



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

KASC ACADEMY OF EXCELLENCE

Academic year 2020-2021

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

CO-ORDINATOR

Mr.K.P.KARTHIKEYAN

Head and Associate Professor
Department of Business Administration



Dr. N. RAMAN
PRINCIPAL,
KONGU ARTS AND SCIENCE COLLEGE
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