



# KONGU ARTS AND SCIENCE COLLEGE

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

ERODE – 638 107

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 –Payanamukthasana -Vrikshasana		
UNIT IV		4 Hours
Vishnasana - Makarasana - Savasana		
UNIT V		4 Hours
Nadi suthi Pranayama –Brahmari -Janusirasasana		
	<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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