SREE SANKARA COLLEGE KALADY

In collaboration with

rishi gurukulam
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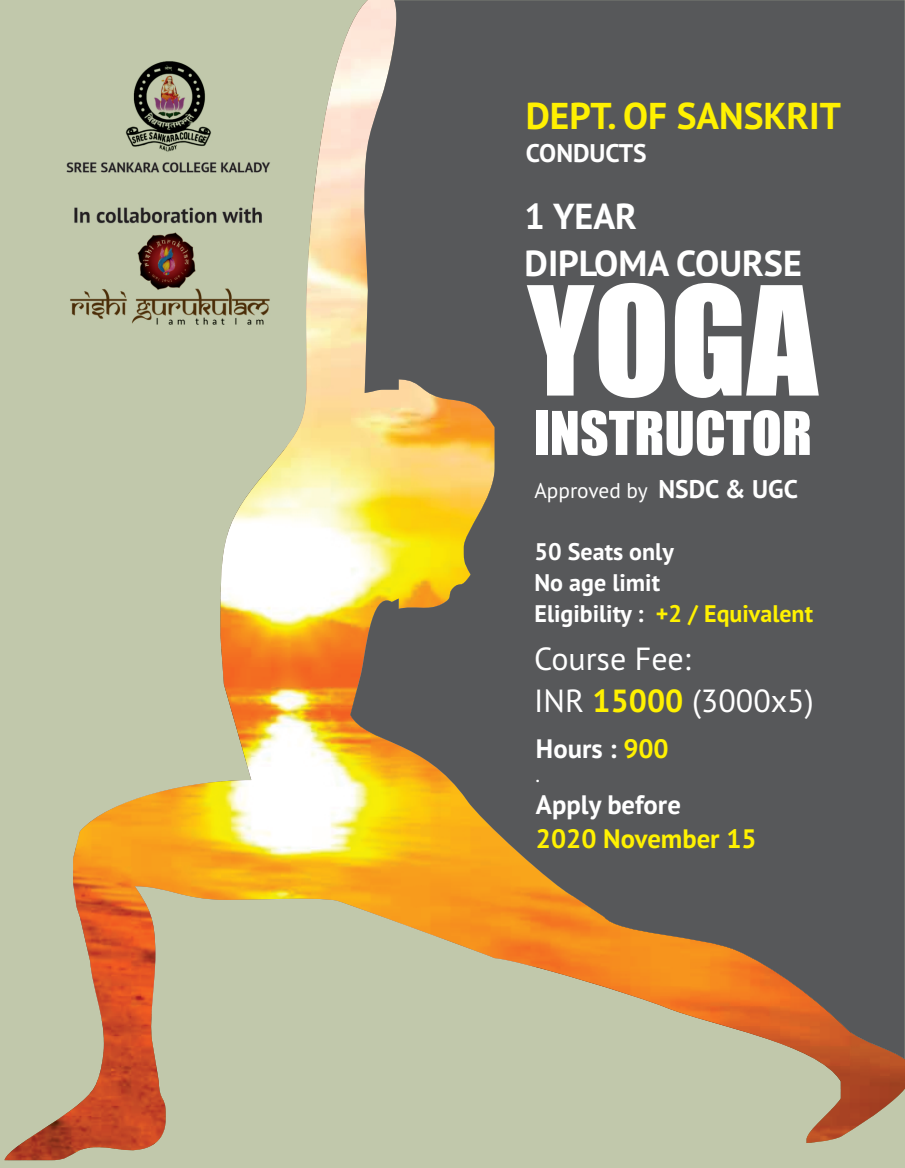

DEPT. OF SANSKRIT
CONDUCTS

1 YEAR
DIPLOMA COURSE
YOGA INSTRUCTOR

Approved by **NSDC & UGC**

50 Seats only
No age limit
Eligibility : +2 / Equivalent

Course Fee:
INR **15000** (3000x5)

Hours : 900

Apply before
2020 November 15

KEY FEATURES

- Recognized by Govt. of India
- Can be employed as certified 'Yoga Instructor'
- Multi disciplinary
- Expert Resource Persons
- Regular stream

SYLLABUS HIGHLIGHTS

Basic Sanskrit | Indian Philosophy
Yoga Literature
Asanas | Paranayama | Kriya
Mudra | Bandham
Kalari exercises : Vativu, Payattu etc.

Sree Sankara College, Kalady established in 1945, is affiliated to Mahatma Gandhi University, Kottayam and is included under section 2(f) and 12(B) of the UGC Act 1956. The college offers 9 post graduate programmes and 18 undergraduate programmes which includes three B. Voc Degree programmes and three Diploma programmes under NSQF. In addition six departments are elevated to approved research departments. The college is one among the first institutions in Kerala to be sanctioned DDU Kaushal Kendra for conducting skill based programmes with focus employability.

Contact
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