



N.S.D.C.
National
Skill Development
Corporation



तकनीकी शिक्षा विधान काउंसिल TAKNIKI SHIKSHA VIDHAAN COUNCIL

Regd. By Govt. of India, Ministry of Corporate Affairs (MCA) under Section 8 of the Company Act 2013.
Registration No.: U85300DL2022NPL394113. AN ISO [9001:2015] Certified, Regd. with MSME
A Yoga Certification & Registration Center (CC) Under No.: CP0390 of PQMS, YCB, Ministry of Ayush,
Tax Exemption Under 80G of the Income Tax Act, 1961, 12AA.

INTRODUCTION

Takniki Shiksha Vidhaan Council is a **Global Leader** in **Yoga Education**, Dedicated to Advancing Education & Skill Development through **World-Class Yoga Programs & Skill Development Courses**. As a **Certified Center (CC)** under YCB's **PQMS**, We Offer **Internationally Recognized Yoga courses**, Structured Syllabus from Primary to Senior Secondary Levels, and Customized Programs for All Age Groups. Our Programs Range from **Beginner to Advanced Levels**, Ensuring Structured Learning for Every Individual. Additionally, We Design **Specialized Yoga Workshops for Schools, Colleges, NGOs, Organizations, Public & Private Sectors** to Promote Health and Well-Being.

Beyond Yoga, We Empower Individuals with **Various Skill Development Programs**, Including **Computer Training, Personality Development, Entrepreneurship Training, Soft Skills Training, Sports Training, Teacher Training, Internship, Job Placement** and More. Our Globally Recognized Certifications Open Doors to **Career Opportunities Worldwide**, Empowering Learners with Industry-Ready Knowledge & Global Certifications.

FACILITIES WE OFFER

✓ COMPREHENSIVE YOGA EDUCATION & TRAINING

- Structured Curriculum from Beginner to Advanced Levels
- Internationally Recognized Yoga Certifications
- Specialized Workshops for Schools, Colleges & Public Sectors
- Customized Yoga Programs for All Age Groups

✓ FLEXIBLE LEARNING & ACCESSIBILITY

- Hybrid Learning (Online & Offline Classes)
- E-Learning Portal with Digital Study Material
- Flexible Timings for Working Professionals & Students
- Recorded Sessions for Future Reference

✓ WELLNESS & HOLISTIC DEVELOPMENT

- Mindfulness & Stress Management Programs
- Health & Wellness Consultation Sessions
- Self-Development & Confidence Building Programs

✓ SKILL DEVELOPMENT & CAREER GROWTH

- Computer Training (Basic to Advanced IT Courses)
- Entrepreneurship, Digital Marketing & Business Training
- Personality Development & Soft Skills Training
- Internship & On-Job Training Opportunities

✓ WORKSHOPS & PRACTICAL EXPOSURE

- Live Training & Hands-On Practical Sessions
- Public Speaking & Communication Workshops
- Role-Playing & Real-World Case Studies
- Internationally Recognized Yoga Certifications

✓ CAREER ADVANCEMENT & GLOBAL RECOGNITION

- Industry Expert Sessions & Webinars
- Job Assistance & Placement Support
- Strong Industry Connections for Better Career Opportunities.

S.No	Course Name	Minimum Eligibility	Duration	Total Fees
1	Yoga Volunteer	8th Pass	36 Hrs	₹4,590
2	Yoga Protocol Instructor	10th Pass	200 Hrs	₹22,330
3	Yoga Wellness Instructor	12th Pass	400 Hrs	₹32,000
4	Yoga Teacher & Evaluator	Graduate	800 Hrs	₹45,870
5	Assistant Yoga Therapist	12th Pass	400 Hrs	₹35,770
6	Yoga Therapist	Graduate	800 Hrs	₹50,550
7	Yoga Master	Graduate	1600 Hrs	₹75,030
8	Therapeutic Yoga Consultant	Medical Prof./MA Yoga	1600 Hrs	₹105,660
9	Karma & Reincarnation	Open to All	3 Months	₹30,900
10	Sri Suktam Sadhana	Open to All	15 Days	₹4,900
11	Fundamentals (Yoga Wisdom)	Open to All	1 Month	₹6,400
12	Saundarya Lahari	Open to All	2 Months	₹14,100
13	Breathing	Open to All	1 Month	₹8,000
14	Meditative Healing	Open to All	1 Month	₹8,500
15	Mantra Mysticism	Open to All	45 Days	₹11,600
16	Yoga Nidra	Open to All	5 Days	₹2,800
17	Meditation (Find Your Purpose)	Open to All	1 Month	₹8,800
18	Vishoka Meditation Level-2	Open to All	10 Days	₹3,700
19	Meditation on Chakras	Open to All	6 Weeks	₹9,300
20	Sri Sukta Union	Open to All	7 Days	₹3,200
21	Will Power	Open to All	7 Days	₹3,500

S.No	Course Name	Minimum Eligibility	Duration	Total Fees
22	Path to Inner Clarity	Open to All	1 Month	₹5,700
23	Sutra Wisdom	Open to All	10 Days	₹3,800
24	Mastering Sri Sukta	Open to All	2 Months	₹18,700
25	Samkhya Philosophy	Open to All	3 Months	₹22,900
26	Secret of Tantra	Open to All	1 Month	₹9,800
27	Living Tantra	Open to All	4 Months	₹30,600
28	Prosperity Tantra	Open to All	1 Month	₹7,800
29	Protective Tantra	Open to All	1 Month	₹9,800
30	Kundalini	Open to All	6 Months	₹41,500
31	Vibhuti Pada	Open to All	5 Days	₹2,900
32	Yoga & Vedanta	Open to All	1 Month	₹6,800
33	Sutra Secrets	Open to All	2 Months	₹18,800
34	Path to Enlightenment	Open to All	3 Months	₹16,800
35	Yoga Understanding Volunteer	Open to All	1 Month	₹6,500
36	Yoga Sports Competition Prep	Open to All	1 Year	₹30,000
37	Yoga for Diabetes Control	Open to All	6 Months	₹18,000
38	Yoga for Back Pain Relief	Open to All	6 Months	₹18,000
39	Yoga for Migraine Control	Open to All	6 Months	₹18,000
40	Pre & Post Natal Yoga Program	Open to All	3 Months	₹35,000
41	Yoga for Senior Citizens	Open to All	6 Months	₹12,000
42	Yoga for Kids	Open to All	1 Year	₹18,000

S.No	Course / Workshop Name	Minimum Eligibility	Duration	Total Fees
43	Yoga for Resilience	Open to All	4 Months	₹8,400
44	Yoga for Weight Loss	Open to All	6 Months	₹18,000
45	Yoga for Healthy Heart	Open to All	6 Months	₹18,000
46	Yoga for Thyroid Control	Open to All	6 Months	₹18,000
47	Yoga & Diet Management Program	Open to All	6 Months	₹28,700
48	Yoga Teacher Training & Placement Program	Graduate	6 Months	₹200,000
49	Job Oriented Yoga TTC Program	Graduate	1 Year	₹400,000
50	School Yoga Awareness Workshop	Class 1-12	1 Day	₹3,000
51	Mindfulness for Students	Class 5-12	1 Day	₹3,500
52	Exam Stress Relief Program	Class 8-12	1 Day	₹4,000
53	Anti-Addiction / Anti-Mobile Dependence	Class 6-12	1 Day	₹5,000
54	Confidence & Leadership Training	Class 6-12	3 Days	₹7,000
55	Student Personality Enhancement Workshop	Class 6-12	3 Days	₹8,000
56	Moral & Value-Based Life Training	Class 3-12	3 Days	₹7,500
57	Yoga Sports Foundation Camp	Class 1-12	3 Days	₹9,000
58	Eye Care & Digital Detox Workshop	Class 1-12	1 Day	₹4,500
59	Stress-Free Teacher Training	School Teachers	1 Day	₹6,000
60	Yoga for Concentration & Memory	Class 5-12	3 Days	₹9,000
61	Yoga Summer Camp (Essentials)	Class 1-12	5 Days	₹12,000
62	Back Care & Posture Correction for Students	Class 3-12	5 Days	₹14,000
63	Holistic Health + Emotional Intelligence Camp	College Students	5 Days	₹16,000