

Certificate course in Yoga for Holistic Health 6 Months

Eligibility:

- The candidate should have passed 10+2 standard from any recognized board.
- Exemption in educational qualification may be given by the competent authority for suitable candidate.

Course Duration:

6 months

Course Timing:

9:30 am to 01:00 pm

Days:

Mondays to Fridays

Medium of Instructions:

English and/or Hindi

Mode of teaching:

Face to face

Admission will be on first come first basis

Registration Process:

The aspirants should register themselves on or before the last working day of the previous month. The registration will be open on all working days after its notification (in every month) till the seats are filled.

Health Criteria:

No person with acute/ chronic/ communicable disease is allowed to take admission to this course. A medical certificate or self-certification on health status is necessary.

Course Detail in a glance:

S. no.	Particulars	Certificate Course in Yoga & Wellness		Certificate Course in Yoga for Holistic Health	
		INR (₹)	USD (\$)	INR (₹)	USD (\$)
1	Registration fee	500 (₹)	20\$	500 (₹)	20\$
2	Course fee	5000 (₹)	100 (\$)	9000 (₹)	200 (\$)
3	*Corporate/organization discount on minimum 10 employees enrolling together in either 3 months or 6 months Certificate course	4500 (₹)	90 (\$)	8100 (₹)	180 (\$)
4	Duration	03 Months		06 Months	
5	Time	07.00 am to 9:30 am		09.00 am to 01.00 pm	

*Note: (i) 10% discount for all of Sharda employees. (ii) The fee mentioned in the grid is per candidate

Intake capacity: Maximum 30 candidates in a batch.

Attendance: Minimum 70% attendance is essential to get completion certificate.

Participation Certificate: The participation certificate shall be allowed only to the participants who have passed the 12th examination and fulfilled the minimum attendance criteria i.e. 50%.

Dress code: The dress shall be T-Shirt and trouser or lower for men and T-Shirt, trouser or salwar- kameej for women participants or as per the recommendation of concerned faculty. Participants has to carry a napkin, notebook and a pen every day.

NOTE: Special onsite course for corporate employees with minimum intake of 20 per batch within Greater Noida and Noida.

These certificate courses can be done parallelly with any degree/diploma/certificate course (even if the candidate is already pursuing in Sharda or in any other education institute) with a condition that there is no overlapping or clash of time-table in both the courses.

SSHSS also offers on demand Yoga consultancy, Chair Yoga sessions for working professionals, special workshops for schools, college and corporates catered by Yoga faculty

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SHARDA SCHOOL OF HUMANITIES & SOCIAL SCIENCES



YOGA

CERTIFICATE COURSES

Certificate courses in Yoga
Offered by

Sharda School of Humanities and Social Sciences



ABOUT SHARDA UNIVERSITY

Sharda University is a leading educational institution located at Greater Noida, Delhi NCR. A venture of the renowned Sharda Group of Institutions (SGI), the University has established itself as a high-quality education provider with prime focus on holistic learning and imbuing competitive abilities in students. Sharda University is credited with NAAC A+ and is ranked 87th in NIRF.

The University is approved by UGC and prides itself in being the only multi-discipline campus in the NCR, spread over 63 acres and equipped with world class facilities. With its outstanding faculty, world class teaching standards, and innovative academic programs, Sharda intends to set a new benchmark in the Indian Knowledge System.

The National Education Policy (NEP) 2020 includes Yoga in its educational contours. The NEP 2020 aims to make Physical education, Sports, Yoga, and mental health accessible to the masses. The NEP 2020 also expects to include Yoga, Naturopathy, and the AYUSH system in the curriculum for healthcare education.

Yoga can help with stress reduction, balancing hormones, and improving fertility. Yoga education can also help develop knowledge, attitudes, and skills for moral values, social ethics, health welfare, and socioeconomic development. Sharda School of Humanities and Social Sciences (SSHSS), Sharda University, in the dynamic leadership of Prof. (Dr.) Anviti Gupta, launches two certificate programmes in Yoga for spreading the awareness in the natural approach to healthy life through traditional yogic techniques.



Sharda Mass Yoga practice

COURSES OFFERED IN YOGA

- Certificate course in Yoga & Wellness: **3 months**
- Certificate course in Yoga for Holistic Health: **6 months**

Objectives of the Short-Term Certificate Courses:

- To introduce fundamental principles and practices of yoga for healthy living.
- To promote yoga for disease prevention and health promotion as an approach to holistic health.
- To promote yogic concept of diet for healthy living.
- To introduce important yoga techniques in scriptures as well as modern contemporary yoga books.
- To enable students to conduct yoga sessions for all age groups during their field work and increase possibility of self-employability after completion of the course.

Learning Outcomes:

- Physical fitness
- Mental wellbeing
- Scriptural Knowledge
- Professional Competence
- Nurture of Creative Behavior
- Skill-based Learning
- Value and Ethics
- Entrepreneurship

COURSE DETAILS

Certificate course in Yoga & Wellness **3 Months**

Eligibility:

- The candidate should have passed 10+2 standard from any recognized board.
- Exemption in educational qualification may be given by the competent authority for suitable candidate.

Course Duration:

3 months

Course Timing:

07.00 am to 09:30 am

Days:

Mondays to Fridays

Modes of teaching:

- (i) Face to face
- (ii) Online (if the batch size is minimum 15)

Registration Process:

The aspirants should register themselves on or before the last working day of the previous month. The registration will be open on all working days after its notification (in every month) till the seats are filled.

Admission will be on first come first serve basis.

Health Criteria:

No person with acute/ chronic/ communicable disease is allowed to take admission to this course. A medical certificate or self-certification on health status is necessary.

Classes in the morning hours
for working professionals

Admission will be on
first come first basis

