

## TOPICS TO BE COVERED

### MODULE I: Anatomy and Physiology

#### Assessment:

- Written assessment on anatomy related to yoga.
- Practical application in teaching and performing asanas.

### MODULE II: Yoga Philosophy

#### Assessment:

- Essays on key philosophical concepts.
- Group discussions and reflections.
- Oral presentations on specific Sutras or concepts.

### MODULE III: Teaching Practices and Methodology

#### Practice Teaching:

- § Peer teaching sessions with feedback
- § Practicum sessions with real students
- § Understanding the teacher-student relationship

#### Assessment:

- Creation and presentation of lesson plans.
- Evaluation of practice teaching sessions.
- Peer and instructor feedback sessions.

### MODULE IV: Practical Session

#### Assessment:

- Regular practice logs.
- Practical exams on Asanas, Pranayama, and Kriya techniques.
- Meditation practice journal and reflections.

### **Additional Requirements:**

Self-Study and Assignments:  
Reading assignments from selected texts.

Journaling and reflective essays on personal yoga practice.

**Upon completing the course, participants should be able to:**

1. Teach a Well-Structured Yoga Class
2. Demonstrate Knowledge of Key Yoga Postures
3. Guide Breathing and Meditation Techniques
4. Apply Yoga Philosophy
5. Understand Basic Anatomy for Yoga
6. Adapt Yoga for All Levels
7. Demonstrate Ethical Teaching Practices
8. Commit to Lifelong Learning and Practice

### **Who can join the course:**

Minimum qualification: Senior Secondary School Completed or any Equivalent.  
Student, Physical Education Teacher, Fitness Trainer, CAPF Personnel, Coaches, Fitness Enthusiast, Educators.

For more details contact:

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### **RASHTRIYA RAKSHA UNIVERSITY**

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## **RASHTRIYA RAKSHA UNIVERSITY** An Institution of National Importance

Pioneering National Security and Police University of India

Ministry of Home Affairs, Government of India



## **200 HOURS YOGA TEACHER TRAINING COURSE**

• Online live classes by experts

📅 **02 December - 31 December 2024,**

🕒 **6:00 PM to 9:00 PM IST**

Course Level: Beginner

Organized by



**SCHOOL OF PHYSICAL  
EDUCATION AND SPORTS**

**Sportal Corporate  
SPORTAL  
CORPORATE**



## About the Rashtriya Raksha University

RRU, established by Act No. 31 of 2020, is an Institution of National Importance in India under the Ministry of Home Affairs. It aims to be a leading center for national security and police education, research, and training. The University fosters a professional environment with expert faculty and a global network to support India's vision of a peaceful and prosperous world, enhancing cooperation among security of icers, military forces, diplomats, and civilians.

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## About the School of Physical Education & Sports



Established in 2017, the School of Physical Education and Sports (SPES) aims to enhance sports standards and train students for careers in security forces. It focuses on developing physical fitness—endurance, strength, speed, agility, and flexibility—as well as essential skills like marching and weapon handling. SPES also nurtures sports skills for those pursuing professional athletic careers, helping students excel in competitive exams and contribute to their university, state, and country.

## ABOUT SPORAL CORPORATE

Sporal Corporate came into existence in 2013 with an innovative idea from in-depth consciousness of a team of people who have spent their life in playing, then teaching, and now managing Physical Education and Sports Education Programmers all over the world. They cater customized Physical Education Program for Schools as per their need and as per New Education Policy. For Higher Education, They develop Sports Education Program as per the need of the Industry by following NEP. They are recognized by Startup India as Sports Promotor and registered under the Ministry of Micro, Small, and Medium Enterprises. Their Sports Education programs are developed by a well- experienced Physical Educationist, Sports Educators, and Sports entrepreneurs of India and around the Globe.

## COURSE DESCRIPTION

This 200-hour Yoga Teacher Training Course is designed to equip participants with a comprehensive understanding of yoga's physical, philosophical, and practical aspects. The course includes in-depth study and practice of Anatomy and Physiology, Yoga Philosophy (with a focus on Patanjali's Yoga Sutras and Ashtanga Yoga by Swatmarama), Teaching Practices, and practical sessions in Asana, Pranayama, Kriya, and Dhyana.

### COURSE COORDINATOR

**Ms. Phurailatpam Laxmikumari Devi,**  
Assistant Professor  
School of Physical Education and Sports

Email: ap3.spes@rru.ac.in



## Course Fee

- **RRU and Other Students/Scholar: Rs. 7,500/- + GST (After 25% Discount)**
- **RRU Employee: Rs. 8,000/- + GST (After 20% Discount)**
- **Others: Rs. 10,000 + GST**
- **Foreign- 120 USD**

Others Registration Link:

<https://payments.cashfree.com/forms/ttcyoga>

Students Registration Link:

<https://payments.cashfree.com/forms/ttcsd>

RRU Employees Registration Link:

<https://payments.cashfree.com/forms/ttcsd>

or

Scan to Register



Others



Students



RRU Employee

**Payment on EMI basis is also available for 3,6 and 9 months**

Marketing Partner:

