



## KONGUNADU ARTS AND SCIENCE COLLEGE (AUTONOMOUS)

Affiliated To Bharathiar University

Re-accredited by NAAC with 'A+' Grade with (4<sup>th</sup> Cycle)

College of Excellence (UGC)

Coimbatore-641 029, Tamil Nadu, India.

### CIRCULAR

This is to inform that Yoga & Meditation Center organizes Yoga practical classes for all I year UG students for the academic year 2021-2022 as a part of a curriculum under Moral & Ethics has been scheduled below. In this regard all HOD's are requested to make the necessary action.



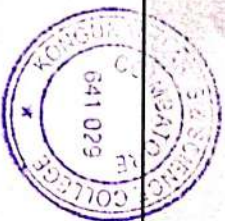
**PRINCIPAL**

**Dr. M. LAKESHMANASWAMY**  
MSc, MPhil, PhD, FGD, FGISS, MDEC,  
Principal  
Kongunadu Arts and Science College  
(Autonomous)  
Coimbatore - 641 029, TN.

# Kongunadu Arts & Science College

## Moral and Ethics Class / Yoga Practical class - Batch 1

| Date                                              | Branch        | Boys | Girls | Total | Time               |                   |
|---------------------------------------------------|---------------|------|-------|-------|--------------------|-------------------|
| March 14 to March 18<br>&<br>March 21 to March 25 | B Com (M & A) | 54   | 63    | 117   | 11:00 AM - 1:00 PM | Nivedita Hall 128 |
|                                                   | B Com BI      | 24   | 12    | 36    |                    |                   |
|                                                   | B Com CA(A)   | 31   | 29    | 60    |                    |                   |
|                                                   | B.Com Af      | 19   | 25    | 44    |                    |                   |
|                                                   | B Com CA(M)   | 29   | 31    | 60    |                    |                   |
|                                                   | B.Com PA      | 33   | 23    | 56    |                    | Auditorium 245    |
| Total                                             |               | 190  | 183   | 373   |                    |                   |



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**Dr. M. LAKSHMINARAYAN**  
 MSc, MPhil, MEd, PGDIP, PGDIPSEC,  
 PGDIP, PGDIP  
 Kongunadu Arts and Science College  
 (Autonomous)  
 Coimbatore - 641 029, TN.

**Kongunadu Arts & Science College**  
**Moral and Ethics Class / Yoga Practical class - Batch 2**

| Date                                              | Branch                | Boys       | Girls      | Total      | Time              |
|---------------------------------------------------|-----------------------|------------|------------|------------|-------------------|
| March 14 to March 18<br>&<br>March 21 to March 25 | BCA(M)                | 28         | 11         | 39         | 3:00 PM - 5:00 PM |
|                                                   | B.Sc CS               | 20         | 12         | 32         |                   |
|                                                   | B.Sc CT               | 8          | 12         | 20         |                   |
|                                                   | B.Sc IT               | 34         | 19         | 53         |                   |
|                                                   | B.Sc BT               | 11         | 16         | 27         |                   |
|                                                   | Bsc AI&ML             | 3          | 3          | 6          |                   |
|                                                   | Bsc CS with DA        | 5          | 1          | 6          |                   |
|                                                   | BA English Literature | 12         | 30         | 42         |                   |
|                                                   | BSc Mathematics       | 7          | 27         | 34         |                   |
|                                                   | B.Sc Chemistry        | 13         | 15         | 28         |                   |
|                                                   | B.Sc Botany           | 8          | 10         | 18         |                   |
|                                                   | B.Sc Biochemistry     | 14         | 24         | 38         |                   |
| <b>Total</b>                                      |                       | <b>163</b> | <b>180</b> | <b>343</b> |                   |



Nivedita Hall 121

Auditorium 222

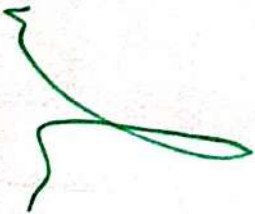
**Dr. M. LAKSHMANASWAMY**  
 MSc, MPhil, PhD, PGDIP, MEd, MSEC,  
 Principal  
 Kongunadu Arts & Science College  
 (Autonomous)  
 Coimbatore - 641 029, TM.

# Kongunadu Arts & Science College

## Moral and Ethics Class / Yoga Practical class - Batch 3

| Date  | Branch   | Boys | Girls | Total | Time               |
|-------|----------|------|-------|-------|--------------------|
|       | B.Sc CDF | 4    | 27    | 31    | 11:00 AM - 1:00 PM |
|       | BBA CA   | 28   | 16    | 44    |                    |
|       | B.Com IT | 36   | 19    | 55    |                    |
| Total |          | 68   | 62    | 130   |                    |



  
**Dr. M. LEKSHMANASWAMY**  
 MSc, MPhil, PhD, PGDIP, FRS, FRCGS  
 Principal  
 Kongunadu Arts and Science College  
 (Autonomous)  
 Coimbatore - 641 029, TN

Nivedita Hall 130

**Kongunadu Arts & Science College**  
**Moral and Ethics Class / Yoga Practical class - Batch 4**

| Date         | Branch                | Boys      | Girls     | Total      | Time              | Auditorium | 103 |
|--------------|-----------------------|-----------|-----------|------------|-------------------|------------|-----|
|              | B.Sc Computer Science | 36        | 24        | 60         | 3:00 PM - 5:00 PM |            |     |
|              | B.Sc Zoology          | 10        | 14        | 24         |                   |            |     |
|              | B.Sc Physics          | 10        | 9         | 19         |                   |            |     |
| <b>Total</b> |                       | <b>56</b> | <b>47</b> | <b>103</b> |                   |            |     |



*[Handwritten Signature]*

**Dr. M. LAKSHMANASWAMY**  
 MSc, PhD, P.D., F.S.S.C., F.S.E.C.,  
 Principal  
 Kongunadu Arts and Science College  
 (Autonomous)  
 Coimbatore - 641 029, TN.

### YOGA AND MEDITATION CENTRE

Curriculum on Yoga is designed in association with the WCSC – World Community Service Centre. The practical classes of yoga were conducted from 15.03.2022 to 18.03.2022 & 21.03.2022 to 25.03.2022 for 1 year UG students by an expert from WCSC.



In practical sessions, the methods of yoga asanas and meditation were taught to the students to inculcate the cultural practices so as to improve their concentration and focus in studies. A total of 9,49 students attended the programme and got benefited.

*N. Mohanapriya*

**Dr. N. MOHANAPRIYA**  
M.Sc., Ph.D., PGDCA.,  
Assistant Professor  
Department of Mathematics  
Kongunadu Arts and Science College  
G.N.Mills (F.O.), Coimbatore - 641 029









