



**Mahatma Education Society's
Pillai College of Education & Research**

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VALUE-ADDED CERTIFICATE COURSE

Yoga for Well Being

Course Code - PCERPVACC10 (3 Credits)



Course Learning Outcomes

After learning this module, the student teacher will be able to:

- Develop an understanding of Yoga Practices in daily life
- Analyse the role and importance of Yoga
- Apply Yogasana, Pranayama and Dhyana for healthy living
- Inculcate values of self-love and self-care
- Develop values of self-control and self-discipline in their day to day life
- Manage stress effectively.