



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

Dr.B.R.Ambedkar University, Srikakulam invites applications for admission into Diploma Course in Yoga for Human Excellency (Simplified Kundalini Yoga). **Eligibility:** Intermediate and any Degree pass. The Class work will be conducted 3 days in a week from 4:30 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 Rs.200/- be paid in favour of Registrar through Bank Demand Draft drawn on any National Bank payable at Etcherla, Srikakulam (AP).The prospects and applications forms can be downloaded from the University Website: www.brau.edu.in.

Applications are available : 18-09-2016 onwards

Last Date for Submission of filled-in Application	Without Late Fee : 30-09-2016
	With Late fee Rs.500/- : 10-10-2016
Etcherla, Dt:14-09-2016	Prof.G.Tulasi Rao REGISTRAR

Dr.B.R. Ambedkar University, Srikakulam
Diploma in Yoga for Human Excellence
(Simplified Kundalini Yoga, W.C.S.C.)

Prospectus

Objectives:

The purpose of the 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, Yogic life, sublimation and Social Welfare 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 Diploma in Yoga for Human Excellence shall be required:

- 1) To have passed in Intermediate and any Degree of the recognized institution or an examination recognized by the reputed University as equivalent.
- 2) The admissions in to the Diploma in Yoga shall be made by the Dr.B.R.Ambedkar University, Srikakulam by issuing a notification.
- 3) Number of seats for admission to certificate programme in Yoga are: 50

Physical fitness:

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

Dress Code:

The student shall be required to wear a suitable dress white colour to practice Yogic exercises comfortably during practical training.

Course of Study:

The Diploma in Yoga shall be one year which includes four theory papers and two practical papers for each semester. The details of these papers are provided in the Syllabus. The classes will be conducted 3 days in a week from 4.30 P.m to 7.00 P.m. on Monday and Tuesday and Wednesday in University Campus only. The medium of instruction shall be English and Telugu. The method of instructions shall comprise of lectures and demonstration.

Course Fees:

For Diploma Course **Rs.8,000/- + Examination Fee: Rs.500/-**

Yoga Practice:

The student shall practice Simplified exercises, Kayakalpa Yoga Practice, Asanas, Bandhas, Pranayama, Mudras and Meditation during the course on regular basis. They will also practice IX types of Special Meditation like Agna Medication, Shanti Meditation, Thuriya and Turiyatheetha meditation, Panchabhoota Navagraha Meditation, Nine Centre Medication, Nithyananda Meditation and Devine Meditation. And also practice will give to intensification of Bio magnetism with lamp Gazing and Mirror Gazing. 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% attendance to achieve the benefits of the course.

Course Curriculum: papers

For Diploma in Yoga for Human Excellence (one year)

- Paper- I Yogic Life
- Paper-II Sublimation and Social Work
- Paper-III Rejuvenating Life Force and Mind
- Paper-IV Science of Divinity and Self-Realisation
- Paper- V Yoga Practice: I
- Paper-VI Yoga Practice: II