

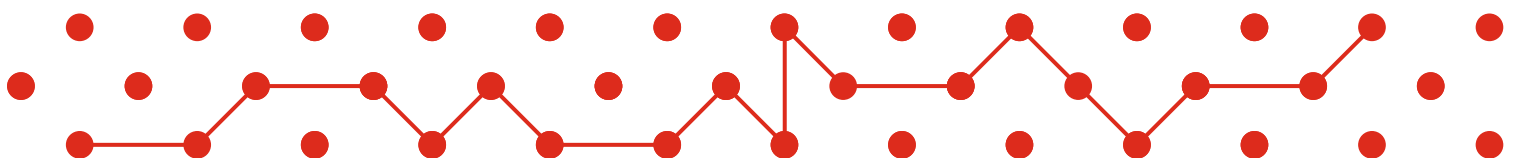


# CERTIFICATION IN YOGA & MEDITATION

**seekho**



**JECRC**<sup>TM</sup>  
UNIVERSITY  
BUILD YOUR WORLD



# About JU

JECRC University has its campus in Jaipur the capital city of Rajasthan and the famous tourist and business city in north-western India.

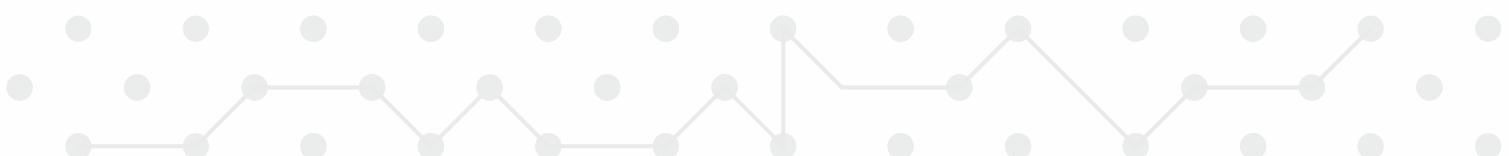
The 32-acre JU campus combines unique classical architecture and thoughtful layout and landscaping to create a perfect learning ecosystem. The campus is located around the prime industrial and institutional hub of Jaipur and is well connected with all parts of the city.

JECRC University is driven by the spirit of innovation-led research. This is spelt out in

infrastructure as well as practices. The multifaceted research encompasses subject-specific exploration as well as the contexts of the business environment in which our students will operate and perform. JECRC is known for a strong research culture and close industry linkages.

In order to empower the students with the latest & prevailing technological skills, we have collaborated with industry leaders like **Google Cloud, Microsoft, Amazon Web Services, Hewlett Packard Enterprise, Adobe, Tech Mahindra, TCS, IBM, Kalvium, Collegedunia, Cisco, Salesforce, Automation Anywhere, UiPath, Alibaba, EC Council, DXC Technology, International Skill Development Corporation (ISDC), Xebia, Samatrix, Sunstone Eduversity, ICT Academy, Bajaj Finserv, ASSOCHAM, Manipal Hospital, Narayana Hrudayalaya Hospital, and NASSCOM** etc. Through these alliances, we could not only get the industry experts on board, which is otherwise difficult to deploy for the education ecosystems, but also attained augmented innovation through knowledge exchange.

JU aims at creating valuable resources for industry and society through its interventions in creation of research and innovative culture, academic and professional enhancement and cultural enrichment.



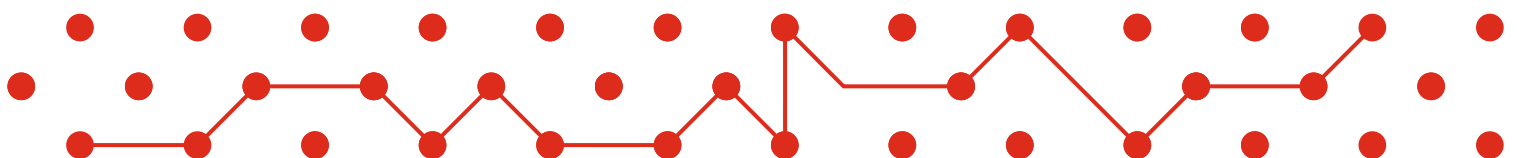


## Our Certification Program

### CERTIFICATION IN YOGA & MEDITATION – 4 MONTHS

#### Program Overview:

The diploma program in yoga and meditation is designed to provide students with a comprehensive understanding of yoga and meditation practices and principles. Through a combination of theoretical study and practical training, students will develop the skills and knowledge necessary to become proficient in these practices, and to help others do the same.



The program is structured to provide a strong foundation in the history and philosophy of yoga and meditation, as well as the practical skills necessary for teaching and practicing these disciplines. Students will learn a variety of yoga postures, breathing techniques, and meditation practices, and will develop an understanding of how to integrate these practices into their daily lives.

In addition to personal growth and self-awareness, students in this program will also gain an understanding of the many health benefits associated with yoga and meditation practices. They will learn how these practices can help to reduce stress, anxiety, and depression, while also improving cardiovascular health, reducing chronic pain, and boosting the immune system.

The diploma program in yoga and meditation is also designed to prepare students for careers in this growing field. Graduates of this program will have the skills and knowledge necessary to become certified yoga teachers, meditation instructors, or holistic wellness coaches, and will be well-positioned to take advantage of the many career opportunities available in this field.

## Eligibility Criteria:

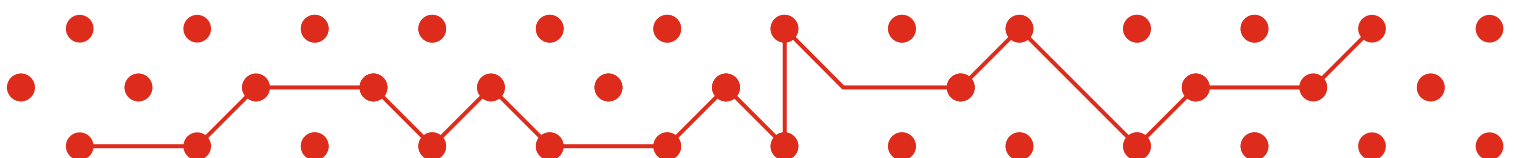
Sr. Secondary (10+2) in any stream with minimum 45% marks from a recognized Board / University

## Program Objective:

**Comprehensive curriculum covering all aspects of logistics**

The objective of a Diploma in Yoga and Meditation program is to provide students with a comprehensive understanding of the principles and practices of yoga and meditation.

The program is designed to help students develop a strong foundation in the philosophy and history of yoga, as well as the practical techniques for practicing yoga and meditation.





# Course Curriculum

Foundation of Yoga

Relationship between Meditation & Yoga

Fundamentals and Principles of Meditation

3 Projects

Types & Techniques of Meditation

## Program Outcomes:

Upon completion of the program, students will be equipped with the skills and knowledge required to:

Offers a certificate upon completion of the diploma program.

Provides On Job Training to gain work experience.

Includes industry projects to facilitate hands-on learning.

Provides an excellent opportunity for students to deepen their understanding of yoga and meditation practices.

Improves students' personal health and wellbeing through the practice of yoga and meditation.

Prepares students for a rewarding career in the growing field of yoga and meditation.

Offers a comprehensive understanding of the theory and practice of yoga and meditation.

## Who Should Pursue:

The Our Diploma in Yoga & Meditation program is ideal for students who have an interest in Yoga & Meditation, and who wish to pursue a career in Yoga & Meditation.





# Student Corner



#beaJECRCian



**JECRC**<sup>™</sup>  
**UNIVERSITY**  
BUILD YOUR WORLD

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