

**MOUNT CARMEL COLLEGE, AUTONOMOUS**

**58, PALACE ROAD, BANGALORE**

**Ph:080 22261759**



**CREDIT COURSE ON  
YOGA**



**CENTRE FOR EXTENDED EDUCATION  
(CEE)**

## HISTORY OF COLLEGE

Mount Carmel College founded in 1944 by the Carmelite Sisters of St. Teresa in the state of Kerala in Trichur (under the title of Carmel College) affiliated to Madras University, broke new ground by shifting to Bangalore in the year 1948 to meet the increasing demand for women's education.

An autonomous college since September 2005, Mount Carmel College was first accredited at the **5 Star Level in 1999, Re-accredited with an A<sup>+</sup> in 2006** and **'A' Grade in 2012** in its third round of Accreditation by the National Assessment and Accreditation Council (NAAC). In 2006 University Grants Commission identified the college as **'College with Potential for Excellence'** (CPE).

The college offers Under Graduate and Post Graduate Programs in Humanities, Sciences, Applied Science & Design, Computer Applications, Commerce and Business Studies. Today the college caters to the academic aspirations of over 6000 students.

The Centre for Extended Education (**CEE**) co-ordinates over 90 Certificate Courses offered by various departments.

In order to meet the challenges of education in a fast changing world Mount Carmel College Autonomous established Centre for Extended Education (CEE) in 2005, with the objective of empowering our students holistically. There is an imperative need to prepare our youth to be successful citizens in a global society.

The CEE co-ordinates over 90 Certificate Courses offered by various departments.

**MOUNT CARMEL COLLEGE**  
**CENTRE FOR EXTENDED EDUCATION**

**COURSE REPORT 2016-17**

**Name of the Course:** Yoga

**Department:** CEE

**Name of the Course Coordinator:** Sheela.V.Dange

**Mobile No. and Email ID of the Coordinator:** 9845943717;  
sheiladange@gmail.com

**No. of Hours:** 40

**No. of Credits:** 02

**Course fee:**Rs 1500/-

**Number of students:** 63

**Venue, Days and Timings for Course:**

Mon, Wed& Fri; new hostel basement, 3.30pm to 5.00pm

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**Commencement Date and Finish Date:**

June 2<sup>nd</sup> week to Sept

2016 Nov 25<sup>th</sup> to Feb 2017

**Objectives of the Course:**

The regular practice of yogasana is necessary to be physically fit, to keep good health and alert mind. Helps in concentration,

**Evaluation Methods (Parameters for Grading):**

90% attendance is compulsory and Class participation

**Syllabus:** Asanas, breathing exercises, pranayamas and relaxation techniques