

**GITAM (Deemed to be UNIVERSITY)
GITAM SCHOOL OF GANDHIAN STUDIES**

CERTIFICATE COURSE IN YOGA

18.12.2017

GITAM School of Gandhian Studies, GITAM (deemed to be University) is starting a new batch of 3 months **Certificate Course in Yoga** from 01-01-2018 which is open to all the students, faculty and staff of GITAM. This course consists of 60 hours teaching. Classes will be conducted from 4 to 5 p. m. on all the six days of the week. At the end of the course, examination will be conducted on theory and practices of yoga. Successful candidates will be issued certificates. This is a foundation course in Yoga imparting knowledge on basics of theory and practices of Yoga to the participants. On successful completion of the course the candidates will be able to practice basic Shuddi kriyas (cleansing techniques), Asanas (bodily postures), Pranayama (breathing practices) and Bandhas (energy locking procedures). They will also be introduced to fundamentals of meditation practice.

Admissions into this course will be open up to 31-12-2017. For application, prospectus and further details, kindly contact School of Gandhian Studies (0891-2840317).

Director I/c
GITAM School of Gandhian Studies.