma Shankar K	P				P	P	P	P	P					
4		Priyanka Prabhu	A				P	P	P	P	P					
5		Lakshmi Gundappa	P				P	P	P	P	P					
6		Shiv Kumar	A				P	A	P	P	P					
7		Ramakshi Dhane	P				P	P	P	A	P					
8		Rahita Veerappa	P				P	P	P	P	A					
9		Jayadithi Ashok	P				P	P	P	P	P					
10		Ashwini R. Ashok	P				A	P	P	P	P					
11		Priyanka Mahadev	P				P	P	P	A	P					
12		Poojarani UTTam	A				P	P	P	P	P					
13		Rabekha Subhanb	A	5			P	P	A	P	A					
14		Mismela Baburao	P	5	1		P	P	A	P	P					
15		Sushra .n	P	6			P	P	P	P	P					
16		Mangula Ramerho	P	7			P	P	P	P	P					
17		Mohammadi Noor	P	3			P	P	P	P	P					
18		Divya Shivaji	P	4			P	P	P	A	P					
19		Kavasi Rajappa	P	3			A	A	P	P	P					
20		Fatmeen Behna	P	5			P	P	P	P	P					
21		Divyabhanthi	P				P	P	P	P	P					
22		mahananda B.	P				P	P	P	P	P					
23		megha Sharmas	P				P	P	A	P	P					
24		Cranganma	P				P	P	P	A	P					
25		Anudakumar	P				P	P	P	P	A					
26		Priyanka Somnath	P				P	P	P	P	P					
27		Rekha Baburao	A				P	P	P	P	P					

No. Present Daily ದಿನವೂ ಹಾಜರಾದವರ ಸಂಖ್ಯೆ

Total No. on the Register ರಜಿಸ್ಟರ್‌ನಲ್ಲಿರುವ ಒಟ್ಟು ಸಂಖ್ಯೆ

- 1) Number at the beginning of the month : ತಿಂಗಳ ಪ್ರಾರಂಭದಲ್ಲಿರುವ ಸಂಖ್ಯೆ :
- 2) Admission during the month : ತಿಂಗಳಲ್ಲಿ ದಾಖಲಾದವರ ಸಂಖ್ಯೆ :
- 3) Number left during the month : ತಿಂಗಳಲ್ಲಿ ಕಾಲ ಬಿಟ್ಟವರ ಸಂಖ್ಯೆ :
- 4) Number at the end of the month : ತಿಂಗಳ ಅಂತ್ಯದಲ್ಲಿರುವ ಸಂಖ್ಯೆ :

MONTH OF March 2019  
ಮಾಹೆಯು

CLAS 7th 2019  
ತರಗತಿ

01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of Days Late ಅನುಪಸ್ಥಿತಿಯಿಲ್ಲದ ದಿನಗಳ ಸಂಖ್ಯೆ	No. of days present ಅನುಪಸ್ಥಿತಿಯಿದ್ದ ದಿನಗಳ ಸಂಖ್ಯೆ	Date of Original admission to the class or of Promotion ತರಗತಿಗೆ ಮೂಲ ಅಥವಾ ಏರ್ಪಾಟಿನ ದಿನಾಂಕ	
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H.K.E. SOCIETY'S

# BASAVESHWAR COLLEGE OF EDUCATION,

BVB CAMPUS, MANHALLI ROAD, BIDAR - 585 403 KARNATAKA, INDIA.



## CERTIFICATE OF PARTICIPATION



This is certify that Mr./Mrs.. AKSHATA.....D/o..KATLASHNATH.....  
 of BASAVESHWAR.....COLLEGE..OF..EDUCATION, BIDAR..... has  
 participated in the Value Added Course on Integrating I.T. Skills in  
Education  
 offered by Basaveshwar College of Education, Bidar.  
 During 2022-2023.....

IN - CHARGE

  
 PRINCIPAL

  
 PRINCIPAL  
 H.K.E.S. Basaveshwar College  
 of Education, BIDAR

IQAC CO-ORDINATOR

  
  
 IQAC Coordinator,  
 H.K.E.S. Basaveshwar College of Education,  
 BIDAR-585403 (Karnataka)





H.K.E. SOCIETY'S  
**BASAVESHWAR COLLEGE OF EDUCATION**



BVB CAMPUS, MANHALLI ROAD, BIDAR - 585 403 KARNATAKA, INDIA.

**CERTIFICATE OF PARTICIPATION**

This is certify that Mr./Mrs...ROHIT.....S/O...RAJKUMAR.....  
of...BASAVESHWAR.....COLLEGE OF EDUCATION, BIDAR..... has  
participated in the Value Added Course on Integrating ICT Skills in  
offered by Basaveshwar College of Education, Bidar. EDUCATION  
During...2022-2023.....

IN - CHARGE

  
PRINCIPAL

  
IQAC CO-ORDINATOR

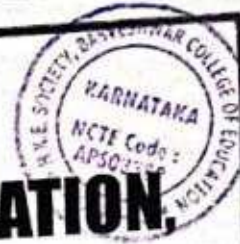
  
PRINCIPAL  
H.K.E.S. Basaveshwar College  
of Education, BIDAR

  
IQAC Co-ordinator  
H.K.E.S. Basaveshwar College of Education  
BIDAR - 585 403 (Karnataka)



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This is certify that Mr./Mrs...SWAROO PARANI D/O. MURALEIDHAR.....  
of BASAVESHWAR COLLEGE OF EDUCATION, BIDAR.....has  
participated in the Value Added Course on...ಭಾಷೆ ಕನ್ನಡ ಸಾಹಿತ್ಯ ಕೌಶಲ್ಯ..  
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During...2022-2023.....

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This is certify that Mr./Mrs...**KAVYASHREE...D/O.BASAVARAJ**.....  
of **BASAVESHWAR...COLLEGE...OF...EDUCATION...BIDAR**.....has  
participated in the Value Added Course on **ಇಂಜಿನಿಯರಿಂಗ್ ಸಂವಹನ ಕೌಶಲ್ಯ**  
offered by Basaveshwar College of Education, Bidar.  
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This is certify that Mr./Mrs...KANERI D/o PEERAPPA.....  
of...BASAVESHWAR COLLEGE OF EDUCATION, BIDAR.....has  
participated in the Value Added Course on...ಭಾವೆ ಹಾಗೂ ಸಂವಹನ ಕೌಶಲ್ಯ...  
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This is certify that Mr./Mrs... BHAVANI MADIWAL.....  
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This is certify that Mr./Mrs.....SARITA TIPPANNA.....  
of BASAVESHWAR COLLEGE OF EDUCATION BIDAR.....has  
participated in the Value Added Course on.....LIFE SKILLS.....  
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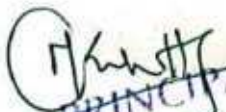
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This is certify that Mr./Mrs. PRASHANT SHARNAPPA  
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This is certify that Mr./Mrs.... SNEHA KALYANRAO.....  
of BASAVESHWAR COLLEGE OF EDUCATION BIDAR.....has  
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This is certify that Mr./Mrs. VASHNAVI CHANDRAKANT.....  
of BASAVESHWAR COLLEGE OF EDUCATION BIDAR.....has  
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This is certify that Mr./Mrs....*Shruti.....Dhanasuj.....*  
Of...*Basaveshwar.....College.....Education, Bidar.....* has  
participated in the Value Added Course on ...*Health Education.....*  
..... offered by  
Basaveshwar College of Education, Bidar. During .....*2020-2021.....*

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*[Signature]*  
IQAC Coordinator  
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This is certify that Mr./Mrs. *Anil Kumar Balika*  
Of *Basaveshwar college of Education, Bidar* has  
participated in the Value Added Course on *Health Education*  
..... offered by  
Basaveshwar College of Education, Bidar. During *2020-2021*.....

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This is certify that Mr./Mrs. *Aarti* *Govindrao*  
Of *Basaveshwar* *college of* *Education, Bidar* has  
participated in the Value Added Course on *Health Education*  
..... offered by  
Basaveshwar College of Education, Bidar. During *2020-2021*

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This is certify that Mr./Mrs. *Shruti Narsingh Rao*  
Of *Basaveshwar College of Education, Bidar* has  
participated in the Value Added Course on *Health Education*  
..... offered by  
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This is certify that Mr./Mrs....*pooja*.....*Shannappa*.....  
Of...*Basaveshwar college of Education, Bidar*.....has  
participated in the Value Added Course on .....*Health Education*.....  
..... offered by  
Basaveshwar College of Education, Bidar. During .....*2020-2021*.....

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## CERTIFICATE OF PARTICIPATION



This is certify that Mr./Mrs..... ASHWINI TUKARAM.....  
Of..... BASAVESHWAR COLLEGE OF EDUCATION, BIDAR.....has  
participated in the Value Added Course on ... IMPORTANCE OF LIFE SKILLS.....  
..... BALANCED AND COMPLETE HUMAN BEING..... offered by  
Basaveshwar College of Education, Bidar. During ..... 2019-2020.....

  
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**CERTIFICATE OF PARTICIPATION**



This is certify that Mr./Mrs.....POOJARANI.....TUKARAM.....  
Of.....BASAVESHWAR COLLEGE OF EDUCATION, BIDAR.....has  
participated in the Value Added Course on IMPORTANCE OF LIF SKILLS  
BALANCED AND COMPLETE HUMAN BEING..... offered by  
Basaveshwar College of Education, Bidar. During 2019-2020.....

  
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IQAC CO-ORDINATOR

  
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This is certify that Mr./Mrs..... SANGEETA SHETKAR.....  
Of..... BASAVESHWAR COLLEGE OF EDUCATION, BIDAR..... has  
participated in the Value Added Course on IMPORTANCE OF LIFE SKILLS  
BALANCED AND COMPLETE HUMAN BEING..... offered by  
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This is certify that Mr./Mrs.....PRISYANKA ASHOK PATIL.....  
Of.....BASAVESHWAR COLLEGE OF EDUCATION, BIDAR.....has  
participated in the Value Added Course on IMPORTANCE OF LIFE SKILLS  
BALANCED AND COMPLETE HUMAN BEING..... offered by  
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This is certify that Mr./Mrs..... GAYATRI SHANKER.....  
Of..... BASAVESHWAR COLLEGE OF EDUCATION, BIDAR..... has  
participated in the Value Added Course on IMPORTANCE OF LIFE SKILLS  
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This is certify that Mr./Mrs..... ROSLEN RANI ..... SATISH .....  
Of..... BASAVESHWAR COLLEGE OF EDUCATION, BIDAR ..... has  
participated in the Value Added Course on ..... YOGA FOR .....  
..... HUMAN EXCELLENCE ..... offered by  
Basaveshwar College of Education, Bidar. During ..... 2018 - 2019 .....

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This is certify that Mr./Mrs..... PRIYANKA PRABHU.....  
Of..... BASAVESHWAR COLLEGE OF EDUCATION, BIDAR..... has  
participated in the Value Added Course on ..... YOGA ..... FOR.....  
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This is certify that Mr./Mrs..... LOKESH GUNDAPPA.....  
Of..... BASAVESHWAR COLLEGE OF EDUCATION, BIDAR..... has  
participated in the Value Added Course on ..... YOGA FOR.....  
..... HUMAN EXCELLENCE..... offered by  
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This is certify that Mr./Mrs..... AMBUS PRAKASH.....  
Of..... BASAVESHWAR COLLEGE OF EDUCATION, BIDAR..... has  
participated in the Value Added Course on ..... YOGA FOR.....  
..... HUMAN EXCELLENCE..... offered by  
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[Signature]  
IQAC Coordinator  
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This is certify that Mr./Mrs.....UMABHARATI.....K.....  
Of.....BASAVESHWAR.....COLLEGE OF EDUCATION, BIDAR.....has  
participated in the Value Added Course on .....YOGA.....FOR.....  
.....HUMAN.....EXCELLENCE..... offered by  
Basaveshwar College of Education, Bidar. During .....2018 - 2019.....

Neeraj  
IN - CHARGE

Aditya  
IQAC CO-ORDINATOR

Prakash  
IQAC Coordinator

H.K.E.S. Basaveshwar College of Education,  
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Prakash  
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