



# ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

Affiliated to Mahatma Gandhi University, Kottayam  
Re-Accredited by NAAC with A++ Grade in Fourth Cycle  
NIRF Ranking 60 (2025) | KIRF Ranking 2 (2025) | [www.teresas.ac.in](http://www.teresas.ac.in)

*This beginner-friendly yoga course is designed for college students and newcomers who want to learn yoga practically. Along with teaching skills, the course also helps students manage stress, improve focus, and build a healthy lifestyle for themselves through yoga, pranayama, relaxation, and meditation practices*

## Course Highlights

- \* Practical training in yoga asanas
- \* Surya Namaskar techniques
- \* Pranayama & Asana (relaxation) practices
- \* Stress Management
- \* Introduction to meditation
- \* Basics of yoga origin & traditional texts
- \* Teaching skills for beginners

## Course Outcome

By the end of the course, students will be able to:

- \* Practice yoga confidently
- \* Handle stress using yogic techniques
- \* Maintain a healthy lifestyle
- \* Teach basic yoga sessions
- \* Use yoga as a side career / income opportunity
- \* Receive a course completion certificate

## Why This Course?

- ✓ Practical & beginner-friendly
- ✓ Stress-free learning environment
- ✓ Supports personal health and well-being
- ✓ Ideal for students alongside academics

# INTRODUCTION TO YOGA – CERTIFICATE COURSE



**DURATION: 6 MONTHS**



## WHY THIS COURSE ?

- PRACTICAL & BEGINNERS - FRIENDLY
- STRESS - FREE LEARNING ENVIRONMENT
- SUPPORTS PERSONAL HEALTH AND WELL BEING
- IDEAL FOR STUDENTS ALONGSIDE ACADEMICS

The Course is offered by the Department of Physical Education  
Certification By  
St. Teresa's College (Autonomous) Ernakulam