



BECOME A CERTIFIED YOGA EXPERT
DR.B.R.AMBEDKAR UNIVERSITY
Admission notification:2017-18

Dr.B.R.Ambedkar University, Srikakulam invites applications for admission into **Certified Course in Yoga.**(Eligibility: **Intermediates pass**) & **P.G.Diploma in Yoga.** (Eligibility: **Degree passed**). The Class work will be conducted 6 days in a week from 4:30 pm to 7:00 pm. Interested candidates are required to submit their application in prescribed format. Application Registration and Processing fee of 200/- be paid in favour of Registrar, Dr.BRAU-srikakulam, through Bank Demand Draft drawn on any National Bank payable at Etcherla, Srikakulam (AP).The application and detailed information can be had from the office of the Principal, University College, Dr.BRAU Campus.For further details log into University website: www.brau.edu.in

Sale of Application: 15.06.2017

Last Date for Submission of filled-in Application

Without Late Fee : 05.07.2017

With Late fee Rs.500/- : 10.07.2017

Prof.G.Tulasi Rao
REGISTRAR

Department of Yoga and Fitness Management

Dr. B.R. Ambedkar University-Srikakulam, Etcherla.

Certified Course in Yoga. & P.G.Diploma Course in Yoga

PROSPECTUS

Objectives:

The purpose of the Certified Course in Yoga & P.G.Diploma course 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 Certificate Course in Yoga shall be required:

1. To have passed a Intermediate of the recognized institution or an examination recognized by the reputed University as equivalent.
2. The admissions into the Certificate in Yoga shall be made by the Dr. B.R. Ambedkar University by issuing notification.
3. Number of seats for admission into Certificate Programme in Yoga are 40.

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

1. To have passed a 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 are 60.

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.

Courses of study:

The **Certificate course** shall be six months, Which includes four theory papers and one practicum paper. The details of these papers are provided in the syllabus. Also facility to convert from certificate course in yoga to P.G.Diploma course in yoga.

Course Fees : Rs. 5,000/-

The **P.G.Diploma** course shall be one year (Two semesters), each semester includes four theory papers and one practicum paper. The details of these papers are provided in the syllabus.

Course Fees : Rs. 10,000/-

Instructions:

The course duration shall be one year (Two semesters). The classes will be conducted 6 days in a week from **4.30 pm-7.00 pm**. 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, 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.

Course Curriculum: Papers
Certified Course in Yoga.

Paper – I: Introduction to Yoga Theory and Application (Part-A)

Paper – II: Basic elements of Anatomy and Physiology (Part-A)

Paper –III: Introduction to Psychology (Part-A)

Paper – IV: Science of Divinity and Realization of self

Paper – V: Yoga Practice (Part-A)

P.G.Diploma Course in Yoga

Paper – I: Introduction to Yoga Theory and Application (Part-A&B)

Paper – II: Basic elements of Anatomy and Physiology (Part-A&B)

Paper –III: Introduction to Psychology (Part-A&B)

Paper – IV: Science of Divinity and Realization of self (Part-A&B)

Paper – V: Yoga Practice (Part-A&B)

Counseling schedule:

- Dt:15-07-2017 and 16-07-2017
- Time : 9.00AM
- Venu: Main seminar hall, Dr. B.R. Ambedkar University.

Required documents:

- 10th class certificate original and two sets Xerox copies
- Inter original and two sets Xerox copies
- Degree original and two sets Xerox copies
- Caste original and two sets Xerox copies
- Physical fitness certificate original
- 6 pass port size photos
- Fees:10,000 /-
- Experience certificate in Yoga (If has any previous experience certificate in yoga)

Note : Class work commencement:17-07-2017.



DR.B.R.AMBEDKAR UNIVERSITY-SRIKAKULAM

ETCHERLA, SRIKAKULAM, ANDHRA PRADESH-532410

Application for admission in to PG Dip.in Yoga: 2017-18

Name of the candidate : _____

Date of Birth and age : _____

Name of the Parent/Guardian : _____

Native Address : _____

Address for Communication : _____

Present Occupation : _____

Previous Experience in Yoga(if any) Yes / (the relevant one)

Mobile No and e-mail. ID : _____

Educational Qualification(Passed) : _____

(10th /Inter/Degree/PG/Professional)

Percentage of Marks/Grade Points: _____

in the qualifying examination

Application Fee particulars : DD No. _____ Date _____

Bank _____

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

Signature

Date :

Station:

