

## **Certificate Courses (3 months)**

1. Principles of Ayurveda and Panchakarma
2. Consequences and Science of Pranayama
3. Scientific aspects of Meditation
4. Alignment Principles of Asana
5. Holistic Health and related Nutrition aspects
6. common ailments management through Yoga
7. Science of Cleansing Techniques (Kriya)
8. Yoga for Geriatric care
9. Yoga for Pain management
10. Yoga for Palliative care
11. Communicative English
12. Basics of Sanskrit
13. Yoga Mantra Chanting
14. Yoga for Healthy Lifestyle