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# ST. TERESA'S INSTITUTE OF EDUCATION

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**Brochures and Course content along with CLOs of  
Value-Added Courses (2017-2018)**



## **YOGA CERTIFICATE COURSE**

**St.Teresa's Institute of Education**

# **YOGA CERTIFICATE COURSE**

**Amibika Yogashrame,Thane**



**November – December , 2017**

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

**Course Co-ordinator :** Dr.Joan Lopes , Assistant  
Professor, St.Teresa's  
Institute of Education

**Duration :** 30 hours

**Course credit :** 3

**Course Objectives :** ~ To create awareness about the good health among young generation.  
~ To introduce the Asanas which are useful for good health.

**Course Outcome :** ~ The student-teacher will be able to demonstrate proficiency at the poses covered in yoga course.  
~ The student-teacher will be able to increase their dynamic flexibility and be able to perform proper breathing techniques.

### Course Content :

<i><b>Action Plan</b></i>	<i><b>Activity</b></i>	<i><b>Duration</b></i>
Orientation	Orientation to Yoga course	2 hours
Yoga Asanas ( 1 hour training and 1 hour for practice)	Karadarsan , Nebraska Asanas	2 hours
	Pranakarshan , Vajrasan	2 hours
	Bramha Mudra , 3 types	2 hours
	Jaladhuti , Kapalbhati	2 hours
	Padmasan , Mulbandha	2 hours
	Nman Mudra, Yoga mudra	2 hours
	Prathna - Meaning , 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
	<b>Total duration</b>	<b>30 hours</b>

