

# Swarnamoyee Jogendranath Mahavidyalaya

At+P.O.: Amdabad, P.S.: Nandigram, Dist.: Purba Medinipur, PIN 721650

## DEPARTMENT OF PHYSICAL EDUCATION

### COURSE OUTCOMES OF VALUE-ADDED COURSE IN YOGA AND WELLNESS

#### COMMON COURSES FOR UNDERGRADUATE PROGRAMMES

w.e.f. 2023-24

BASED ON CCFUP 2023 & NEP 2020

#### Semester II

#### VAC02 Yoga and wellness

4 credits

**CO1:** This course will introduce students to the concept, definition and dimensions of health, and the definition, aims, objectives and principles of Health Education. Students will learn extensively about the activities of health agencies: World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO) and United Nations International Children's Emergency Fund (UNICEF). Students will also learn about the School Health Programme: health service, health instruction, health supervision, health appraisal and health record, personal hygiene.

**CO2:** This course will focus in depth on *communicable diseases* (malaria, dengue and chicken pox and diarrhoea) and *non-communicable diseases* (obesity, diabetes and asthma).

**CO3:** This course will introduce students to the *concept of wellness*. Students will study factors affecting wellness, and the significance of wellness with reference to positive lifestyle, wellness programme in reference to physical activities and yoga.

**CO4:** This course will introduce students to various yoga drills for optimum skill development.