

Yoga and Meditation			
Certificate course in yoga	2012-13	255	Inhouse -KLU
Certificate course in yoga	2013-14	242	Inhouse -KLU
Certificate course in yoga	2014-15	249	Inhouse -KLU
Asanas Programmme		30	Inhouse -KLU
Heartfulness Relaxation and Meditation		400	Heartfulness Institute-Vijayawada
1st International Yoga Day	2015-16	15	Inhouse -KLU
Certificate course in yoga		241	Inhouse -KLU
Pranayama Programme		20	Inhouse -KLU
Heartfulness Relaxation and Meditation		2000	Heartfulness Institute-Vijayawada
Seminar on "Why Meditate"		200	Heartfulness Institute - Boston
2nd International Yoga Day	2016-17	20	Inhouse -KLU
Certificate course in yoga		255	Inhouse -KLU
Meditation Programme		25	Inhouse -KLU
Heartfulness Relaxation and Meditation		1500	Heartfulness Institute-Vijayawada