

Jnana

Prabodhini

+ Awakening Knowledge...

Quarterly Bulletin of

B.L.D.E. Association's

**SMT BANGARAMMA SAJJAN ARTS, COMMERCE AND
SCIENCE COLLEGE FOR WOMEN VIJAYAPURA.**

(Re-Accredited at the 'A' Grade with CGPA 3.10 by NAAC)

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We are very proud to bring Second issue of ***Jnana Prabodhini***, Quarterly News Bulletin of our college. We are very sure that under the leadership of ***Asst.Prof.Husna.S.Desai*** and her team, we have highlighted the activities and achievement of staff as well students in all arena of education ecosystem. I personally congratulate the entire editorial team for taking this task with enthusiasm. I also place on record my heartfelt regards for SOP Cell for igniting and motivating our staff and students to publish this News Bulletin.

Wishing all the best.

Dr. Rabiya M. Mirdhe
Principal
SBS Arts,cCommerce and Science College for Women Vijayapura



Greetings to all readers

BLDEA's Smt. Bangaramma Sajjan Arts, Commerce and Science College for Women was started in the year 1983 with the vision of ***"Educate & Empower the Women; strengthen Nation"*** Very few have fully realized the wealth of sympathy, kindness and generosity hidden in the soul of a child. The effort of every educator should be to unlock that treasure and Smt. Bangaramma Sajjan Arts,Commerce and Science College for women is an excellent example where everyone strives for this. This institution has been nurturing young minds of the town for the past 35 years with belief that ***"Education is one of the important tool to empower Woman"***. We are pleased to present to you second issue of the year 2022 "***Jnana Prabodhini***" the Quarterly News Bulletin of SBS Arts, Commerce and Science College for Women. Happy Reading.

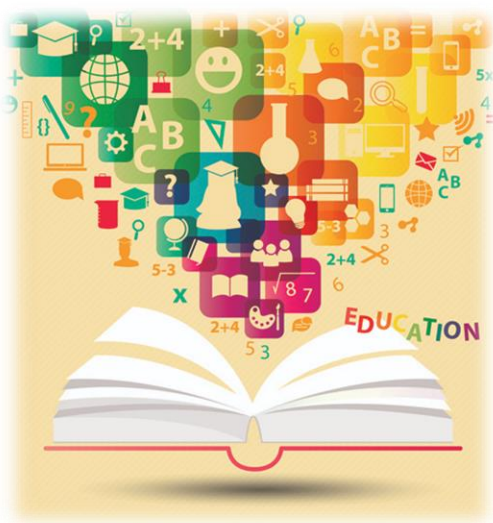


Smt Hussna S. Desai
Chief Editor
HOD of English



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“A woman with a voice is, by definition, a strong woman. But the search to find that voice can be remarkably difficult.”



ACADEMIC CORNER

WORKSHOP ON PO, PSO & CO's



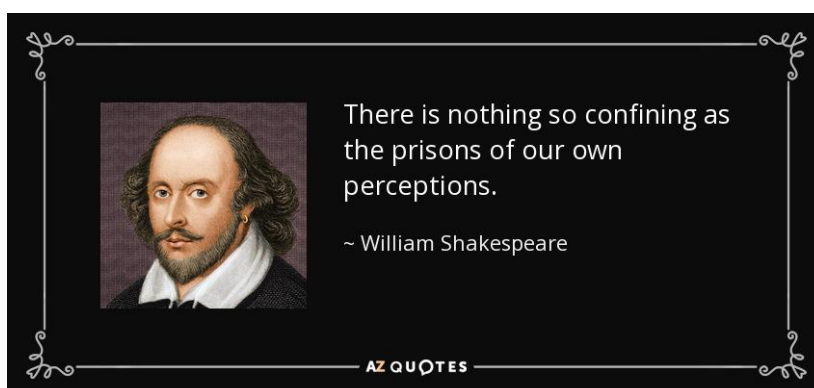
Under IQAC Initiative One –Day Workshop On ‘PO, PSO & CO’s and Attainment Level’ was organized on 16th April-2022. Resource Person: Dr.Sharadamani Hunashyal, Principal, Anjuman B.Ed College, Vijayapura. Programme Coordinator: Dr.Taranum Jabeen, HOD, Department of Political Science. 28 Staff members attended the Workshop.

E-QUIZ COMPETITION



458th Birth Anniversary of great playwright and poet William Shakespeare was celebrated on 23rd, April-2022 all over world. Under IQAC Initiative the Department of English of our college has conducted National level 'E-Quiz' from 30th September to 4th October 2020 to commemorate this great poet. The purpose of the quiz is to honor this great poet and to enlighten the students about his importance, achievements and contribution to English Literature. The E-Quiz was conducted by Smt.H.S.Desai HoD of English, Shri. S.M. Hattarakihal, faculty of Dept. of Economics under the guidance of Principal Dr.R.Mirdhe. The E-Quiz was meant for UG, PG and Research scholar. 476 participants have registered and received their E-Certificates. The required

documents are enclosed.



CAREER BUILDING PROGRAMME



Under IQAC Initiative, One day workshop on Career Building Programme. Deshpande Foundation (Lead Skilling) was held on 24th May, 2022 at 10:00 AM at Seminar Hall in our College. 13 Teaching Staff and 65 Students attended the program.

WORKSHOP ON OPENING SAVINGS BANK ACCOUNT



IQAC Initiative, [B.Com](#) Programme organized one day workshop on the topic "How to Open Savings Account in Bank" on 25th June, 2022. The resource person was Mr. Akash Ingalagi, General Manager, Canada Bank, Vijayapur. Event Coordinator Dr. Jayashree Beerappa. Total no. of students participants 82.

CELEBRATION OF IMPORTANT DAYS

WORLD AUTISM DAY



Awareness program on World Autism Day on 6th April-2022 at 10:30 a.m. was organized in the College in collaboration with District Administration, Zilla Panchayat, DEIC, Subhas Bidari Memorial Child Development Centre IAP Vijaypur, Indian Red Cross Society, H.T Bidari Memorial Trust, Ashwini Institute of nursing science and YRC Cell of our college. 15 Staff and 52 Students attended the program.



BIRTH ANNIVERSARY OF WILLIAM SHAKESPEARE



Under IQAC Initiative, Department of English celebrated 458th Birth Anniversary of William Shakespeare on 25th April-2022. On this occasion, the Principal of our College Dr.R.M.Mirdhe madam gave a brief account on the life of Shakespeare. No of Students participated:08

CELEBRATION OF BASAVAJAYANTI



Celebrated Basava Jayanti on 4th May-2022. Basava Jayanthi is a traditionally observed by the Lingayats of the Indian state of Karnataka. It marks the birthday of Basavanna, a 12th-century poet-philosopher and the founding saint of the Lingayat tradition.

WORLD MENUSTRAL HYGIENE DAY



Under IQAC initiative, Department of Home Science organized Special Lecture on "Menstrual Hygiene" to celebrate World Menstrual Hygiene Day -2022." on 3rd June-2022, at Function Hall. Smt.Veena Patil DGO, DNB, Consultant at BLDEA'S Medical College was the Resource person and Dr.R.M.Mirdhe, principal gave presidential note. Around 11 teaching staff and 78 students were present at the function.



WORLD ENVIRONMENT DAY



Under IQAC Initiative, Department of Botany has organized "World Environmental Day" on 8th June-2022 and the Chief Guest Dr. Ramachandra Nayak HOD of Botany SB Arts and KCP Science College, Vijayapura. gave a Special Lecture on Biodiversity conservation 20 staff members and 50 students attended the program held at Seminar hall.

NATIONAL STATISTICS DAY



Under IQAC Initiative, Department of Statistics celebrated 16th National Statistics Day on 29th June-2022 which is observed to honor Late Professor Prasanta Chandra Mahalanobis's work in the field of statistics. Chief guest of the program: Prof. Smt. S. M Hanchinal, Associate Professor, Department of Statistic, Anjuman Degree College, Vijayapura 66 Students and 13 staff members attended the program.

EXTENSION ACTIVITIES

PLACEMENT @ GLANCE

Success Stories

Successfully Trained & Placed

 Pallavi M Infosys	 Kavya K Infosys	 Akshata H Omega	 Anupama B Mphasis	 Supriya K Capgemini	 Ashakka G Infosys
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BLDE'S Association SMT, Bangaramma Sajjann Art's Commerce, & Science College For Womens, Vijayapur

Deshpande Skilling, Beside infosys, Gokul Road Hubli - 580030
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Contact
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9513965098

Placement Cell of our College and Deshpande Foundation Skilling team trained and placed successfully 06 Students of our College on 25th April-2022.

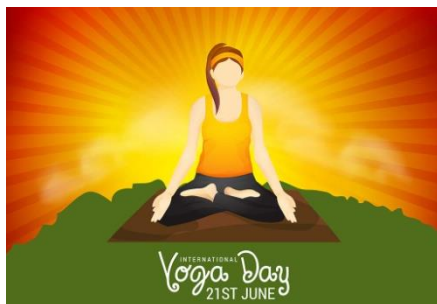


YOGA CAMP



IQAC Initiative the Department of Physical Education and Sports conducted 15 days Yoga camp in our college as directed by UGC, IDY 2022 for all semester students from 20/5/2022 to 10/6/2022. Inaugurated and Presided over Dr. R M Mirdhe by watering the plant. Dr. Savita Aneppanavar, Physical Director gave brief information about Yoga Dr.K A Patil, HOD Department of Hindi proposed vote of thanks. 83 students and 16 teaching staff members attended the program. As the 15 days Yoga Camp intension of providing techniques and

tactics for physical and mental health benefits. In the 15 days yoga camp students learnt how to maintain physical and mental health. It could be said that the camp was successful in accomplishing the set goal of Yoga for well being and Humanity. Dr.Savita Aneppanavar, Director of Physical Education and Sports conducted 15 days regular yoga class from 25/5/2022 to 10/6/2022. 87 students regularly attended the camp.



SWASKAND 2022

BCA Students of our College participated in intercollege event Competition named SWASKAND 2022(Liberty to explore the talent) organised by BLDEA'S S.B Arts and K.C.P Science College Vijayapura on 11th June-2022 and won Champions trophy by winning in 3 events out of 5.

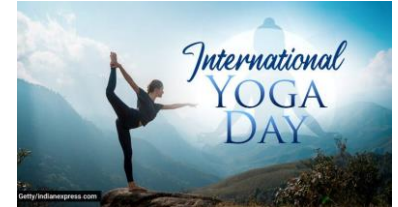
- 1) Decoding: 1st Prize
- 2) Coding: 2nd Prize.
- 3) Presentation: 2nd Prize.



YOGA COMPETITION



District level Yoga competition was organised by BLDEA'S AVS Ayurveda medical college on 11-6-2022. In the competition 4 students of our College participated by the Direction of physical director Dr. Savita Aneppanavar.



TREE PLANTATION



Under IQAC Initiative, on the occasion of world environment day-2021-22. Tree plantation was carried out by our 25 Youth for Seva unit students at KBHPS No: 06, Ibrahimipura on 17th June-2022.

SURYA NAMASKAR & RANGOLI COMPETITION

IQAC Initiative the department of physical education and sports organized Yoga surya Namaskara and Rangoli Competition competition in our college as directed by UGC, IDY 2022 on the occasion of International yoga day. 2021-22

The Yoga surya Namaskara Competition was conducted on 20-06-2022 at 8:30 am sri Madivalappa Dodamani Yoga instructor BLDEAs Deemed to be University invited as a judge for the competition. 12 students participated in the competition the names of winners are as follows.

Sl no Names class Position

- 1 Sudharani Bijjaragi Bcom VI I
- 2 Shridevi Amballur Bcom VI II
- 3 Anusha Hipparagi BCA IV III

The Rangoli Competition was conducted on 20-06-2022 at 10:30 am Dr. T J Khan HOD Dept of Political science Smt. Anita. Dolli Dept of Home science and Dr. R. G. Kamatar Dept of Kannada were invited as judge for the Rangoli competition. 07 students participated in the competition. The names of winners are as follows.

Sl no Names class Position

- 1 Seema Rathod BCA IV I
- 2 Pallavi Badiger BAIV II
- 3 Sudharani Bijjaragi Bco VI III



7 DAYS NSS CAMP



Our College Organized 7days NSS Camp. 18th June 2022, 11.00am in Ittangihal Day 1: Inaugurational program of NSS CAMP on 18th June 2022 , 11.00am in Ittangihal Day-2: On Behalf of NSS Camp in Collaboration with Dr.Malini. P.Patil From Anugraha eye Hospital, free eye check up camp was organized in the Ittangihal Community Center on 19th June 2022 10.30am.Day-3:In day 3 of NSS camp on 20th June 2022 at 11.00am Special lecture on The “Importance of Yoga and Meditation in Covid pandemic” was arranged. Day -4: On 21st June 2022, 4th day of NSS camp A special Lecture on “Effect of Female Fetus kill and Constitutional Rights of Women” was organizedDay-5: 5th day of NSS Camp on 22 June 2022 at 11am Special Lecture on “Opportunities and Facilities of Women in higher Education” was arrangedDay-6:On 6th day of NSS Camp A special Lecture on The “ Importance of Human Values in student life” was arranged.Day-7:Valediction Function of NSS Camp. 2022On 24th June 2022. 11am valediction function of NSS 7days Camp was arranged. Dr R.M.Mirdhe Principal and NSS officer Unit-I Sri.V.S Nandesh and for Unit-II Smt.Savita.N.Lamani, all NSS Volunteers, Staff and students of SBS College were present.

PARTICIPATED IN YOGA CAMP

Our College Ranger Leader Smt.Shweta B.Ghanti Along with 10 Rangers Participated in Yoga Camp on the occasion of 8th International Yoga Day for the Academic Year-2022-23 held at GolGumbaz,Vijayapura organized for Two Days by District Administration and Department of District Ayush from 20th June-2022 to 21st June-2022.



RESOURCE PERSON

It is a matter of honor that Smt.Hussna S Desai HoD, Department of English, of our college has been invited as a Resource person to deliver a special guest lecture on the topic “Language Proficiency and Literature” as part of the Induction Program organized for the BE first year students on 21st June 2022 from 2:30pm to 03:30 pm by BLDEA’s V.P Dr.P.G.Halakatti College of Engineering and Technology, Vijayapur. The lecture was followed by interaction of the students with the resource person. The students gained clear insight about LSWR skills and its importance in present scenario.



STUDENT's CORNER

Introduction:

Yoga is a simple, natural, aerobic movement performed in a silent space. It was said that it came into existence during the arrival of Jainism's and Buddhism. The movements that are performed as "**Asanas**" bring **biological** as well as **psychological** changes in the human body. Asanas are different poses where the human body parts like hand, leg, and head were moved, rotated and kept at a standstill position. The main motto of doing yoga is to control the seven chakras in our body.

The true essence of yoga revolves around elevating the life force or 'Kundalini' at the base of the spine. It aims to achieve this through a series of physical and mental exercises. At the physical level, the methods comprise various yoga postures or 'asanas' that aim to keep the body healthy. The mental techniques include breathing exercises or 'pranayama' and meditation or 'dhyana' to discipline the mind. The ultimate goal of yoga is, however, to help the individual to transcend the self and attain enlightenment. As the **Bhagavad-Gita** says, "A person is said to have achieved yoga, the union with the Self, when the perfectly disciplined mind gets freedom from all desires, and becomes absorbed in the Self alone."

Importance of Yoga:

Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being. They have little to do with the development of the spiritual or astral body.

Yogic exercises **recharge the body with cosmic energy and facilitate:**

- Attainment of perfect equilibrium and harmony
- Promotes self-healing
- Removes negative blocks from the mind and toxins from the body
- Enhances personal power
- Increases self-awareness
- Helps in attention, focus and concentration, especially important for children
- Reduces stress and tension in the physical body by activating the parasympathetic nervous system.

The aspirant feels rejuvenated and energized. Thus, yoga bestows upon every aspirant the powers to control body and mind.



Benefits of Yoga

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move.

Yoga asanas build strength, flexibility and confidence. Regular practice of yoga can help lose weight, relieve stress, improve immunity and maintain a healthier lifestyle. In 2014, Indian Prime Minister Narendra Modi suggested the United Nations to celebrate June 21 as the International Yoga Day as it is the summer solstice; the longest day of the year in the Northern Hemisphere.

"Yoga is an invaluable gift of India's ancient tradition. This tradition is 5000 years old. It embodies the unity of mind and body; thought and action; restraint and fulfillment; harmony between man and the nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with you, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being. Let us work towards adopting an International Yoga Day." — Narendra Modi, UN General Assembly, September 2014.

Yoga is considered as the most efficient ways of connecting our inner soul with nature. Practising yoga every day helps us maintain life balance that is much needed in this world full of anxiety and pressure. Yoga unites our body and mind that helps us to reach a peaceful state of mind, which ultimately brings harmony and content in our life. So when we are able to control our physical, emotional and mental being, we will become a satisfied person in life. And this all can be accomplished if we practice yoga on a daily basis.

Yoga plays a significant role in making the lives of people happier and healthier. Therefore, many people take initiative to start yoga classes in society so as to help people attain inner peace and satisfaction. Schools and colleges are also making Yoga subject a part of the curriculum to inculcate moral values and help students avoid possible disorders in the future.

In this modern era, where people are busy earning their livelihood, go through so much stress every day. However, with the help of Yoga various stress disorders and mental illnesses can be avoided and treated successfully. Once a person is able to achieve harmony and peace within himself, most of his health problems such as high blood pressure, liver disorders, cholesterol imbalance, mental illness etc, would be vanished.

Daily yoga provides us with numerous benefits such as it improves our body strength and enhances our immunity system. This further helps our body in fighting against various diseases and infections. There are various asanas practised in Yoga such as raja yoga, jnana yoga, Tadasana, Vrikshasana,



AdhoMukhoSvanasana and much more. All these asanas are key to healthy and peaceful living. One must practice yoga and gain benefits from the same. Yoga has numerous levels of difficulty, so every person can practise yoga according to their needs and make their lives better without any medications and technology.

References :

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Student Name ; Akshata Mahajan
B.A 4TH Semester



IMPORTANCE OF SURYANAMASKARA

-ByShaheen Bademiya

Introduction:

Surya Namaskar is the part of the Yoga. Surya Namaskara is referred to as sun Salutation in English. Surya Namaskara is known as ultimate Sana. It involves 12 steps. The term Soorya Namaskar is derieved from two Sanskrit words Soorya meaning 'Sun' and Namaskar meaning "Greeting or Salutation". Traditionally the Practice of Soorya Namaskar means paying respect to the sun. Sun is ever present energy.

Importance of Soorya Namaskara:

- 1) Regular practice of Sooryanamaskar is helps to reducing weight.
- 2) It tones our skin and added a natural glow.
- 3) It aids better digestive system
- 4) It reduces depression and anxiety.
- 5) It helps in better regulation of the menstrol cycle.
- 6) Regular practice of Soorya namaskar brings down blood sugar level.
- 7) Sooryanamaskar detoxifies our body.
- 8) Soorya namaskar helps to improve our sleeping pattern and provide sound sleep.
- 9) Soorya namaskar strengthens our immune system.
- 10) it Fulfills the deficiency of various vital vitamins and minarals in the body.

Soorya Namaskar is gesture of showing gratitude or salutation to the sun. It is a sequence of 12 Asanas which bring body, breathing and together. These Asanas relax the Mind and at the same time improve the flexibility of the spine. The forward bend asanas notably help in increasing the abdomen space by which it makes your hip more responsive. It improves the posture by stretching and strengthening the muscles, joints and skeleton system.

It also gives an excellent cardiovascular workout helping one to losw weight. With each inhalation and exhalation, the lungs and blood remain thoroughly oxygenated and the body and simultaneously aids in giving you healthy skin.

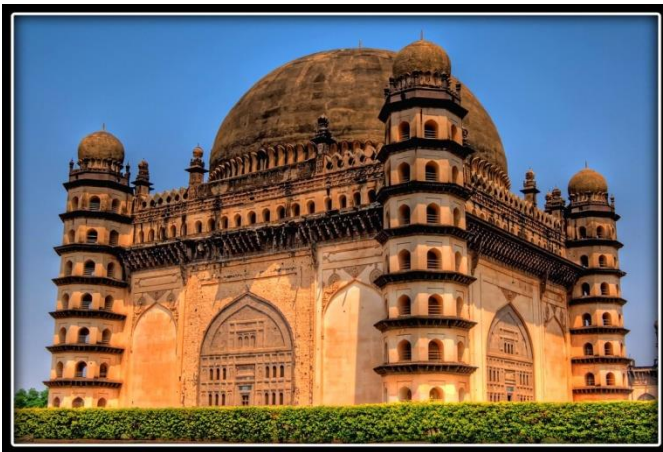
It highly benefits the memory and nervous system by getting rid of anxiety and claming the person's senses. Soorya namaskar is one of the basic poses of yoga. It can be used as a warmup exercise or vigorous physical exercise. The benefits of performingsooryanamaskar are enormous. It increases blood circulation. It helps to keep our body in shape. It is a great way to improve contitive functions of the body. If we do Soorya namaskara we become healthy and happy and also optimistic in life.

Conclusion

Yoga is an important part of our life and Soorya namaskara is the part of Yoga. We are practicing yoga since the ancient period and especially Soorya namaskara includes all the Asanas of yoga, Sosooryanamaskar has more importance in yoga.



CITY OF VICTORY-WORLD ATTRACTION



GOLGUMBAZ LARGEST DOME IN INDIA

SECOND LARGEST SHIVA STATUE IN KARNATAKA



**QUEEN OF DECCAN,
INSPIRED TO BUILT TAJMAHAL
-IBRAHIM ROUZA**

**LARGEST CANON IN INDIA
DOWRY FROM AHMEDNAGAR**

