



**OFFICE OF THE DIRECTOR, PSNS  
VISVA-BHARATI**

**NOTIFICATION**

**YOGA AND MEDITATION COURSE**

This is for information of all concerned that next phase of 3 months "**Yoga and Meditation Course**" will start from 17 June, 2016.

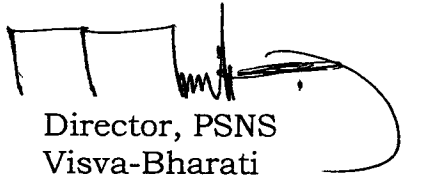
Two parallel courses will be conducted in morning and evening respectively in the below mentioned schedule -

	<b>Time</b>	<b>Venue</b>	<b>No. of seats</b>	<b>Course Fee</b>	<b>Who can apply?</b>
<b>Morning Course</b>	06:00 am – 08:00 am	Students' Activity Centre	<b>40 only</b>	Students – <b>Rs.200</b> (one time for 3 months) Staff & others – <b>Rs. 300</b>	Students/Staffs /Pensioners/Alumni and Ward of Alumni & Pensioners
<b>Evening Course</b>	05:00 pm – 07:00 pm	Chintan Hall	<b>60 only</b>	(one time for 3 months)	

Interested persons may apply on plain paper mentioning their name, address, department, contact address etc. and submit the Application Form to this office along with the requisite course fees within 31.05.2016.

Seats will be filled on first-come, first served basis. All participants are requested to kindly bring individual yoga mats for practice.

Ref.No. Dir/PSNS/SAC/20D/ 2016-17/05  
Date: 25 Apr, 2016

  
Director, PSNS  
Visva-Bharati

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1. Provosts/ Directors / Adhyakshas / HOD of all Bhavanas / Vibhagas / Deptts / Centre's
2. Proctor, Visva-Bharati
3. Finance Officer
4. Deputy Registrar, Accounts
5. C.S to V.C, Visva-Bharati
6. University Webmaster – Kindly upload it in the University website.
7. P.A to Registrar, Visva-Bharati