



OFFICE OF THE PRINCIPAL  
**PUB-KAMRUP COLLEGE**



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15/9/2016

**Name of the course: Certificate Course on "Yoga and Pranayama"**

**Duration: 3 months**

**Eligibility: A graduate degree in any discipline from a recognized university**

**Year of Introduction: 2016-17**

**Conducted by: This course is conducted by Department of Philosophy, Pub Kamrup College**

**Program Outcome:**

The basic aim of Yoga is mentioned above which stresses on the self-purification i.e. purification of the body and intellect. The course expects to achieve the following objectives:-

- To achieve mental stability
- To maintain a sound physical health
- To increase concentration to be successful in life.
- To develop morality of the students to be good human being and a good citizen.

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Principal/Vice Principal

Pub Kamrup College

Vice Principal

Pub Kamrup College

Baihata Chariali