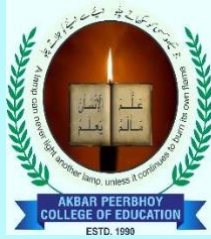




IQAC, ANJUMAN-I-ISLAM'S
AKBAR PEERBHOY COLLEGE OF EDUCATION,
VASHI, NAVI MUMBAI – 400 703



“One Week Value Added Training Programme”

Theme: Live Life with YOGA



August 23, 2021 to August 28, 2021



Mrs. Shabana Khan
Qualified Yoga Trainer,
Navi Mumbai

This will help us:

- ❖ Managing Stress hormones that compromise the immunes system.
- ❖ Developing effective coping skills and reaching a more positive outlook on life.
- ❖ Creating mental clarity and calmness, increases body awareness, sharpness concentration

Dr. Asma Shaikh
Principal - AIAPCE

Mr. Mohd. Qamar Saleem
Asso. Professor - AIAPCE

Join Zoom Meeting: <https://zoom.us/j/92661448446?pwd=WFZLTGRIRzk1eitZLzNUTUdVN20zUT09>

Meeting ID: 926 6144 8446

Passcode: YOGA

YOGA TENTATIVE TEACHING PROGRAMME

from 23-08-2021 to 28-08-2021

Graded Course

1st Day

DATE

23-08 2021

PROGRAMME

Prayer

Yoga General Description

Practical.:

Swastikasana with Pranadharna Prathama

Ardha Padmasna

Vajrasna

Bhartya Baithak

Shwasana Margashuddhi

2nd Day

DATE

24-08-2021

PROGRAMME

Prayer

Sandhi chalan

Previous Day Yoga Abhyas

Anatomy

Next Yoga Texture Abhyas-

Contraindication

Marjarasana 'A' and 'B' ,

Ardha Pawana Mukta Asana

Utthita ek Padasana

Parvat asanas

Janu shirasaana

Vrishkasana

Tadasana

Anuloma Vilioma

3rd Day

DATE

25-08-2021

PROGRAMME

Prayers
Sandhi Chalan Kriya
Previous Day Yoga Abhyas
Yoga Classification effect
Hastpadasna,
Trikonasana
Shashankasana
Ardhbhoomi naman asana
Ardha shalabhasana,
Bhujangasanas
Uttan Vakrasana
Jiva bandha
Simha mudra,
Bramha/Datta Mudra
Prandharna dwitya,

4th Day

DATE

26-08-2021

PROGRAMME

Prayer
Sandhicahlan
Ujjayi Parnayam
Kriya.:-
Simple yogic kriyas
Mukha shuddhi
Karna shudhi
Netra shuddhi, Twag Shuddhi

5th Day

DATE

27-08-2021

PROGRAMME

Prayers
Previous Day Yoga Abhyas
Next Yoga Texture Abhyas
Dandastha hastaparshwasana
Chakrasana
Poorva supt vajraasna
Bhushirasana
Yoga Mudra
Setu bandh asana
Dronasana
Adhomukh Vakrasana
Dhanurasana
Kapalbharti

6th Day

DATE

28-08-2021

PROGRAMME

Prayer
practice of all five days yoga asana
Diet Plan
Doubt Clearing Session

