

Yoga Course: 17.01.2023-27.02.2023

I Basic Details

Date, Time	Faculty	Department/Committee	Co-ordinator name
17.01.2023-27.02.2023	Arts	Education	Dr. Joan Lopes
	Venue	Activity for Class/Group with Total Number of Attendees	Nature: Indoor/Outdoor
	Multi-Purpose Hall, St. Teresa's Institute of Education	49 students of F.Y.BEd	Indoor
Names of Staff Members who supported			Names of Students who Supported
Dr. Sr. Tanuja Waghmare, Dr. Giselle D'Souza, Dr. Cerena Dcunha, Dr. Cindrella D'Mello, Ms. Shakuntala Nighot			Uriah Barboza Samiha Bhombal

II Brief Information about the Activity

Topic/Subject of the Activity	Yoga Course
Objectives for conducting Activity	<ul style="list-style-type: none"> Yoga helps students improve their flexibility, strength, balance and overall physical health. Yoga practices such as deep breathing, meditation, and relaxation techniques can help students reduce stress and anxiety. Yoga helps students improve their ability to focus and concentrate by training their minds to stay present and focused on the present moment.
Methodology	<ul style="list-style-type: none"> The course was spread across 45 days, three times a week. On the very first day Mr. Dave gave a brief introduction on the benefits of Yoga. Each session began with a prayer i.e. the Gayatri Mantra followed by the various asanaas and kriyas. Three groups of 15 students performed various asanaas such as utkatasana, bhujangasana and so on along with Surya namaskar. Advanced asanaas were performed by an extremely talented group of students who displayed some advanced yoga asanaas. The programme ended with the distribution of certificates and a vote of thanks by DR. Sr. Tanjua Waghmare to Mr. Dave and his entire team
Outcome	<ul style="list-style-type: none"> Kapalbhaati, Shitkari, Shitaali and Vayusaars are some of the Kriyas that teach us mindful breathing. Bhramamudra focuses on the flexibility of the neck, shoulders and the hands. Vajrasana which is one of the most important aasanas in yoga helps in digestion, improves blood circulation and helps in developing a correct posture. The rest of the aasanas such as Tadasana, Chakrasana, Kagasana helps to improve body flexibility and strength.

III Proofs Attached

