REPORT OF THE PROGRAMME CONDUCTED



Dept. of Sree Sankara College Kalady

Title of the activity Diploma - Yoga Instructor

Date and Time 14/12/2020

Resource person

Nature of activity

Type of Activity

Linkage Activity

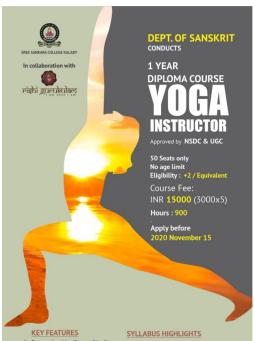
Convener

Number of participants 0

The Department of Sanskrit is offering 1 Year Diploma Course in Yoga Instructor, which is recognised by UGC and NSQF. The course is designed to complete in 2 semesters. Qualificaltion to apply - SSLC and Report of the activity

Pre-Degree/+2. Course fee is INR 15000. View Syllabus here

Outcome of the activity



- Recognized by Govt. of India

Basic Sanskrit | Indian Philosophy

Yoga Literature

Asanas | Paranayama | Kriya

 Multi disciplinary
 Mura | Bandham
 Expert Resource Persons
 Kalari exercises: Vativu, Payattu etc.
 Regular stream Sree Sankara College, Kalady established in 1945, is affiliated to Mahatma Gandhi University, Kottayam and is included under section 2(f) and 12(g) 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 is ix 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
Dr.Harikrishna Sharma K N -9847598896
Dr.Manju T - 9497445181

www.ssc.edu.in | sanskrit@ssc.edu.in

