



AUXILIUM COLLEGE (AUTONOMOUS)

Accredited by NAAC with A+ in the 4th cycle

Gandhi Nagar, Vellore-632006

Value Added Course

YOGA AND LIFE EMPOWERMENT

Department: Physical education

Course code: VACPEYL23

Duration: 30 Hours

Semester: Even Semester



Course Co-ordinator:

Dr.Bindu

Director of Physical Education

Resource person:

Mr. Arul Jothi

**Joint Director, World
Health Community Center**