

CENTRE FOR YOGIC SCIENCES

Programme Offered :

1. **Diploma in Yoga Education**
2. **P.G. Diploma in Yoga Tharepy (One year Six months)**
3. **Certificate in Yoga Education (Six weeks)**

Profile of the Course :

Yoga is a way of life, an integral system of education for the body, mind and inner spirit. This art of right living was perfected and practiced in India thousands of years ago but, since yoga deals with universal truths, its teaching are valid today as they were in ancient time. Yoga is a practical aid not a religion, and its technique have been practiced by Buddhists, Jains, Christians, Muslims, Hindus, and atheist alike; Yoga is union with all.

University has started this centre for Yogic Sciences in 2001 on self financing basis to start various courses on Yoga education. Since then the centre is running diploma and certificate courses in Yoga education. Now the university grant commision has given sanction to start a separate course on Yoga Tharepy.

The successful candidate shall be eligible for appointment as Yoga instructor, teacher, Yoga consultant in school and colleges, Industries, Health centres, Hospitals, Government and Non government agencies.

1. **Diploma (One year) / Certificate (Six weeks) in Yoga Education :**

Objetives of the Course :

- To provide vocational Guidance in field of yoga education.
- To prepare best qualitative and professional leaders in the field of yoga education.
- To promote traditional Indian Culture by highlighting the values & benefits of Yoga to society.
- To impart high quality of yoga education to student to disseminate knowledge of health and fitness and various diseases and psychosomatic problems, and concept of fit people and fit nation.

Contact person : Dr. Rajendre Singh, *Co-ordinator*

Eligibility : Diploma – Graduation with 45% marks in qualifying examination
Certificate – Higher secondry (10+2) with 40% marks.

Available seats : Diploma = 30 Certificate = 20 NRI = 03 in each course

Venue : Institute of Distance Education, JiwajiUniversity Gwalior

Mode of selection : Merit in qualifying examination cum interview.

Course Structure:

Diploma :

Part – I

Yoga Parichay
Patanjali Yoga Sutra
Yoga and Mental
Anatomy and Physiology

Part – II

Practical
Teaching Ability
Proficiency in Asanas, Pranayams and Kriyas

Part – III

Internal Assessment

Certificate Course:

Part – I

Yoga Parichay

Part – II

Yoga Asanas
Personality Assessment

2. P.G. Diploma in Yoga Therapy (One year Six months)

Eligibility	: Graduation with 45% marks in qualifying examination
Available seats	: 20 NRI = 03
Venue	: Institute of Distance Education, Jiwaji University Gwalior
Mode of selection	: Merit in qualifying examination cum interview.
Medium of Instruction	: Hindi and English

Course Structure:

Part – I Theory

Foundation of Yoga
Basics relevant to Yoga Therapy
Human Biology
Integral approach to Yoga Therapy

Yoga Therapy in practice

Part – IV

Clinical Examination &
Viva-Voce

Part – II Practicals

Asanas, Pranayams Mudras & Bandhs
Kriyas & Meditation techniques
Yoga Therapy special techniques
Practicals

Part – III

Project Report

Part – V

Internal assessment

Fees for the course :

Course

P.G. Diploma in Yoga
Diploma in Yoga
Certificate in Yoga

Open Seat

I Installment

Rs.6415.00
Rs. 4500.00
Rs 2000.00

II Installment

Rs. 3525.00
Rs. 2300.00
One time

III Installment

Rs.2450.00