

Yoga Programmes

PROGRAMME OUTCOMES:

After completion of the programme, the students will

1. Understand the concept of Veda, different schools of yoga, and follow yogic path.
2. Bring about physical, mental and emotional health and necessary of lifestyle correction to the general public through yoga.
3. Become a yoga practioner and promote yogic practice among public
4. Become a Yoga therapist and encourages the integration of mind, body and spirit.