



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
ISO 9001:2015 Certified Institute & Accredited by NAAC

CERTIFICATE COURSE ON YOGA- 2022-23

PARTICULAR	DETAILS
Course duration	30 hours; Offline (20 October 2023 to 08 December 2023)
List of students who have enrolled along with name and signature of students	Link to the scanned records:
Course objectives	<ul style="list-style-type: none">• To improve physical and mental health of students through stress management and relaxation techniques.• To foster mindfulness, flexibility, and inner calm to help students handle academic pressures.• To promote compassion, integrity, and mindfulness for personal and social well-being.
Curriculum of the Program	<ol style="list-style-type: none">1. Introduction to Yoga2. Basic Asana and Flow3. Yoga Philosophy and Flow4. Breathwork and Meditation5. Yoga for Balancing6. Yoga for Mobility7. Yoga for Focus8. Yoga for Core Strength9. Yoga for Chakras10. Yoga for Gratitude11. Stillness and Meditation12. Swadhyay13. Special Practices and Integration14. Integrative Practices



B. Chmukh
Director
PTVA's Institute of Management
Chitrakar Ketkar Marg,
Behind M. L. Dahanukar College,
Vile Parle (E), Mumbai-400 057.



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
ISO 9001:2015 Certified Institute & Accredited by NAAC

Assessment Procedure	The assessment for the yoga course focuses on multiple aspects to ensure a comprehensive evaluation of student's progress. It emphasizes regular attendance and active participation, highlighting the importance of consistent practice. Skill development is assessed through improvements in performing yoga asanas, proficiency in breathing techniques, and increased flexibility and balance.
Resource Person	Ms Avanti Sathe




Director
PTVA's Institute of Management
Chitrakar Ketkar Marg,
Behind M. L. Dahanukar College,
Vile Parle (E), Mumbai-400 057.