



NAAC Accredited

Vidarbha Bahu-uddeshiya Shikshan Sanstha's

TULSIRAMJI GAIKWAD-PATIL
College of Engineering & Technology

DTE CODE : 4151

— POLYTECHNIC —

MSBTE CODE : 1683



3.32 CGPA

(Approved by AICTE, New Delhi and Govt. of Maharashtra & Affiliated to MSBTE, Mumbai)

• An ISO 9001:2015 Certified Institution

• Web: www.tgpcetpoly.com

• NH7, Mohgaon, Wardha Road, Nagpur - 441108

• Email: principalpoly@tgpcet.com, 1683principal@msbte.com

• Contact: 97637 11372

Diploma in Mechanical Engineering
Course Name 311003: YOGA AND MEDITATION

DME311003	Course Outcomes
CO1	Practice basic Yoga and Pranayama in daily life to maintain physical and mental fitness.
CO2	Practice meditation regularly for improving concentration and better handling of stress and anxiety
CO3	Follow healthy diet and hygienic practices for maintaining good health