



Mankar College

Presents

Certificate Course in

YOGA

(Affiliated to The University of Burdwan)

Objectives:

- To introduce basic wellness principles and practice of Yoga to common people.
- To bring awareness of the fundamental of Yoga for wellness in their daily lives.
- To bring peace and harmony in the society at large by introducing the Yogic way of life.
- To create teachers to teach Yoga for wellness in the society.

Aim of the Course

To spread

“Wellness through Yoga”

Course starts on

2ND JANUARY 2025



Eligibility: 1. Minimum 12th standard passed from a recognised board or equivalent. 2. Candidates other than College students may also apply.

Total seats: 100.

Course Fee : Rs 1000/-

Last Date of Registration: 31ST DEC 2024

Registration Link  <https://forms.gle/B2Fc9mxkwiiyaS2e7>

***Note :** This course is mandatory for students of Sem-V
(Physical Education only) and cadets of NCC .

Course Duration  **6 Months**

Begin your Journey to a Better Life

With Peace, Love, Beauty & Happiness

**Sd/-
Principal
Mankar College**