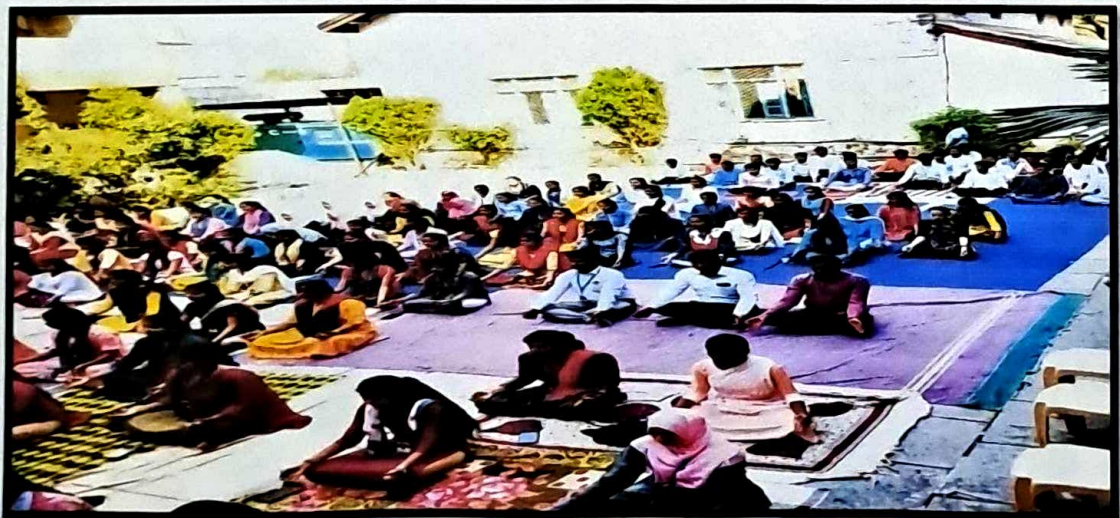


YOGA CAMP



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BLDE (Deemed to be University)
Shri B. M. Patil Medical College, Hospital & Research Centre, Vijayapura

Accredited with 'A' Grade by NAAC (Cycle-2)

Centre for yoga and exercise science, Physiology

Certificate

THIS IS TO CERTIFY THAT



Mrs. Vanishree Ingalesbwar

has participated in offline Foundation Course in Yoga Sciences for Holistic Health from 8-1-2024 to 19-2-2024 at **JSS COLLEGE OF EDUCATION VIJAYAPUR**, conducted by Advance Centre of Yoga for Cardiac Prevention and Rehabilitation, Centre for Yoga and Exercise Science, Department of Physiology, **BLDE (DEEMED TO BE UNIVERSITY), VIJAYAPUR, KARNATAKA.**
This is one month (50 hour) part time Introductory Yoga Training Course.

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Dept. of Physiology

DR. LATA MULLUR
Prof. & HOD Dept. of Physiology

DR. SUMANGALA PATIL
Prof. & Vice Principal
Academics
Pre & Para clinical

DR. M.B. PATIL
Principal & Dean Faculty
of Medicine

DR. R.V. Kulkarni
Registrar
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Mr. Pooreenkumar Metoi

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Prof. S.S. Patil, Asst Prof

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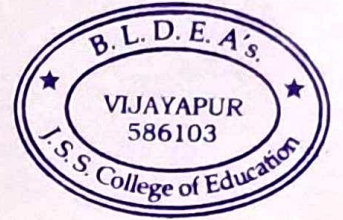
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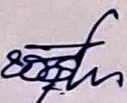
B.L.D.E.A'S
J.S.S.COLLEGE OF EDUCATION,VIJAYAPUR


"FCS (FOSTERING COMPETITIVE SPIRIT)-AN INTERACTIVE Q&A SESSION"

FOR

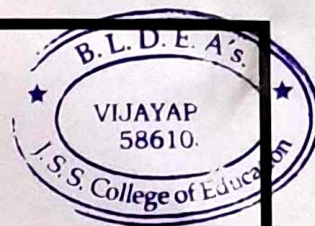
K-TET AND C-TET EXAMINATION

Timing:10:00am to 10:15am(Daily)

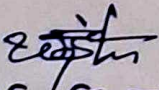

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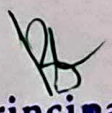

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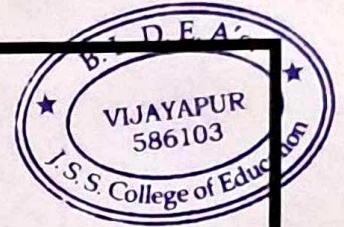
QUESTION AND ANSWERS



1. The Reading disability in children is know as.
dyslexia
2. Hypothetic-deductive thinking develop in children during
formal operational period
3. The 10th term of Arithmetic progression 3,7,11,-----is
39
4. Curie Temperature [T_c] of cobalt is
1394 K
5. We slip on a rainy day due to
Decrease in friction
6. "God has commanded you to give message". The figure of
speech in this sentence is
personification
7. The second tongue of all the teacher in general and right
hand of a language teacher is
Chalk board
8. The statement that describe the knowledge, skills and
attitudes which students should acquire by the end of
particular class or course is
Learning outcomes
9. The first map of Hindustan was produced by
James Rennel
10. The tittle 'Vatapikond' was given to
Narasimha Varma-1

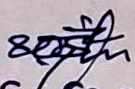

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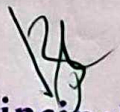

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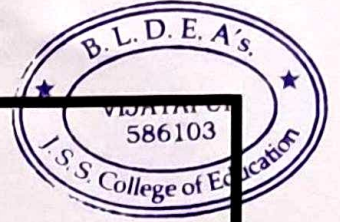


QUESTION AND ANSWERS

1. According to piaget the formal stage is
11-15 years
2. Proper indexing of stages of Reflective practice
Plan-manage-judge-validate
3. Scientist who introduced the term 'mole'
Wilhelm Oswald
4. Maxima number of Electron in 'M' shell
18
5. Scientist who discovered and developed calculus –
content in teaching Mathematics
Newton and libinath
6. Article of constitution providing for constitution of
parliament is
79A
7. A second Anglo-mysore war treaty?
Manglore
8. The supreme court of India established on
28 January 1950
9. The Headquarters of food & Agriculture organizationis at
Roma
10. The process that begins in infancy & continuous
throughout life is
Attitude



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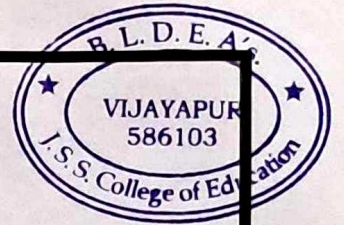


QUESTION AND ANSWERS

1. The vocabulary which is totally new to the learner is
Island vocabulary
2. Which is the first Sanskrit inscription found in
Karnataka?
Talagunda inscription
3. Which theory of personality developed by Sigmund
freud?
Psychoanalysis theory
4. What is Intelligent Quotient range of the normal
children?
Between 90 -110
5. What is the SI unit of electric flux?
 V_m
6. Who wrote the book 'Social contract'
Rousseau
7. What is value of solar constant?
 1.4 KJ/s/m^2
8. Name the synthetic fibre which is strong than steel?
Nylon
9. Which is the best evaluation tool?
Unit test
10. Who gave the principle of dominance and
segregation related to theory of heredity
Mendel


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QUESTION AND ANSWERS

1. What is the process by which plants convert light energy into chemical energy?

Photosynthesis

2. What is the PH value of pure water?

7

3. How many vertices are present on a cube?

8

4. A car is travelling at the rate of 75 kilometers per hour. How many meters is the car travelling in one minute?

1250 meters per minute

5. Who is the head of the union council of ministers in India?

The Prime Minister

6. Who administers the oath of office to the president of India?

Chief Justice of India

7. The Indus valley civilization was primarily located in which modern day country?

Pakistan

8. Who was the last mughal emperor of India?

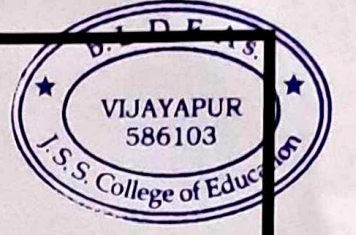
Bahadur shah 2

9. Who wrote the Novel 'Avarilladoota'?

M.S.Puttanna


10. When did kannada literature begin?


8th century

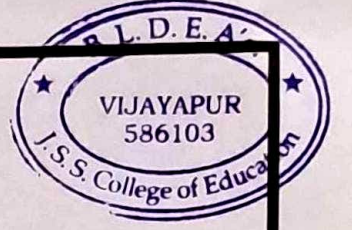


ಕ್ರ. ಮತ್ತು ಉತ್ತರಗಳು

೧. ಇತ್ತೀಚೆಗೆ ಭಾರತದ ಮೊದಲಬಾರಿಗೆ ನೀರೊಳಗಿನ ಮೆಟ್ರೋ ಸೇವೆಯನ್ನು ಯಾವ ನಗರದಲ್ಲಿ ಆರಂಭ ಮಾಡಲಾಯಿತು? - ಕೋಲ್ಕತ್ತಾ.
೨. ಅಟಲ್ ಟಿಂಕರಿಂಗ್ ಲ್ಯಾಬ್ ಯೋಜನೆಯಡಿ ಮೊದಲ ಎಲಿಯ ರೋಬೋ ಶಿಕ್ಷಕಿಯನ್ನು ಯಾವ ರಾಜ್ಯವು ಅಭಿವೃದ್ಧಿಪಡಿಸಿದೆ? - ಕೇರಳ.
೩. ಇತಿಹಾಸದ ಪಿತಾಮಹ ಯಾರು? - ಹೆರೋಡಟಸ್
೪. ಇಮ್ಮಡಿ ಪುಲಕೇಶಿಯ ರಾಜಧಾನಿ ಯಾವುದು? - ಬದಾಮಿ
೫. ಪ್ರತಿಭಾವಂತ ಮಗುವಿನ ಬುದ್ಧಿಶಕ್ತಿ ಸೂಚ್ಯಂಕ ಎಷ್ಟಿರುತ್ತದೆ? - ೧೨೦ಕ್ಕಿಂತ ಹೆಚ್ಚು.
೬. ಸಮೂಹಕಾರಕ ಸಿದ್ಧಾಂತದ ಪ್ರತಿಪಾದಕರು ಯಾರು? - ಫ್ರೆಡ್‌ರಿಕ್ ನೈಟ್
೭. ಪಂಪನ ತಂದೆಯ ಹೆಸರು ಏನು? - ಭೀಮಪ್ಪಯ್ಯ
೮. ರಾಮನಿಮ್ ಇದು ಯಾವ ವಿಭಕ್ತಿಗೆ ಉದಾಹರಣೆಯಾಗುತ್ತದೆ? - ತೃತೀಯಾ
೯. ಹ್ಯಾಲಿ ಧೂಮಕೇತು ಎಷ್ಟು ವರ್ಷಗಳಿಗೊಮ್ಮೆ ಕಾಣಿಸಿಕೊಳ್ಳುತ್ತದೆ? - ೨೬ ವರ್ಷಗಳಿಗೊಮ್ಮೆ.
೧೦. ಅತಿ ಹೆಚ್ಚು ಕಾಲ ಬದುಕುವ ಪಕ್ಷಿ ಯಾವುದು? - ಹದ್ದು.

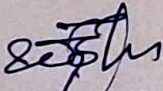

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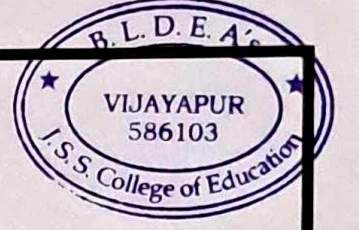


ಪ್ರಶ್ನೆ ಮತ್ತು ಉತ್ತರಗಳು

೧. ಕರ್ನಾಟಕದಲ್ಲಿ ಸಂಸ್ಕೃತ ವಿಶ್ವವಿಶ್ವ ವಿದ್ಯಾಲಯ ಎಲ್ಲಿದೆ? - ಬೆಂಗಳೂರು.
೨. ಕರ್ನಾಟಕ ವಿದ್ಯಾವರ್ಧಕ ಸಂಘ ಎಲ್ಲಿದೆ? - ಧಾರವಾಡ.
೩. ದಾಂಡೇಲಿ ವನ್ಯ ಪ್ರಾಣಿಧಾಮ ಸ್ಥಾಪನೆಯಾಗಿದ್ದು ಯಾವಾಗ? - ೧೯೮೭
೪. ಭಾರತದ ಇತಿಹಾಸದಲ್ಲಿ ಅಭೇದ್ಯ ಎಂದು ಕರೆಯಲ್ಪಡುವ ಕೋಟೆ ಯಾವುದು? - ಚಿತ್ರದುರ್ಗದ ಕೋಟೆ.
೫. ಕರ್ನಾಟಕ ರತ್ನ ರಮಾರಮಣ ಎಂದು ಬಿರುದು ಯಾರಿಗೆ ಇತ್ತು? - ಕೃಷ್ಣದೇವರಾಯ.
೬. ತುಂಗಾನದಿಗೆ ಇದ್ದ ಇನ್ನೊಂದು ಹೆಸರೇನು? - ಪಂಪಾನದಿ.
೭. ರಿಬ್ಬನ್ ಜಲಪಾತ ಯಾವ ದೇಶದಲ್ಲಿದೆ? - ಅಮೇರಿಕಾ.
೮. ರಗಳೆಯ ಕವಿ ಎಂದು ಯಾರನ್ನು ಕರೆಯುತ್ತಾರೆ? - ಹರಿಹರ
೯. ಕಿಶೋರಚಂದ್ರವಾಣಿ ಇದು ಯಾರ ಕಾವ್ಯನಾಮ - ಕುವೆಂಪು
೧೦. ತುಂಗಾನದಿಯ ಉಗಮಸ್ಥಳ ಯಾವುದು? - ಚಿಕ್ಕಮಂಗಲೂರು.

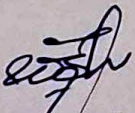

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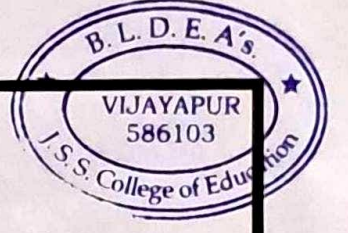


ಪ್ರಶ್ನೆ ಮತ್ತು ಉತ್ತರಗಳು

೧. ಇಟಲಿಯ ಏಕೀಕರಣದ ಅತ್ಯಂತ ಎಂದೂ ಯಾರನ್ನು ಕರೆಯುತ್ತಾರೆ? - ಜ್ಯೋಸೆಫ್ ಮ್ಯಾಜಿನಿ.
೨. ಮೊಯೇರ ಕಾಲದಲ್ಲಿ ಅಡಳಿತ ಭಾಷೆ ಯಾವುದಾಗಿತ್ತು - ಫ್ರಾನ್ಸಿಸ್ಕನ್.
೩. ಭಾರತ ದೇಶದ ಪ್ರವಾಸೋದ್ಯಮ ವಾಲ್ಮೆ ಯಾವುದು? - ಅತಿಥಿ ದೇವೋಭವ.
೪. ಮಣ್ಣಲ್ಲದೆ ನೀರಿನಲ್ಲಿ ಗಿಡ ಬೆಳೆಸುವ ಕಲೆ? - ಹೈಡ್ರೋಪೋನಿಕ್ಸ್.
೫. ಕರ್ನಾಟಕದಲ್ಲಿ ಮೊದಲ ಬಾರಿಗೆ ವಿಮಾನ ಸಂಪರ್ಕ ಬಂದಿದ್ದು ಯಾವಾಗ - ೧೯೩೨
೬. ಮೊಬೈಲ್ ಸಂವಹನದಲ್ಲಿ ಬಳಸುವ ವಿದ್ಯುತ್ ಕಾಂತಿ ಅಲೆಗಳು - ಮೈಕ್ರೋವೇ ಗಳು.
೭. ಉತ್ತರ ಕೇಂದ್ರ ರೈಲ್ವೆ ವಲಯ ಎಲ್ಲಿದೆ? - ಅಲಾಹಾಬಾದ್.
೮. ನೀರಿನ ಹನಿಗಳು ದುಂಡಾಗಿರಲು ಕಾರಣ - ಮೇಲ್ಮೈ ಸ್ಥಳಿತ.
೯. ಪಂಕಜ ಇದರ ಸಮನಾಥಕ ಪದ - ಕೆಸರು.
೧೦. ತಾವರೆ ಎಂದರೆ - ಕಮಲ ಎಂದರ್ಥ.

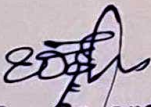

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೧. ಕರ್ನಾಟಕದ ಮೊದಲ ಶಾಸನ - ಬ್ರಹ್ಮಗಿರಿ ಶಾಸನ.
೨. ಕನ್ನಡದ ಮೊದಲ ಶಾಸನ - ಹಲ್ಮಿಡಿ ಶಾಸನ.
೩. ಬಿಸಿಲು ದಿನಗಳಲ್ಲಿ ಕಾಣುವ ಮರೀಚಿಕೆಗೆ ಕಾರಣ - ಸಂಪೂರ್ಣ ಆಂತರಿಕ ಪ್ರತಿಫಲನ.
೪. ಮಮ್ಮದ್ ಘಜ್ನಿ ಅಳುತ್ತಿದ್ದ ಸಾಮ್ರಾಜ್ಯ ಎಲ್ಲಿತ್ತು? - ಅಫ್ಘಾನಿಸ್ತಾನ.
೫. ಬೆಕ್ಕುಳ್ಳಿಯ ವಾಸನೆಗೆ ಕಾರಣವೇನು? - ಗಂಧಕ.
೬. ರಾಷ್ಟ್ರೀಯ ಶಿಕ್ಷಣ ದಿನ - ನವೆಂಬರ್ ೧೧.
೭. ಪಂಚಶೀಲ ಒಪ್ಪಂದ ಯಾವ ಯಾವ ದೇಶಗಳ ಮಧ್ಯೆ ನಡೆದಿವೆ - ಭಾರತ ಮತ್ತು ಚೀನಾ.
೮. ಕಾದಂಬರಿಕಾರನ ಬದುಕು ಇದು ಯಾರ ಆತ್ಮಕಥನ - ಬಸವರಾಜ ಕಟ್ಟೀಮನಿ.
೯. ಗಾಳಿಯಲ್ಲಿನ ಶಬ್ದದ ಅಲೆಗಳು ಯಾವವು? - ನೀಳ ಅಲೆಗಳು.
೧೦. ಕಹಿಲ ದಾರಾ ಜಲಪಾತ ಎಲ್ಲಿದೆ? - ಮಧ್ಯಪ್ರದೇಶ.


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