

# YOGA FOR HEALTH AND WELL-BEING

## Value Added Certificate Course

Teacher Coordinator Report 2019

Course Code: CPCC01-BPE

Number of students	40
Date of examination	March 12, 2019
Total students who passed exam	40
Total course duration	50 hrs

### Feedback analysis:

- Students admired the approach of group discussion.
- Effect of asanas on various systems was the topic most liked by the students.
- 93% of the students have the advantage of the classes.
- The topic types of yoga were not that really appreciated. The students wanted to reduce the stress given to that part.

*Aravinda B.P.*

Course Coordinator: Dr. ARAVINDA B. P.

*Jolly Andrews*



**Fr. Dr. Jolly Andrews**  
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In-charge of Principal  
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