



Morarji Desai National Institute of Yoga

(An autonomous organization under Ministry of AYUSH, Govt. of India)

68, Ashok Road, Near Gole Dak Khana, New Delhi -110001

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Summer Yoga Programmes -2017

Workshop on Yoga For Stress Management

(Start from 10th July to 28th July 2017)

- Duration** : Five Days for one batch (10 Hours; Two hours each session)
- Timing** : 07:00 am-09:00 am (Monday to Friday)
- Batch Schedule** : 2 batches are available
- Batch I - 10.07.2017-14.07.2017**
Batch II - 24.07.2017-28.07.2017
- Intake Capacity** : 30 person per batch
- Target Group** : Three age group
18-35years (Group 1)
36-45years (Group 2)
46-65years (Group 3)
- Premises** : Kriya Block, MDNIY.
- Course Coordinators** : - **Dr. Priyanka Rai, Assistant professor (9599775575)**
- **Dr. Lakshmi Kandhan, Assistant professor (8506007251)**
- Special Note**
- Fee** : Rs.500 /-(Course Fee) + Rs. 25-(Registration)
- Procedure for Admission** : Registration form can be obtained from reception, Morarji Desai National Institute of Yoga (MDNIY), Registration will be opened from 29th June 2017 ; Timing-10:00 am – 4:00 pm
- Venue** : Morarji Desai National Institute of Yoga

Participation Certificate will be issued (80% attendance is must).

For more details please contact:

Director

Morarji Desai National Institute of Yoga

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