

PTVA's Institute of Management

(Approved by AICTE, DTE and affiliated to University of Mumbai)
Chitrakar Ketkar Marg, Behind M. L. Dahanukar College of Commerce, Vile Parle (East), Mumbai – 400 057.

Tel.: 022-31061594/31099598, Email: admin@ptvaim.com, Web: www.ptvaim.ac.in

Certificate Course on 'Yoga' Course Syllabus

Sr. No.	Particulars	No. of Hours
1	Introduction to Yoga <ul style="list-style-type: none"> • History and philosophy of yoga • Different styles of yoga (Hatha, Vinyasa, Ashtanga, etc.) • Setting intentions and goals for the course • Mind-body awareness 	2 hours
2	Basic Asanas and Flow <ul style="list-style-type: none"> • Sun Salutations (Surya Namaskar) • Foundational standing poses (Tadasana, Warrior I & II, Trikonasana) 	2 hours
3	Yoga Philosophy and Flow <ul style="list-style-type: none"> • The Eight Limbs of Yoga (Ashtanga Yoga) • Yamas and Niyamas (Ethical guidelines) 	2 hours
4	Breathwork and Meditation <ul style="list-style-type: none"> • Introduction to Pranayama (Ujjayi, Nadi Shodhana) • Basic meditation techniques 	2 hours
5	Yoga for Balancing <ul style="list-style-type: none"> • Balancing poses (Tree Pose, Eagle Pose) • Flow Sequence: <ul style="list-style-type: none"> ○ Sun Salutation A ○ Warrior III ○ Half Moon Pose ○ Tree Pose ○ Eagle Pose 	2 hours
6	Yoga for Mobility <ul style="list-style-type: none"> • Seated and standing poses for enhancing mobility (Cat-Cow, Pigeon Pose, Forward Fold) • Flow Sequence: <ul style="list-style-type: none"> ○ Sun Salutation B 	2 hours



Beshmukh

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	<ul style="list-style-type: none"> ○ Cat-Cow Pose ○ Pigeon Pose ○ Forward Fold 	
7	<p>Yoga for Focus</p> <ul style="list-style-type: none"> • Poses that enhance concentration and mindfulness (Warrior III, Dancer Pose) • Flow Sequence: <ul style="list-style-type: none"> ○ Sun Salutation A ○ Warrior III ○ Dancer Pose ○ Tree Pose 	2 hours
8	<p>Yoga for Core Strength</p> <ul style="list-style-type: none"> • Core-strengthening poses (Boat Pose, Plank Variations) • Flow Sequence: <ul style="list-style-type: none"> ○ Sun Salutation A ○ Plank Pose ○ Side Plank ○ Boat Pose 	2 hours
9	<p>Yoga for Chakras</p> <ul style="list-style-type: none"> • Introduction to chakras • Poses for balancing chakras (Camel Pose, Fish Pose) • Flow Sequence: <ul style="list-style-type: none"> ○ Sun Salutation B ○ Camel Pose ○ Fish Pose ○ Child's Pose 	2 hours
10	<p>Yoga for Gratitude</p> <ul style="list-style-type: none"> • Heart-opening poses (Bridge Pose, Wheel Pose) • Gratitude meditation • Flow Sequence: <ul style="list-style-type: none"> ○ Sun Salutation A ○ Bridge Pose ○ Wheel Pose ○ Savasana 	2 hours



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11	<p>Stillness and Meditation</p> <ul style="list-style-type: none"> • Poses for relaxation and stillness (Child's Pose, Savasana) • Deep meditation techniques • Flow Sequence: <ul style="list-style-type: none"> ○ Gentle flow leading to stillness ○ Extended Savasana 	2 hours
12	<p>Swadhyay</p> <ul style="list-style-type: none"> • Self-study and reflection • Journaling on personal practice and growth • Group discussion 	2 hours
13	<p>Special Practices and Integration</p> <p>Chair Yoga</p> <ul style="list-style-type: none"> • Adaptations of common poses using a chair • Benefits and applications <p>Face Yoga</p> <ul style="list-style-type: none"> • Introduction to face yoga • Techniques for facial muscle toning and relaxation • Practice of key exercises (Forehead Smoother, Eye Energizer, Cheek Lifter, Neck Tightener) 	2 hours
14	<p>Integrative Practice</p> <ul style="list-style-type: none"> • Full-length practice session integrating all learned techniques • Integrative Flow Sequence: <ul style="list-style-type: none"> ○ Comprehensive flow combining elements from all weeks ○ Includes Sun Salutations, standing poses, balances, inversions, backbends, and seated poses 	4 hours



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