

Dr.BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY, AURANGABAD
DEPARTMENT OF DANCE

VALUE ADDED COURSE

Course Name : Know Yoga Hours- 30

Course Code : VAC-Dance-001

Resource Person : 1) Dr.Devdatta Dhaneshwar 2) Mr.Balasaheb Joshi

Content :

1) What is Yoga purpose & Objectives	03
2) Importance of Yoga	03
3) Basic Asanas- Practical	20
4) Dance Art & Yoga	04