



Ramakrishna Mission Sikshanamandira

A NCTE recognized Govt. Aided (WB) Autonomous
Post-Graduate College under University of Calcutta
NAAC Re-accredited (3rd Cycle) - 'A'

Online Application for One-Year
PG Diploma Programme in

YOGA EDUCATION 2026 – 2027

Last Date of Online Form Fill-in: 12.08.2026

APPLY
NOW

FOR MALE
CANDIDATES
ONLY



PROGRAM OUTLINE:

Patanjali's Yoga Sutras
Bandhas, Mudras, Kriyas
Asanas & Pranayamas
Yoga and Mental Health
Methods of Teaching Yoga

Hatha Yoga, Value
Education

Anatomy and Physiology
of Yogic Practices

Chanting & Meditations

MAJOR HIGHLIGHTS:

- **Total Credits:** 40
- **Duration:** 1 Year (2 Semester)
- **Class Mode:** Offline-online Blended
- **Eligibility Criteria:** Graduation
- **Age:** Not more than 40 Years
- **Mode of Selection:** Merit List

SCAN THE

BROCHURE



CODE TO SEE

DETAILED THE



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