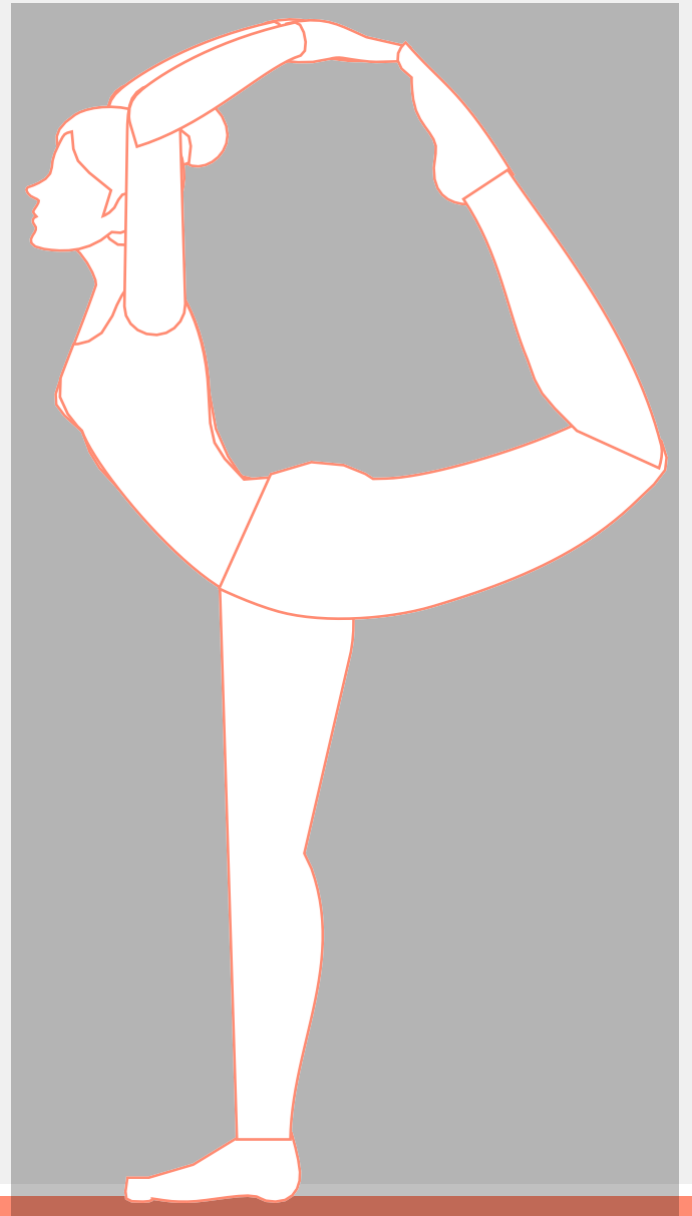




**KAIVALYADHAMA**

Where Yoga tradition and Science meet

ONLINE  
CERTIFICATE  
COURSE in  
YOGA  
(Bengali)



CCY

Due to the situation arising from COVID-19, the  
Certificate Course will be held online

## FEATURES

- Live interactive theory & practical sessions with Q&A
- Sessions by the experienced Kaivalyadhama faculty
- Supervised online practical sessions by groups of yoga teachers
- Access to audio/video recordings of theory & practical sessions
- Accreditation as Certificate Course from Indian Yoga Association (IYA).
- 160-hour Certificate Course in Yoga, from the comfort of your home
- No anxiety of travelling and lodging-boarding

## ELIGIBILITY

- **EDUCATION:**  
**No Bar**
- **AGE: 18 Years**

## FACULTY

### Dr Kakali Ghosh

Associate Professor  
Jadavpur University

### Dr Rajeshwar Mukherjee

Assistant Director of  
Research and Head,  
PLRD, Kaivalyadhama

### Dr. S.K. Ganguly

Principal (Retired),  
G.S. College,  
Kaivalyadhama

### Ms. Namrata Ray

Lecturer Biosciences

### Yogaguru Pradyot Ray

Faculty  
Suri Benimadhav  
Institution

### Shri Neeraj Singh

Yoga Teacher  
Kaivalyadhama

### Ms Priyanka Pal

Yoga Teacher

# COURSE CONTENTS

## 1. Theory subjects

- Introduction to Yoga & Patanjala Yoga
- Introduction to Hatha Yoga & Yoga and Value Education
- Yoga: Anatomy & Physiology
- Applied Yoga - A (Wellness, Health, Yogic Anatomy etc.)
- Applied Yoga - B (Yoga and Mental Health)
- Teaching Practice & Lesson Plan

## 2. Traditional Yoga Practical Classes (Saturday & Sunday daily 2 hours)

## 3. Assignments for each subject

# COURSE FEE

Indian Students  
**INR 12,000**



# REQUIREMENTS

1. Sound physical & mental health
2. Good internet connectivity for live streaming of lectures
3. **Zoom** application Installed on smartphones and/or laptops

# MEDIUM

**Bengali**

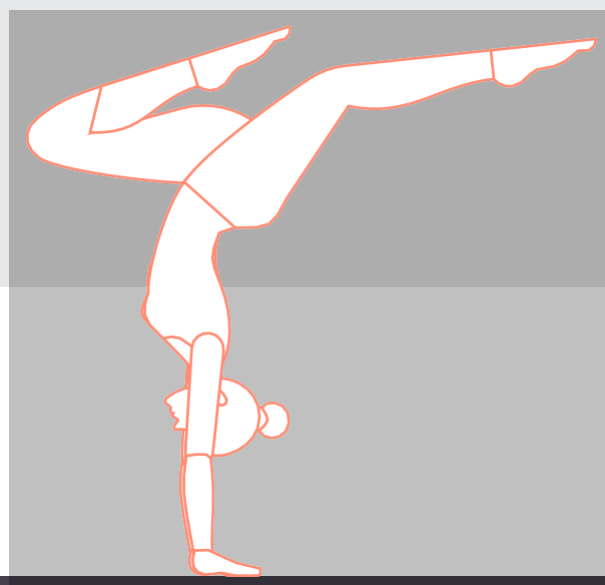
# EVALUATION CRITERIA

1. Viva based on theory subjects and practical (online)
2. Assignments (one for each subject)
3. Lessons/Presentations (online)

## SCHEDULE: 3 pm to 8 pm (Saturday & Sunday)

3.00 - 4.00 PM	Theory Session 1
4.00 - 5.00 PM	Theory Session 2
5.00 - 06.00 PM	Theory Session 3
6.00 - 7.00 PM	Practical Session 1
7.00 - 8.00 PM	Practical Session 2

All timings in Indian Standard Time (IST)



## REGISTRATION & INQUIRY

[debasrigkdhm@gmail.com](mailto:debasrigkdhm@gmail.com)

[www.kdham.com](http://www.kdham.com)