



DEPARTMENT OF YOGA

Certificate course in yoga

OBJECTIVE : This course could help to equip oneself with

- basic knowledge about one's personality,
- to learn to handle oneself well in all life situations,
- to learn techniques of gaining good health,

CAREER OPPORTUNITY : one can work as a yoga instructor in various yoga studios/gym.

DURATION : 3 months

INTAKE: 30 Students / year

ATTENDANCE: Minimum requirement of attendance is 90% of working days.

PASSING STANDARD : 40% in theory and 50% in practical

SYLLABUS

1.	Introduction to yoga
2.	Anatomy and Physiology
3.	Teaching Method
4.	Yoga and Health (Therapy)
5.	Yoga Practical (Asana ,Pranayama ,shuddhi-kriya)

ADMISSION PROCEDURE AND ELIGIBILITY

Application: The candidate must apply for admission on the prescribed form which can be obtained from the office. Application forms are available during the month of May from the office.

Eligibility: 10th pass

Selection Procedure: The applicants for admission are called for objective type admission test. The Admission test will contain questions related to basic yogic knowledge. Those are qualified in the entrance test will be invited for personal interview. Admission will be decided based on the merit of entrance exam and personal interview. The selection procedure is carried out during the month of June.