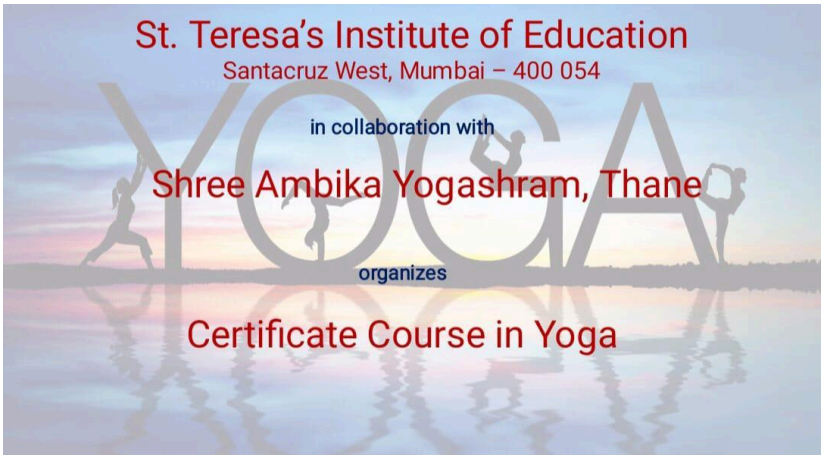
Certificate Course in Yoga: 17th November 2025 –13th March 2026



I. Basic Details

Date	**Faculty**	**Department/Committee**	**Co-ordinator name**
17th November 2025 - 13th March 2026	Arts	Education	Dr. Reshma Rodrigues
Time	**Venue**	**Activity for Class/ Group with total number of Attendees**	**Nature**
As per schedule	Multipurpose hall	43 students	Indoors
Name and details of Resource Person	**Names of Staff Members who supported**	**Names of the Students who supported**	
Mr.Vijay Dhave and Ms. Shraddha - Team members (Ambika Yogashram)	Dr. Reshma Rodrigues	Ms. Shoshanaa Felix	

II. Brief Information about the Activity

Topic/Subject of the Activity	**Certificate Course in Yoga**
Objectives for conducting Activity	● To create awareness about the benefits of yoga for physical and mental well-being. ● To improve flexibility, strength, concentration and emotional balance. ● To encourage discipline and holistic health practices.

Methodology	Practical training in various Asanas, Pranayama, Mudras, Bandhas and Kriyas including Surya Namaskar, Bhujangasana, Dhanurasana, Sarvangasana, Matsyasana, Naukasana, Paschimottanasana, Ustrasana, Chakrasana, Kapalbhati, Sheetali & Sheetkari Pranayama, Jala Neti, Agnisara, Uddiyana Bandha, Mula Bandha, Ashwini Mudra and others.
Outcome	The course enhanced physical fitness, flexibility and mental clarity among participants. Students actively participated and submitted feedback forms expressing positive experiences. The programme was enriching and transformative.

III. Proofs Attached:





Giselle D'souza

Prof. Dr. Giselle D'souza
Principal In-charge
St. Teresa's Institute of Education
Santacruz West, Mumbai – 400054

ST. TERESA'S INSTITUTE OF EDUCATION
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