



**ANNAMALAI UNIVERSITY**  
(A state University Accredited with 'A' Grade by NAAC)



**FACULTY OF EDUCATION**

**Centre for Yoga Studies offer 10 days free Yoga session**



**Date: 07/05/2020 to 16/05/2020**

**Time: 10:00 to 11:00 am**

**Registration Link: <https://teams.microsoft.com/join/p3n1kgtzlo69>**

***Last Date for registration is 05/05/2020***

***Eligibility: Students and faculty members of any discipline***

***No of seats: 100***

***Note: There is no Registration Fees/the course will be conducted through Google Duo Classroom hence Gmail ID is mandatory/ only shortlisted candidates will be permitted to undergo the course / the candidates will be issued e-certificate on the successful completion of the course.***

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**JOIN US**  
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07/05/20	Introduction of Yoga & Diet	Dr.D.Rukmani(CYS)
08/05/20	Surya Namaskar	Dr.D.Rukmani(CYS)
09/05/20	Asana	Mrs.S.Suja Yoga Trainer,Mysore
10/05/20	pranayama	Dr.K.Venkatachalpathy(CYS)
11/05/20	Mudra & banda	Dr.K.Venkatachalpathy(CYS)
12/05/20	Kriya's	Dr.D.Rukmani(CYS)
13/05/20	Meditation	Dr.K.Venkatachalpathy(CYS)
14/05/20	Life Values	Dr.B.K. Pandiyamani (Bramakumarikal foundation ,mount abu)
15/05/20	Naturopathy	Dr.D.Rukmani(CYS)
16/05/20	Alternative Medicine	Dr.Bhramachariya, Arogiya Mandir,Bangalore

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