

## Certificate Course in Yoga : 22/11/2018 to 12/01/2019



### I Basic Details

Date	Faculty	Department Committee	Co-ordinator name
22/11/2018 to 12/01/2019	Arts	Education	Dr Joan Lopes
Time	Venue	Activity for Class/Group with Total Number of Attendees	Nature: Indoor
13 sessions 30 hours	St. Teresa's Institute of Education – Lecture Hall	F.Y. B.Ed. – 49 students	Yoga
Name & details of Resource Person		Names of Staff Members who supported	Names of Students who Supported
Yoga trainers of Ambika Yogashram		Teaching and Non Teaching Staff of St Teresa's Institute of Education	F.Y. B.Ed. – 49 students

### II Brief Information about the Activity

Topic/Subject of the Activity	Certificate Course in Yoga
Objectives for conducting Activity	<ul style="list-style-type: none"> <li>To make them aware of the importance of Yoga.</li> <li>To improve concentration and attention span of students.</li> </ul>
Methodology	<p>Using the scaffolding method, students were given training in various asana, meditation and other yoga techniques.</p> <p>It was divided into 10 sessions. Each session was 2 and ½ hours. Some home assignments and course end evaluation helped the trainers select volunteers for their institution to disseminate the knowledge of Yoga.</p>
Outcome	<ul style="list-style-type: none"> <li>During the course the students became aware of the importance of Yoga to stay fit and healthy, both, physically and mentally.</li> <li>They also used this platform to learn various asana, meditation and other yoga techniques.</li> </ul>