

Course Title: Physical Education and Yoga

Programme: Certificate

Year: SECOND

Semester: Fourth Co-Curricular Course

Course Code: Z040401

Credits: 2

Course outcomes:

Students will learn the following topics

- 1) Introduction of Physical Education,
- 2) Concept of fitness and wellness,
- 3) Weight management and lifestyle of an individual.
- 4) The student will also learn about the relation of Yoga with mental health and value Education.
- 5) In this course student will also learn about the aspects of the Traditional games of India.