



DIPLOMA IN YOGA FOR HUMAN EXCELLENCE (DYHE)

For Whom

People who tend to keep their physical and mental health in good shape throughout their life. Yoga incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress.

Entry Requirement

- The student must be at least 18 years old
- Learners must have a minimum of C6 in any 3 GCE 'O' Level subjects including English and Tamil or equivalent qualifications(OR)
- WPLN Level 4

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Course Overview

Yoga is not about being able to execute asanas perfectly or solely about the physical aspect – it is also about nurturing and strengthening your mind-body connection, gaining compassion for ourselves and others, and maintaining our well-being.

The diploma in yoga for human excellence is a special kind of diploma in which special aspects of yoga education, as well as its therapies, are provided. These therapies and techniques are the ones that are practically helpful for human excellence. They help a human to achieve greater peace levels and reach success too. There are many different subjects in yoga for human excellence. These include yoga therapies, yoga teaching methods, yoga psychology, yoga practices and effects on human body, yoga for the mind, yoga for mantras, etc. After the completion of this diploma, one can become a health yoga practitioner. This diploma includes many different aspects of yoga that are helpful in achieving well-being for humans and their health. It teaches all the exercises and aspects related to it

Course Module

- Yogic Life (Physical body, Life-force, and Mind)
- Sublimation and social Welfare
- Mental Prosperity and Human Excellence
- Science of Divinity and Realization of Self
- Yoga Practice – I
- Yoga Practice – II

Course Duration

- Full Time: 12 months (378 hours)
- Part Time: 12 months (378 hours)

Medium of Instruction

English & Tamil

Teaching Methodology

Online Class / In – Person Training

Learning Environment

Our ergonomically designed classrooms are fully air-conditioned, equipped with whiteboards; audio/video equipment and free wi-fi

Qualification or experience of facilitators

A facilitator & assessor of this course will possess the following:

1. Advanced Diploma/ Bachelor Degree/ Master Degree in Yoga

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Key Person In-charge

Mr. Monish V (General Manager – Corporate Support Division)

Class Size

Maximum 25

Facilitator/Learner Ratio

1:25 for Theory Lesson & Assessment

Course Attendance Minimum

75% attendance | (90% attendance for International Students)

Assessment Advice

Passing Mark : Minimum 50 %

Course Fee Inclusive of GST

S\$1090

Funding & Claims

NA

Miscellaneous Fee

PURPOSE OF FEE	AMOUNT WITH GST
• Course Application Fee • Late Payment Fee • Deferment Administration Fee • Course Transfer Administration Fee • Supplementary Class (Tuition) / Make up Class Fee (Per Hour) • Supplementary Examination Fee (Per Module) • Appeal Evaluation Fee	- S\$54.5 - S\$109 - S\$109 - S\$109 - S\$43.6 - S\$109 - S\$21.8
ADMINISTRATIVE FEE (APPLICABLE TO INTERNATIONAL STUDENTS)	AMOUNT WITH GST
• Medical Insurance • Administrative Fee for Student Pass Application • ICA Application Fees • ICA issuance Student Pass Application Fees	- S\$87.2 - S\$54.5 - S\$30 - S\$90

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Awarded by

This academy is registered under PEI and awarded by Eversafe Academy Pte Ltd

Certification

- Based on the successful completion of the course and assessment, a certificate of achievement endorsed by Eversafe Academy Pte. Ltd., will be awarded to the trainee
- E-cert Available

The certificate of achievement will be issued to all the participants by the Eversafe Academy Pte. Ltd upon fulfilling the following graduation requirements:

- Passing the individual module by obtaining the minimum of 50% of marks for each module
- Passing all the modules in the course
- Course fee paid in full
- Minimum overall attendance of 75% for each module and the entire course

Course Venue

- 2 Kampong Kapur Road Little India Near, Jalan Besar, MRT Station Exit B, Singapore 208674
- 3 Soon Lee Street, #04-14/16&17, Pioneer Junction, Singapore-627606

Registration Venue

No. 2, Kampong Kapur Road, Little India, Near Jalan Besar, MRT Station Exit B, Singapore – 208674

No. 3, Soon Lee Street, #04-14/16 & 17, Pioneer Junction, Singapore – 627606.

No. 2, Joo Koon Road, Singapore – 628966.

No. 2, Wan Lee Road, Singapore – 627934.



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SOP-64-F-06 (DYHE) Course Brochure, Ver 1.00 Rev 00, 01st Mar 2024

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