COLLEGE OF ENGINEERING GUINDY
ANNA UNIVERSITY :: CHENNAI-600 025

DEAN

Ref.No.D-CEG/Yoga/2013

20th Sep. 2013

CIRCULAR


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M/s. World Community Service Centre, Chennai City Zone, Thiruvanmiyur, Chennai-41, is pleased to conduct a 10-Days Course on “YOGA FOR HOLISTIC HEALTH”. The 10-Days Course (11/2 hours per day) consists of Physical Exercise, Kaya Kalpa Exercise, Meditation and simple, basic but powerful asanas – primarily aimed at enhancing your physical health, mental capabilities and sharpness along with good memory.

The course is secular and above all religions, communities, caste and sectoral differences.

Schedule : 30.09.2013 (Mon) to 11.10.2013 (Fri)
Time : 5.00 pm – 6.30 pm
Venue : Faculty Club, CEG Campus

Course Fee : Rs.500/- per person (for students Rs.300/- per student)
This includes Exercise and Kaya Kalpa books.

Interested participants, both male and female, are requested to register their names with either of the following:

1. Dr. G. Rajendran, Professor, Department of Management Studies Ph: 94445 72500
2. Dr. H. Premraj, Visiting Faculty Department of Management Studies Ph: 98841 56791

To All Heads of Departments / Directors of Centres / Executive Wardens

CC: The Deans, MIT / A.C. Tech / SAP
The P.S. to Vice-Chancellor
The P.A. to Registrar

DEAN, CEGC