

STAR OF MYSORE

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MYSURU Thursday 30th September 2021

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Free Yoga Classes at JSS AHER

Mysuru, Sept. 30 - The Department of Yoga, JSS Academy of Higher Education and Research (JSS AHER), Mysuru, has organised a Yoga awareness programme 'Yoga for Health & Society - Free Yoga Classes' for public from Oct. 1 between 6.30 am and 7.30 am at Sri Rajendra Bhavan auditorium in

JSS Hospital premises here.

Department of Yoga is also offering Certificate Programme, B.Sc & M.Sc in Yoga. Participants must bring Yoga Mat.

For registration, contact Dr. M.U. Sujan, Assistant Professor, Department of Yoga, on Mob: 82174-86331, according to a press release.