



**Janki Devi Memorial College
Department of Philosophy
University Of Delhi**



Online Certificate Course in Yoga (Level 1)

A beginner's class about
the fundamentals of yoga

Benefits Of Yoga

- Reduced stress levels
- Better posture
- Improved mental endurance
- Improved physical stamina
- Elimination of toxins from the body
- Happiness and psychological well-being

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**Eligibility - Undergraduate (any
discipline)**

**Duration - 300 hours (200 practical and
100 theory)**

**Timings - 7AM to 8AM practical and 5PM
to 6PM theory, 5 days in a week**

Last date of registration - 7th Sept 2020
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Patron of the Course

Dr. Swati Pal
Principal
JDMC

**Course Fee
Rs. 7000
All Inclusive**



Contact: Dr. Jayanti P. Sahoo - 99109 13529
For Registration:
<https://forms.gle/A14dZ3AUx5T3AUjTA>

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