योग प्रशिक्षण- कनिष्ठ सहायक/Yoga Prashikshan Kanishtha Sahayak

अध्ययन हेतु अनुभव प्रमाण पत्र

(Experience Certificate for studies)

प्रमाणित किया जाता है कि श्रीमती सुश्री/ श्री.....,पुत्र/पुत्री श्री ..... ने वेदविद्यालय में दिनांक 02 मार्च 2026 से 31 अगस्त 2026 **तक** गुरु के अधीन निम्नलिखित गतिविधियों तथा योगाभ्यास जैसे- प्रतिदिन नियमित योग कक्षा में सूक्ष्म व्यायाम-अभ्यास, नेत्र एवं ग्रीवा (गर्दन), स्कन्ध (कन्धा), कटि (कमर), घुटने एवं पैर, सूर्यनमस्कार, योगासन एवं उनके प्रकारान्तर (ताड़ासन,वृक्षासन,कटिचक्रासन,त्रिकोणासन, पद्मासन, वज्रासन, भुजंगासन, योगमुद्रासन, पवनमुक्तासन, सेतुबन्धासन, उत्तानपादासन, शवासन) आदि एवं प्राणायम (अनुलोम-विलोम, भ्रामरी), षट्कर्म अभ्यास (कपालभाति) तथा ध्यानाभ्यास कराने में मनोयोग से कार्यस्थ है तथा सहायता प्रदान की थी।

इन्होंने अपने वेदाध्ययन के साथ- साथ प्रशिक्षण के कर्तव्यों का निर्वहन पूर्ण निष्ठा एवं सद्भावना के साथ किया, इनका व्यवहार सहप्रशिक्षणार्थियों एवं गुरुओं के साथ सौहार्दपूर्ण रहा।

हम इन्हें उज्ज्वल भविष्य हेतु अध्ययन को अद्यतन करने के लिए शुभकामनाएँ देते हैं।

गुरु नाम.....

हस्ताक्षर

विद्यालय/पाठशाला/इकाई.....

योग प्रशिक्षण- कनिष्ठ सहायक/Yoga Prashikshan Kanishtha Sahayak अध्ययन हेतु अनुभव प्रमाण पत्र

(Experience Certificate for studies)

This is to certify that Ms./Mrs./Mr. ....., son/daughter of Shri ....., undertook practical training at the Veda Vidyalaya from **02 March 2026 to 31 August 2026** under the guidance and supervision of a Guru.

During this period, the trainee actively participated in and assisted with the following yoga practices and instructional activities during regular daily yoga classes:

1. **Sukshma Vyayama (Subtle Yogic Exercises):** Practising and assisting in the instruction of preliminary yogic exercises for the eyes, neck (Greeva), shoulders (Skandha), waist (Kati), knees and legs.
2. **Surya Namaskara (Sun Salutation):** Practising and assisting in the instruction of the traditional sequence of Sun Salutation.
3. **Yogasana (Yogic Postures):** Practising and assisting in the demonstration and instruction of the following asanas and their variations:
    - Tadasana
    - Vrikshasana
    - Katichakrasana
    - Trikonasana
    - Padmasana
    - Vajrasana
    - Bhujangasana
    - Yogamudrasana
    - Pavanamuktasana
    - Setu Bandhasana
    - Uttanapadasana
    - Shavasana
4. **Pranayama (Yogic Breathing Practices):** Practising and assisting in the instruction of Anulom-Vilom (Alternate Nostril Breathing) and Bhramari Pranayama (Humming Bee Breath).
5. **Shatkarma Practices (Yogic Cleansing Techniques):** Practising and assisting in the instruction of Kapalabhati, a yogic cleansing and breathing practice, under the Guru's supervision.
6. **Dhyana (Meditation):** Participating in and assisting with meditation sessions to develop concentration, mental calmness and self-awareness.

The trainee performed the assigned training activities with dedication, sincerity and goodwill. Alongside Vedic studies, the trainee fulfilled the responsibilities entrusted during the training period and maintained cordial and harmonious relations with fellow trainees and Gurus.

The trainee's conduct and participation in the training programme at our institution have been commendable.

We extend our best wishes to the trainee for continued learning, academic advancement and a bright future.

Name of the Guru: .....
Signature: .....
Name of the School/Pathashala/Unit: .....
Seal of the Institution: .....
Date of Issue: .....