



# MAHATMA GANDHI INSTITUTE

## *Beginner's Course* *Yoga Philosophy for Wellness - I* *(INTAKE 2025)*

Applications are invited from suitably qualified candidates for enrolment on the Beginner's Course: Yoga Philosophy for Wellness – I on offer at the Mahatma Gandhi Institute for the Academic Year 2025.

### **Yoga Philosophy for Wellness – I**

Yoga is a popular and well-known practice for millions around the world. It is a tool for meditation as much as exercise and well-being. Understanding the philosophy of yoga can provide deeper appreciation for the ancient practice, how it is performed and the core beliefs and concepts attached to it.

This course aims at responding to the public demand by engaging and guiding learners through the philosophical and technical dimensions of yoga. In line with the UN SDG 3: Good Health and Well-being, this course aims at promoting wellness among the Mauritian nation by exposing them to the ancient methods of practice within a contemporary set up.

### **Entry Requirement:**

Pass at CPE/PSAC examinations, or

Equivalent qualifications acceptable to the Mahatma Gandhi Institute

### **Course Duration**

The Course will be offered on a part-time basis for a duration of 15 weeks.

### **Teaching/ Learning Method**

Face to face practical sessions, online sessions and demonstrations via Google Meet, MS Teams, Zoom, recorded support, etc.

### **Medium of Instruction**

English

## Fees

<b>Registration Fee</b>	<b>: Rs 125/-</b>	} (Non-refundable)
<b>Course Fees</b>	<b>: Rs 875/-</b>	

## Mode of Application

- Applications should be made on the prescribed forms obtainable during office hours, from the Reception Counters, SMAS Building, Mahatma Gandhi Institute, Moka and the Rabindranath Tagore Institute, Ilot. Applicants may also download a printable Application Form from the Mahatma Gandhi Institute & Rabindranath Tagore Institute website:

<http://www.mgirti.ac.mu>

- Application forms, duly filled in, must be returned **together with photocopies of birth certificate, marriage certificate (where applicable) and educational certificates** so as to reach the Director General's Office, Mahatma Gandhi Institute, Moka 80808, not later than **Friday 18 July 2025**.

## NOTE

- The course will be held at the Mahatma Gandhi Institute, Moka.
- Applications received after the closing date and/or not supported by the **relevant documents** will not be considered.
- The course applied for should be clearly marked on the top left-hand corner of the envelope.
- **Applicants who are already enrolled on a programme of study or course at the Mahatma Gandhi Institute will not be allowed to join another programme concurrently.**
- The Mahatma Gandhi Institute reserves *the right not to run the course* if the number of registered students is not sufficient.
- Documents submitted will not be returned to applicants.
- **ONLY SUCCESSFUL APPLICANTS WILL BE NOTIFIED OF THE OUTCOME OF THEIR APPLICATIONS.**

30 June 2025

Moka  
Tel: 403 2000