



GOA BUSINESS SCHOOL
GOA UNIVERSITY

PRESENTS

VALUE ADDED COURSE ON

**“YOGA FOR PHYSICAL AND MENTAL
WELL-BEING”**

FROM
29TH JANUARY TO 6TH MARCH
2024



WHO CAN ATTEND

PG students of Goa University

TOTAL SEATS

30 seats on first come first serve
basis

COURSE PRE-REQUISITES

NIL

COURSE FEES

NIL

COURSE DURATION

30 hours



CLASS TIMINGS

Monday to Thursday
from 4:00 pm to 5:30 pm

LAST DATE OF REGISTRATION

22nd January 2024

REGISTRATION LINK

[https://forms.gle/SFN1imBUFYTj
EvmP6](https://forms.gle/SFN1imBUFYTjEvmP6)

CERTIFICATE

Participants with a minimum of 75%
of attendance will receive the
certificate

ABOUT THE COURSE

This Course aims to develop student's physical, emotional, and mental health through yogic activities. Students will be provided with a wide range of practice sessions on yoga asanas and breathing exercises. The course will help the students to reduce stress, boost concentration and health and create a sense of well-being.

COURSE OBJECTIVES

To create an awareness about Yoga in life and benefits of chosen Asanas; and to help develop students' physical, emotional, and mental health.

PEDAGOGY

- (i) Lectures
- (ii) Practical sessions/demonstrations.

RESOURCE PERSON

Ms. Vaishnavi Parab

A yoga teacher certified with expertise in Hatha yoga, prenatal & postnatal yoga, and mudra yoga since 2011.

She is also a yoga studio owner of YOGTATTV STUDIO committed to promoting holistic wellness and empowering students.

COURSE COORDINATORS

Dr. Narayan Parab

Dr. Priyanka Naik

CONTACT AT

✉ parabnarayan9@unigoa.ac.in

☎ +91 8412872647

COURSE SYLLABUS

- ✓ **Module I:** (2 Hours)
Introduction to Yoga; Ashtang Yoga, Types of Yoga.
- ✓ **Module II:** (6 Hours)
Introduction to Asanas or Yoga Postures, Basic Sitting Postures and their effects on health and wellbeing. Paschimottanasana, JanuShirasana, Naukasana, Vakrasana, Padmasana, Vajrasana and others.
- ✓ **Module III:** (6 Hours)
Basic Standing Postures and their effects on health and wellbeing, Tadasana, Garudasana, Trikonasana and others.
- ✓ **Module IV:** (8 Hours)
Basic Supine Postures and their effects on health and wellbeing. Makarasana, Dhanurasana, Bhujangasana, Halasana, Sarvangasana, Shalabhasana, Naukasana, Shavasana and others.
- ✓ **Module V:** (8 Hours)
Pranayama (Breathing Techniques & Exercises), types and methods