



## ADD ON /CERTIFICATE COURSE: YOGA FOR HEALTH & FITNESS

Offered BY

**INTERNAL QUALITY ASSURANCE CELL**  
**Prasanta Chandra Mahalanobis Mahavidyalaya**  
In association with  
**YOGA & NATUROPATHY CENTRE**  
(87A/1A Cassipore Road, Kolkata 700002)

### COURSE OBJECTIVE

The Certificate course on “Yoga for Fitness” is designed to improve the physical and mental health of our students. It will be helpful to release the stresses and mental pressure and also to improve the life style. The Yoga course is designed to cover in **36 hours** in 15 modules.

**Date of Starting:** 11.05.2022,  
**Time:** Monday 9.30-10.30 a.m &  
Wednesday: 9.30-10.30 a.m

**Programme Coordinator:**  
**Ms.Sutapa Ghosh** (Physical Instructor,  
PCMM)  
**Contact number:** 9832311592

**Prerequisites:** ALL Semester Hons & Programme Course (Any Stream) are eligible to apply.

**REGISTRATION FORM LINK:**  
<https://forms.gle/hAxzcJLRN1fQ4v6N9>

**WHATSAPP GROUP LINK:**  
<https://chat.whatsapp.com/BxWmXybwB9K0VwjQ16vWwM>

**REGISTRAION FEE:** RS 50/COURSE

