

UNIVERSITY DEPARTMENT OF MUSIC & DRAMATICS

LALIT NARAYAN MITHILA UNIVERSITY KAMESHWARNAGAR, DARBHANGA

Annexure-4

1.3.1 List and description of the Courses which address the Gender, Environment and Sustainability, Human Values, and Professional Ethics.

Name of the Program:

SI. No.	Name of the Course/Paper	Paper/Course Code	Offered to	Issues	Description
1	Environment and Sustainability	AECC01	PG Semester-	Environment and sustainability	Orient about the society, social life, and integrity in personal and public life. Learning the concepts of human values and respect for others provides an in-depth understanding of moral awareness and inculcated a sense of socially responsible citizens.
2	Yogic Sciences	AECC02	PG Semester-	Yogic Science	Yoga combines physical postures, breathing techniques and meditation or relaxation. Yoga may reduce stress, relieve anxiety, help manage depression, decease lower back pain, improve quality of life in those with chronic conditions or acute illness, stimulate brain function and help prevent heart disease.