



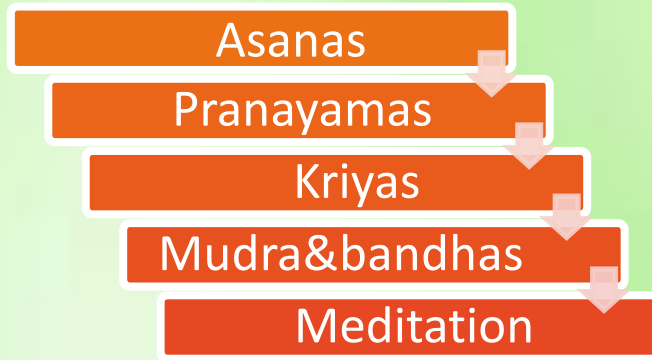
National Sanskrit University, Tirupati

(Erstwhile 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 Program. 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 special online course, learning material in the form of e-content will be provided free.

“One Month Program in TRADITIONAL YOGA”

Contents of the Program:



	Online Admissions will be commenced on	• 30-05-2022
	Last date for Registration	• 05-06-2022
	Program Duration	• One Month (03-06-2022 to 02-07-2022)
	Timings	• 06.00am to 7.00am

Priority is given on first come first served basis.

Details of the Program:

Title of the program	One Month program in TRADITIONAL YOGA
Duration	1 Month
Mode of Teaching	Online (Live yoga classes)
Timings	6.00 am to 7.00 am in IST
Mode of Examination	Online
Total Marks	100 (Practicals-80, Viva-20)
Fee	Rs 1500 for Indian Students, 50 \$ or 3880rs for International Students
Eligibility	Above 12 years
Number of Seats	50
Medium of Instruction	Telugu, Sanskrit and English.

After completion of this program participant will be able to:

- ❖ Understand Traditional practice of asana.
- ❖ 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 lifestyle

Account details:-

- ❖ Name : Registrar, National Sanskrit University, Tirupati.
- ❖ Name of the bank : Union Bank of India
- ❖ A/C number : 146610100098473
- ❖ IFSC Code : UBIN0814661
- ❖ Branch : R S Vidyapeetha, Tirupati

- **Online Registration@ for TRADITIONAL YOGA**

<https://forms.gle/4oUGWhqo47B4w9Xw6>

Contact Details:

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