



ICCR

**Indira Gandhi Centre for Indian Culture, Phoenix
High Commission of India, Mauritius**

Six Months for Certificates and Advance Courses Ten Months

Time table for Yoga course for session of 2024-2025				
Day	Morning Time	Courses	Evening Time	Courses
Monday	07.00hr-08.00hr	General practice	16.00hr -17.00hr	Advance Yoga
	08.00hr-09.00hr	Beginners	17.30hr- 18.30hr	Refresher
	09.00hr to 10.00hr	Certificate		
	10.00hr to 13.00hr	Outreach programs in Schools/ colleges/ Institutions		
Tuesday	09.00hr-10.00hr	General practice	17.00hr-18.00hrs	Refresher
	10.00hr-11.00hr	Advance Yoga	18.00hr-19.00hr	Meditation
	11.00hr-12.00hr	Certificate		
	12.00hr-13.00hr	Beginners		
	14.00hr to 16.30hr – Outreach program in schools/ Supreme court			
Wednesday	11.00hr-12.00hr	Certificate	15.00hr-16.00hr	Advance Yoga
	12.30hr-13.30hr	Yoga For Women	16.00hr -17.00hr	Beginners
			17.30hr-18.30hrs	Refresher
	08.00hr to 11.00hr– Outreach program in schools/colleges/ Institutions			
Thursday	07.00hr-08.00hr	General practice	16.00hr -17.00hr	Yoga For Back pain
	08.00hr-09.00hr	Beginners	17.30hr- 18.30hr	Certificate
	09.00hr to 10.00hr	Advance Yoga		
	10.00hr to 13.00hr -Outreach programs in Schools/ colleges/ Institutions			
Friday	Half day off		15.00hr-16.00hr	Beginners
			16.00hr -17.00hr	Yoga for Children
			17.30hr-18.30hrs	Refresher
Saturday	08.30hr-09.30hr	Meditation	Half day off	
	10.00hr -11.00hr	Yoga for Children		
	11.30hr-12.30hr	Yoga For Diabetes		

Weekly Time Table

- General practice- 3 hrs
- Beginners – 5 hrs
- Certificate- 4hrs
- Refresher- 4hrs
- Advance Yoga- 4hrs
- Yoga for children- 2 hrs
- Yoga for women- 1hr
- Yoga for back pain- 1hr
- Yoga for Diabetes- 1hr
- Outreach program- 12 hrs

Total- 39hours