



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



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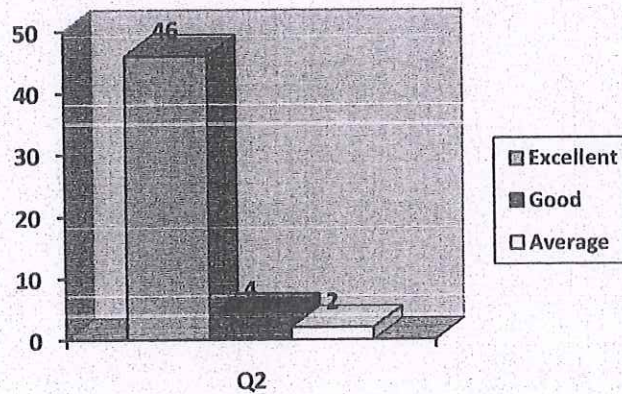
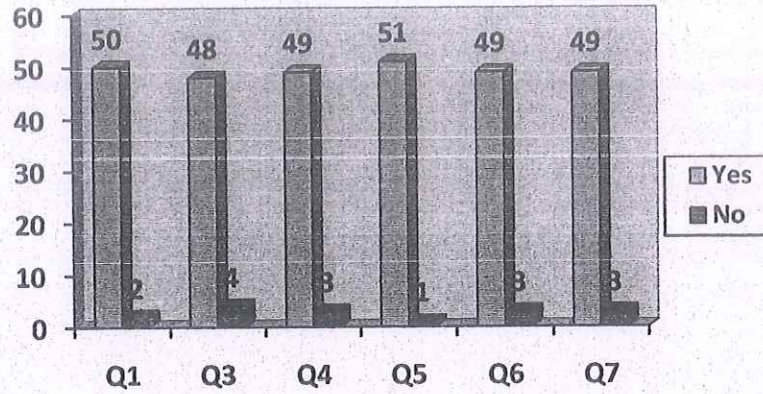


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20VBAYH - YOGA FOR HUMAN EXCELLENCE - RATINGS



R. J. J.
Course Coordinator

NTP
Head of the Department

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