

**Shri Agrasen Kanya Post Graduate College
Bulanala/Parmanandpur Varanasi
Department of Co-curricular course (UG)**

Co-curricular course: Semester-4

Course Title: Physical Education and Yoga

Programme: Certificate	Year: First	Semester: Forth
Co-Curricular Course		
Course Code: Z040401	Course Title: Physical Education and Yoga	
Course outcomes: Students will learn the introduction of Physical Education, Concept of fitness and wellness, Weight management and lifestyle of an individual. The student will also learn about the relation of Yoga with mental health and value Education. In this course student will also learn about the aspects of the Traditional games of India.		