



NATIONAL SANSKRIT UNIVERSITY, TIRUPATI

(Earstwhile Rashtriya Sanskrit Vidyapeetha, Tirupati)

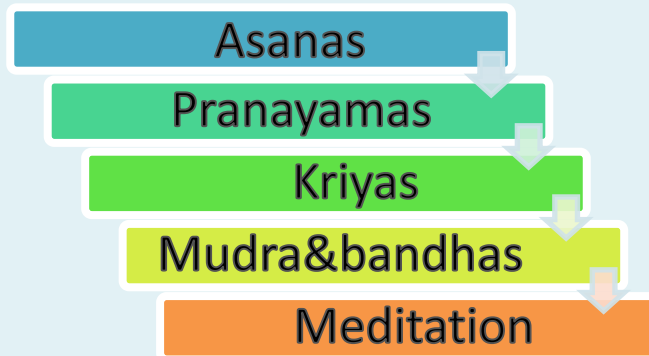


National Sanskrit university, Tirupati, a premier Sanskrit institution, graded as 1st category university by the UGC is going to launch online Yoga Programs. Regular yoga practice alone can protect individuals not only from corona crisis but from several other infections. In this context, National Sanskrit University, Tirupati is going to conduct a special online Yoga programs.

1. "Certificate Program in TRADITIONAL YOGA" (Level1)

Learning material in the form of e-content will be provided free.

Contents of the Program:



Online Admissions will be commenced on	• 21-07-2020
Last date for registration	• 30-07-2020
Program Duration	• One Month (01-08-2020 to 31-08-2020)
Timing	• 06.00am to 7.30am

➤ **Priority is given on first come first served basis.**

Details of the Program :

Title of the program	Certificate program in TRADITIONAL YOGA
Duration	1 Month
Mode of Teaching	Online (Live yoga classes)
Duration of Teaching	40 hours
Timings	6.00 am to 7.30 am in IST
Mode of Examination	Online
Total Marks	100 (Practicals-80, Viva-20)
Fee	Rs 1500 for Indian Students, 50 USD or 3800 INR for International Students and N R I
Eligibility	Above 12 years
Number of Seats	100
Medium of Instruction	Telugu, Sanskrit and English.

After completion of this program participants will be able to:

- ❖ Understand Traditional practice of asanas.
- ❖ Understand the importance of breathing in asana practice.
- ❖ Gain the knowledge of various Yogic practices.
- ❖ Offer solutions to many infectious diseases such as COVID-19 by strengthening immune system is need of the hour.
- ❖ Understand the effects of Yogic practices in the modern life style

Account details

- ❖ Name : The Registrar, Rastriya Sanskrit Vidyapeetha,Tpt.
- ❖ Name of the bank : Andhra Bank
- ❖ A/C number :146610100098473
- ❖ IFSC Code : ANDB0001466
- ❖ Branch : R S Vidyapeetha, Tirupati

Online Registration@ for (Level 1)

<https://forms.gle/ZnCivgUWbr47y2Yh6>

Contact Details:

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