



MANGALA COLLEGE OF ALLIED HEALTH SCIENCES NEERUMARGA MANGALURE

VALUE ADDED COURSE ON

HEALTH & FITNESS



Jan 1 2022 To March 12 2022



VENUE: CLASSROOM

BASIC INTRODUCTION OF YOGA

IMPORTANCE OF YOGA

BASIC INTRODUCTION OF YOGA

INTRODCUTION TO YOGA PHILOSOPY

THE 4 MAIN PATHS OF YOGA

BENEFITS OF YOGA PRACTICE IN DAILY LIFE

SUN SALUTATIONS, MEDITATION, PRANAYANA

COURSE CO-ORDINATOR
ASSOC PROF. AKSHATHA ALVA
HOD, DEPT. OF PHYSIOLOGY
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RESOURCE PERSON
SANDEEP S RAO
PHYSICAL EDUCATION DIRECTOR

ENROLL NOW