

## Nirmala Memorial Foundation college of Education

Address: D.S Road, Asha Nagar, Thakur complex, kandivali (East).

### **Value- Added certificate course Information Brochure 2019-2020**

**Topic: Yoga and Positive Psychology for Managing Career and Life**  
(BY Prof. Ashish Pandey, IIT Bombay)

**Resource Person:** Asst. Professor Ms. Damanjit Kaur

**Mode:** Online lecture basis

**Schedule :** 21<sup>st</sup> Sep to 10<sup>th</sup> Oct 2019

**Time:** 5 pm to 7 pm

**Duration:** 30 hours

**For:** S.Y.B.ED Students

**Nature:** Mandatory as course work

***“Certificate will be provided to all the participants”***

Attendance is compulsory

Asst. Professor **Ms. Damanjit Kaur**

Name of Resource person

**Dr. Tandra Bandyopadhyay**

Principal