

Dr.BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY, AURANGABAD
DEPARTMENT OF DRAMATICS

VALUE ADDED COURSE

Course Name : Know Yoga Hours- 30

Course Code : VAC-Drama-001

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

Content :

1) What is Yoga. Purpose & Objects	03
2) Importance of Yoga	03
3) Basic Aasanas- Practical	20
4) Drama Art & Yoga	04