

**ADD – ON COURSE IV**

**AoC – LST**

**LIFE SKILL TRAINING**

Course Duration : 03 months

Contact Hours : 24 (24 classes of 1 hour duration)

Course Objective:

1. To make the students self dependant.
2. To train the students in self defense techniques.
3. To help the students in improving their quality of life.

Syllabus

1. Practice of Yogasanas – 12 classes
2. Training in Karate – 12 classes

