

Online Courses from MCC

1. Conversational English

MCC presents an excellent opportunity to all of you to hone and tone your conversational skills and emerge well groomed, trained and confident in spoken English. The conversational English course is a certificate course approved by University of Mumbai. It will include sharpening of your listening, public speaking skills, in addition to grammar exercises, writing skills and prepping for interviews.

Classes are proposed to be conducted from Monday to Saturday for about a month from 20 April 2020 from 2 pm to 3 pm with the help of Microsoft teams.

[Click here to register for **Conversational English** course.](#)

2. Basic Yoga and Pranayam

The whole world is realising the power Yoga and Pranayama . Be acquainted with the Basics of this ancient science. Practical sessions will improve your strength and flexibility. Classes are proposed to be conducted on Monday, Wednesday and Friday from 17 April 2020, 4 pm to 5 pm.

[Click here to register for **Basic Yoga and Pranayam** course.](#)

3. Stress Management Techniques

SUCCESS depends on ability to handle our stress in the best way. This course will equip learners with Techniques of Stress management. Classes are proposed to be conducted on Tuesday, Thursday and Saturday from 18 April 2020, 4 pm to 5 pm.

[Click here to register for **Stress Management Techniques** course.](#)