

### **3.5.1 c Report with Photographs on training / capacity building programmes conducted during the last 5 years**

The University of Patanjali has initiated several capacity building programs for yoga and naturopathy in last five years. These programs were designed to cater to individuals who wish to deepen their understanding and skills in these fields. The capacity building programs for yoga and naturopathy at the University of Patanjali include certificate courses, diploma programs, and workshops. These programs covered various aspects of yoga and naturopathy, including anatomy, physiology, yoga asanas, meditation, and nutrition. The certificate courses in yoga and naturopathy were generally for a duration of six months, while the diploma programs are for a year. The workshops were conducted for a few days to a week and cover specific topics related to yoga and naturopathy.

The capacity building programs for yoga and naturopathy at the University of Patanjali are designed to provide individuals with the necessary skills and knowledge to become successful practitioners in these fields. These programs also promoted the holistic approach to health and well-being by emphasizing the importance of a healthy lifestyle, including a balanced diet and regular physical activity. Overall, the capacity building programs for yoga and naturopathy at the University of Patanjali are aimed at promoting the traditional Indian system of medicine and health, leading to the personal and professional growth of individuals in these fields.



परम पूज्य योगऋषि स्वामी रामदेव जी महाराज  
के दिव्य आशीर्वाद से



भारत स्वाभिमान न्यास, पतंजलि योग समिति, पतंजलि किसान सेवा  
समिति, युवा भारत, मध्यप्रदेश द्वारा सुनहरा अवसर

**ऑनलाइन सहयोग शिक्षक प्रशिक्षण शिविर**

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**Hands on Training programme on Medicinal plants**



**Online yoga training programmes**



**Pan India Yoga teacher training programme**



**Ethno-botany training**



**Naturopathy Training**