V.V.Sangha's
Veerashaiva College,
Cantonment, Ballari- 583104, Karnataka.
www. veerashaivacollege.org



Criteria- II: Teaching -Learning and evaluation

2.3.1: Student centric methods, such as experiential learning, participative learning and problem solving methodologies are used for enhancing learning experiences and teachers use ICT- enabled tools including online resources for effective teaching and learning process.

Copy Enclosed

Yoga



VIJAYANAGARA SRI KRISHNADEVARAYA UNIVERSITY, BALLARI.



NEP-2020 Physical Education, Sports and Yoga Curriculum



For BA/BSc/BCom/BCA and all UG Courses

2021-22 ONWARDS



Department of Physical Education and Sports Sciences Vijayanagara Sri Krishnadevaraya University, Ballari.

COORDINATOR,
Internal Quality Assurance Coll PROAC)



Contents				
SL NO:	PARTICULARS			
01	Semester-I VBC-1 Yoga			
02	Semester-I VBC-2 Health and Wellness			

200

COORDINATOR,
Internal Quality Assurance Cell (IQAC),
VEERASHAIVA COLLEGE,
BELLARY-KARNATAKA.





PREFACE

"Education is the manifestation of the Perfection Already existing in Man" said Swami Vivekananda. The primary objective of education is overall personality development. Complimenting to this objective, the paradigms of Physical Education, Sports and Yoga are integrated under the National Education Policy (NEP) 2020. Physical Education, Sports and Yoga professionals, will contribute in bringing Health and Wellness at every aspect of one's personality. Thus, developing and proposing the syllabus for all UG courses to introduce Physical Education, Sports, Yoga and Health and Wellness as Value Based courses in all the affiliated colleges of Vijayanagara Sri Krishnadevaraya University, Ballari.

The aim of Board of Studies is to develop the framework and to make Physical Education, Sports and Yoga accessible and available to masses by creation of professions in Physical Education, Sports and Yoga through the Higher Education Institutions. This will help young youths of this region of India to be Healthy, Fit and Stay well.

Dr. Saheb Ali H. Niragudi

Chairman, BOS UG

Vijayanagara Sri Krishnadevaraya University,

Ballari.

Internal Quality Assurance Cell (TOAC),

VEERASHAIVA COLLEGE, BELLARY-KARNAT!



PREAMBLE

India is growing rapidly as a global super-power. To face the challenges of the century and to keep up with the pace of the world, maintaining health is of prime importance. Giving thrust to healthy society, Physical Education, Sports and Yoga are of great significance in today's world. The Government of India insists on Physical Fitness, Mental Health and Overall Development of Personality for every citizen. In these lines, the Government has launched Fit India Movement, Khelo India, TOPS and National Sports Day, International Day of Yoga etc. These initiatives have given impetus and awareness among general public, professional and academicians. However, creating efficient and skilled human resource in the field of Physical Education, Sports and Yoga is identified as the need of the hour. Thus, the Governments of India and Government of Karnataka have included Physical Education, Sports and Yoga as a key area under the NEP 2020.

The Government of Karnataka, through the Karnataka State Higher Education Council constituted an expert committee to draft the curriculum framework for creating professionals in the area of Physical Education, Sports and Yoga at the Higher Education Institutions. Several meetings are conducted in both online and offline modes to discuss and prepare the Curriculum Framework. The curriculum framework is drafted for enhancing the skill development, value addition, overall personality development, entrepreneurship and employability. The courses Skill Enhancement (Value Based Courses) in nature and can be offered through HEIs.

COORDINATOR,

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Model Curriculum

Name of the Degree Program

BA/BSc/BCom/BBA/BCA & all other UG Courses

1. Skill Enhancement Courses: Value Based Course - VBC 1 & 2

(BA/BSc/BCom/BBA/BCA all other UG Courses)

Total Credits: 02 Credits: 1 Credit for Yoga, 1 Credit for Health and Wellness for Semester I.

Starting Year of Implementation: 2021-22

Program Outcomes:

By the end of the program the students will be able to:

- The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, etc) and device appropriate fitness program for different genders and age groups at all level.
- 2. The curriculum would enable to officiate, supervise various sports events and organize sports events.
- 3. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development.
- 4. The student learns to plan, organize and execute sports events.
- Student will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.
- 6. Student will learn to apply the knowledge of managing the fitness equipment's.
- Student will learn to apply knowledge of Physical fitness and exercise management to lead better quality life.
- 8. The student will gain knowledge of professional preparation in Physical Education, Sports and Yoga.
- 9. Student will learn the knowledge of fitness diet.
- 10. Students will be able to assess the Physical Fitness in Scientific way.



BA/BSc/BCom/BBA/BCA & all other UG Courses

Aim of the Course

The course aims at creating awareness about the fundamentals of Physical Education, Sports and Yoga and promote Health and wellness through Healthy Lifestyle.

Objectives of the Course

- 1. To impart the students with basic concepts of Physical Education, Sports and Yoga for health and wellness.
- 2. To familiarize the students with health-related Exercise, Sports and Yoga for Overall growth & development
- 3. To create a foundation for the professionals in Physical Education, Sports and Yoga.
- 4. To impart the basic knowledge and skills to teach Physical Education, Sports & Yoga activities.

Learning Outcome/ Skills:

- Students will be able to understand the basic principles and practices of Physical Education, Sports and Yoga.
- Students will be able to instruct the Physical Activities, Sports and Yoga practices for Healthy Living.
- To develop professionalism among students to conduct, organize & officiate Physical Education, Sports and Yoga events at schools and community level.

Employability/ Entrepreneurship abilities:

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The Candidate will be able to instruct, organize & officiate Physical Education, Sports and Yoga.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate will be able to conduct Traditional games, Sports and General Yoga classes for rural and community level.

Canada Anna Marks 100 km

Assessment

Weightage for Assessments

	S (BA/BSe/BCom/BBA	emester-I VBCA & all of	ier UG Courses)	
	Skill Enhand	Semester-1 cement Course e Based-1 Yoga	es (SEC)	
Course	Paper	Credits	No. of Teaching Hours/Week	Total Marks/ Assessment (IA)
VBC-1 Practical	Yoga		2	25 (IA) Marks

Skill Enhancement Courses (SEC) Value Based-2 Health and Wellness

(BA/BSC/BCOM/BBA/BC/	4 & all other	er UG Course.	s)
Health and Wellness	la de	2	25 (IA)
	1	2	Marks
(VBC-1 + VBC-2)	2	4	50
	Health and Wellness	Health and Wellness 1	1 2

Note: For effective teaching, learning and coaching, the Committee recommends that the above two papers shall be combined together Yoga + Health & Wellness (1+1=2 Credits).

COORDINATOR,

Sub-Total (A)

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BELLARY-KARNATAKA.



Semester-I Skill Enhancement Courses VBC-1

Title of the Course: YOGA (BA/BSc/BCom/BBA/BCA & all other UG Courses)

COURSE CODE: 21BA1V1PE1

Number of Credits	Number of Credits Number of lecture hours/ semester 1 28	
1		
25-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0	of the Course	28 Hrs.
Unit 1: - Introduction to Yoga		
1. Principles of Yogic pra	actician's	
2. Ashtanga Yoga		
3. Shitalikarna Vyayama	Physical Cultural Exercise	
4. Suryanamaskara		0d 80
Unit 2: - Yoga	5	28
 Standing, Sitting, Supi (Any three asanas from 	ne, Proline and Balancing Asanas. n each))	
2. Techniques of Pranaya	ma	
3. Basic set of Meditation	ì	

Formative Assessment				
Assessment Occasion/ type	Weightage in Marks			
Practical's	Internal Assessment - 25 Marks			
Total	25 Marks			

References

- Nagendra, H. R. & Nagarathna, R. (2002). Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
- 2. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashtrothanna Prakashana.
- D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United State.



Semester-I Skill Enhancement Courses VBC-2

Title of the Course: HEALTH AND WELLNESS (BA/BSc/BCom/BBA/BCA & all other UG Courses)

	Number of Credits Number of lecture hours/ semester 1 28 Hours		ester
	Content o	f Practical Course	28 Hrs
Unit	1: Introduction to Health an	d Wellness	
1	Principles of Physical Exerc	ise	
2	Dimension and Importance	of Health and Wellness	
3	Stretching Exercise		
4	General warmup exercises		
5	Specific warmup exercises		
	 Health and Wellness thro Conditioning Relaxation Techniques Cardiac Exercise 	agn I nysicai Exercise	28
	4. Exercises/Activities' for s5. Assessment of BMI	stress management	
	5. Assessment of BMI	stress management ative Assessment	
Asse	5. Assessment of BMI		
Asse	5. Assessment of BMI Form	ative Assessment	nrks

References

- 1. Dr. M S Pasodi, Dr. Esudas (2020) Health and Wellness Keerti Prakashana Bangalore.
- 2. Puri .k. Chandra S.S (2005) "Health and Physical Education" New Delhi: Surject Publication.



VIJAYANAGARA SRI KRISHNADEVARAYA UNIVERSITY, BALLARI.



NEP-2020 Physical Education, Sports and Yoga Curriculum



Open Elective Subject Syllabus For BA/BSc/BCom/BCA and all UG Courses

2021-22 ONWARDS



Department of Physical Education and Sports Sciences

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Vijayanagara Sri Krishnadevaraya University, Ballari.

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Internal Quality Assurance Cell (IQAC), VEERASHAIVA COLLEGE, BELLARY-KARNATAKA.



Contents				
SL NO:	PARTICULARS			
1	Yoga and Fitness			

Internal Quality Assurance
VEERASHAIVA COLLEGE,
BELLARY-KARNATAKA.



Model Curriculum

Name of the Degree Program Physical Education Open Elective Subject BA/BSc/BCom/BBA/BCA & all other UG Courses

Open Elective Subject:

Yoga and Fitness

COURSE CODE: 21BA101PE1

Starting Year of Implementation: 2021-22

Program Outcomes:

By the end of the program the students will be able to:

- 11. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, etc) and device appropriate fitness program for different genders and age groups at all level.
- 12. The curriculum would enable to officiate, supervise various sports events and organize sports events.
- 13. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development.
- 14. The student learns to plan, organize and execute sports events.
- 15. Student will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.
- 16. Student will learn to apply the knowledge of managing the fitness equipment's.
- 17. Student will learn to apply knowledge of Physical fitness and exercise management to lead better quality life.
- The student will gain knowledge of professional preparation in Physical Education, Sports and Yoga.
- 19. Student will learn the knowledge of fitness diet.
- 20. Students will be able to assess the Physical Fitness in Scientific way.



BA/BSc/BCom/BBA/BCA & all other UG Courses.

Aim of the Course

The course aims at creating awareness about the fundamentals of Physical Education, Sports and Yoga and promote Yoga, Health, Fitness and Wellness through Physical Activities and Healthy Lifestyle.

Objectives of the Course

- 1. To impart the students with basic concepts of Physical Education, Sports and Yoga for health, fitness and wellness.
- 2. To familiarize the students with health-related Exercise, Sports and Yoga for Overall growth & development
- 3. To create a foundation for the professionals in Physical Education, Sports and Yoga.
- 4. To impart the basic knowledge and skills to teach Physical Education, Sports & Yoga activities.

Learning Outcome/ Skills:

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- Students will be able to instruct the Physical Activities, Sports and Yoga practices for Healthy Living.
- To develop professionalism among students to conduct, organize & officiate Physical Education, Sports and Yoga events at schools and community level.

Employability/ Entrepreneurship abilities:

- The candidate will be able to work as Physical Education, Sports and Yoga instructor.
- The Candidate will be able to instruct, organize & officiate Physical Education, Sports and Yoga.
- The candidate will be able to establish fitness, sports and yoga centers.
- The candidate will be able to conduct Traditional games, Sports and General Yoga Fitness classes for rural and community level.



Semester-I Physical Education Open Elective Paper

Title of the Course: Yoga and Fitness

Number of Theory Credits		Number of lecture hours/semester	Number of Practical Credits	Number of Practice hours/ semesters	
		14	2	28x2=56	
		Content of T	heory Course		
Theory	Imp Ber Typ Typ	nat is the Yoga and Fi cortance of Yoga and nefits of Yoga and Fit es Physical Fitness and es of Asanas ential of Physical Fitn	Fitness ness nd Eight limbs of	14	
★ Practical'	Phys s	sical Fitness and Nuti	rition		
* *	 ★ Aerobics/Zumba/Dance ★ Asanas, Pranayama and Meditation 				
*	Specific Exercises for Strength, Speed, Agility, Flexibility, Coordinative abilities				
*	Repo	ort Preparation, Reco	rds and PPT		

	Formative A	ssessme	ent		
Assessment Type	Internal	Assessm	ent	Semester Exam	Tota
Theory	Test Assignment Seminar	10 5 5	20	40	60
Practical	Test Assignment	10 10	20	20	40
		Tot	al		100

Se RASHAIL OF THE PROPERTY OF

SCHEME / PATTERN OF EXAMINATION

OPEN ELECTIVE - THEORY

Max. marks: 40

Time: 02 Hours

Instructions:

- 1. Answer all questions
- I. Answer any three of the following questions in not exceeding two pages 3x10=30
- ١.
- 2.
- 3.
- 4.
- II. Answer any two of the following questions in not exceeding one-page 2x5=20
- 1.
- 2.
- 3.

OPEN ELECTIVE - PRACTICAL

Max. marks: 20

Time: 02 Hours

1. Assessment of any 3 activities from the respective syllabus

 $3 \times 5 = 15 \text{ marks}$

2. Record Book

5 marks

COORDINATER,

Internal Quality Assurance Cell (IOAC).

VEERASHATVA COLLEGE.

BELLARY-KARNATA

PRINCIPAL VEERASHAIVA CC



Yoga Day celebrated on 21.06.2018

Veerashaiva College, Ballari.

Yoga Day celebrated on 21/06/2018



4th International Yoga Day was celebrated on 21.06. 2018 The programme was inaugurated by Dr.G.Rajashekhar

4th International Yoga Day was celebrated on 21.06.2018 at 6.30am in the play ground of the College. The programme was inaugurated by Dr.G.Rajashekhar, the Principal of the College. While delivering inaugural speech he focused on modern life style and food habits which are chiefly responsible for physical and psychological diseases. The desire of modern man to lead a luxurious and comfortable life forced him to amass wealth by engaging himself in multi economic activities. It spoiled the peace in life. And also made him to suffer at every moment of life. Yoga should be practice every day to stay away from all kinds of modern diseases. Yoga has got its own importance in all walks of life. It will enhance personal power. It helps for bringing about equilibrium and harmony in society. It removes negative thinking and disorders in body. Ultimately, Yoga helps to maintain a good health and mental state.



Teaching, Non-Teaching Staff and Students participated in the programme.

Sri Chidananda, Yoga Teacher, District Patanjali Centre, Ballari demonstrated various Yogasanaas and addressed the Students. Sri Siddaram G Mulaje executed the programme. Teaching, Non-Teaching Staff and Students participated in the programme.

VEERASHAIVA COLLEGE

BALLARI

Internal Quality Assurance Cell (IQAC),
VERRASHALVA COLLEGE,
BELLATINGS AND MAN.

International Yoga Day

International Yoga Day has been observed on 21.06.2022 in the college. City based togal Shariraka Shikshana Pramukh B.Shivakumar invited as chief guest and he demonstrated various types of Yogasana, President of the function Sri.Darur Shanthana Gouda while addressing the gathering expressed that by doing yoga everyday we can lead stress free life and healthy life.

G.B.Members, Principal, Staff & Students were participated and performed different yogasanas.



International Yoga Day celebrated on 21/06/2022 and B shiva kumar was chief guest



Students participating in the event

Embernal Quality Assurance Cell (IGAC), VEERASHAIVA COLLEGE,

BELLARY-KARNATAKA.

VEERASHAIVA COLLEGE BALLARI





Dr.T.R.Srinivas, Psychiatrist, delivered a special talk on causes, effects and remedies of drug addiction.

Dr.T.R.Srinivas, Psychiatrist, delivered a special talk on causes, effects and remedies of drug addiction. Dr.Anil Kumar also spoke on this occasion. Shri Shashidar Meti delivered key note address. Shri Chandra Kumar, Circle Inspector of Police was present on the dais. Dr.G.Rajashekhar, Principal, welcomed the gathering. Shri Siddram G Mulaje executed the programme and proposed vote of thanks. Smt.Rajeshwari Patil sung invocation song.

Internal Quality Assurance Cell (IQAC)
VEERASHAIVA COLLEGE

Celebrated World Yoga Day on 21/06/2019

V.V.SANGHA'S

VEERASHAIVA COLLEGE, BALLARI.

(Affiliated to V.S.K.University, Ballari.)

Celebrated 5th International Yoga Day on 21/06/2019



5th International Yoga Day was celebrated. Shri Gonal Rajashekhar Goud, Chairman inaugurated in the programme by lighting the lamp.

5th International Yoga Day was celebrated in association with Vijayavani, Daily News Paper and Patanjali Yoga Samithi on 21/06/2019. Shri Gonal Rajashekhar Goud, Chairman inaugurated in the programme by lighting the lamp. In his inaugural address, he spoke about the importance of Yoga in human life. He said, Yoga unites the body, mind and the soul. It establishes the relationship between body and consciousness. It plays a pivotal role in bringing about peace and harmony in the world. Yoga is the effective means to remove rivalry attitude between the nations. The celebration of International Yoga Day indicates the spiritual richness of our country. The practice of Yoga in daily life contributes for the development of fraternity by mitigating enmity. Before concluding the speech, he opined that the Yoga will bring about the positive change in life. The Principal of the College Dr.G.Rajashekhar presided over the function. In his presidential remarks he spoke that Yoga removes social inequality and brings about unity in society. It has become quite essential in modern society which has caught in the state of confusion and chaos.

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BELLARY-KARNATAKA.

Dr.Kuppugal Veeresh, Dr.Satish Hiremat, Dr.Vedavyasa Sagar, Shri Isvi Pampapathi, Shri Chidananda Murthy, Sri S V Puranik were present on the dais. Shri Siddaramram G Mulaje executed the programme. About 600 students participated in the programme and practiced various types of exercises under the guidance of Yoga Teachers.



Students participated in the progamme and practiced various types of exercises under the guidance of Yoga Teachers.

Internal Quality Assurance Cell (IGAC), VEERASHAIVA COLLEGE, BELLARY-KARNATAKA.

V.V.Sangha's

Veerashaiva College, Ballari

Department of Physics

Celebration of successful soft landing of Vikram on MOON.



The Department of Physics organized a programme to celebrate the successful landing of Vikram Lander on MOON. This programme is attended by shri. Darur Shanthangouda, Chairman of Veerashaiva College, Dr. G. Manohar, Principal of our college, the staff and students of both degree and PUC of verraashaiva college. Miss A. Shirly Jones, HOD of Physics Explained the stages of soft landing and the experiments of the pragyan Rover conducts, in the next 14days. All cheers to the hardworking scientists who worked day in and day out for this success. We the Indians are the 4th Nation, but 1st to land in south pole region of the MOON.

Congratulations ISRO

PRINCIPAL
VEEKASHAIVA COLLEGE
BALLARL

Held of the pepartment Department of Physics Veerashaiva College, Fallan

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Chandrayang -3 Name of the staff signature grebanted. Di Shaxara Gorda Dr Kanta m Dr. Shut & Shazundasava Dr Shyamurthy G. And: Sharines vale p For & S. Dr. Viredturnar q. Gangothri. K 10. Dharani E aced of the Department Departmen Nof Physics Veerashaiva College, Ballais VEEKASHANVA COLLEGE BALLASI.