

1.2.2 Value-Added Courses Offered During the Academic Year 2021-2022

Title: Health & Yoga: Holistic Wellness for Body and Mind

Course Learning Outcomes:

By the end of the course, participants will be able to:

1. Develop an understanding of the holistic approach to health and wellness
2. Enhance physical and mental health through the practice of yoga
3. Manage stress and cultivate mindfulness
4. Improve flexibility and strength
5. Enhance overall well-being through the practice of yoga



Time Duration: 30 hours

For Course Details to :

<http://www.nmsmakbedded.in>

Offered at : Navmaharashtra Shikshan Mandal Shevgaon's Abasaheb Kakade Shikshanshastra Mahavidyalaya, Shevgaon, Dist. Ahmednagar, Pin.- 414502, Phone-07429-222399,223654


COORDINATOR
IQAC




Principal
Abasaheb Kakade Shikshan
Shastra Mahavidyalaya
Shevgaon, Dist. Ahmednagar



JANSHAKTI

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NCTE Code No.: APW01794/123249/146354 ID.NO.PU/AN/B.ED./90/2006

1.2.2 Value-Added Courses Offered During the Academic Year 2021-2022

Title: Stress Management: Techniques for Coping with Life's Challenges

Course Learning Outcomes:

By the end of the course, participants will be able to:

1. Understand the sources and effects of stress
2. Develop coping strategies for managing stress
3. Enhance their resilience and ability to cope with life's challenges
4. Implement mindfulness and relaxation techniques for stress reduction

TE WHARE WĀNANGA O TE ŪPOKO O TE IKA A MĀUI
VICTORIA
UNIVERSITY OF WELLINGTON

Coping with life changes: How to
build resilience to face new challenges

2012-2016

KEI TE PĒHEA KOE?
HOW'S IT GOING?

Youth Wellbeing Study

YOUTH WELLBEING STUDY
SCHOOL OF PSYCHOLOGY
VICTORIA UNIVERSITY OF WELLINGTON

HOSTED BY TAWA COLLEGE, WELLINGTON

Time Duration: 30 hours

For Course Details to :

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