



BECOME A CERTIFIED YOGA EXPERT
Dr.B.R.AMBEDKAR UNIVERSITY,SRIKAKULAM

Dr.B.R.Ambedkar University, Srikakulam invites applications for admission into Certificate Course and P.G. Diploma in Yoga. Eligibility: Intermediate and Any Degree pass. The Class work will be conducted 3 days in a week from 4:30pm to 7:00 pm on Monday, Tuesday and Wednesday. 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 office of the Principal, University College, Dr.B.R.A.U. Campus. Prospectus and application form can be download from University website: www.brau.edu.in

Sale of Application : 19-07-2016 onwards

Last Date for Submission of filled-in Application	Without Late Fee : 06-08-2016
	With Late fee Rs.500/- : 12-08-2016
Etcherla, Dt:15-07-2016	Prof.G.Tulasi Rao REGISTRAR

Department of Yoga and Fitness Management
Dr. B.R. Ambedkar University-Srikakulam, Etcherla.

Certificate Course & P.G.Diploma in Yoga

PROSPECTUS

Objectives:

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

1. To have passed a Intermediate and any degree of the recognized institution or an examination recognized by the reputed University as equivalent.
2. The admissions into the Certificate course and 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 Certificate Programme in Yoga are 100.

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 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 classes will be conducted 3 days in a week from **4.30pm-7.00pm on Monday, Tuesday and Wednesday**. 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 Certificate course Rs. 4,000/- + Examination Fee: Rs.500/-
For P.G.Diploma Rs. 8,000/- + Examination Fee: Rs.500/-

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

For Certificate course (Six months):

- 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)

For P.G.Diploma in Yoga (2 Semesters / One year):

- 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)