



## 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)

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

The Financial Services Discipline of Goa Business School, Goa University organised a Value Added Course on “Yoga for Physical and Mental Well-being” from 29<sup>th</sup> January 2024 to 29<sup>th</sup> 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. 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

**12. Benefit/Key outcomes of the Program/activity/event**

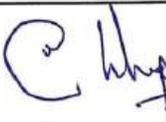
The participants were provided with a wide range of practice sessions on yoga asanas and breathing exercises. The course was useful for the students of Goa University as practicing yoga helped reduce stress, boost concentration, and health, and create a sense of well-being. The outcome of the course 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.

**13. Enclosures with report**

Brochure, Geo-tag photos, Attendance of students, Bio Data of resource

  
**Dr. Narayan Parab**  
Course Co-ordinator

  
**Dr. Priyanka Naik**  
Course Co-ordinator

  
**Dr. Harip Khanapuri**  
Programme Director,  
MBA FS

  
**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

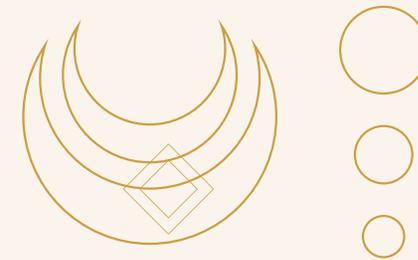
NIL

### 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](mailto: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

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

Sr. No.	Name of the Student	29/01/24	30/01/24	31/01/24	01/02/24	02/02/24	03/02/24	08/02/24	12/02/24	13/02/24
	Date	29/01/24	30/01/24	31/01/24	01/02/24	02/02/24	03/02/24	08/02/24	12/02/24	13/02/24
	Time	4:00 PM 5:30 PM								
	Hours	1.5 hrs								
1	Muqaddas	A								
2	Jotiba pavane	A								
3	Arya p	A								
4	Shivani Desai	A								
5	Rajbharani Karthik	A								
6	Koushiki Richhariya	A								
7	Urwala mahato	A								
8	Ashish kumar	A								
9	Sudhir kumar	A								
10	Konde Dinesh Kumar Reddy	A								
11	Renuka gurram	A								
12	Naveenkumar Manturagimath	A								
13	Shreya ravindra kamble	A								
14	Ahira Baganca	A								
15	Pranav Keston	A								
16										
17										
18										
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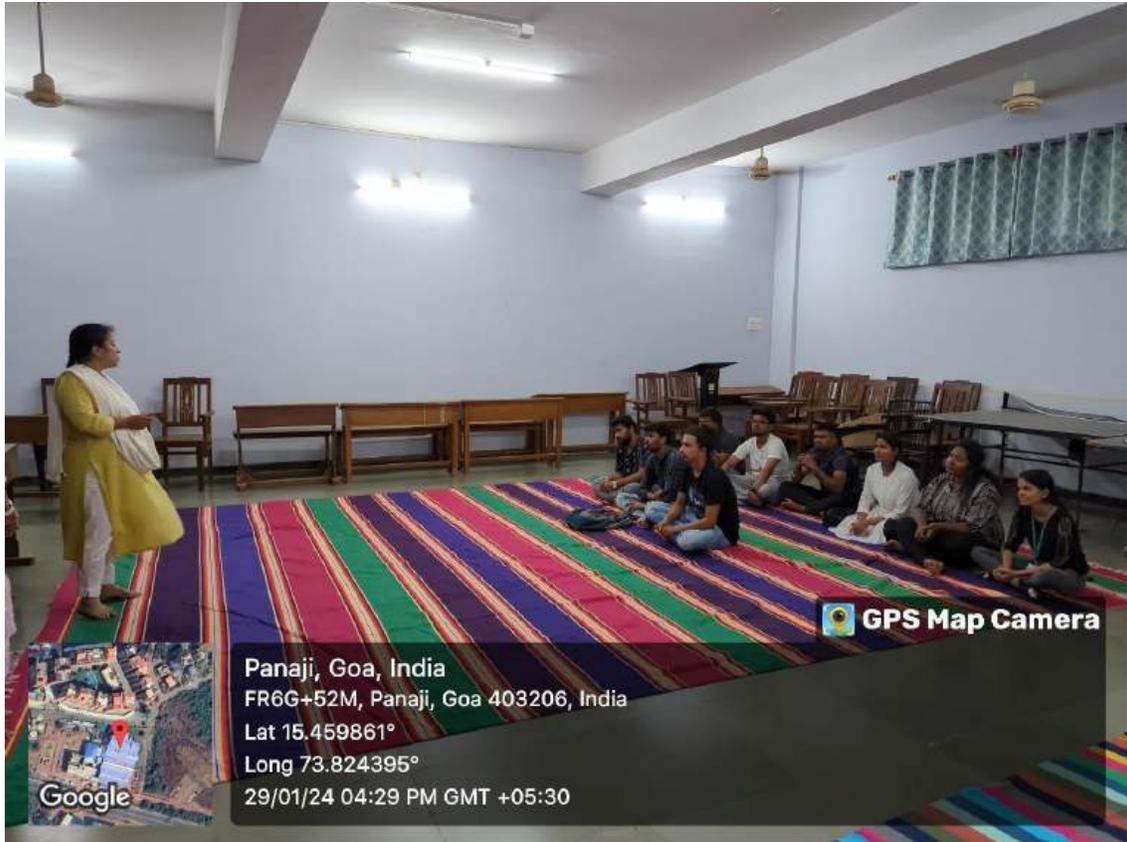
Prof. Pravin P. P. P.  
Dr. Narayan P. P.

Exam Session

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

Sr. No.	Name of the Student	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
	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
	Time	4:00 pm 5:30 pm									
	Hours	1.5 hrs									
1	Muqaddas										
2	Jotiba pavane	Present									
3	Arya p	Present									
4	Shivani Desai	Present									
5	Rajbharani Karthik										
6	Koushiki Richhariya										
7	Ujjwala mahato	Present									
8	Ashish kumar	Present									
9	Sudhir kumar	Present									
10	Konde Dinesh Kumar Reddy										
11	Renuka gurram										
12	Naveenkumar Manturagimath	Present									
13	Shreya ravindra kamble										
14	Ahven Borganca	Present									
15	Pranavjy Karama	Present									
16	Dheeraj	Present									
17	Ayan	Present									
18											
19											
20											

Pranavjy Karama  
Dr. Narayana P. P. P.





GPS Map Camera



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



# 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

- Englis, 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.

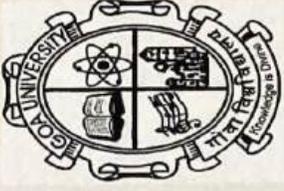
## EMPLOYMENT HISTORY

### ➤ 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



**Goa University**  
**Goa Business School**

# Certificate of Completion

is proudly presented to

## Ashish Kumar

for successfully completing the Value Added Course of 30 Hours Duration on **"Yoga for Physical and Mental Well-being"** organized by Goa Business School, Goa University from 29th January 2024 to 29th February 2024.

*Parab Narayan*

**Dr. Narayan Parab**  
Course Co-ordinator

*Dr. Harip Khanapuri*

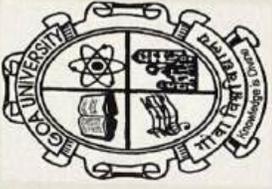
**Dr. Harip Khanapuri**  
Programme Director,  
MBA - Financial Services



*Prof. Jyoti Pawar*

**Prof. Jyoti Pawar**  
Dean, Goa Business School

Date of Issue: 07/03/2024



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**Goa Business School**

# Certificate of Completion

is proudly presented to

## Jotiba Pavane

for successfully completing the Value Added Course of 30 Hours Duration on **"Yoga for Physical and Mental Well-being"** organized by Goa Business School, Goa University from 29th January 2024 to 29th February 2024.

*Parab Narayan*

**Dr. Narayan Parab**  
Course Co-ordinator

*Dr. Harip Khanapuri*

**Dr. Harip Khanapuri**  
Programme Director,  
MBA - Financial Services



*Prof. Jyoti Pawar*

**Prof. Jyoti Pawar**  
Dean, Goa Business School

Date of Issue: 07/03/2024



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**Goa Business School**

# Certificate of Completion

is proudly presented to

## *Naveenkumar Manturagimath*

for successfully completing the Value Added Course of 30 Hours Duration on **"Yoga for Physical and Mental Well-being"** organized by Goa Business School, Goa University from 29th January 2024 to 29th February 2024.

*Parab Narayan*

**Dr. Narayan Parab**  
Course Co-ordinator

*Dr. Harip Khanapuri*

**Dr. Harip Khanapuri**  
Programme Director,  
MBA - Financial Services



*Prof. Jyoti Pawar*

**Prof. Jyoti Pawar**  
Dean, Goa Business School



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**Goa Business School**

# Certificate of Completion

is proudly presented to

**Sudhir kumar**

for successfully completing the Value Added Course of 30 Hours Duration on **"Yoga for Physical and Mental Well-being"** organized by Goa Business School, Goa University from 29th January 2024 to 29th February 2024.

*P. Narayan Parab*

**Dr. Narayan Parab**  
Course Co-ordinator

*C. Whang*

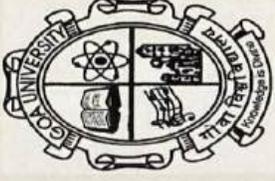
**Dr. Harip Khanapuri**  
Programme Director,  
MBA - Financial Services



*J. Pawar*

**Prof. Jyoti Pawar**  
Dean, Goa Business School

Date of Issue: 07/03/2024



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**Goa Business School**

# Certificate of Completion

is proudly presented to

**Shivani Suryadeep Desai**

for successfully completing the Value Added Course of 30 Hours Duration on **"Yoga for Physical and Mental Well-being"** organized by Goa Business School, Goa University from 29th January 2024 to 29th February 2024.

*Parab Narayan*

**Dr. Narayan Parab**  
Course Co-ordinator

*Dr. Harip Khanapuri*

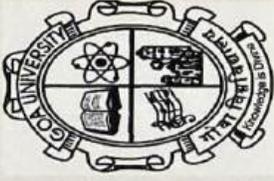
**Dr. Harip Khanapuri**  
Programme Director,  
MBA - Financial Services



*Prof. Jyoti Pawar*

**Prof. Jyoti Pawar**  
Dean, Goa Business School

Date of Issue: 07/03/2024



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**Goa Business School**

# Certificate of Completion

is proudly presented to

**Arya P**

for successfully completing the Value Added Course of 30 Hours Duration on **"Yoga for Physical and Mental Well-being"** organized by Goa Business School, Goa University from 29th January 2024 to 29th February 2024.

*Pandurangam*

**Dr. Narayan Parab**  
Course Co-ordinator

*Dr. Harip Khanapuri*

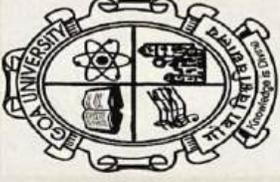
**Dr. Harip Khanapuri**  
Programme Director,  
MBA - Financial Services



*Prof. Jyoti Pawar*

**Prof. Jyoti Pawar**  
Dean, Goa Business School

Date of Issue: 07/03/2024



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**Goa Business School**

# Certificate of Completion

is proudly presented to

**Dhananjay Kesarwani**

for successfully completing the Value Added Course of 30 Hours Duration on **"Yoga for Physical and Mental Well-being"** organized by Goa Business School, Goa University from 29th January 2024 to 29th February 2024.

*P. Narayan Parab*

**Dr. Narayan Parab**  
Course Co-ordinator

*C. Khapuri*

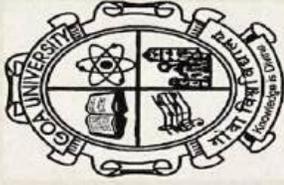
**Dr. Harip Khanapuri**  
Programme Director,  
MBA - Financial Services

*J. Pawar*

**Prof. Jyoti Pawar**  
Dean, Goa Business School



Date of Issue: 07/03/2024



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**Goa Business School**

# Certificate of Completion

is proudly presented to

**Ujwala Mahato**

for successfully completing the Value Added Course of 30 Hours Duration on **"Yoga for Physical and Mental Well-being"** organized by Goa Business School, Goa University from 29th January 2024 to 29th February 2024.

*P. Narayan Parab*

**Dr. Narayan Parab**  
Course Co-ordinator

*Dr. Harip Khanapuri*

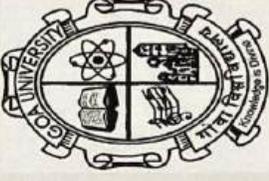
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*Prof. Jyoti Pawar*

**Prof. Jyoti Pawar**  
Dean, Goa Business School

Date of Issue: 07/03/2024



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**Goa Business School**

**Certificate of Completion**  
is proudly presented to  
**Ahren Clementius Braganca**

for successfully completing the Value Added Course of 30 Hours Duration on **"Yoga for Physical and Mental Well-being"** organized by Goa Business School, Goa University from 29th January 2024 to 29th February 2024.

*Parab Narayan*

**Dr. Narayan Parab**  
Course Co-ordinator

*Dr. Harip Khanapuri*

**Dr. Harip Khanapuri**  
Programme Director,  
MBA - Financial Services

**Prof. Jyoti Pawar**  
Dean, Goa Business School

*Jyoti Pawar*



Date of Issue: 07/03/2024