



**CHRIST**

COLLEGE (AUTONOMOUS)  
IRINJALAKUDA, KERALA  
Reaccredited by NAAC with 'A' grade

## NAME OF THE COURSE

**YOGA FOR HEALTH  
AND WELL-BEING**

## COURSE CODE

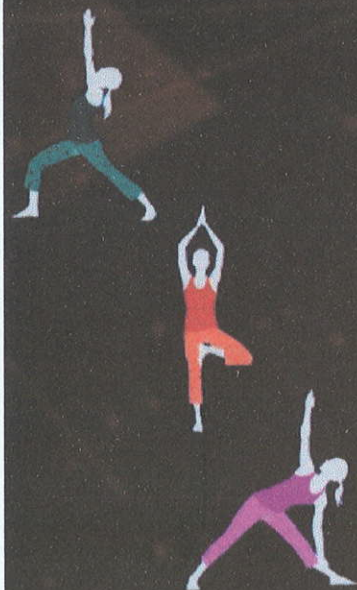
**CPCC01-BPE**

## OFFERED BY

**DEPARTMENT OF  
BACHELOR OF  
PHYSICAL EDUCATION**

## COURSE COORDINATOR

**DR. ARAVINDA B P**



# DEPARTMENT OF BPE CERTIFICATE COURSE DETAILS

## COURSE DETAILS

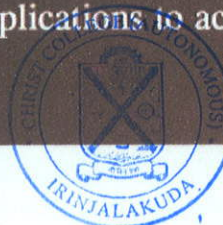
The course on Yoga for health and wellbeing targets an inculcation of healthy life style to younger generation. The syllabus is structured to meet the theoretical and practical understanding of the Yoga.

## ABOUT COLLEGE

Chirst College (Autonomous), Irinjalakuda established in the year 1956 by CMI fathers has always been aplace where young generations are moulded towards a bright future. College has excellent infrastructure, with state of the art laboratories, seminar rooms and lecture halls. The campus is Wi-Fi enabled. Presently Collge is house for 4500+ students, 200 teaching staff and 45 supporting staff. The strength of the College lies in its hardworking and tech savvy teachers who are eager to involve in all matters of students. The lush green campus with gardens and open gym is moving towards the next phase on education both offline and online.

## WHAT IS THE COURSE?

The goal of this course is to enable students to make yoga a life style. Syllabus covers the history of yoga, Different forms of yoga, Philosophy of yoga and practical applications to achieve health.



*Fr. Dr. Jolly Andrews*  
Fr. Dr. Jolly Andrews  
Assistant Professor-  
In-charge of Principal  
Christ College (Autonomous)  
Irinjalakuda



## SCOPE OF THE COURSE

- Basic understanding of Yoga as a life style
- Practice yoga for health and well being
- Be advocates of yoga for society

## LEARNING OUTCOMES (MINIMUM 3)

- Apply principles of yoga in daily life
- Perform Pranayama and Asanas as and when required.
- Understand and apply the principles of yogic life style

## COURSE OUTLINE

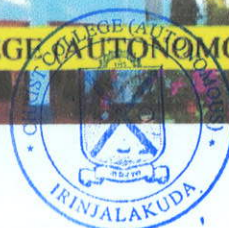
Six months programme involving theoretical and practical sessions. Training under certified yoga instructor.

## COURSE MODULES

- Yoga Philosophy
- Basics of Meditation
- Types of yoga
- Pranayama and Soorya Namaskar
- Asanas and their practice



VALUE ADDED - CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA



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