



DECCAN EDUCATION SOCIETY - Since 1884

**DES PUNE
UNIVERSITY**

BHĀRATĪYA JÑĀNA PRANĀLĪ (IKS)

भारतीय ज्ञान प्रणाली

COMMUNITY EDUCATION PROGRAMS



**Pranayama
and Meditation
for Daily Living**

**Weekend Program
for Self-Development**

Saturday: 2:30 PM to 5:30 PM

Sunday: 8:00 AM to 11:00 AM

Starting: 22 August 2026



**Ayurveda
and Yoga
for Daily Living**

**Weekend Program
for Self-Development**

Saturday: 2:30 PM to 5:30 PM

Sunday: 8:00 AM to 11:00 AM

Starting: 22 August 2026



**Ancient Indic
Wisdom for
Modern Life**

**Weekend Program
for Self-Development**

Saturday: 2:30 PM to 5:30 PM

Sunday: 8:00 AM to 11:00 AM

Starting: 22 August 2026

4 Weekends and In-Person Sessions for Self Development

WhatsApp Only: +91 98221 28247

Scan the QR Code to Register



To register your interest: Scan the QR Code. Fill up the Google Form. (You need not pay the fees to fill up the form.) Choose the programme that interests you. Our team will get in touch with you