



## SREENARAYANA COLLEGE CHEMPAZHANTHY

Re-accredited by NAAC with Grade B (CGPA 2.74)  
Affiliated to Kerala University



Admission Open to:  
UGC approved Certificate Course on

# YOGA AND SELF EMPOWERMENT TECHNIQUES

(by Department of Psychology under UGC NSQF Scheme)

Full Time

Duration of the Course: 6 Months

No of Seats: 35 | Age: 18 - 45

Educational Qualification: Plus two or Equivalent

Course fees: Rs 5000/-

### Course Highlights:

- Expert Classes on Theory Papers (Yoga, Psychology, Pranayama, Meditation, and Relaxation)
- Training on Yoga Asanas
- Training on Pranayama
- Training on Meditation
- Training on Relaxation Techniques
- Training on Yoga Nidra

**APPLY ONLINE ON  
OR BEFORE  
14<sup>TH</sup> NOVEMBER  
2020**

### COURSE STRUCTURE:

Theory + Practical + Internship + Project + Viva Voce

For Prospectus and other details visit : [www.sncollegechempazhanty.ac.in](http://www.sncollegechempazhanty.ac.in)

Apply online: <https://forms.gle/3bwbrSRmwwab8GcP9>

and select Certificate course in Yoga and Self empowerment techniques

Contact No.7306309405 or 9846160006