

# YOGA FOR HEALTH AND WELL-BEING

## Value Added Certificate Course

### Teacher Coordinator Report 2018

**Course Code:** CPCC01-BPE

|                                |             |
|--------------------------------|-------------|
| Number of students             | 40          |
| Date of examination            | May 5, 2018 |
| Total students who passed exam | 40          |
| Total course duration          | 50 hrs      |

#### Feedback analysis:

- Effect of asanas on various Systems was the topic most liked by the students.
- Students admired the approach of group discussion.
- 95% of the students have the advantage of the classes.
- The topic yoga as a science of art was not that really appreciated. The students wanted to reduce the stress given to that part.



**Course Coordinator:** Dr. ARAVINDA B. P.



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