Certificate Course in Yoga: March 11- May 8, 2025



I Basic Details

Date	**Faculty**	**Department/ Committee**	**Co-ordinator name**
March 11th 2025 - May 8th 2025	Arts	Education	Prof. Dr. Reshma Rodrigues
Time	**Venue**	**Activity for Class/Group with total number of attendees**	**Nature**
8:00 am- 9:30 am (Tuesdays and Thursdays)	St. Teresa's Institute of Education	FYBEd 49 students	Indoor
Name and details of Resource Person		**Names of Staff Members who supported**	**Name of Students who supported**
Sir Vijay Dave Mrs. Shrada		Dr. Reshma Rodrigues	Ann Maria Philip, Simrin Baptista, Salomi Gonsalves, Melanie Lewis, Aishwarya Nambiar, Sanika Savio

II Brief Information about the activity

Topic/ Subject of the Activity	Certificate course in Yoga
Objectives for conducting Activity	I. To help students implement Yoga into their daily lives. II. To allow students to appreciate the ancient tradition of Yoga. III. To bring about positive results in the physical and the mental health of the students.
Methodology	I. The students would assemble together in the multipurpose hall. II. Each yoga session would begin with the opening prayer. The students would begin with a few warm-up exercises. III. The students would continue by performing many different asanas. Each session would involve the instructor teaching a new asana to the students. IV. The session would end with the closing prayer.
Outcome	I. It allows students to appreciate the ancient tradition of Yoga. II. It helps in improving the concentration levels of the students so that they could become more mindful. III. It helps in developing better posture, and reducing the risk of developing major health problems in students. IV. It helps in reducing stress and boosting energy levels of students.

III Proofs attached




GPS Map Camera
Mumbai, Maharashtra, India
St. Teresas Institute Of Education St. Teresas Institute Of Education Special School, 2nd Hasnabad Ln, Willingdon, Santacruz (west), Mumbai, Maharashtra 400054, India
Lat 19.076785° Long 72.839306°
13/03/2025 09:13 AM GMT +05:30
Google


GPS Map Camera
Mumbai, Maharashtra, India
St. Teresas Institute Of Education St. Teresas Institute Of Education Special School, 2nd Hasnabad Ln, Willingdon, Santacruz (west), Mumbai, Maharashtra 400054, India
Lat 19.076768° Long 72.839258°
13/03/2025 09:14 AM GMT +05:30
Google



Giselle D'souza

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