

Foundation Course in Yoga Science for Wellness (FCYScW)

Foundation Course in Yoga Science for Wellness (FCYScW) is a part time course of 1 month duration (50 Hrs.). The classes are conducted for 5 days in a week for 2 hrs. duration in a day preferable to the morning and evening hours (7 - 9 am and 4-6 pm). However, the timings may change as per the convenience of the Institute.

Eligibility: 10th pass or its equivalent.

Intake Capacity: 30 seats per batch*.

* There may be as many as batches of 30 each depending upon demand and space availability.