



BECOME A CERTIFIED YOGA EXPERT
DR.B.R.AMBEDKAR UNIVERSITY
Admission notification: 2021-2022

Dr.B.R.Ambedkar University, Srikakulam invites applications for admission into **P.G. Diploma in Yoga (Two semesters/One year) and Dip. Yoga (Six Months).**

P .G. Diploma in Yoga (Two semesters/One year):

Eligibility: Any Degree pass. The Class work will be conducted 6 days in a week, from 4:00PM to 7:00 PM on Monday to Saturday.

Diploma in Yoga (Si Months):

Eligibility: Any Intermediate pass. The Class work will be conducted 4 days in a week, from 4:30PM to 6:30 PM on Monday to Thursday.

Interested candidates are required to submit their application in prescribed format. Application Registration and Processing fee of 200/- be paid in favour of Registrar through Bank Demand Draft drawn on any National Bank payable at Etcherla, Srikakulam (AP).The application and detailed information can be had from the Directorate of Admissions (DOA) (or) Dept. of Yoga and Fitness Management, College of Arts, Commerce, Law & Education, Dr.B.R.A.U. Campus.

Prospectus and application form can be download from University website: www.drbrau.edu.in

Sale of Application : 01-09-2021 onwards

Last Date for Submission of filled-in Application

Without Late Fee : 04-10-2021

With Late fee Rs.500/- : 18-10-2021

Etcherla,
Dt:31 -08-2021.

REGISTRAR



DEPARTMENT OF YOGA AND FITNESS MANAGEMENT
Dr. B.R. AMBEDKAR UNIVERSITY, Srikakulam, Etcherla.
P.G. Diploma in YOGA

PROSPECTUS

Objectives:

The purpose of the P.G. Diploma in Yoga is to impart knowledge of yoga to graduates in order to enable them to teach yoga to the students in schools and colleges and to the interested public of all age groups. The specific objectives are (a) to provide the necessary knowledge of the theory and practice of yoga so that the students learn to practice and also to teach yoga to all age groups for promoting their health and effectiveness, and (b) to give them a basic understanding of Yoga, Human Anatomy & Physiology, Philosophy, Divinity and Psychology relevant to the theory and practice of Yoga to help them gain theoretical and scientific perspective on yoga. Successful completion of the course will enable the students to teach yoga practices and meditation with a secular and scientific orientation.

Regulations:

The Candidates for P.G. Diploma in Yoga shall be required:

1. To have passed a any degree of the recognized institution or an examination recognized by the reputed University as equivalent.
2. The admissions into the P.G. Diploma in Yoga shall be made by the Dr. B.R. Ambedkar University by issuing notification.
3. Number of seats for admission into P.G. Diploma in yoga is 40

Physical fitness:

The selected candidates must be in good physical and mental health and fit to practice yoga as certified by a physician.

Dress:

The students shall be required to wear a suitable dress White colour as designed by the University which will permit them to practice yogic exercises comfortably during practical training.

Programme of study:

The P.G. Diploma in yoga shall be II semesters/one year Which includes four theory papers and one practicum paper for each semester. The details of these papers are provided in the syllabus. The Class work will be conducted 6 days in a week from 4:00 to 7:00 pm From Monday to Saturday. The medium of instruction shall be English and Telugu. The method of instruction shall comprise of lectures and demonstration. Also facility to convert from certificate course in yoga to P.G.Diploma course in yoga.

Course Fees: For P.G.Diploma Rs. 10,000/-

Note : Fee concession for teaching and non- teaching staff is 50% and for students is 30% at Dr.BRAU, Camus, srikakulam.

Yoga practice:

The students shall practice Kriyas, Asanas, Bandhas, Pranayama, Mudras and Meditation during the course on a regular basis. They shall maintain a record consisting of the details of the sequential movements involved in yogic practices. Such a record shall be submitted at the time of the practical examination for evaluation.

Attendance:

A student shall be permitted to appear for the University examination at the end of the academic year only if he/she puts in attendance stipulated as per the University rules and regulations. However, in view of the special nature of the course it is desirable that the student shall put in at least 80 per cent attendance to achieve the benefits of the course.

Programme Curriculum:

1st Semester:

Subject code	Title of the course
PGDY 101	Foundations of Yoga
PGDY 102	Basic of Human Anatomy And Physiology
PGDY 103	Introduction to Indian Philosophy
PGDY 104	Principles of Psychology
PGDY 105	Yoga Practice-I

2nd Semester:

Subject code	Title of the course
PGDY 201	Yoga darshan
PGDY 202	Food and Nutrition
PGDY 203	Classical Hatha Yoga Texts
PGDY 204	Teaching Methods of Yoga
PGDY 205	Yoga Practice-II

Enclosed copies:

- **SSC**
- **Degree**
- **Caste**
- **Physical fitness certificate**
- **200 DD (Favor on Registrar)**



DEPARTMENT OF YOGA AND FITNESS MANAGEMENT
Dr. B.R. AMBEDKAR UNIVERSITY, Srikakulam, Etcherla.
Diploma in YOGA

Objectives:

The purpose of the Diploma in Yoga and management is to impart knowledge of yoga to graduates in order to enable them to teach yoga to the students in schools and colleges and to the interested public of all age groups.

The specific objectives are (a) to provide the necessary knowledge of the theory and practice of yoga so that the students learn to practice and also to teach yoga to all age groups for promoting their health and effectiveness, and (b) to give them a basic understanding of yoga, human anatomy & physiology, philosophy and psychology relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga.

Successful completion of the course will enable the students to teach yoga practices and meditation with a secular and scientific orientation.

Regulations:

The candidates for 6 Months Diploma in Yoga shall be required:

1. To have passed intermediate of the recognized board or an examination recognized by the reputed institute as equivalent.
2. The admissions into the 6 Months shall be made by the Dr. B.R. AMBEDKAR UNIVERSITY
3. Number of seats for admission into 6 Months are 40.

Physical fitness:

The selected candidates must be in good physical and mental health and fit to practice yoga as certified by a physician.

Dress:

The students shall be required to wear a suitable dress (White) as designed by the University which will permit them to practice yogic exercises comfortably during practical training.

Courses of study:

The 6 Months shall include three theory papers and one practical.
The details of these courses are provided in the syllabus.

Fees :5,000/-

Classes conducting: 4.30 pm-6.30pm (Monday to Thursday)

Instruction:

The course duration shall be of one academic year. The classes will be conducted from Monday to Saturday with one hour theory and one hour for yoga practices. Practical classes for kriyas will be conducted on Saturdays. The medium of instruction shall be English and Telugu. The method of instruction shall comprise of lectures and demonstration.

Yoga practice:

The students shall practice kriyas, asanas, bandhas, pranayama, and meditation during the course on a regular basis. They shall maintain a record consisting of the details of the sequential movements involved in yogic practices. Such a record shall be submitted at the time of the practical examination for evaluation.

Attendance:

A student shall be permitted to appear for the University examination at the end of the academic year only if he/she puts in attendance stipulated as per the University rules and regulations. However, in view of the special nature of the course it is desirable that the student shall put in at least 80 per cent attendance to achieve the benefits of the course.

Examination:

The examination pattern for the 6 Months Diploma is an end examination. The examinations are scheduled to be held in one or two weeks prior to the commencement of academic year-end examinations.

Course Curriculum: Papers

Course	Marks	Duration of examination
Paper – I : Fundamentals of Yoga	100	3 hours
Paper – II : Basics of Human Biology	100	3 hours
Paper –III :Basics of Indian Philosophy and Psychology	100	3 hours
Paper – IV : Yoga Practice	200	2 hours

Enclosed copies:

- Yoga Application
- SSC
- Degree
- Caste
- Aadhar
- 200 DD (Favor on Registrar)



DR.B.R.AMBEDKAR UNIVERSITY-SRIKAKULAM
ETCHERLA, SRIKAKULAM, ANDHRA PRADESH-532410

Application for admission in to P.G.Diploma in Yoga,2020-2021.

1. Name of the candidate : _____
2. Name of the Parent/Guardian : _____
3. Date of Birth and age : _____
4. Caste :
5. Relegion :
6. Native Address : _____

7. Address for Communication : _____

8. Present Occupation : _____
9. Previous Experience in Yoga : _____
10. Mobile No and e-mail. ID : _____
11. Educational Qualification(Passed) : _____
(Inter/Degree/PG/Professional)
12. Percentage of Marks/Grade Points: _____
in the qualifying examination
13. Application Fee particulars : DD No. _____ Date _____
Bank: _____



I am hereby declare that the information submitted above is true.

Date :
Station:

Signature

పత్రికా ప్రకటన

యోగా పి.జి. డిప్లామో, యోగా డిప్లామోకు దరఖాస్తులు

శ్రీకాకుళం: ఆగస్టు 30 : డాక్టర్ బి.ఆర్. అంబేద్కర్ విశ్వవిద్యాలయం యోగా మరియు ఫిట్నెస్ మేనేజ్మెంట్ విభాగం నిర్వహిస్తున్న యోగా పి.జి. డిప్లామో, యోగా డిప్లామో కోర్సులో చేరేందుకు ఆసక్తి గల అభ్యర్థుల నుంచి దరఖాస్తులను ఆహ్వానిస్తున్నామని విశ్వవిద్యాలయం రిజిస్ట్రార్ ప్రొఫెసర్ టి.కామరాజు ప్రకటనలో తెలిపారు. ఏదైనా డిగ్రీ కోర్సులో ఉర్తీర్ణులు అయిన అభ్యర్థులు యోగా పి.జి. డిప్లామో కోర్సులో చేరేందుకు అర్హులు, ఏదైనా ఇంటర్మీడియట్ కోర్సులో ఉర్తీర్ణులు అయిన అభ్యర్థులు యోగా డిప్లామో కోర్సులో చేరేందుకు అర్హులని ఆయన తెలిపారు. ఈ రెండు కోర్సులో చేరేందుకు ఆసక్తి గల అభ్యర్థులు సెప్టెంబర్ 1వ తేది నుంచి విశ్వవిద్యాలయం వెబ్సైట్లో లభ్యమయ్యే దరఖాస్తు ఫారాన్ని డౌన్లోడ్ చేసుకొని అక్టోబర్ 4వ తేది లోగా విశ్వవిద్యాలయంలోని యోగా విభాగానికి పంపుకోవాలని ఆయన కోరారు. అదేవిధంగా 500/- రూపాయల అపరాధ రుసుముతో అక్టోబర్ 5వ తేది నుండి అక్టోబర్ 18వ తేది లోగా విశ్వవిద్యాలయంలోని యోగా విభాగానికి దరఖాస్తు చేసుకోవచ్చని ఆయన సూచించారు. ఏడాది వ్యవధి గల యోగా పి.జి. డిప్లామో కోర్సులో చేరేవారు 200/- రూపాయలు అప్లికేషన్ ప్రోసెసింగ్ ఫీజును, 10,000/- రూపాయలు ట్యూషన్ ఫీజును చెల్లించాల్సి ఉంటుంది. 6నెలల వ్యవధి గల యోగా డిప్లామో కోర్సులో చేరేవారు 200/- రూపాయలు అప్లికేషన్ ప్రోసెసింగ్ ఫీజును, 5000/- రూపాయలు ట్యూషన్ ఫీజును చెల్లించాల్సి ఉంటుంది. ఈ ఫీజులను విశ్వవిద్యాలయంలోని రిజిస్ట్రార్ పేరుతో తీసుకున్న డిమాండ్ డ్రాఫట్ రూపంలో అందజేయాలి. ఈ కోర్సులకు సంబంధించిన ఇతర వివరాల కోసం విశ్వవిద్యాలయం వెబ్సైట్ www.drbrau.edu.in ను లేదా యోగా విభాగం 7285913769, 9603699414, 9490677790 ఫోన్ నెంబర్లకు సంప్రదించాలని ఆయన కోరారు. సమన్వయకర్త డా॥ వి.అరుణ, యోగా విభాగం.