



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 a place 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.

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

