

Dept Of Malayalam
Add On Course in Healthy Living VMADDML01
Syllabus

	TITLES	HOURS
1	Healthy Body -Exercices	10
2	Yoga for Health	10
3	Healthy Food Habits	9
4	Naturopathy	6
5	Health &Beauty	6
6	Mental Health& Counseling	4
7	Organic Living	5

SYLLABUS IN DETAIL

Module 1 .Healthy Body

Unit 1 Exercices

UNIT 2: Healthy Diet

Unit 3-Health & Beauty

Module 2-Yoga

UNIT 1 - Theory

UNIT 2- Practical

Module 3-Naturopathy

UNIT 1 - Organic Food

UNIT 2-Organic Farming

Module 4-Mental Health

UNIT 1 - Councelling