



CHRIST COLLEGE (AUTONOMOUS)

Affiliated to University of Calicut and Accredited by NAAC 'A' Grade

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YOGA FOR HEALTH AND WELL-BEING

(Value Added Certificate Course)

Summary Report 2016

Course Code: CPCC01-BPE

The course started on September 05, 2016. There were 36 students and 36 students completed the course. The course was of 50 hrs duration. Students enjoyed the classes and they are eager to apply the principles of yogic life style, in their feedback, requested for more such sessions in the future.

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

Course Outcome:

- 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 Coordinator: DR. ARAVINDA B. P.



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