

# Certificate Course In Yoga

## Preamble

Yoga is an innovative and vocational program in behavioural application of yoga along with value education through the synthesis of spirituality and science. The course impart theoretical as well as practical knowledge of Asanas, Pranayama, Mudra, Kriya and Meditation. Through the knowledge of these elements one can achieve physical fitness, mental equilibrium and spiritual bliss along with the skill to treat human subjects suffering from various psychosomatic disorders. Yoga Certificate course has been included in the curriculum as a new dimension, which help in promoting the physical, mental and emotional health for the integrated development of the personality. Yoga technique can be fruitful to these difficulties it can enhance the executive capacities in action through the sensory and motor apparatus.

## About the Course

This Yoga Certificate Course provides comprehensive training in various yoga practices, including asanas (postures), pranayama (breathing techniques), meditation, and the philosophy of yoga. The course aims to deepen your understanding and practice of yoga, promoting physical health, mental clarity, and emotional well-being.

## Aim of the Programme

- The aim of the programme is to spread “Wellness through Yoga”.

## Objectives of the Programme

- To promote the traditional knowledge of India's rich heritage in the field of yoga.
- To propagate the knowledge and application, a multidimensional system of education based on Indian Philosophy, Values and Culture.
- To explain the scientific benefits of the application of Meditation.
- Developing physical, mental, intellectual and emotional well-being capabilities.
- To create Yoga teachers.

## Career Prospects

- Yoga teacher in Educational Institutions.
- Yoga instructors in Hospitals, Hotels, Rehabilitation Centers, Industries and Corporate Sectors.
- Yoga Counsellor



## Who is Eligible for This Course

- Individuals who have completed a 10<sup>th</sup>+2 or Equivalent.
- Age limit Minimum 18 Year.

## Program details

Course name	Certificate Course In Yoga
Duration	Six Month
Course type	Off-line
Syllabus	<a href="#">Download</a>
Admission	Off-line

## Faculty details

	
<p><b>Manasi Midya</b> SACT M.A in Yoga</p> <p><a href="#">View profile</a></p>	<p><b>Sushil Chandra Pramanik</b> Guest lecturer Bachelor of Yoga Therapy</p> <p><a href="#">View profile</a></p>

## Contact details:-

Faculty

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# Gallery



Teachers day with honourable Principal Sir 2019



After receiving final marksheet and certificate, 2023



During teaching class 2023



# Strengthening Bodies, Uniting Souls: International Yoga Day 2019



# Yoga for Wellness: International Yoga Day 2022



# Peaceful Minds, Healthy Bodies: International Yoga Day 2023

