

**ADD – ON COURSE III**

**AoC –HLMW**

**HEALTHY LIVING AND MENTAL WELL BEING**

Course Duration : 03 months

Contact Hours : 36

Course Objective:

1. To make the students self reliant.
2. To train the students in dealing with stressful situations.
3. To help the students in improving their quality of life.

Syllabus

1. Practice of Yogasanas – 24 classes

(Padmasana, Bajrasana, Bhujangasana, Halasana, Ardhashandrasana, Brikkasan, Chakrasana, Trikonasana, Pranayama)

2. Training in Self – Defence Techniques – 12 classes

**Estd.-2007**