



# KONGU ARTS AND SCIENCE COLLEGE


(An Autonomous Institution, Affiliated to Bharathiar University, Coimbatore)

ERODE – 638 107

## 20VBAYH – YOGA FOR HUMAN EXCELLENCE – REPORT

Name of the Value Added Course	YOGA FOR HUMAN EXCELLENCE
Course code	20VBAYH
Course Coordinator	Mr. R. Gokul Pranesh, Assistant Professor Department of Business Administration
Date	Starting Date: 23.10.2021 Ending Date: 20.01.2022
Duration of the Course	40 Hours
Total participants Enrolled	52
Successfully Completed	38
Type of Assessment	Practical
Course Outcome	On Completion of this course the students will be able to ✓ Learned the basic asanas in yoga. ✓ Provide skills to reduce stress. ✓ Gained Skills to perform various asanas
Outcome Attainment	36 out of 38 Students scored above 60% of Marks
Feedback Question Analysis – Questions Asked	
Q. No.	Parameters
Q1	The Course content was in line with my expectations
Q2	General content of the Course
Q3	The Course provided additional knowledge and skill
Q4	Well-designed Practical sessions
Q5	Schedule of the classes and other relevant details have been informed promptly
Q6	Course materials provided were useful
Q7	Provides scope for self-employment and fulfills the industrial needs



  
**Dr. N. RAMAN**  
PRINCIPAL,  
KONGU ARTS AND SCIENCE COLLEGE  
(AUTONOMOUS)  
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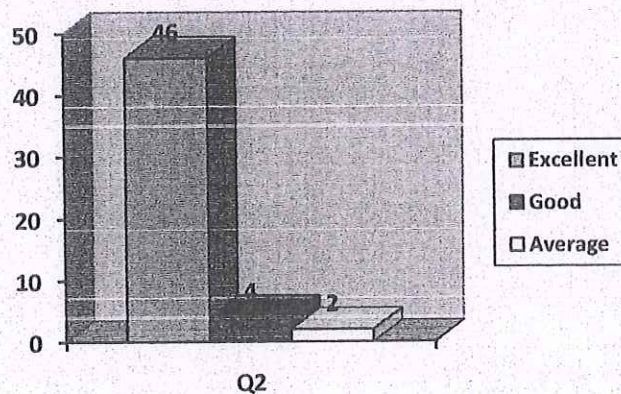
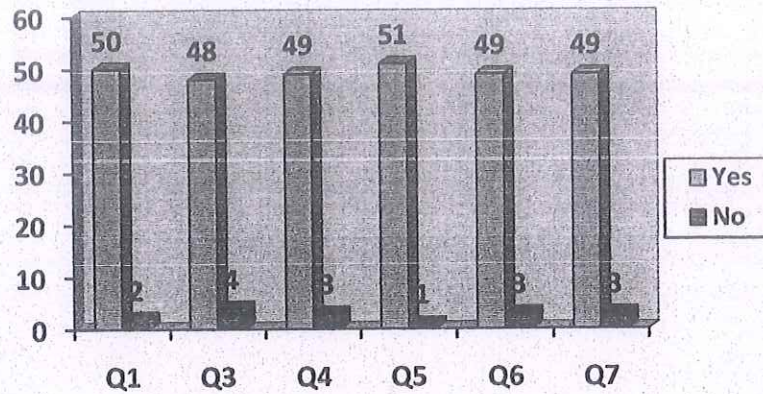


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## 20VBAYH - YOGA FOR HUMAN EXCELLENCE - RATINGS



*R. J. J.*  
Course Coordinator

*NTP*  
Head of the Department

*[Signature]*  
Principal,  
KONGU ARTS AND SCIENCE COLLEGE  
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NANJANAPURAM, ERODE - 638 107.

HEAD OF THE DEPARTMENT  
DEPARTMENT OF BUSINESS ADMINISTRATION  
KONGU ARTS AND SCIENCE COLLEGE  
(AUTONOMOUS)  
ERODE - 638 107.



*[Signature]*  
Dr. N. RAMAN  
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## DEPARTMENT OF BUSINESS ADMINISTRATION VALUE ADDED COURSE (2021- 2022) – PROPOSAL

Date: 28.05.2021

### Submitted to the Principal

We are planning to conduct a Value Added Course titled “20VBAYH – YOGA FOR HUMAN EXCELLENCE” for all Department Students. The course will be benefitting the students for their career and placement activities. We kindly request you to grant permission for conducting the same.

### COURSE DETAILS:

Name of the Course	20VBAYH – YOGA FOR HUMAN EXCELLENCE	
Duration of the Course	40 Hours	
Conducting Department	Business Administration	
Course Coordinator(s)	Mr. R. Gokul Pranesh Assistant Professor Department of Business Administration	
Assessment Type (Total Average : 100 Marks)	Practical – I (Basic Asanas in Yoga) (100 Marks)	Practical – II (Basic Asanas in Yoga) (100 Marks)


### OUTCOMES:



On Completion of this course the students will be able to

- ✓ Learned the basic asanas in yoga.
- ✓ Provide skills to reduce stress.
- ✓ Gained Skills to perform various asanas.

  
Course Coordinator



  
Head of the Department  
HEAD OF THE DEPARTMENT  
DEPARTMENT OF BUSINESS ADMINISTRATION  
KONGU ARTS AND SCIENCE COLLEGE  
(AUTONOMOUS)  
ERODE - 638 107.

  
Principal  
PRINCIPAL,  
KONGU ARTS AND SCIENCE COLLEGE  
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NANJANAPURAM, ERODE - 638 107.  
  
Dr. N. RAMAN  
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**ERODE – 638 107**

**DEPARTMENT OF BUSINESS ADMINISTRATION**

**VALUE ADDED COURSE(2021- 2022) – CIRCULAR**

Date: 14.07.2021

Ref. No.: KASC-AE/BBA/VAC/2021-22/01

It is informed that Value Added Course on “20VBAYH – YOGA FOR HUMAN EXCELLENCE” will be conducted from 23.10.2021 (Saturday). Registration will be on First-Come First-Serve basis. . Students are asked to enroll your names for the above mentioned course as earlier as possible through Google form link.

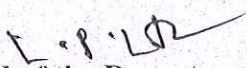
III Year	II Year	I Year
<a href="https://tinyurl.com/yybu26kr">https://tinyurl.com/yybu26kr</a>	<a href="https://tinyurl.com/4w595scu">https://tinyurl.com/4w595scu</a>	<a href="https://tinyurl.com/3zafffr5">https://tinyurl.com/3zafffr5</a>
Last date for Registration : 29.07.2021	Last date for Registration : 05.08.2021	Last date for Registration : 15.10.2021

HoDs and respective Department Staff Members are instructed to follow-up the same. Your whole hearted co-operation is needed to conduct the sessions in a gentle manner.

Total instruction Hours : 40 Hours

Course Coordinator : **Mr. R. Gokul Pranesh**  
Assistant Professor


Department of Business Administration Mail-id: [bbakongu@gmail.com](mailto:bbakongu@gmail.com)

  
**Head of the Department**

HEAD OF THE DEPARTMENT  
DEPARTMENT OF BUSINESS ADMINISTRATION  
KONGU ARTS AND SCIENCE COLLEGE  
(AUTONOMOUS)  
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Copy to:

All Department Notice Board

  
**Principal**

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KONGU ARTS AND SCIENCE COLLEGE  
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NANJANAPURAM, ERODE - 638 107.

  
**Dr. N. RAMAN**

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**KONGU ARTS AND SCIENCE COLLEGE(AUTONOMOUS)  
NANJANAPURAM, ERODE -638107**

**KASC ACADEMY OF EXCELLENCE**

Academic year 2021-2022

**VALUE ADDED COURSE ON**

**YOGA FOR HUMAN EXCELLENCE**



**COURSE DURATION**

PRACTICAL-40 HOURS

**FOR WHOM**

All the UG Students

**Organised By**

DEPARTMENT OF BUSINESS ADMINISTRATION

**COURSE CONTENT**

- SURYA NAMASKAR
- TADASAN - KONASAN - MARJARISAN
- TRIKONASANA
- BHUJANGASANA
- UKATASAN
- KAPALBHATI PRANAYAMA
- USTRASANA
- NADI SUTHI PRANAYAMA
- 

**COURSE OUTCOME**

STUDENTS WILL BE ABLE TO

- DO VARIOUS ASANAS
- ATTAIN HEALTHY LIFE STYLE

**COORDINATOR**

Mr.K.P.KARTHIKEYAN

Head and Associate professor  
Department of Business Administration



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DEPARTMENT OF BUSINESS ADMINISTRATION

VALUE ADDED COURSE – SYLLABUS

20VBAYH – YOGA FOR HUMAN EXCELLENCE

## OBJECTIVE:

- To help the students to learn basic yoga practices
- To help the students to maintain body fitness

## PAPER I – Basic Yoga Practices

UNIT I		4 Hours
Warm Up - Surya Namaskar		
UNIT II		4 Hours
Tadasan –Konasana - Marjariasana		
UNIT III		4 Hours
Trikonasana - Sirsasana		
UNIT IV		4 Hours
Bhujangasana –Salabhasana –Dhanurasana		
UNIT V		4 Hours
Ukatasana - Padahastasana - Verabathrasana		
<b>Total Hours</b>		<b>20 Hours</b>

## PAPER-II : Basic Asanas in Yoga

UNIT I		4 Hours
Kapalbhati Pranayama -Baddha Konasana		
UNIT II		4 Hours
Ustrasana -Setu Bandhasana		
UNIT III		4 Hours
Virabhadrasana –Payanamukthasan -Vrikshasana		
UNIT IV		4 Hours
Vishnasana - Makarasana - Savasan		
UNIT V		4 Hours
Nadi suthi Pranayama –Brahmari -Janusirasasan		
	<b>Total Hours</b>	<b>20 Hours</b>

**Course Outcome:** On Completion of this course the students will be able to

1. Learned surya namaskar.
2. Practice konasana.
3. Learned skills in trikonasana.
4. Performed bhujangasana.
5. Learned ukatasana.
6. Gained Skills to perform various asanas.



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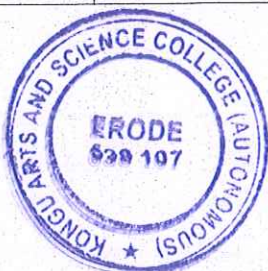
ERODE - 638 107

DEPARTMENT OF BUSINESS ADMINISTRATION

ACADEMIC YEAR : 2021- 2022

20VBAYH - YOGA FOR HUMAN EXCELLENCE - FINAL ENROLLMENT LIST

S. No.	REG. NO.	NAME OF THE STUDENT	CLASS
1	19UENG006	BALAKUMAR.T	III B.A ENGLISH
2	19UENG046	SIVA PRASATH.N	III B.A ENGLISH
3	19UENG029	LINGESWARAN C P	III B.A ENGLISH
4	19UBCA023	KARTHI SANKAR S N	III B.C.A
5	19UBBA077	B.KARTHIKEYAN	III B.B.A
6	19UBBA026	MOHAN NISHANTH. K	III B.B.A
7	19UBBA035	RANJITH KUMAR K	III B.B.A
8	19UBBA041	SEKAR. P	III B.B.A
9	19UBBA055	VIJAY K	III B.B.A
10	19UBBA054	VIGNESHWARAN G	III B.B.A
11	19UBBA002	BARATHKUMAR. B	III B.B.A
12	19UBBA022	MANIKANDAN E	III B.B.A
13	19UBBA021	MAHENDRA KUMAR C	III B.B.A
14	19UBBA017	JOTHES WARAN S P	III B.B.A
15	19UBBA014	HARISHRAJA S K	III B.B.A
16	19UBBA009	ELANGO.R	III B.B.A
17	19UBBA050	SUTHAN K P	III B.B.A
18	19UBBA006	DHANABALAN.K	III B.B.A
19	19UBBA052	THIRU KUMAR R	III B.B.A
20	20UBBA001	ABDUL RAAZIC.M	II B.B.A



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**DEPARTMENT OF BUSINESS ADMINISTRATION**

**ACADEMIC YEAR : 2021- 2022**

**20VBAYH - YOGA FOR HUMAN EXCELLENCE - FINAL ENROLLMENT LIST**

S.NO.	REG. NO.	NAME	CLASS
21	20UBBA003	BAGAVATHY NAVEEN A K	II B.B.A
22	20UBBA032	PRASAATH B	II B.B.A
23	20UBBA012	M.DHARANISH	II B.B.A
24	20UBBA013	DINESH BABU S	II B.B.A
25	20UBBA022	KAVIN K K	II B.B.A
26	20UBBA023	LOGESH.D	II B.B.A
27	20UBBA035	RAGHUL.S.T	II B.B.A
28	20UBBA037	ROHITH.M	II B.B.A
29	20UBBA042	SARAVANA KUMAR.V	II B.B.A
30	20UBBA046	SRIGOWTHAM.R	II B.B.A
31	20UBBA052	VISHNU PRIYAN O.N.	II B.B.A
32	20UBBA054	YOGESH.S	II B.B.A
33	20UCOM034	MOHAMMED ABU HOORAIRAH K	II B.Com
34	20UCOM042	RAMESHKANNAN D	II B.Com
35	20UCPA055	THARUNVAIBHOV S.K	II B.Com (PA)
36	20UCOS055	SRI DEEPAK.S	II B.Sc (CS)
37	21UBBA017	SANJEEVI S S	I B.Sc MATHS
38	21UBBA051	N.KARTHICK	I B.B.A
39	21UBBA089	VIGNESH. J	I B.B.A
40	21UBBA089	V.SEENIVASAN	I B.B.A



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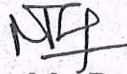
**DEPARTMENT OF BUSINESS ADMINISTRATION**

**ACADEMIC YEAR : 2021- 2022**


**20VBAYH - YOGA FOR HUMAN EXCELLENCE - FINAL ENROLLMENT LIST**

S.NO.	REG. NO.	NAME	CLASS
41	21UBBA085	RAJESH.S	I B.B.A
42	21UBBA072	N.D.KATHIRVEL	I B.B.A
43	21UBBA099	SUJEETH K V	I B.B.A
44	21UBBA101	SURESH V	I B.B.A
45	21UBBA078	MATHAN KUMAR K	I B.B.A
46	21UCOM078	HARI PRASATH S	I B.Com
47	21UCOM110	SRIDHARDHAYANITHI Y	I B.Com
48	21UCOM106	SANJEEV.K	I B.Com
49	21UCOM103	RAVOUTHAKUMAR M	I B.Com
50	21UCCA038	PRANESH T.C	I B.Com (CA)
51	21UCSC010	GOKUL.S	I B.Com (CSCA)
52	21UCSC007	C.DHARSHAN	B.Com (CSCA)


  
Course Coordinator

  
Head of the Department

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DEPARTMENT OF BUSINESS ADMINISTRATION  
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Principal  
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DEPARTMENT OF BUSINESS ADMINISTRATION

ACADEMIC YEAR : 2021- 2022

SCHEDULE FOR THE VALUE ADDED COURSE

20VBAYH - YOGA FOR HUMAN EXCELLENCE

S.NO	Date	Time	Topics Covered	Practical Hours	Lab Hours
1	23.10.2021	9.00 am to 10.00 am	Warm Up	1	-
2	23.10.2021	10.00 am to 11.00 am	Surya Namaskar	1	-
3	23.10.2021	11.00 am to 12.00 pm	Surya Namaskar	1	-
4	23.10.2021	1.00 pm to 2.00 pm	Surya Namaskar	1	-
5	25.10.2021	3.20 pm to 4.20 pm	Tadasan	1	-
6	26.10.2021	3.20 pm to 4.20 pm	Konasana	1	-
7	27.10.2021	3.20 pm to 4.20 pm	Marjariansa	1	-
8	28.10.2021	3.20 pm to 4.20 pm	Trikonasana	1	-
9	29.10.2021	3.20 pm to 4.20 pm	Sirasasana	1	-
10	30.10.2021	9.00 am to 10.00 am	Bhujangasana	1	-
11	30.10.2021	10.00 am to 11.00 am	Bhujangasana	1	-
12	30.10.2021	11.00 am to 12.00 pm	Bhujangasana	1	-
13	01.11.2021	3.20 pm to 4.20 pm	Salabhasana	1	-
14	02.11.2021	3.20 pm to 4.20 pm	Salabhasana	1	-
15	06.11.2021	9.00 am to 10.00 am	Dhanurasana	1	-
16	06.11.2021	10.00 am to 11.00 am	Dhanurasana	1	-
17	06.11.2021	11.00 am to 12.00 pm	Ukatasan	1	-
18	08.11.2021	3.20 pm to 4.20 pm	Padahastasana	1	-
19	09.11.2021	3.20 pm to 4.20 pm	Verabathrasan	1	-
20	10.11.2021	3.20 pm to 4.20 pm	Verabathrasan	1	-
21	11.11.2021	9.00 am to 10.00 am	Kapalbhati Pranayama	1	-
22	11.11.2021	10.00 am to 11.00 am	Kapalbhati Pranayama	1	-
23	11.11.2021	11.00 am to 12.00 pm	Baddha Konasana	1	-
24	12.11.2021	3.20 pm to 4.20 pm	Baddha Konasana	1	-
25	13.11.2021	3.20 pm to 4.20 pm	Ustrasana	1	-



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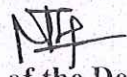
ACADEMIC YEAR : 2021-2022


SCHEDULE FOR THE VALUE ADDED COURSE

20VBAYH - YOGA FOR HUMAN EXCELLENCE

S.NO	Date	Time	Topics Covered	Practical Hours	Lab Hours
26	27.11.2021	9.00 am to 10.00 am	Setu Bandhasana	1	-
27	27.11.2021	10.00 am to 11.00 am	Setu Bandhasana	1	-
28	27.11.2021	11.00 am to 12.00 pm	Virabhadrasana	1	-
29	29.11.2021	3.20 pm to 4.20 pm	Pavanamukthasan	1	-
30	30.11.2021	3.20 pm to 4.20 pm	Pavanamukthasan	1	-
31	04.12.2021	9.00 am to 10.00 am	Vrikshasana	1	-
32	04.12.2021	10.00 am to 11.00 am	Vishnasana	1	-
33	04.12.2021	11.00 am to 12.00 pm	Makarasana	1	-
34	17.01.2022	9.00 am to 10.00 am	Makarasana	1	-
35	17.01.2022	10.00 am to 11.00 am	Savasan	1	-
36	18.01.2022	9.00 am to 10.00 am	Nadi Suthi Pranayama	1	-
37	18.01.2022	10.00 am to 11.00 am	Brahmari	1	-
38	19.01.2022	9.00 am to 10.00 am	Brahmari	1	-
39	19.01.2022	10.00 am to 11.00 am	Janusirasasan	1	-
40	20.01.2022	9.00 am to 10.00 am	Janusirasasan	1	-
<b>Total</b>				40	-
<b>Total Hours (Practical + Lab)</b>				40	
<b>Assessment Date &amp; Time</b>		: Practical I - 04.04.2022 - 02:00 pm to 04:00 pm Practical II - 05.04.2022 - 02:00 pm to 04:00 pm			
<b>Type Of Assessment</b>		: Practical I (Basic Yoga Practices) Practical II (Basic Asanas in Yoga)			

  
Course Coordinator

  
Head of the Department  
HEAD OF THE DEPARTMENT  
DEPARTMENT OF BUSINESS ADMINISTRATION  
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Principal  
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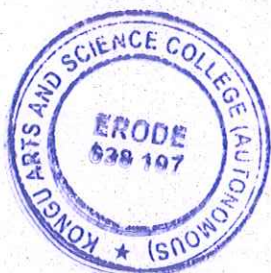
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DEPARTMENT OF BUSINESS ADMINISTRATION

20VBAYH - YOGA FOR HUMAN EXCELLENCE - ATTENDANCE

S.No	REG. NO.	NAME	23.10.2021	23.10.2021	23.10.2021	23.10.2021	25.10.2021	26.10.2021	27.10.2021	28.10.2020	29.10.2021	30.10.2021
			9.00 am to 10.00 am	10.00 am to 11.00 am	11.00 am to 12.00 pm	1.00 pm to 2.00 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
1	19UENG006	BALAKUMAR.T	/	/	/	/	/	/	/	/	/	AB
2	19UENG046	SIVA PRASATH.N	/	/	/	/	/	/	/	/	/	/
3	19UENG029	LINGESWARAN C P	/	/	/	/	/	/	/	/	/	/
4	19UBCA023	KARTHI SANKAR S N	/	/	/	/	/	/	/	/	/	/
5	19UBBA077	B.KARTHIKEYAN	/	/	/	/	AB	AB	AB	AB	AB	/
6	19UBBA026	MOHAN NISHANTH. K	/	/	/	/	/	/	/	/	AB	/
7	19UBBA035	RANJITH KUMAR K	/	/	/	/	/	AB	/	/	AB	/
8	19UBBA041	SEKAR. P	/	/	/	/	/	AB	/	/	AB	/
9	19UBBA055	VIJAY K	/	/	/	/	/	/	/	/	/	/
10	19UBBA054	VIGNESHWARAN G	/	/	/	/	/	AB	/	/	/	/
11	19UBBA002	BARATHKUMAR. B	/	/	/	/	/	/	/	AB	AB	/
12	19UBBA022	MANIKANDAN E	/	/	/	/	/	/	/	/	/	/
13	19UBBA021	MAHENDRA KUMAR C	/	/	/	/	AB	AB	/	AB	AB	/
14	19UBBA017	JOTHES WARAN S P	/	/	/	/	AB	AB	AB	/	AB	/
15	19UBBA014	HARISHRAJA S K	/	/	/	/	/	/	/	/	/	AB
16	19UBBA009	ELANGO.R	/	/	/	/	/	/	AB	/	AB	/
17	19UBBA050	SUTHAN K P	/	/	/	/	/	AB	/	AB	/	/
18	19UBBA006	DHANABALAN.K	/	/	/	/	AB	/	/	AB	AB	/
19	19UBBA052	THIRU KUMAR R	/	/	/	/	/	AB	/	/	AB	/
20	20UBBA001	ABDUL RAAZIC.M	/	/	/	/	/	AB	AB	AB	AB	/



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DEPARTMENT OF BUSINESS ADMINISTRATION

20VBAYH - YOGA FOR HUMAN EXCELLENCE - ATTENDANCE

S.No.	REG. NO.	NAME	23.10.2021	23.10.2021	23.10.2021	23.10.2021	25.10.2021	26.10.2021	27.10.2021	28.10.2020	29.10.2021	30.10.2021
			9.00 am to 10.00 am	10.00 am to 11.00 am	11.00 am to 12.00 pm	1.00 pm to 2.00 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
21	20UBBA003	BAGAVATHY NAVEEN A K	/	/	/	/	AB	AB	AB	AB	AB	/
22	20UBBA032	PRASAATH B	/	/	/	/	AB	AB	AB	AB	AB	/
23	20UBBA012	M.DHARANISH	/	/	/	/	AB	AB	AB	AB	AB	/
24	20UBBA013	DINESH BABU S	/	/	/	/	/	/	/	AB	AB	/
25	20UBBA022	KAVIN K K	/	/	/	/	AB	AB	AB	AB	AB	/
26	20UBBA023	LOGESH.D	/	/	/	/	AB	/	/	AB	/	/
27	20UBBA035	RAGHUL.S.T	/	/	/	/	/	/	/	/	/	AB
28	20UBBA037	ROHITH.M	/	/	/	/	/	AB	AB	AB	AB	/
29	20UBBA042	SARAVANA KUMAR.V	/	/	/	/	AB	/	AB	/	/	/
30	20UBBA046	SRIGOWTHAM.R	/	/	/	/	AB	/	AB	/	AB	/
31	20UBBA052	VISHNU PRIYAN O.N.	/	/	/	/	/	/	/	/	/	/
32	20UBBA054	YOGESH.S	/	/	/	/	/	/	/	/	/	/
33	20UCOM034	MOHAMMED ABU HOORAIRAH K	/	/	/	/	/	/	/	/	AB	/
34	20UCOM042	RAMESHKANNAN D	/	/	/	/	/	/	AB	/	AB	/
35	20UCPA055	THARUNVAIBHOV S.K	/	/	/	/	/	/	/	AB	/	/
36	20UCOS055	SRI DEEPAK.S	/	/	/	/	AB	AB	AB	AB	AB	AB
37	21UBBA017	SANJEEVI S S	/	/	/	/	AB	/	/	AB	/	/
38	21UBBA051	N.KARTHICK	/	/	/	/	AB	/	/	AB	AB	/
39	21UBBA089	VIGNESH. J	/	/	/	/	AB	/	/	AB	AB	/
40	21UBBA089	V.SEENIVASAN	/	/	/	/	AB	/	AB	AB	AB	/



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## DEPARTMENT OF BUSINESS ADMINISTRATION

### 20VBAYH - YOGA FOR HUMAN EXCELLENCE - ATTENDANCE

S.No.	REG. NO.	NAME	23.10.2021	23.10.2021	23.10.2021	23.10.2021	25.10.2021	26.10.2021	27.10.2021	28.10.2021	29.10.2021	30.10.2021
			9.00 am to 10.00 am	10.00 am to 11.00 am	11.00 am to 12.00 pm	1.00 pm to 2.00 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
41	21UBBA085	RAJESH.S	/	/	/	/	AB	AB	AB	AB	AB	/
42	21UBBA072	N.D.KATHIRVEL	/	/	/	/	AB	/	/	/	/	/
43	21UBBA099	SUJEETH K V	/	/	/	/	AB	/	AB	AB	AB	/
44	21UBBA101	SURESH V	/	/	/	/	AB	AB	AB	AB	AB	/
45	21UBBA078	MATHAN KUMAR K	/	/	/	/	AB	AB	AB	AB	AB	/
46	21UCOM078	HARI PRASATH S	/	/	/	/	/	/	AB	/	/	/
47	21UCOM110	SRIDHARDHAYANITHI Y	/	/	/	/	AB	AB	AB	/	AB	/
48	21UCOM106	SANJEEV.K	/	/	/	/	/	/	/	/	/	/
49	21UCOM103	RAVOUTHAKUMAR M	/	/	/	/	AB	/	/	/	AB	/
50	21UCCA038	PRANESH T.C	/	/	/	/	AB	AB	AB	AB	AB	/
51	21UCSC010	GOKUL.S	/	/	/	/	/	/	AB	AB	AB	/
52	21UCSC007	C.DHARSHAN	/	/	/	/	AB	AB	AB	AB	AB	/
Faculty Handling the Class			RG	RS	RG	RS	RG	RS	RG	RS	RG	RS
RG - Mr. R. Gokul Pranesh, RS - Mr. R. Sivasankar												

R. Gokul  
Course Coordinator

NTP  
Head of the Department

Principal

HEAD OF THE DEPARTMENT  
DEPARTMENT OF BUSINESS ADMINISTRATION  
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DEPARTMENT OF BUSINESS ADMINISTRATION

20VBAYH - YOGA FOR HUMAN EXCELLENCE - ATTENDANCE

S.NO.	REG.NO.	NAME	30.10.2021	30.10.2021	01.11.2021	02.11.2021	06.11.2021	06.11.2021	06.11.2021	08.11.2021	09.11.2021	10.11.2021
			10.00 am to 11.00 am	11.00 am to 12.00 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	9.00 am to 10.00 am	10.00 am to 11.00 am	11.00 am to 12.00 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
1	19UENG006	BALAKUMAR.T	AB	AB	/	/	/	/	/	AB	Balakumar	Balakumar
2	19UENG046	SIVA PRASATH.N	/	/	AB	/	/	/	/	Siva	Siva	Siva
3	19UENG029	LINGESWARAN C P	/	/	/	/	/	/	/	Lingesw.	Lingesw.	Lingesw.
4	19UBCA023	KARTHI SANKAR S N	/	/	/	/	/	/	/	Karthi	Karthi	Karthi
5	19UBBA077	B.KARTHIKEYAN	/	/	/	AB	/	/	/	B.Karthi	AB	AB
6	19UBBA026	MOHAN NISHANTH. K	/	/	/	/	/	/	/	Mohan	Mohan	Mohan
7	19UBBA035	RANJITH KUMAR K	/	/	/	AB	/	/	/	AB	AB	AB
8	19UBBA041	SEKAR. P	/	/	/	AB	/	/	/	Sekar	AB	AB
9	19UBBA055	VIJAY K.	/	/	/	/	/	/	/	Vijay	AB	AB
10	19UBBA054	VIGNESHWARAN G	/	/	/	AB	/	/	/	AB	AB	AB
11	19UBBA002	BARATHKUMAR. B	/	/	/	/	/	/	/	Barath	Barath	Barath
12	19UBBA022	MANIKANDAN E	/	/	/	AB	/	/	/	AB	Manikandan	AB
13	19UBBA021	MAHENDRA KUMAR C	/	/	/	/	/	/	/	AB	AB	(Amul)
14	19UBBA017	JOTHES WARAN S P	/	/	/	AB	/	/	/	Joth	Joth	AB
15	19UBBA014	HARISHRAJA S K	/	/	/	AB	/	/	/	Harish	AB	AB
16	19UBBA009	ELANGO.R	AB	AB	AB	/	/	/	/	AB	Elango	Elango
17	19UBBA050	SUTHAN K P	/	/	/	AB	/	/	/	AB	AB	AB
18	19UBBA006	DHANABALAN.K	/	/	/	AB	/	/	/	Dhan	Dhan	AB
19	19UBBA052	THIRU KUMAR R	/	/	/	AB	/	/	/	AB	AB	AB
20	20UBBA001	ABDUL RAAZIC.M	/	/	/	AB	/	/	/	Amr	Amr	AB



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21	20UBBA003	BAGAVATHY NAVEEN A K	/	/	AB	AB	/	/	/	AB	AB	AB
22	20UBBA032	PRASAATH B	/	/	/	AB	/	/	/	AB	AB	AB
23	20UBBA012	M.DHARANISH	/	/	/	AB	/	/	/	AB	AB	AB
24	20UBBA013	DINESH BABU S	/	/	/	/	/	/	/	AB	AB	AB
25	20UBBA022	KAVIN K K	/	/	AB	AB	/	/	/	AB	AB	AB
26	20UBBA023	LOGESH.D	/	/	/	AB	/	/	/	AB	AB	AB
27	20UBBA035	RAGHUL.S.T	AB	AB	/	/	/	/	/	AB	AB	AB
28	20UBBA037	ROHITH.M	/	/	/	AB	/	/	/	AB	AB	AB
29	20UBBA042	SARAVANA KUMAR.V	/	/	/	/	/	/	/	AB	AB	AB
30	20UBBA046	SRIGOWTHAM.R	/	/	/	AB	/	/	/	AB	AB	AB
31	20UBBA052	VISHNU PRIYAN O.N.	/	/	/	AB	/	/	/	AB	AB	AB
32	20UBBA054	YOGESH.S	/	/	/	AB	/	/	/	AB	AB	AB
33	20UCOM034	MOHAMMED ABU HOORAIRAH K	/	/	/	AB	AB	AB	AB	AB	AB	AB
34	20UCOM042	RAMESHKANNAN D	/	/	/	AB	/	/	/	AB	AB	AB
35	20UCPA055	THARUNVAIBHOV S.K	/	/	AB	AB	/	/	/	AB	AB	AB
36	20UCOS055	SRI DEEPAK.S	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
37	21UBBA017	SANJEEVI S S	/	/	/	/	/	/	/	AB	AB	AB
38	21UBBA051	N.KARTHICK	/	/	/	/	/	/	/	AB	AB	AB
39	21UBBA089	VIGNESH. J	/	/	/	/	AB	/	/	AB	AB	AB
40	21UBBA089	V.SENIVASAN	/	/	/	AB	/	/	/	AB	AB	AB



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S.NO.	REG.NO.	NAME	30.10.2021	30.10.2021	01.11.2021	02.11.2021	06.11.2021	06.11.2021	06.11.2021	08.11.2021	09.11.2021	10.11.2021
			10.00 am to 11.00 am	11.00 am to 12.00 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	9.00 am to 10.00 am	10.00 am to 11.00 am	11.00 am to 12.00 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
41	21UBBA085	RAJESH.S	/	/	/	AB	/	/	/	Rajesh	Rajesh	Rajesh
42	21UBBA072	N.D.KATHIRVEL	/	/	/	AB	/	/	/	Kathi	Kathi	Kathi
43	21UBBA099	SUJEETH K V	/	/	/	AB	/	/	/	Sujeeth	Sujeeth	Sujeeth
44	21UBBA101	SURESH V	/	/	AB	AB	/	/	/	Suresh	Suresh	Suresh
45	21UBBA078	MATHAN KUMAR K	/	/	/	AB	/	/	/	Mathan	Mathan	Mathan
46	21UCOM078	HARI PRASATH S	/	/	/	AB	/	/	/	Prasath	Prasath	AB
47	21UCOM110	SRIDHARDHAYANITHI Y	/	/	/	AB	/	/	/	Sridhar	Sridhar	Sridhar
48	21UCOM106	SANJEEV.K	/	/	/	AB	/	/	/	Sanjeev	Sanjeev	Sanjeev
49	21UCOM103	RAVOUTHAKUMAR M	/	/	/	/	/	/	/	Ravi	Ravi	AB
50	21UCCA038	PRANESH T.C	/	/	AB	AB	/	/	/	Pranesh	Pranesh	Pranesh
51	21UCSC010	GOKUL.S	/	/	AB	AB	/	/	/	AB	Gokul	Gokul
52	21UCSC007	C.DHARSHAN	/	/	AB	AB	/	/	/	AB	Dharshan	Dharshan
Faculty Handling the Class			RG	RS	RG	RS	RG	RS	RG	RS	RG	RS
U.RG - Mr. R. Gokul Pranesh 2. RS - Mr. R. Sivasankar												

*RG*  
Course Coordinator

*NTA*  
Head of the Department

HEAD OF THE DEPARTMENT  
DEPARTMENT OF BUSINESS ADMINISTRATION  
KONGU ARTS AND SCIENCE COLLEGE  
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*↓*  
Principal  
PRINCIPAL,  
KONGU ARTS AND SCIENCE COLLEGE  
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NANJANAPURAM, ERODE - 638 107.



*↓*  
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## DEPARTMENT OF BUSINESS ADMINISTRATION 20VBAYH - YOGA FOR HUMAN EXCELLENCE - ATTENDANCE

S.NO.	REG.NO.	NAME	11.11.2021	11.11.2021	11.11.2021	12.11.2021	13.11.2021	27.11.2021	27.11.2021	27.11.2021	29.11.2021	30.11.2021
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1	19UENG006	BALAKUMAR.T	/	/	/	/	AB	/	/	/	Busk	Busk
2	19UENG046	SIVA PRASATH.N	/	/	/	/	/	/	/	/	Busk	Busk
3	19UENG029	LINGESWARAN C P	/	/	/	/	/	/	/	/	Busk	Busk
4	19UBCA023	KARTHI SANKAR S N	/	/	/	/	/	/	/	/	Busk	Busk
5	19UBBA077	B.KARTHIKEYAN	/	/	/	/	/	/	/	/	AB	AB
6	19UBBA026	MOHAN NISHANTH. K	/	/	/	/	AB	/	/	/	AB	AB
7	19UBBA035	RANJITH KUMAR K	/	/	/	AB	/	/	/	/	AB	Busk
8	19UBBA041	SEKAR. P	/	/	/	/	/	/	/	/	AB	AB
9	19UBBA055	VIJAY K	/	/	/	/	/	/	/	/	AB	vijay
10	19UBBA054	VIGNESHWARAN G	/	/	/	/	/	/	/	/	vignesh	vignesh
11	19UBBA002	BARATHKUMAR. B	/	/	/	/	AB	/	/	/	AB	Busk
12	19UBBA022	MANIKANDAN E	/	/	/	AB	/	/	/	/	AB	Busk
13	19UBBA021	MAHENDRA KUMAR C	/	/	/	/	AB	/	/	/	AB	AB
14	19UBBA017	JOTHES WARAN S P	/	/	/	AB	AB	/	/	/	AB	AB
15	19UBBA014	HARISHRAJA S K	/	/	/	/	/	/	/	/	AB	AB
16	19UBBA009	ELANGO.R	/	/	/	AB	AB	/	/	/	AB	Elango
17	19UBBA050	SUTHAN K P	/	/	/	/	AB	/	/	/	Suthan	AB
18	19UBBA006	DHANABALAN.K	/	/	/	AB	AB	/	/	/	AB	AB
19	19UBBA052	THIRU KUMAR R	/	/	/	/	AB	/	/	/	Thiru	Thiru
20	20UBBA001	ABDUL RAAZIC.M	/	/	/	/	/	/	/	/	AB	AB



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21	20UBBA003	BAGAVATHY NAVEEN A K	/	/	/	/	/	/	/	/	/	AB
22	20UBBA032	PRASAATH B	/	/	/	/	/	/	/	/	AB	AB
23	20UBBA012	M.DHARANISH	/	/	/	/	/	/	/	/	/	AB
24	20UBBA013	DINESH BABU S	/	/	/	/	/	/	/	/	/	AB
25	20UBBA022	KAVIN K K	/	/	/	/	/	/	/	/	/	AB
26	20UBBA023	LOGESH.D	/	/	/	/	/	/	/	/	Logesh	Logesh
27	20UBBA035	RAGHUL.S.T	/	/	/	/	/	/	/	/	Raghu	AB
28	20UBBA037	ROHITH.M	/	/	/	/	/	/	/	/	Rohith	Rohith
29	20UBBA042	SARAVANA KUMAR.V	/	/	/	/	/	/	/	/	Sarav	Sarav
30	20UBBA046	SRIGOWTHAM.R	/	/	/	/	/	/	/	/	Sri Gow	Sri Gow
31	20UBBA052	VISHNU PRIYAN O.N.	/	/	/	/	/	/	/	/	Vishnu	Vishnu
32	20UBBA054	YOGESH.S	/	/	/	/	/	/	/	/	Yogesh	Yogesh
33	20UCOM034	MOHAMMED ABU HOORAIRAH K	AB	/	AB	AB	AB	AB	/	AB	AB	AB
34	20UCOM042	RAMESHKANNAN D	/	/	/	/	/	/	/	/	Ramesh	Ramesh
35	20UCPA055	THARUNVAIBHOVS.K	/	/	/	/	/	/	/	/	Tharun	Tharun
36	20UCOS055	SRI DEEPAK.S	/	/	/	/	/	/	/	/	Sri Deepa	Sri Deepa
37	21UBBA017	SANJEEVI S S	/	/	/	AB	/	/	/	/	Sanjeevi	Sanjeevi
38	21UBBA051	N.KARTHICK	/	/	/	/	/	/	/	/	Karthick	Karthick
39	21UBBA089	VIGNESH. J	/	AB	/	/	/	/	/	/	Vignesh	Vignesh
40	21UBBA089	V.SEENIVASAN	/	/	/	/	/	/	/	/	V. Seeniv	V. Seeniv



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41	21UBBA085	RAJESH.S	/	/	/	/	/	/	/	/	Rajesh	Rajesh
42	21UBBA072	N.D.KATHIRVEL	/	/	/	/	/	/	/	/	Kathirvel	Kathirvel
43	21UBBA099	SUJEETH K V	/	/	/	/	/	/	/	/	AB	Sujeeth
44	21UBBA101	SURESH V	/	/	/	/	/	/	/	/	AB	AB
45	21UBBA078	MATHAN KUMAR K	/	/	/	AB	/	/	/	/	Mathan	Mathan
46	21UCOM078	HARI PRASATH S	/	/	/	/	/	/	/	/	Hari	Hari
47	21UCOM110	SRIDHARDHAYANITHI Y	/	/	/	/	/	/	/	/	Sridhar	Sridhar
48	21UCOM106	SANJEEV.K	/	/	/	/	/	/	/	/	Sanjeev	Sanjeev
49	21UCOM103	RAVOUTHAKUMAR M	/	/	/	/	/	/	/	/	Ravutha	Ravutha
50	21UCCA038	PRANESH T.C	/	/	/	/	/	/	/	/	Pranesh	Pranesh
51	21UCSC010	GOKUL.S	/	/	/	/	/	/	/	/	Gokul	Gokul
52	21UCSC007	C.DHARSHAN	/	/	/	AB	AB	/	/	/	Dharshan	Dharshan
Faculty Handling the Class			CH RG	RG RS	CH RG	RG RS	CH RG	RG RS	CH RG	RG RS	CH RG	RG RS
RG - Mr. R. Gokul Pranesh, RS - Mr. R. Sivasankar												

*R. G. G.*  
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*NTA*  
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KONGU ARTS AND SCIENCE COLLEGE  
(AUTONOMOUS)  
NANJANAPURAM, ERODE - 638 107.



*d*  
Dr. N. RAMAN  
PRINCIPAL,  
KONGU ARTS AND SCIENCE COLLEGE  
(AUTONOMOUS)  
NANJANAPURAM, ERODE - 638 107





# KONGU ARTS AND SCIENCE COLLEGE

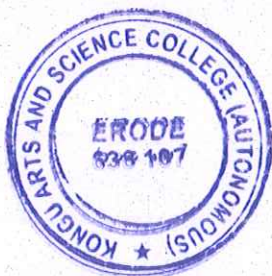
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ERODE - 638 107

DEPARTMENT OF BUSINESS ADMINISTRATION

20VBAYH - YOGA FOR HUMAN EXCELLENCE - ATTENDANCE

S.NO.	REG.NO.	NAME	04.12.2021	04.12.2021	04.12.2021	17.01.2022	17.01.2022	18.01.2022	18.01.2022	19.01.2022	19.01.2022	20.01.2022
			9.00 am to 10.00 am	10.00 am to 11.00 am	11.00 am to 12.00 pm	9.00 am to 10.00 am	10.00 am to 11.00 am	9.00 am to 10.00 am	10.00 am to 11.00 am	9.00 am to 10.00 am	10.00 am to 11.00 am	9.00 am to 10.00 am
1	19UENG006	BALAKUMAR.T	/	/	/	/	/	/	/	/	/	/
2	19UENG046	SIVA PRASATH.N	/	/	/	/	/	/	/	/	/	/
3	19UENG029	LINGESWARAN C P	/	/	/	/	/	/	/	/	/	/
4	19UBCA023	KARTHI SANKAR S N	/	/	/	/	/	/	/	/	/	/
5	19UBBA077	B.KARTHIKEYAN	/	/	/	/	/	/	/	/	/	/
6	19UBBA026	MOHAN NISHANTH. K	/	/	/	/	/	/	/	/	/	/
7	19UBBA035	RANJITH KUMAR K	/	/	/	/	/	/	/	/	/	/
8	19UBBA041	SEKAR. P	/	/	/	/	/	/	/	/	/	/
9	19UBBA055	VIJAY K	/	/	/	/	/	/	/	/	/	/
10	19UBBA054	VIGNESHWARAN G	/	/	/	/	/	/	/	/	/	/
11	19UBBA002	BARATHKUMAR. B	/	/	/	/	/	/	/	/	/	/
12	19UBBA022	MANIKANDAN E	/	/	/	/	/	/	/	/	/	/
13	19UBBA021	MAHENDRA KUMAR C	/	/	/	/	/	/	/	/	/	/
14	19UBBA017	JOTHES WARAN S P	/	/	/	/	/	/	/	/	/	/
15	19UBBA014	HARISHRAJA S K	/	/	/	/	/	/	/	/	/	/
16	19UBBA009	ELANGO.R	/	/	/	/	/	/	/	/	/	/
17	19UBBA050	SUTHAN K P	/	/	/	/	/	/	/	/	/	/
18	19UBBA006	DHANABALAN.K	/	/	/	/	/	/	/	/	/	/
19	19UBBA052	THIRU KUMAR R	/	/	/	/	/	/	/	/	/	/
20	20UBBA001	ABDUL RAAZIC.M	/	/	/	/	/	/	/	/	/	/



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DEPARTMENT OF BUSINESS ADMINISTRATION

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S.NO.	REG.NO.	NAME	04.12.2021	04.12.2021	04.12.2021	17.01.2022	17.01.2022	18.01.2022	18.01.2022	19.01.2022	19.01.2022	20.01.2022
			9.00 am to 10.00 am	10.00 am to 11.00 am	11.00 am to 12.00 pm	9.00 am to 10.00 am	10.00 am to 11.00 am	9.00 am to 10.00 am	10.00 am to 11.00 am	9.00 am to 10.00 am	10.00 am to 11.00 am	9.00 am to 10.00 am
21	20UBBA003	BAGAVATHY NAVEEN A K	/	/	/	/	/	/	/	/	/	/
22	20UBBA032	PRASAATH B	/	/	/	/	/	/	/	/	/	/
23	20UBBA012	M.DHARANISH	/	/	/	/	/	/	/	/	/	/
24	20UBBA013	DINESH BABU S	/	/	/	/	/	/	/	/	/	/
25	20UBBA022	KAVIN K K	/	/	/	/	/	/	/	/	/	/
26	20UBBA023	LOGESH.D	/	/	/	/	/	/	/	/	/	/
27	20UBBA035	RAGHUL.S.T	/	/	/	/	/	/	/	/	/	/
28	20UBBA037	ROHITH.M	/	/	/	/	/	/	/	/	/	/
29	20UBBA042	SARAVANA KUMAR.V	/	/	/	/	/	/	/	/	/	/
30	20UBBA046	SRIGOWTHAM.R	/	/	/	/	/	/	/	/	/	/
31	20UBBA052	VISHNU PRIYAN O.N.	/	/	/	/	/	/	/	/	/	/
32	20UBBA054	YOGESH.S	/	/	/	/	/	/	/	/	/	/
33	20UCOM034	MOHAMMED ABU HOORAIRAH K	AB	AB	/	AB	AB	AB	AB	/	/	AB
34	20UCOM042	RAMESHKANNAN D	/	/	/	/	/	/	/	/	/	/
35	20UCPA055	THARUNVAIBHOV S.K	/	/	/	/	/	/	/	/	/	/
36	20UCOS055	SRI DEEPAK S	/	/	/	/	/	/	/	/	/	/
37	21UBBA017	SANJEEVI S S	/	/	/	/	/	/	/	/	/	/
38	21UBBA051	N.KARTHICK	/	/	/	/	/	/	/	/	/	/
39	21UBBA089	VIGNESH. J	/	/	/	/	/	/	/	/	/	/
40	21UBBA089	V.SEENIVASAN	/	/	/	/	/	/	/	/	/	/



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ERODE - 638 107

DEPARTMENT OF BUSINESS ADMINISTRATION


20VBAYH - YOGA FOR HUMAN EXCELLENCE - ATTENDANCE

S.NO.	REG.NO.	NAME	04.12.2021	04.12.2021	04.12.2021	17.01.2022	17.01.2022	18.01.2022	18.01.2022	19.01.2022	19.01.2022	20.01.2022
			9.00 am to 10.00 am	10.00 am to 11.00 am	11.00 am to 12.00 pm	9.00 am to 10.00 am	10.00 am to 11.00 am	9.00 am to 10.00 am	10.00 am to 11.00 am	9.00 am to 10.00 am	10.00 am to 11.00 am	10.00 am to 11.00 am
41	21UBBA085	RAJESH.S	/	/	/	/	/	/	/	/	/	/
42	21UBBA072	N.D.KATHIRVEL	/	/	/	/	/	/	/	/	/	/
43	21UBBA099	SUJEETH K V	/	/	/	/	/	/	/	/	/	/
44	21UBBA101	SURESH V	/	/	/	/	/	/	/	/	/	/
45	21UBBA078	MATHAN KUMAR K	/	/	/	/	/	/	/	/	/	/
46	21UCOM078	HARI PRASATH S	/	/	/	/	/	/	/	/	/	/
47	21UCOM110	SRIDHARDHAYANITHI Y	/	/	/	/	/	/	/	/	/	/
48	21UCOM106	SANJEEV.K	/	/	/	/	/	/	/	/	/	/
49	21UCOM103	RAVOUTHAKUMAR M	/	/	/	/	/	/	/	/	/	/
50	21UCCA038	PRANESH T.C	/	/	/	/	/	/	/	/	/	/
51	21UCSC010	GOKUL.S	/	/	/	/	/	/	/	/	/	/
52	21UCSC007	C.DHARSHAN	/	/	/	/	/	/	/	/	/	/
Faculty Handling the Class			RG	RS	RG	RS	RG	RS	RG	RS	RG	RS
RG - Mr. R. Gokul Pranesh, RS - Mr. R. Sivasankar												


  
Course Coordinator

  
Head of the Department

HEAD OF THE DEPARTMENT  
DEPARTMENT OF BUSINESS ADMINISTRATION  
KONGU ARTS AND SCIENCE COLLEGE  
(AUTONOMOUS)  
ERODE - 638 107.

  
Principal  
KONGU ARTS AND SCIENCE COLLEGE  
(AUTONOMOUS)  
NANJANAPURAM, ERODE - 638 107



  
Dr. N. RAMAN  
Principal,  
KONGU ARTS AND SCIENCE COLLEGE  
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# KONGU ARTS AND SCIENCE COLLEGE

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**ERODE – 638 107**

**DEPARTMENT OF BUSINESS ADMINISTRATION**

**20VBAYH – YOGA FOR HUMAN EXCELLENCE – QUESTION PAPER**

**Yoga for Human Excellence –Practical-I**

**Basic Yoga Practices**

**Time: 3 Hours**

**Max.Marks:100**

**Asanas:**

1. Warm Up
2. Surya Namaskar
3. Tadasan
4. Konasan
5. Trikonasana
6. Sirsasana
7. Bhujangasana
8. Salabhasana
9. Dhanurasana
10. Ukatasan
11. Padahastasana
12. Verabathrasan

**MARKS ALLOTMENT**

Performance	-	60 marks
Motion	-	20 marks
Flexibility	-	20 marks



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DEPARTMENT OF BUSINESS ADMINISTRATION

20VBAYH – YOGA FOR HUMAN EXCELLENCE – QUESTION PAPER

Yoga for Human Excellence – Practical-II

Basic Asanas in Yoga.

Time: 3 Hours

Max.Marks:100


Asanas:

1. Marjariasan
2. Kapalbhathi Pranayama
3. Baddha Konasana
4. Ustrasana
5. Setu Bandhasana
6. Virabhadrasana
7. Pavanamukthasan
8. Vrikshasana
9. Vishnasan
10. Makarasana
11. Savasan
12. Nadi suthi Pranayama
13. Brahmari
14. Janusirasasan

## MARKS ALLOTMENT

Performance	-	60 marks
Motion	-	20 marks
Flexibility	-	20 marks



  
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**DEPARTMENT OF BUSINESS ADMINISTRATION**

**20VBAYH - YOGA FOR HUMAN EXCELLENCE - MARK STATEMENT**

S. No.	Reg No	Practical - I	Practical-II	Average	Result	Grade
1	19UENG006	74	77	76	PASS	A
2	19UENG046	77	79	78	PASS	A
3	19UENG029	63	76	70	PASS	A
4	19UBCA023	88	84	86	PASS	A+
5	19UBBA077	ABSENT	56	28	FAIL	NIL
6	19UBBA026	57	55	56	PASS	B
7	19UBBA035	AB	55	28	FAIL	NIL
8	19UBBA041	ABSENT	ABSENT	ABSENT	ABSENT	ABSENT
9	19UBBA055	75	68	72	PASS	A
10	19UBBA054	78	76	77	PASS	A
11	19UBBA002	52	AB	26	FAIL	NIL
12	19UBBA022	ABSENT	ABSENT	ABSENT	ABSENT	ABSENT
13	19UBBA021	64	76	70	PASS	A
14	19UBBA017	76	ABSENT	38	FAIL	NIL
15	19UBBA014	86	75	81	PASS	A+
16	19UBBA009	74	58	66	PASS	B+
17	19UBBA050	76	64	70	PASS	A
18	19UBBA006	68	AB	34	FAIL	NIL
19	19UBBA052	54	63	59	PASS	B
20	20UBBA001	77	AB	39	FAIL	NIL
21	20UBBA003	ABSENT	ABSENT	ABSENT	ABSENT	ABSENT
22	20UBBA032	AB	54	27	FAIL	NIL



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## 20VBAYH - YOGA FOR HUMAN EXCELLENCE - MARK STATEMENT

S. No.	Reg No	Practical - I	Practical-II	Average	Result	Grade
23	20UBBA012	64	63	64	PASS	B+
24	20UBBA013	66	78	72	PASS	A
25	20UBBA022	54	78	66	PASS	B+
26	20UBBA023	57	63	60	PASS	B+
27	20UBBA035	56	74	65	PASS	B+
28	20UBBA037	ABSENT	86	43	FAIL	NIL
29	20UBBA042	64	77	71	PASS	A
30	20UBBA046	87	65	76	PASS	A
31	20UBBA052	66	53	60	PASS	B+
32	20UBBA054	73	65	69	PASS	B+
33	20UCOM034	ABSENT	ABSENT	ABSENT	ABSENT	ABSENT
34	20UCOM042	87	86	87	PASS	A+
35	20UCPA055	84	89	87	PASS	A+
36	20UCOS055	64	75	70	PASS	A
37	20UMAT044	73	76	75	PASS	A
38	21UBBA017	72	74	73	PASS	A
39	21UBBA051	71	77	74	PASS	A
40	21UBBA089	56	63	60	PASS	B+
41	21UBBA085	64	78	71	PASS	A
42	21UBBA072	77	66	72	PASS	A
43	21UBBA099	79	63	71	PASS	A
44	21UBBA101	AB	AB	ABSENT	ABSENT	ABSENT



  
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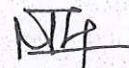
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## 20VBAYH - YOGA FOR HUMAN EXCELLENCE - MARK STATEMENT


S. No.	Reg No	Practical - I	Practical-II	Average	Result	Grade
45	21UCOM078	64	67	66	PASS	B+
46	21UCOM110	94	96	95	PASS	A++
47	21UCOM106	56	68	62	PASS	B+
48	21UCOM103	87	89	88	PASS	A+
49	21UCCA038	66	78	72	PASS	A
50	21UBBA078	77	79	78	PASS	A
51	21UCSC010	58	64	61	PASS	B+
52	21UCSC007	AB	64	32	FAIL	NIL

90-100	A++ - Outstanding		60-69	B+ - Good
80-89	A+ - Excellent		50-59	B - Average
70-79	A - Very Good		40-49	C - Satisfactory
<b>SUBJECT DETAILS</b>				
	<b>SUBJECT</b>		<b>MAX.MARKS</b>	
<b>Practical - I</b>	Basic Yoga Practices		<b>100</b>	
<b>Practical - II</b>	Basic Asanas in Yoga.		<b>100</b>	


  
Course Coordinator

  
Head of the Department

HEAD OF THE DEPARTMENT  
DEPARTMENT OF BUSINESS ADMINISTRATION  
KONGU ARTS AND SCIENCE COLLEGE  
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Principal  
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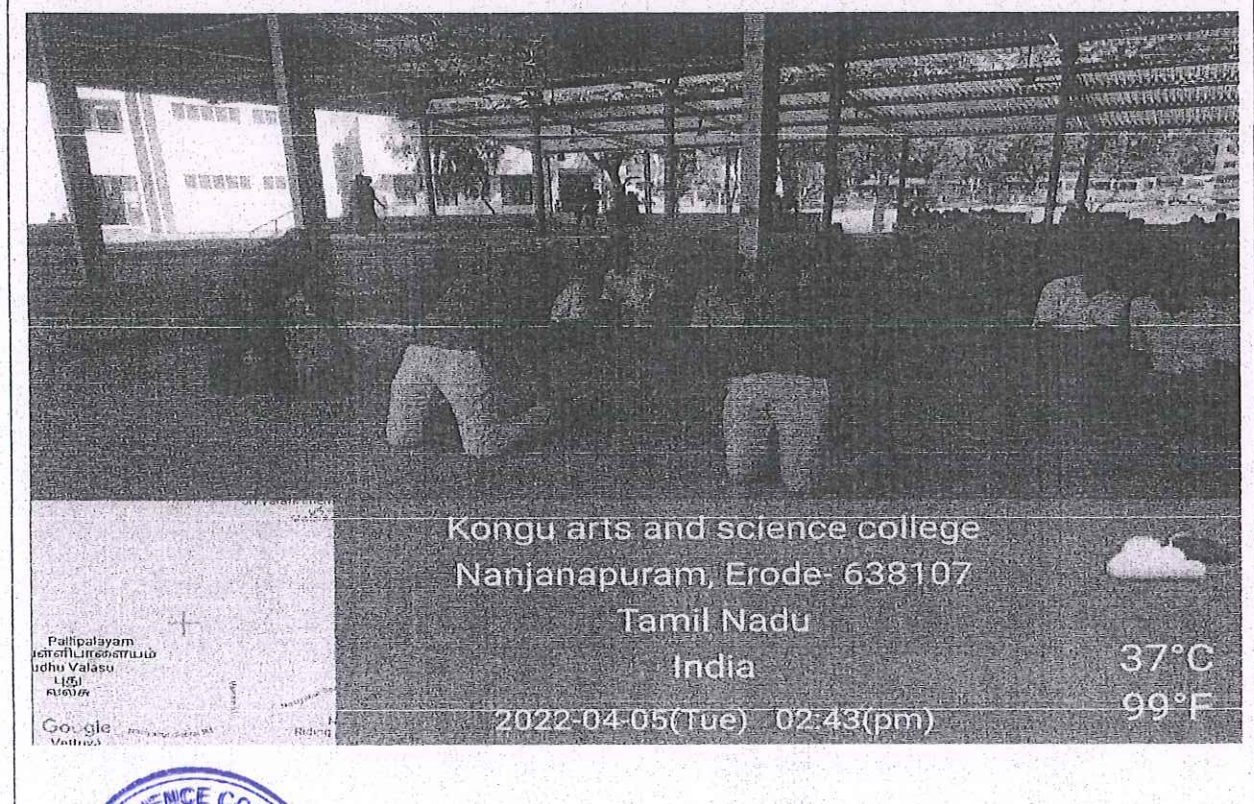
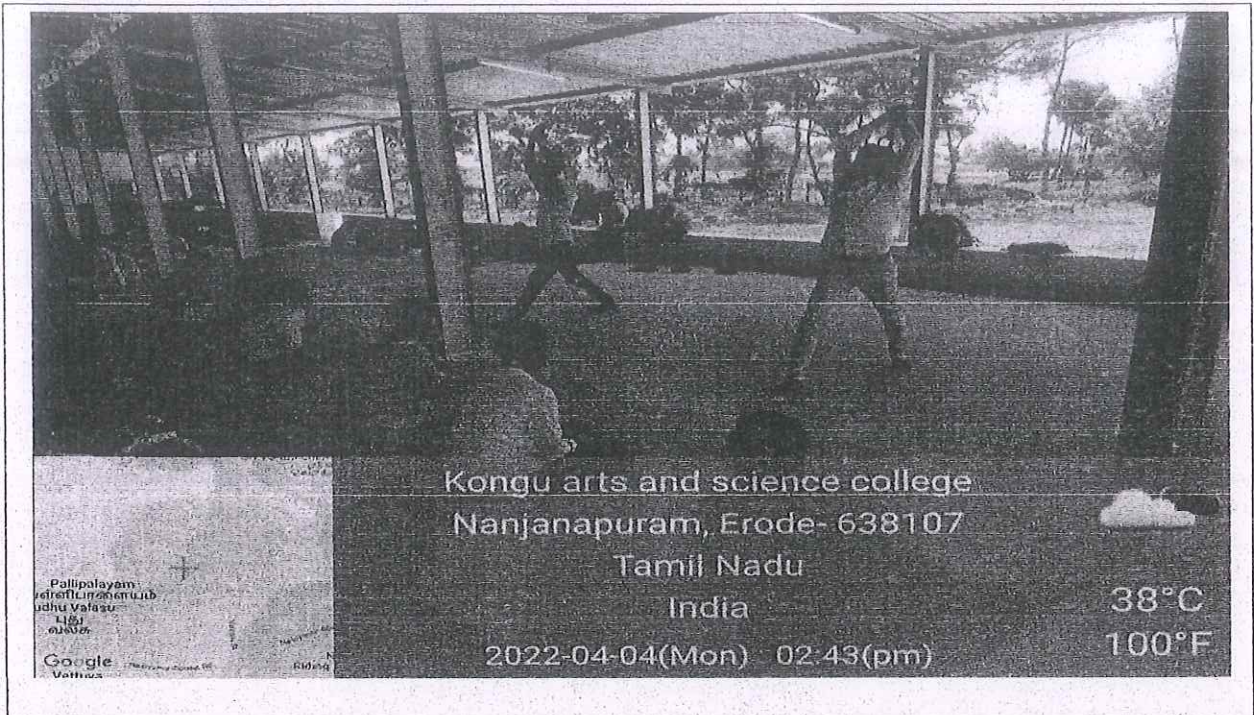


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**ERODE - 638 107**

**20VBAYH - YOGA FOR HUMAN EXCELLENCE - PHOTOGRAPH**



*Dr*  
**Dr. N. RAIMAN**  
PRINCIPAL,  
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# KONGU ARTS AND SCIENCE COLLEGE

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ERODE – 638 107

## 20VBAYH-YOGA FOR HUMAN EXCELLENCE– STUDENTS FEEDBACK

Name of the Student	
Register Number	
Department	
Year	

Parameters	Strongly Agree	Agree	Disagree
The Course content was in line with my expectations	Yes	No	
General content of the Course	Excellent	Good	Average
The Course provided additional knowledge and skill	Yes	No	
Well-designed Practical sessions	Yes	No	
Schedule of the classes and other relevant details have been informed promptly	Yes	No	
Course materials provided were useful	Yes	No	
Provides scope for self-employment and fulfills the industrial needs	Yes	No	

Student Signature



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## 20VBAYH - YOGA FOR HUMAN EXCELLENCE - STUDENTS FEEDBACK

Name of the Student	S. T. RAGHUL
Register Number	20UBBA035
Department	BBA
Year	II

Parameters			
The Course content was in line with my expectations	Yes ✓	No	
General content of the Course	Excellent ✓	Good	Average
The Course provided additional knowledge and skill	Yes ✓	No	
Well-designed Practical sessions	Yes ✓	No	
Schedule of the classes and other relevant details have been informed promptly	Yes ✓	No	
Course materials provided were useful	Yes ✓	No	
Provides scope for self-employment and fulfills the industrial needs	Yes ✓	No	

*S. T. Raghul*  
Student Signature



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## 20VBAYH-YOGA FOR HUMAN EXCELLENCE- STUDENTS FEEDBACK

Name of the Student	KARTHI SANKAR .S.N
Register Number	19UBCA023
Department	BCA
Year	III

Parameters	Strongly Agree	Agree	Disagree
The Course content was in line with my expectations	Yes ✓	No	
General content of the Course	Excellent ✓	Good	Average
The Course provided additional knowledge and skill	Yes ✓	No	
Well-designed Practical sessions	Yes ✓	No	
Schedule of the classes and other relevant details have been informed promptly	Yes ✓	No	
Course materials provided were useful	Yes ✓	No	
Provides scope for self-employment and fulfills the industrial needs	Yes ✓	No	

*Karthi Sankar S.N*  
Student Signature



*d*  
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# 20VBAYH – YOGA FOR HUMAN EXCELLENCE – CERTIFICATE



## KONGU ARTS AND SCIENCE COLLEGE

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Approved by UGC & AICTE, New Delhi & Re-accredited by NAAC  
An ISO 9001 : 2015 Certified Institution  
DBT Star College Scheme



NANJANAPURAM, ERODE - 638 107

## KASC ACADEMY OF EXCELLENCE

### Certificate

This Certificate is awarded to



**BALAKUMAR.T**  
III B.A English Literature

for the successful completion of the Certificate Course in  
**YOGA FOR HUMAN EXCELLENCE**  
with A Grade conducted by the  
Department of Business Administration  
during the Academic Year 2021 - 2022



Course Coordinator

Convenor  
Academy of Excellence

Principal

Correspondent

90 - 100 : A++ - Outstanding  
80 - 89 : A+ - Excellent

70 - 79 : A - Very Good  
60 - 69 : B+ - Good

50 - 59 : B - Average  
40 - 49 : C - Satisfactory



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