

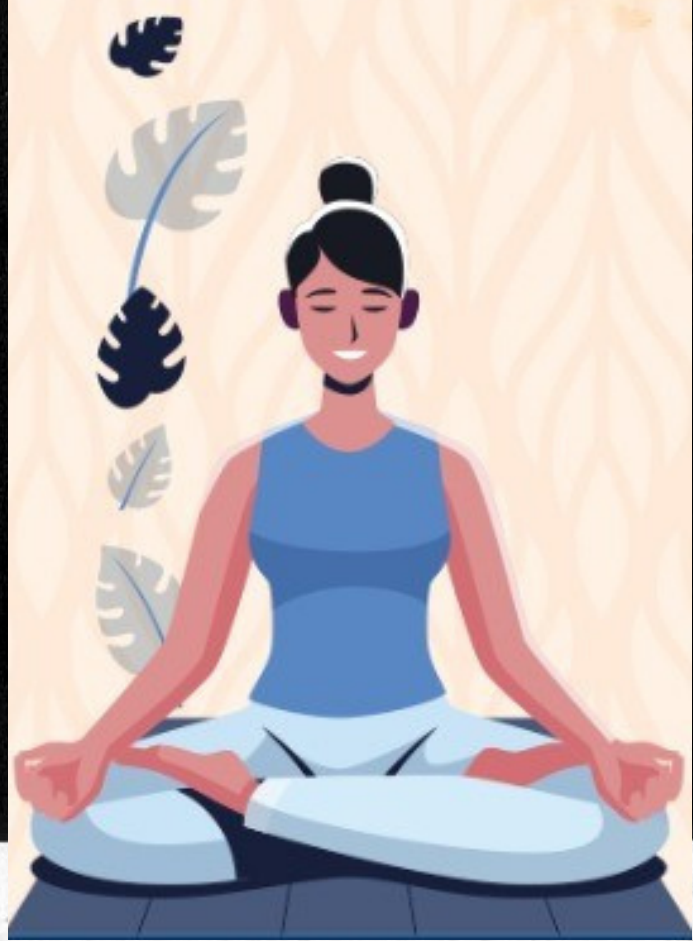
JSS ACADEMY OF HIGHER EDUCATION & RESEARCH

(Deemed to be University)

Accredited "A+" Grade by NAAC ,

Sri Shivarathreshwara Nagara, Mysuru

DEPARTMENT OF YOGA JSS AHER



0110G4635



All are welcome



The Brain
Can Change...

And That Changes Everything



Department of Yoga organizing

YOGA AWARENESS PROGRAMME

"Yoga for Health & Society"

"Yoga for Mind"

"Learn the Secrets
of
Pranayama"

2nd to 30th

AUGUST 2021

Monday to Friday

6.30am or 4.15PM

Register Today!

Click on Google form:

<https://forms.gle/6eRPnjjhrphirkRdA>

or Scan QQ code



Click on

link to join Yoga

[https://us02web.zoom.us/j/85034747215?](https://us02web.zoom.us/j/85034747215?pwd=OWVFeVZZeIJHRG1QR3FCWVg4d3BEZ)

[pwd=OWVFeVZZeIJHRG1QR3FCWVg4d3BEZ](https://us02web.zoom.us/j/85034747215?pwd=OWVFeVZZeIJHRG1QR3FCWVg4d3BEZ)

209



"Be kind to your Mind"

Get Your Balance
Right through
practice of

PRANAYAMA !!!

Join us for Virtual Free Yoga Session



**EVERYONE HAS
A STAKE IN YOGA**

www.jssuni.edu.in

ADMISSIONS OPEN

B.Sc Yoga 3 Years
M.Sc. Yoga 2 Years
Yoga Teachers' Course (YTC) 3 Months

For Queries and Admission Contact : 9980 841859, 82174 86331, 98868 73714

YOGA Courses

M.Sc (Yoga)

The Department of Yoga under JSS AHER offers undergraduate and postgraduate programs in UGC-CBCS pattern.

Eligibility
Candidates shall have passed B. Sc. (Yoga) / B.Sc. in Science (Any Stream) / BPT/ MBBS/ BDS/ BNTS/ BAMS/ BAMS/ BAMS.

Enroll at
<https://jssuni.edu.in/>

Call at
+91 8217486331
+91 9980841859
+91-821-2548 486/400

Yoga Teachers Course (Certification)

Join certificate course in Yoga for Teachers Certificate Course. Programme helps to understand and practice yoga and enhance your mindfulness and health.

Eligibility
A pass in 10+2 or PUJ (science stream- Biology as one of the subject) or equivalent.

Enroll at
<https://jssuni.edu.in/>

Call at
+91 8217486331
+91 9980841859
+91-821-2548 486/400

YOGA Courses

Join B.Sc. (Yoga)

Eligibility
A pass in 10+2 or PUJ (science stream- Biology as one of the subject) or equivalent.

Enroll at
<https://jssuni.edu.in/>

Call at
+91 8217486331
+91 9980841859
+91-821-2548 486/400

