



# 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 2019

**Course Code: CPCC01-BPE**

The Value Added Certificate Course on Yoga for Health and Well-Being started on September 11, 2019. There were 40 students and 40 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 Value Added Certificate 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

