



Kai. Bapusaheb Ekambekar Sevabhavi Sanstha, Udgir's  
**KAI. BAPUSAHEB PATIL EKAMBEKAR MAHAVIDYALAYA, UDGIR**  
Near Sundar Garden Mangal Karyalaya, Shelhal Road, Udgir. Dist-Latur.

*Value added course*

## **BASICS OF YOGA**

1. **Module Name:** Basics of Yoga
2. **Sector:** Physical Education and Sports
3. **Entry Qualification:** Minimum 14 years to above age
4. **Terminal Competency:** Physically fit, Game improvement, Weight loss, job Opportunity as Yoga trainer.
5. **Duration:** 3 months
6. **Course Contents:**

### **Theory:**

- 1) Need of yoga
- 2) Importance of yoga

### **Practical Competencies:**

- 1) Types of Asanas
- 2) Pranayam
- 3) Surya Namaskar

**Duration of the Course:** 3 months

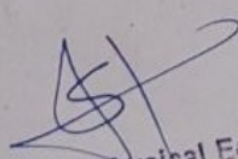
**Scheme of Study:** Theory – 30%, Practical – 70%

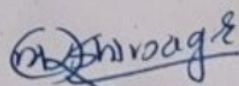
**Number of Times offered in a year:** Once

**Fees:** Free

**Maximum No. of Students:** 15

**Certificate:** All successful students shall be awarded certificate

  
**Director of Physical Education**  
Bapusaheb Patil Ekambekar  
Mahavidyalaya, Udgir Dist. Latur

  
**Principal**  
Kai. Bapusaheb Patil Ekambekar  
Mahavidyalaya Udgir Dist. Latur