



YENEPOYA

(DEEMED TO BE UNIVERSITY)

Recognized under Sec 3(A) of the UGC Act 1956
Accredited by NAAC with 'A' Grade



**Admissions Open
till
31st December
2022**

CERTIFICATE COURSE IN YOGA

Jan – Mar 2023 Batch

Department of Physiology, Yenepoya Medical College, Mangalore.

**For Further Details
Contact:**

Department of Physiology
Yenepoya Medical College Mangalore.
Ph: 08242204668/2020
physiology@yenepoya.edu.in

Mr. Kushalappa Gowda M.Sc
(Yogic sciences), MSW, M.Phil,
JRF, Yoga Instructor,
Yenepoya Research Centre,
Center for Yoga and Wellness,
Yenepoya (Deemed to be University)
Mangalore.

Ph: 9845588740

[Click here for Application](#)

[Click here for Video](#)

- **Duration of Course:** 100 hours
(75hrs Practical and 25hrs Theory)
- 5 days & 1 day practical and theory/ week respectively
- Once in a month Sat Kriyas Practice, Group theory class and Group discussion
- Teaching and training by qualified and skilled professionals
- **Eligibility:** Completed Class 12, those who are pursuing any UG, PG degree/ MD, Ph.D program/ Employees of the University/ Public can also apply
- This course is meant for becoming Yoga trainers, for additional qualification and for individual's holistic improvement

- **Fee:** Rs. 6,000 (No GST) for Students
Rs.7,000 + GST for Faculty/Public

Payment Link: <https://rzp.io/l/x7io2ISV>

- **Course begins from 5th January 2023**