

## COURSE 05: YOGA TEACHER TRAINING



Yoga is a way to learn and understand the spiritual India. Yoga is associated with the culture and heritage of India. In Sanskrit, yoga means 'to unite' and describes a way to live a healthy life. In yoga the mind is disciplined through meditation and the body is aligned and strengthened. As per yoga, it is actually the nervous system of the body that affects our health. For yoga professionals, there are several job options available both in the government & private sectors. You can also become self-employed by opening your own yoga center. Government has made it compulsory to have yoga teacher in every school. This certificate will be awarded by ni-msme, An organisation of the Ministry of MSME, Government of India.





## **COURSE CURRICULUM**

- INTRODUCTION OF YOGA
- YOGA LIFESTYLE
- PRINCIPLE OF ASANA
- TEACHING YOGA
- YOGA FOR PHYSICAL & MENTAL HEALTH

**ELIGIBILITY** 

+2 and above

TRAINING DURATION - TIMINGS		
borstion: 1 year	Classes: 5-Days a week (Direct/Online)	
Class Timings: 2 hours per day	Special batches on weekends as per convenience	

	FEE STRUCTURE	
Registration and Admission fee:	Rs. 5900/- (Rupees Five thousand Nine Hundred only) DD/NEFT, NCFSE Group of Institutions Payable at Chandigarh	
Tuition Fee:	Rs. 1180 x 10 (Monthly Installments)	
Examination Fee:	Rs. 2360/- only	

Batch I (laugust 2021)

S	No.	Date	User ID	Name
	1	06/26/21	21DVS0038	Isha Singh
Γ	2	06/28/21	21DVS0031	Minakshi Rani
Γ	3	06/28/21	21DVS0034	Harpriya Gill
	4	07-02-21	21DVS0025	Neha
1	5	07-02-21	21DVS0023	Simranjot Kaur
1	6	07-03-21	21DVS0032	Pawan Kumar
Ī	7	07-03-21	21DVS0033	Parvinder kaur
1	8	07-07-21	21DVS0029	Jasleen Kaur
	9	07/15/21	21DVS0030	Shivam Kumar Pandey
	10	07/16/21	21DVS0037	Saroj Kumari
	11	07/19/21	21DVS0039	Pooja Devi
	12	07/27/21	21DVS0022	Mohinder kaur
	13	07/28/21	21DVS0028	Mansi
	14	07/29/21	21DVS0027	Sheetal Sharma
	15	07/30/21	21DVS0036	Kavita Rana
	16	08-04-21	21DVS0021	Gurinder Singh
	17	08-09-21	21DVS0026	Annu Ahlawat
	18	08-10-21	21DVS0024	Ankita Gupta
	19	08/20/21	21DVS0035	Alankar
	20	08/26/21	21DVS0044	Armandeep Kaur
	21	08/31/21	21DVS0043	Anil Kumar Rana
	22	09-01-21	21DVS0042	Piyush Arora
	23	09-02-21	21DVS0046	Prabhsimran Kaur
	24	09-02-21	21DVS0052	Jagwinder Singh
	25	09-03-21	21DVS0045	Manju
	26	09-03-21	21DVS0058	Kiran Kuliyal
	27	09-10-21	21DVS0059	Isha Goyal
	28	09/15/21	21DVS0170	Mandeep Kaur
	29	09/21/21	21DVS0188	Shobha Rani
	30	09/24/21	21DVS0186	Sandeep Pabbi
	31	10-08-21	21DVS0191	Ashima sharma
	32	10-08-21	21DVS0192	Japneet sharma

Father's Name		
Dr Joginder Singh		
Udhya Singh Chauhan		
Prabhjeet Singh		
Sh. Kavinder Sharma		
Manjit Kaur		
Shankar Lal		
S.Santokh Singh		
Ranjit Singh		
Sh. Ramji Pandey		
Mr. Ambhir Singh		
Mr. Dharampal		
late. S. Ram singh		
Late sh.Ram Chand		
Suresh Sharma		
Prem Singh Rana		
Bhola Singh		
Ramchandra		
Kishore Kumar Gupta		
Narinder Singh		
Inderjeet Singh Atwal		
Vijay Kumar Rana		
Nikhil Arora		
Rana Jarnail Singh		
Pal Singh		
Dharambir		
Radha Krishan rayal		
Ved Prakash Goyal		
Davinder Singh		
Jaishi Ram		
Sukhdev Raj Pabbi		
Sunil sharma		
Davinder Singh		