

Date: 4/7/2018

St. Teresa's Institute of Education

in collaboration with

Ambika Yogashrame, Thane

organizes a certificate course

Course name: Yoga Certificate Course

Course Organizer: Dr. Sr. Tanuja Waghmare, Principal, St. Teresa's Institute of Education

Course Co-ordinator:

➤ Dr. Joan Lopes, Assistant Professor, St. Teresa's Institute of Education

Resource Person/s: Members of the Ambika Yogashrame, Thane

Certifying Agency: St. Teresa's Institute of Education along with Ambika Yogashrame, Thane

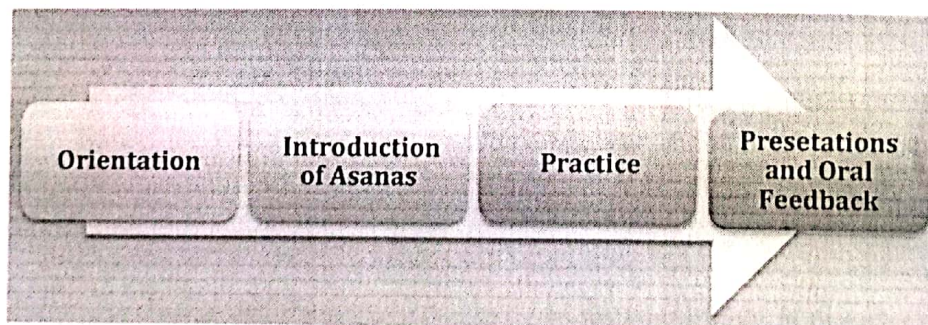
Course Credits: 3

Course Duration: 30 hours

Course objectives:

- To create an awareness about the good health among young generation
- To introduce the Asanas which are useful for good health

Course structure:



Course content:

Action Plan	Activity	Duration
Orientation	Orientation to Yoga Course	2 hours
Yoga Asanas (1 hour training and 1 hours for practice)	Karadarsan, Netrasan Asanas	2 hours
	Pranakarshan , Vajrasan	2 hours
	Bramha Mudra- 3 types, t	2 hours
	Jaladhuti , Kapalbhathi	2 hours
	Padmasan, Mulbandha	2 hours
	Nman Mudra, Yoga Mudra	2 hours
	Prathna- Meaning and Aahar	2 hours
	Ashwini Mudra, Ganesh Dhauti	2 hours
	Shitali, Shitakri	2 hours
	WausarYam ki Jankari	2 hours
	Agnisar,Uddyan	2 hours
	Niyam ki Jankari	2 hours
	Practice	2 hours
	Practice	2 hours
	Total duration	30 hours

We intend to conduct this course for our student-teachers at St. Teresa's Institute of Education and thus seek your approval as the CDC members.

Members Present

Sr. No	Name of the Members	Designation	Signature
1	Fr. Frazer Mascarenhas	Local Member : Education Field	Fr. Frazer Mascarenhas
2	Mr. Francis Athaide	Local Member : Industry Field	Francis Athaide
3	Ms. Medha Lotlikar	Local Member : Alumnus	
4	Dr. Sr. Tanuja Waghmare	Principal of the College	Dr. Tanuja
5	Dr. Giselle D'souza	Head of the Dept. nominated by Head of the Institution	Giselle
6	Dr. Sheela Philip	IQAC Cordinator	Sheela Philip
7	Dr. Joan Lopes	Teachers Elected	Joan
8	Dr. Cindrella D'Mello		Cindrella
9	Dr. Cerena D'Cunha		Cerena
10	Ms. Tina Alexander	Secretary of the Student Council (G.S)	Tina
11	Mrs Colleen M. Fernandes	Non teaching staff Elected	Fernandes