

FOUNDATION COURSE IN YOGA SCIENCE FOR WELLNESS (FCYscW)

Foundation Course in Yoga Science for Wellness (FCYScW) is a part time course of 01 month duration (50 Hrs.). The classes are conducted for 5 days in a week for 02 hrs. duration in a day. In morning (7-9am, 9-11am through offline mode) (7-9am, 9-11am, 11am-01pm through online mode) and in evening (3-5pm, 5-7pm through offline mode) (3-5pm and 5-7pm through online mode). However, the timings may change as per the convenience of the Institute.

Eligibility: 10th pass or its equivalent

Intake Capacity: 30 seats per batch. Total Seats 300 (150 online and 150 offline)

There may be as many as batches of 30 each depending upon demand and space availability.

Selection Procedure: First Come First Serve Basis

Duration: The duration of the programme will be One Month.