INVENTATEQ
LEARN SKILLS • GET PLACED

MASTER YOGA MEDITATION
COURSE With Placement

Build In-Demand Professional Expertise with Real-Time Hands-on Yoga Meditation Training

BEST RATED ON TOP PLATFORMS

Google Reviews · Trustpilot · Sulekha

COURSE BENEFITS

- 100% Practical & Real-Time Hands-on Labs
- End-to-End Capstone Implementation Projects
- Industry Recognized Certification Preparation
- 100% Dedicated Placement Support in MNC's & Mock Interviews

15+	500+	25K	15K
YEARS OF EXCELLENCE	HIRING PARTNERS	STUDENTS TRAINED	STUDENTS PLACED

Chat on WhatsApp
FREE Career Counselling
+91 85500 00909

YOUR FUTURE
STARTS HERE !

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ARE YOU FACING THESE CHALLENGES ?

- Still searching for your first job after graduation?
- Worried about the Gap? And don't know how to start your career?
- Stuck in a low-salary job? and seeking for better growth opportunities?
- Fear of switching to an IT career from a non-IT background
- Not getting interview calls despite applying to 100+ jobs?

YOUR UNDER THEORY
NO PROJECTS
SKILL GAP
NO GUIDANCE

How Inventateq Helps You

Waiting Ends. Careers Begin.
Build job-ready skills. Start applying with confidence.

Turns Gaps into Comebacks
Close skill gaps. Rebuild your career

Break Free. Move Forward
Learn in-demand skills. Take your next career step.

Doubt Out. Confidence In.
Practice real skills. Walk into interviews prepared.

Turns Rejections into Chances
Turn every setback into skills employers value.

Be Smart Learn AI
Learn AI tools. Work smarter. Stay updated

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ABOUT INVENTATEQ

Inventateq is a leading IT training and placement company committed to transforming learners into Industry ready professionals

Our Mission
To deliver high-quality education, practical slots and career opportunities that empower individuals to achieve their dreams

Our Vision
To be a globally recognised training company known for innovation, quality and impactful learner outcomes.

Why Thousands Choose Inventateq?

15+	500+	25,000+	15,000+
Years of Excellence	Hiring Partners	Students Trained	Students Placed

We Collaborate With

Deloitte. · Capgemini · amazon · HCL · Tech Mahindra

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WHY LEARN YOGA MEDITATION ?

Enterprises worldwide are actively hiring certified Yoga Meditation professionals to drive critical business operations, digital transformation, and modernization.

CAREER SCOPE OF YOGA MEDITATION

- **Exponential Industry Demand**
  Rapid enterprise adoption across global IT firms, MNCs, and technology centers
- **Premium Salary Compensation**
  Command competitive compensation packages with rapid growth milestones
- **Cross-Industry Opportunities**
  Versatile skill set applicable across technology, consulting, finance, and core sectors
- **Future-Proof Career Growth**
  Long-term job security supported by ongoing digital modernization and tooling investment
- **Global Certification Pathways**
  Direct alignment with recognized industry certifications to validate your competence
- **Worldwide Job Prospects**
  Open doors to roles in major Indian tech hubs as well as international remote positions

INDUSTRY-RECOGNIZED CERTIFICATION

INVENTATEQ
CERTIFICATE
OF ACHIEVEMENT

QR Verified · Globally Valid · ISO 9001:2015

Direct Business Impact. High Career Mobility.

Average Yoga Meditation Professional Salary in India

₹5.5 LPA – ₹18 LPA

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WHY INVENTATEQ ?

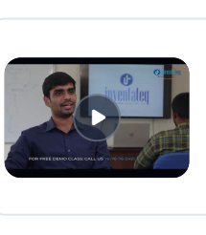
Because we have placed over 15,000+ students and we can place you as well

STUDENT PLACEMENTS

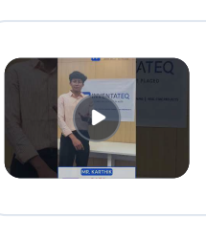
- 100% Placement Assurance Support
- 500+ Top Tech Hiring Partners
- Resume & LinkedIn Optimization
- Industry Mock Technical Interviews
- Unlimited Interview Calls Until Placed

COURSE & PLACEMENT VIDEOS

Student Genuine Feedback
Inventateq Reviews & Student Genuine Feed
Inventateq Bangalore Reviews
Watch Video



Practical Training Success
Web Development Training in Bangalore, UI UX
Industry Tech Career
Watch Video



Placement Story
A degree can open doors. But the right skills
Campus to MNC Offer
Watch Video

Interview Skills & Growth
Free Interview Skills Development Classes for
Free Student Masterclass
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> At Inventateq, Your Success is Our Mission !

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GUARANTEED PLACEMENT SUPPORT

We don't just teach, we prepare you for the real world!

- Aptitude Training
- Technical Training
- Mock Interviews
- HR Interview Preparation
- Resume Preparation
- Cover Letter Preparation
- LinkedIn Profile Optimisation
- Job Portal Access
- Placement Drives & Hiring Events

OUR RECRUITMENT PARTNERS

TATA · Infosys · wipro · Capgemini · Tech Mahindra · LARSEN & TOUBRO · HCL TECH · accenture

OUR PLACEMENT STATS

Our placement record reflects consistent growth, with students securing opportunities across leading companies in diverse industries.

15,000+	500+	95%	6 LPA
Students Placed	Companies Hired	Placement Ratio	Average Package

Check Most Recent Placements

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CAREER PROGRESSION

Job responsibilities, technical competency and portfolio evidence for each role.

ROLE PATHWAY	TYPICAL RESPONSIBILITIES	PORTFOLIO PROOF
Yoga Meditation Associate	Manage core Yoga tasks, configure tooling, and support delivery.	Practical Yoga setup files, exercise scripts, and documentation.
Yoga Meditation Specialist	Build practical Basic Yoga workflows, implement features, and resolve issues.	Functional Basic Yoga modules, workflow configs, and practical deliverables.
Senior Yoga Meditation Lead	Lead Yoga Meditation technical delivery, design solutions, and set standards.	Complete Yoga Meditation capstone artifacts, technical blueprints, and reports.

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SKILLS ROADMAP

Progress from core foundations to production-ready enterprise workflows.

MILESTONE	PRACTICAL OUTPUT	REVIEW EVIDENCE
Milestone 1 (Foundations)	Master fundamental Yoga concepts, environment setup, and tools.	Configured Yoga workspace and verified practice exercises.
Milestone 2 (Implementation)	Develop practical Basic Yoga workflows and functional domain modules.	Working Basic Yoga project modules and validated practice outputs.
Milestone 3 (Advanced Workflows)	Implement advanced Meditation Practices features, integrations, and optimizations.	Validated Meditation Practices configurations and technical review outputs.
Milestone 4 (Production Capstone)	Deliver an end-to-end Yoga Meditation capstone project and technical review.	Complete Yoga Meditation project portfolio artifact and defense.

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DETAILED MODULE PLAN

8 in-depth modules • 3 Months Duration • Hands-on practical training

1 Session 1: Introduction to Yoga

- Understanding Yoga and Its Benefits
- Importance of Mind-Body Balance
- Yoga Etiquette and Safety Guidelines
- Preparing for Daily Practice

GUIDED LAB
Log in to the system, practice basic navigation, and complete your first Yoga and Its Benefits exercise.

INTERVIEW & ASSESSMENT
Explain what Yoga and Its Benefits is used for and why companies choose it in simple words.

2 Session 2: Breathing & Relaxation

- Deep Breathing Techniques
- Pranayama Basics
- Relaxation Exercises
- Stress Relief Techniques

GUIDED LAB
Complete a guided practical exercise on Deep Breathing Techniques and verify your results.

INTERVIEW & ASSESSMENT
Explain the core purpose of Deep Breathing Techniques and how you use it in real job roles.

3 Session 3: Basic Yoga Asanas

- Standing Postures
- Sitting Postures
- Stretching Exercises
- Balance and Flexibility Practices

GUIDED LAB
Complete a guided practical exercise on Standing Postures and verify your results.

INTERVIEW & ASSESSMENT
Explain the core purpose of Standing Postures and how you use it in real job roles.

4 Session 4: Strength & Flexibility

- Surya Namaskar (Sun Salutation)
- Core Strengthening Asanas
- Spine Mobility Exercises
- Posture Improvement

GUIDED LAB
Complete a guided practical exercise on Surya Namaskar (Sun Salutation) and verify your results.

INTERVIEW & ASSESSMENT
Explain the core purpose of Surya Namaskar (Sun Salutation) and how you use it in real job roles.

5 Session 5: Meditation Practices

- Mindfulness Meditation
- Guided Meditation
- Breath Awareness
- Concentration Techniques

GUIDED LAB
Complete a guided practical exercise on Mindfulness Meditation and verify your results.

INTERVIEW & ASSESSMENT
Explain the core purpose of Mindfulness Meditation and how you use it in real job roles.

6 Session 6: Yoga for Everyday Life

- Yoga for Office Professionals
- Yoga for Students
- Yoga for Better Sleep
- Stress & Anxiety Management

GUIDED LAB
Build a simple decision script that checks user input and repeats actions automatically.

INTERVIEW & ASSESSMENT
Explain when to use loops versus if-else conditions in simple words.

7 Session 7: Healthy Lifestyle

- Yogic Lifestyle Principles
- Simple Nutrition Guidelines
- Daily Wellness Habits
- Work-Life Balance

GUIDED LAB
Complete a guided practical exercise on Yogic Lifestyle Principles and verify your results.

INTERVIEW & ASSESSMENT
Explain the core purpose of Yogic Lifestyle Principles and how you use it in real job roles.

8 Session 8: Guided Practice & Personal Routine

- Complete Yoga Session
- Meditation Practice
- Personalized Wellness Plan
- Q&A and Progress Assessment
- Activities Included
- Daily Yoga Practice
- Guided Meditation Sessions
- Breathing Exercises (Pranayama)

GUIDED LAB
Complete a guided practical exercise on Complete Yoga Session and verify your results.

INTERVIEW & ASSESSMENT
Explain the core purpose of Complete Yoga Session and how you use it in real job roles.

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REAL-WORLD PORTFOLIO PROJECTS

Practical industry scenarios, tools applied, and demonstrable project outcomes.

Project 1: Complete Yoga Session

What it is: Set up the core Yoga environment and configure essential business settings.
What you do: Initialize base configurations, create clean templates, and verify workflow controls.
Tools used: Yoga Meditation, Yoga Its Benefits
Project outcome: Working project foundation configured and tested according to best practices.

Project 2: Meditation Practice

What it is: Build practical Basic Yoga Asanas modules to handle everyday business operations.
What you do: Create core functional components, validate input data, and prevent common errors.
Tools used: Yoga Meditation, Basic Yoga Asanas, Standing Postures
Project outcome: Functional business module ready to run and demo with zero manual errors.

Project 3: Personalized Wellness Plan

What it is: Connect Meditation Practices with Mindfulness Meditation to automate data and team workflows.
What you do: Set up automated pipelines, link required services, and run end-to-end tests.
Tools used: Yoga Meditation, Meditation Practices, Mindfulness Meditation
Project outcome: Live automated workflow pipeline documented with clear usage guides.

Project 4: Yoga Meditation End-to-End Capstone

What it is: Build a complete, production-ready Yoga Meditation project bringing all skills together.
What you do: Design, code, test, and document a full project workflow from scratch to launch.
Tools used: Yoga Meditation, Healthy Lifestyle, Yogic Lifestyle
Project outcome: Verified capstone project ready to showcase on your resume and interview calls.

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ASSESSMENT FRAMEWORK

Module tests, practical evaluations, capstone and completion criteria.

COMPONENT	ASSESSMENT FOCUS	PASS EVIDENCE
Module Knowledge Quizzes	Core Yoga principles, industry terminology, and workflow concepts	Consistent passing score across syllabus unit evaluation tests
Lab Submissions & Practice Reviews	Hands-on Basic Yoga implementation, configuration, and practical exercises	Working lab deliverables satisfying practical evaluation rubrics
Hands-On Mini Projects	Independent problem-solving using intermediate Meditation Practices techniques	Functional project artifacts addressing realistic domain scenarios
Final Production Capstone	End-to-end Yoga Meditation implementation, quality review, and delivery	Complete capstone submission with technical walkthrough review
Technical Mock Viva	Technical reasoning, troubleshooting approaches, and communication	Successfully defending project decisions in structured mock panels

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RESUME, GITHUB & LINKEDIN

Evidence-based resume writing and professional project presentation.

- Modular GitHub repository per project with setup steps, dependencies, and clean commits.
- Detailed Yoga diagrams, component specifications, and end-to-end workflows.
- Visual project sheets, live demonstration walkthroughs, and verified functional outputs.
- Project documentation covering Basic Yoga setup, configuration steps, and test notes.
- Direct resume bullet points highlighting hands-on Yoga Meditation tools and technical outcomes.
- Structured practice for technical interview pitches, walkthroughs, and viva defense.

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OUR STUDENT

Meet the learners who turned their goals into successful careers through dedication, skill, and continuous growth.

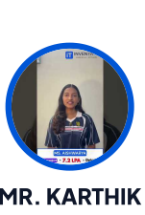
READ REVIEWS

MS. SNEHA
Placed at Wipro (9.5 LPA)

"The practical lab sessions gave me the confidence to transition into enterprise roles. Working on real-world datasets helped me clear technical interviews effortlessly!"
Course Completed : **Yoga Meditation Specialist**
G ★★★★★

MR. HARSHIT
Placed at Accenture (11.2 LPA)

"Inventateq's focus on industry capstone projects and mock interviews was game-changing. The mentors guided me through every real-world implementation hurdle."
Course Completed : **Yoga Meditation Specialist**
G ★★★★★



MR. KARTHIK
Placed at Capgemini (10.5 LPA)

"Moving from beginner theory to hands-on enterprise tools was seamless. The portfolio defense preparation helped me crack my MNC placement round!"
Course Completed : **Yoga Meditation Specialist**
G ★★★★★

WATCH VIDEOS

Watch real stories from our students as they talk about their journey, growth, and placement success.

Inventateq Reviews & Student Genuine Feedback Bangalore
Course Video 1 • Student Feedback
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Web Development Training in Bangalore, UI UX Design Courses with Job Support
Course Video 2 • Student Feedback
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₹9.2 LPA
MR. KARTHIK

A degree can open doors. But the right skills can take you further | Inventateq Placement Story
Course Video 3 • Student Feedback
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Classes @ INVENTATEQ.COM
₹6.8 LPA

Free Interview Skills Development Classes for Freshers & College Students
Course Video 4 • Student Feedback
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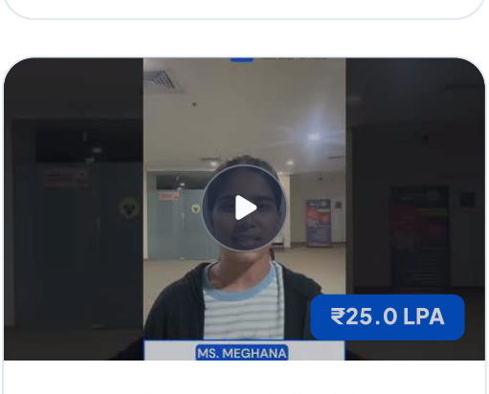

Ms. Meghana Upskilled & Placed at 25 LPA
Top Offer • Enterprise Consultant
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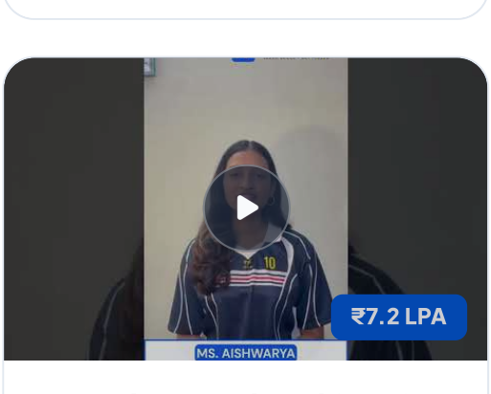

Ms. Aishwarya Placed for 7.2 LPA Package
Verified Offer • Software Dev
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