



# SWAMI VIVEKANANDA Yoga Kendra (Navi Mumbai) Maharashtra INDIA



Sulochana Naik Educational Trust (Govt. Regd. No E/5197) (Since 2007)



## INTERNATIONAL CERTIFIED YOGA THERAPY COURSE & ADVANCE YOGA TTC (Certified by IYA-Indian Yoga Association) (Approved by Ayush Ministry)



**6 MONTHS ONLINE COURSE**  
**Starting: Sunday 27th June 2021**  
**(4:30 to 6:30 pm IST)**

(Saturday - Sunday Batch)



Students will get IYA  
membership with this course





## THE COURSE

### Intensive Yoga Course

SNET offers a comprehensive range of courses in yoga from basic to advanced stages. SNET is affiliated to various certifying bodies in India and abroad. The course is targeted at Yoga teachers and practitioners who want to upgrade their knowledge & skills in the field of Yoga Therapy.

### Objectives:

- Basic Human Anatomy & Physiology
- Basic Ayurveda & Naturopathy concepts
- Imparting knowledge about therapeutic aspects of Yoga
- Empowering the learners with Yoga Therapy for different diseases
- Explore therapeutic benefits of Yoga in ancient scriptures

“

You will enjoy the teaching methods during the course. You will see the development and growth day by day. It is an intense experience and at the same time with pleasure and good moments and laughter. The teachers are one of the strongest points of the course; they know how to transmit the content in an easy and clear way.

After this you will be confident of abilities in yoga, highly recommended if you want to learn to teach yoga!

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# THE TEACHERS

- Dr. Jagdish Naik – Ph.D. Yoga, Certified Acupuncturist, (Beijing, China)  
Founder HOD, Ayur Arogya ( Integrated Medicine)*
- Dr Satish Pathak - M.S.,F.C.P.S.,M.N.A.M.S.(Surgery)*
- Dr. Rajani Pradhan – Ph. D. Yoga Shastra*
- Dr. Kaustubh Salvi – B.N.Y.S., Naturopathy Consultant*
- Dr. Akhilesh Shukla – B.A.M.S., M.D, Ph.D.*
- Mr. Manoj Mehta – YIC (S-vyasa) - Practical*
- Ms. Vijaya Chandran – YIC (S-vyasa) - Yoga Therapist*
- Dr Bandita Satapathy – Research Officer, Kaivalyadhama R.I. - Lonavala*
- Dr. Pratibha Shree, Assistant Professor, Faculty of Health and Wellness  
Department of Yogic Science, Sri Sri University*
- Dr. Dinesh Swain, Assistant Professor, Department of Yogic Science,  
Sri Sri University, Odisha*

## ELIGIBILITY

*Medical Graduates - Minimum eligibility is Yoga Instructor's Course (YIC)*

*Any other Graduates - Minimum of 50% of marks*

WITH

Yoga Instructor's Course (YIC) / IYA certified course

OR

YCB level 2 Certification, Graduate in Yoga

OR

Entrance test ( for Yoga course of less than 6 months)

## •DOCUMENTS REQUIRED FOR ADMISSION

- Yoga Instructor's Course PLUS degree certificate in any stream
- Two Passport Size Photographs (SIX for non-Indians)
- Attested marks card from High School (10th Standard) to highest examination passed
- Attested copies of University Certificates
- Copy of Passport and Visa (for non-Indian Nationals)
- Health /Fitness Certificate

## COURSE SCHEDULE - DETAILS

- ***Fundamental Concepts of Yoga***
- ***Yogic Human Anatomy & Physiology***
- ***Scientific basis of Yoga***
- ***Principles of Yoga Therapy***
- ***Therapeutic Yoga in different Diseases***
- ***Introduction to Ayurveda***
- ***Introduction to Naturopathy***
- ***Therapeutic Yoga Practices.***

## FEES

**Rs. 32000/- For Indian Students**

**US \$ 850/- For Foreign students**

(Inclusive of study material, Internship, Exam, and other fees)

(Fees once paid are non refundable)

### Bank Details

**AMP CLINIC, Current Account, AXIS Bank,  
A/c no 915020063330842, IFSC UTIB0002775**

**Sulochana Naik Educational Trust  
Bank of Baroda, Vashi Branch,  
Saving Ac No.: 04320100011076  
IFSC BARB0VASHIX (fifth character is zero)**



**No Paytm payment**



# TESTIMONIALS & ON HAND EXPERIENCE



**DR. BHARATI RAJPUT**

“ Your valuable guidance & teaching is not less then God's gift to all the students of Yoga Therapy course. The first time I started with class, I felt so at home. You teaching skills, very nicely made all of us to understand it in a right way. Which in turn is going to help us in our career ahead. Furthur, We will try to follow the simplicity & humble approach of yours, though it's very difficult to do. This knowledge stream should flow & touch so many students of Yoga, for which, I pray to the god for your Long & Healthy life. In near future only, the day should come that, we all will witness the Happy, Healthy, VASUDHAIVAKUTUMBAKAM ”

“ It was a great pleasure learning under your teaching and guidance. Your class is always interesting and fun. Your way of relating topics with day to day life, your jokes between the lecture, your activeness towards answering our queries, all were / are just outstanding. The best thing I liked and adore about you is your positivity and enthusiasm towards teaching. How to enjoy every moment, one should learn from you. Any institution and its students will always be blessed to have you as a teacher. A teacher is not one who has knowledge but is one who knows how to teach and deliver his knowledge, maintaining the decorum of the class and interest of the students. Looking forward for more videos on your youtube channel. Thank you for everything. Hats off to you sir. ”

**Arpita Gore Panchal** ”

“ It was a great opportunity and pleasure to learn a lot from Dr. Satish Sir. A unique combination of allopathic, yogic aspects and culmination of both of them. He delivers lecture very lightly but it has a great impact on us. Although the lecture is for 2-2 and half hours, it seems as if we have listened to him for 5 mts only. He makes the class very interesting, entertaining at the same time there is a complete interactions with the students. That make us very light and effective. The way, he begins the class in the same way he ends the class with full of jovial comments, enthusiastic, fully involving us. There is never a dull moment. As always, I am extremely happy to attend his class. My sincere thanks to Satish sir and look forward for more interactions on innovative studies on yoga Therapy. ”

**Malti Mohan** ”

“ I feel my self very lucky to have such mentor in my yoga journey. I read about sir first day in the book and I was surprise that so popular surgeon is in field of yoga and then i realized that without scientific approach it is very tough to make us understand the depth of knowledge of yogic science and Pathk sir is the only person who makes the world right direction. I am really thankful to god to have such master who interact with us so lightly, answer any easy or difficult question in simple language thus make our class interesting. ”

**Radhika Sarda** ”

# ELIGIBILITY FOR PASSING

- For passing in a theory subject, a candidate shall secure minimum of 50% of the maximum marks prescribed for the theory subject.
- For passing in a practical/field training/viva-voce examination, a candidate shall secure a minimum of 50% of the maximum marks prescribed for the University examination in the relevant practical/field training/viva-voce.
- For passing in Project Work, a candidate shall secure a minimum of 50% of the maximum marks prescribed.
- The candidates who do not satisfy the condition of first point shall be deemed to have failed in that subject must be subsequently cleared by repeating (by fresh registration and attending the classes) the same course before being eligible for the award of the Diploma.
- The candidates who pass a subject of a semester as per first point is not allowed to appear for the same again, unless he/she opts for rejection of results as per the points below.
- If a candidate so desires, there shall be provision for rejection of total performance of a semester
- The candidate who desires, to reject the performance shall reject performance in all the subjects of the semester irrespective of whether the candidate has passed or failed in any subject.

## CONTACT

Swami Vivekananda Yoga Kendra, Navi Mumbai, INDIA  
Sulochana Naik Educational Trust (S.N.E.T.) (Govt. Regd. No E/5197, INDIA)

### Affiliated to

- ♦ Vyasa Bengaluru, INDIA
- ♦ Yoga Alliance International
- ♦ Indian Yoga Association
- ♦ World Yoga Federation



**AYUR**  **AROGYA**

*An Online Integrative Medicine Center for Chronic health problems*  
Daily Free Online Yoga Sessions | 08:30 am | 06:00 pm IST

### Training Centre:

South Indian Welfare Association (SIWA), Sector 14,  
Koparkhirane, Navi Mumbai - 400709, Maharashtra, INDIA

Course Co-ordinator - Krutika Kumtakar Mobile: +91 75066 08022

Dr. Jagdish Naik: +91 75066 08033