



Goa University

Goa Business School

Discipline of Financial Services

Report on Value Added Course on “Yoga for Physical and Mental Well-being” (Duration: 30 Hours)

1. Title of the Event/Activity/program	Value Added Course on “Yoga for Physical and Mental Well-being”
2. Date and Time	29 th January 2024 to 29 th February 2024 (Every Monday to Thursday 4:00 PM to 5:30 PM) Total Duration = 30 Hours
3. Mode of conduct (Physical/Online)	Physical Faculty Block F, Goa Business School, Goa University
4. School/ Directorate/ Section	Goa Business School
5. Collaborating Agency/School/Directorate	-
6. Detail of the Resource Person (Brief biodata)	Ms. Vaishnavi Parab, Owner, Yogatattv Studio. Ms. Vaishnavi is a certified Yoga teacher with expertise in Hatha yoga, prenatal & postnatal yoga, and mudra yoga.
7. Number of Faculty attended/participated	-
8. Number of Student attended / participated	09
9. No. of external students/faculty/other participants	-
10. The objectives of the Program/activity/event	To create an awareness about Yoga in life and benefits of chosen Asanas; and to help develop students' physical, emotional, and mental health.

11. Description of the Program/activity/event	<p>The Financial Services Discipline of Goa Business School, Goa University organised a Value Added Course on “Yoga for Physical and Mental Well-being” from 29th January 2024 to 29th February 2024 (Every Monday to Thursday 4:00 PM to 5:30 PM) at Faculty Block F, Goa Business School, Goa University. The total duration of the course was 30 Hours. The course provide introduction to Yoga; Ashtang Yoga, Types of Yoga, introduction to Asanas or Yoga Postures, Basic Sitting Postures and their effects on health and wellbeing. The course also involded training on Paschimottanasana, JanuShirasana, Naukasana, Vakrasana, Padmasana, Vajrasana and others.</p> <p>The course covered Basic Standing Postures and their effects on health and wellbeing, Tadasana, Garudasana, Trikonasana and others, Basic Supine Postures and their effects on health and wellbeing. Makarasana, Dhanurasana, Bhujangasana, Halasana, Sarvangasana, Shalabhasana, Naukasana, Shavasana and others. Finally, the participants were introduced to the Pranayama (Breathing Techniques & Exercises), types and methods</p>
12. Benefit/Key outcomes of the Program/activity/event	<p>The participants were provided with a wide range of practice sessions on yoga asanas and breathing exercises. The course was useful for the students of Goa University as practicing yoga helped reduce stress, boost concentration, and health, and create a sense of well-being. The outcome of the course of formation of a students club named “Yoga Club” a platform which will motivate students to continue practicing yoga and meditation everyday in their life.</p>
13. Enclosures with report	<p>Brochure, Geo-tag photos, Attendance of students, Bio Data of resource</p>

Parab Narayan

Dr. Narayan Parab
Course Co-ordinator

Priyanka Naik

Dr. Priyanka Naik
Course Co-ordinator

Harip Khanapuri

Dr. Harip Khanapuri
Programme Director,
MBA FS

Jyoti Pawar

Prof. Jyoti Pawar
Dean, GBS





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

GOA BUSINESS SCHOOL
GOA UNIVERSITY

Value Added Course on "Yoga for Physical and Mental Well-being"

Date	23/01/24	30/01/24	06/02/24	13/02/24	20/02/24	27/02/24	06/03/24	13/03/24	20/03/24	27/03/24
Time	4:00 PM 5:30 PM	4:00 PM 5:30 PM	4:00 PM 5:30 PM	4:00 PM 5:30 PM	4:00 PM 5:30 PM	4:00 PM 5:30 PM	4:00 PM 5:30 PM	4:00 PM 5:30 PM	4:00 PM 5:30 PM	4:00 PM 5:30 PM
Hours	1.5 Hrs	1.5 Hrs	1.5 Hrs	1.5 Hrs	1.5 Hrs	1.5 Hrs	1.5 Hrs	1.5 Hrs	1.5 Hrs	1.5 Hrs
Sr. No.	Name of the Student									
1	Muqaddas	A								
2	Jotiba pavane	Prf Prf	Prf Prf	Prf Prf	Prf Prf	Prf Prf	Prf Prf	Prf Prf	Prf Prf	Prf Prf
3	Arya p	A	A	A	A	A	A	A	A	A
4	Shivani Desai	Sesai	Sesai	Sesai	Sesai	Sesai	Sesai	Sesai	Sesai	Sesai
5	Rajbharani Karthik	A								
6	Koushiki Richhariya	A								
7	Ujwala mahato	A	A	A	A	A	A	A	A	A
8	Ashish kumar	Ashish	Ashish	A	Ashish	A	Ashish	A	A	A
9	Sudhir kumar	Sudhir	Sudhir	Sudhir	Sudhir	Sudhir	Sudhir	Sudhir	Sudhir	Sudhir
10	Konde Dinesh Kumar Reddy	Prf	Prf	Prf	Prf	Prf	Prf	A	A	A
11	Renuka gurram	Renuka	Renuka	Renuka	Renuka	Renuka	Renuka	A	A	A
12	Naveenkumar Manturagimath	Naveenkumar	Naveenkumar		Naveenkumar	Naveenkumar	Naveenkumar	A	A	A
13	Shreya ravindra kamble	A	kamble	kamble	kamble	kamble	A	A	A	A
14	Ashreen Baganca	Baganca	Baganca	Baganca	Baganca	Baganca	Baganca	Baganca	Baganca	Baganca
15	Pamrany Meszoni	A	Pamrany	Pamrany	Pamrany	Pamrany	Pamrany	Pamrany	Pamrany	Pamrany
16										
17										
18										
19										
20										

Pamrany Meszoni
Dr. Naniyan Parb.

GOA BUSINESS SCHOOL

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Value Added Course on "Yoga for Physical and Mental Well-being"

Extra Session

Date	14/02/24	15/02/24	19/02/24	20/02/24	22/02/24	23/02/24	26/02/24	27/02/24	28/02/24	29/02/24	1/03/24
Time	4:00 pm 5:30 pm	4:00 pm 5:30 pm	4:00 pm 5:30 pm	4:00 pm 5:30 pm	4:00 pm 5:30 pm	4:00 pm 5:30 pm	4:00 pm 5:30 pm	4:00 pm 5:30 pm	4:00 pm 5:30 pm	4:00 pm 5:30 pm	4:00 pm 5:30 pm
Hours	1.5 hrs	1.5 hrs	1.5 hrs	1.5 hrs	1.5 hrs	1.5 hrs	1.5 hrs	1.5 hrs	1.5 hrs	1.5 hrs	1.5 hrs
Sr. No.	Name of the Student										
1	Muqaddas										
2	Jotiba pavane	Part	Part	Part	Part	Part	Part	Part	Part	Part	Part
3	Arya p	Part	Part	Part	Part	A	Part	Part	Part	Part	Part
4	Shivani Desai	Score	Score	Score	Score	Score	Score	Score	Score	Score	A
5	Rajbharani Karthik										
6	Koushiki Richhariya										
7	Ujwala mahato	Aboloto	Aboloto	Aboloto	Aboloto	A	Aboloto	Aboloto	Aboloto	Aboloto	Aboloto
8	Ashish kumar	Ashish	Ashish	Ashish	Ashish	Ashish	A	Ashish	Ashish	A	A
9	Sudhir kumar	Sudhir	Sudhir	Sudhir	Sudhir	Sudhir	Sudhir	Sudhir	Sudhir	A	A
10	Konde Dinesh Kumar Reddy										
11	Renuka gurram										
12	Naveenkumar Manturagimath	A	A	Part	Part	A	Part	A	Part	Part	A
13	Shreya ravindra kamble										
14	Ahnen Braganca	Braganca	Braganca	Braganca	Braganca	Braganca	Braganca	Braganca	Braganca	Braganca	A
15	Manonjay Kesava	Manonjay	Manonjay	Manonjay	Manonjay	Manonjay	Manonjay	Manonjay	Manonjay	Manonjay	A
16	Dheeraj								A	A	A
17	Anyan Dora								A	A	A
18											
19											
20											

Panchanayan
Dr. Nanyan Pank



Panaji, Goa, India
FR6G+52M, Panaji, Goa 403206, India
Lat 15.459861°
Long 73.824395°
29/01/24 04:29 PM GMT +05:30

GPS Map Camera





Panaji, Goa, India
FR6G+52M, Panaji, Goa 403206, India
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29/01/24 04:30 PM GMT +05:30

 GPS Map Camera



VAISHNAVI PARAB

Interior Designer,
Yoga Teacher,
Owner YOGTATTV STUDIO

Profile

Freelance **Interior**

Designer with a passion for creating inspiring and functional spaces.

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

yoga studio owner of **YOGTATTV STUDIO** committed to promoting holistic wellness and empowering students

Contact me

 9960493649

 Yogtattvstudio@gmail.com

 Panaji, Goa.

 @Yogtattvstudio

➤ **Education**

3 years Diploma in Interior Designing

Nirmala Niketan college of Polytechnic and Home Science, MARINE LINES - MUMBAI.

MARCH - 2011

➤ **200-hour Yoga Teachers Training.**

SRI SRI SCHOOL OF YOGA.
BANGLORE - INDIA.

May - 2015

February - 2019

➤ **100-hour Prenatal & postnatal Yoga Teachers Training.**

SRI SRI SCHOOL OF YOGA.
BANGLORE - INDIA.

August - 2022

➤ **30-hour Mudra Yoga Teachers Training.**

SHIVAM YOGA STUDIO.

May - 2023



VAISHNAVI PARAB

Interior Designer,
Yoga Teacher,
Owner YOGTATTV STUDIO

➤ Language

- English, Hindi, Konkani, Marathi.

➤ Skills & Abilities

- Cranio Sacral Therapist since AUGUST -2016
- Marma Practitioner since FEBRUARY -2018
- RPL - level 4,5,6 Trainer under PMKVY since july -2017
- Yoga For Kids
- Yoga trainer for Corporate
- wellness program

➤ Interests and Hobbies

- Learning different languages.
- Enjoy reading and drawing.
- perusing sitar.

EMPLOYMENT HISTORY

➤ Interior Designing

- Freelance projects - Goa (2016 - Present)
- Nupur Rastogi - Mumbai Aug, 2013 - 2015
- CMM - Goa 2012
- Rohan Timble - Goa 2011

➤ Yoga

- Yoga Teacher - Art Of Living since MAY -2011
- YOGTATTV STUDIO, ONLINE BUSINESS, Offline studio, Private home session since JULY -2018
- I Mumz app - since AUGUST - OCTOBER 22
- Pregyoga - since May 22 till date