

MANGALORE  UNIVERSITY

Accredited by NAAC

DEPARTMENT OF HUMAN CONSCIOUSNESS  
& YOGIC SCIENCES

Dharmanidhi Yoga Peetha, Yoga Therapy Centre

MANGALAGANGOTTHRI - 574 199.

**CHANDRAYANA PROGRAMME**

**Special Features:**

1. Chandrayana is a traditional yoga austerity practice. A variety of health benefits can be obtained in the diseases such as Obesity, Hyperacidity, Diabetes Mellitus, Hypertension, Sleeplessness, Constipation etc.
2. This practice will include individual Consultation, Case taking, Yoga Therapy, Chandrayana diet chart will be given and Tests like Weight, Blood Pressure (B.P), Body Mass Index (BMI), Spirometer Test etc. will be done.
3. Theoretical and practical knowledge.
4. Proper guidelines for Personal diet.
5. Individual attention.
6. Only 30 members are admitted on **first come** first basis.

**Commencing Date: 09.10.2022 to 08.11.2022, Time: 5.30 pm to 6.30pm**

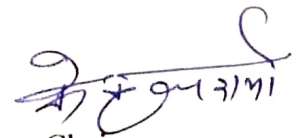
**Venue** : Department of Human Consciousness & Yogic Sciences

**Contact** : Chairman  
Department of Human Consciousness & Yogic Sciences,  
Mangalore University, Mangalagangothri - 574 199.  
Contact No.: Mr. N. K. Hiregoudar -7895296524,  
Mr.Adithya Krishna M – 8073509912  
Mrs. Sunada P.S - 8431996389

**Last date for admission** : 06-10-2022

**Registration fee** : Rs. 1000/-

**- ALL ARE WELCOME -**



Chairman  
Professor and Chairman

Department of Human Consciousness

& Yogic Sciences

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