

HOLISTIC WELLNESS PROGRAMME FOR UG STUDENTS

COURSE CO-ORDINATORS

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IN ASSOCIATION WITH:

Mysore Yoga Prana Vidya Pranic Healers Association (MYPHA)

MODULE:

1 class of 2 hours every month, 12 classes/ batch in a year

3 guest lectures: 6 hours

Total: 30 hours

Classes will be held during one of the practical hours for I BDS students (first Saturday of every month)

PROGRAMME DETAILS

I. ACTIVITIES

Simple physical exercises

Planetary Peace Meditation

Super Brain Yoga

Rhythmic Yogic Breathing

Forgiveness Sadhana

II. LECTURES

Stress management

Communication

Soft skills and Etiquettes

Exam preparations

Memory improvement

III. GUEST LECTURES:

Introduction to energy healing

Introduction to yoga

Introduction to Ayurveda

Introduction to nutrition

Introduction to fitness

BENEFITS:

Value added program from the college

Stress management for students

Better academic performance

Overall personality development