

**Dr T. Savitha Jyostna**  
Coordionator

**YOGA CENTRE**  
**KAKATIYA UNIVERSITY**  
( 'A' Grade @ 39 )  
**WARANGAL 506009 TS**



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September 15, 2015

**CIRCULAR**

The Yoga Centre is conducting a Five-day Yoga Therapy Camp during September 18-22, 2015, in the evening 5.00 to 7.00 at Directorate of Admissions, KU, for the benefit of students, teaching and non-teaching staff.

The Camp covers

- 1) Integral Health Care Management
- 2) Stress Free Life
- 3) Relaxation Techniques
- 4) Meditation Techniques
- 5) Breathing Exercises
- 6) Holistic Life Style

Sri Vaidya Indrasenji, International Yoga Master & Founder, OVMO Trust (NGO) from Sri Aurobindo Ashram, Puducherry, has kindly agreed to conduct the camp.

All are requested to attend the Camp and be benefitted. Those who attend the Camp should bring their own towel, yoga mat or bed sheet and a bottle of water.

Kindly display this letter on the notice board and give wide publicity.

*T. Savitha Jyostna*  
Coordionator  
**YOGA CENTRE, KU**