



MAHATMA GANDHI INSTITUTE

Beginner's Course *Yoga Philosophy for Wellness - I* *(INTAKE 2026)*

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 2026.

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 12 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

Registration Fee : Rs 1000/- (Non-refundable)

Course Fees : Rs 3000/-

Mode of Application

- Applications for admission on the above programme/course is currently open online at <https://mgiportal.ac.mu> and all procedures and instructions indicated therein should be carefully followed.
- Deadline for submission of online application is **Monday 22 June 2026**.
- Applications received after the closing date will not be considered.
- **Submission of Application**
 1. Apply online <https://mgiportal.ac.mu> as per the instructions.
 2. Verify all your entries.
 3. Upload a scanned copy (PDF format) of the following documents:
 - Birth Certificate
 - Marriage Certificate (if applicable)
 - National ID Card
 - Educational Qualifications
 4. Confirm your application.
 5. Applicants will receive an email if their application is accepted.
- The Mahatma Gandhi Institute reserves ***the right not to run the course*** if the number of registered students is not adequate.

14 May 2026

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