



“Spending time in Meditation and Yoga to decrease Medication and increase the Mindfulness”

## CENTRE FOR MEDITATION AND YOGA SCIENCES

Delhi Pharmaceutical Sciences Reserach University has always promoted certain out reach programs for fitness and health. In 2016, Yoga Fitness center was started to provide 3 credit course for Yoga for students of Pharmacy and Physiotherapy in the University. Further, Certificate Course was started for general public.

With special support from the Govt. of NCT of Delhi the University is going to start “Centre for Meditation and Yoga Sciences”, with a one year course (3 trimester) course “Diploma in Meditation and Yoga Sciences” from April 2021. While DPSRU is going to be the nodal center, it is going to have addtional 15-20 centres across NCT of Delhi. The detalis will be relased soon.

### VISION

“The vision of this Center is to see every citizen healthy through Spritual and Scientifc healthy practices”

### MISSION

“ To encourage people practicing Meditation and Yoga Sciences and there by spreading Harmony, Happiness, Health and Mindfulness.

### OBTECTIVES

1. To design, develep and impart various courses for Yoga, Meditation, Diet and nutrition to promote healthy life style open to all .

2. To establish satellite centers for spreading the knowlege and awareness for such programs.