CENTRE FOR YOGIC SCIENCES

Programme Offered:
1. Diploma in Yoga Education
2. P.G. Diploma in Yoga Therapy (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 commission has given sanction to start a separate course on Yoga Therapy.

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:

Objectives 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 secondary (10+2) with 40% marks.

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

Venue:
Institute of Distance Education, Jiwaji University 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:**

<table>
<thead>
<tr>
<th>Part – I Theory</th>
<th>Part – II Practicals</th>
<th>Part – III</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundation of Yoga</td>
<td>Asanas, Pranayams Mudras &amp; Bandhs</td>
<td>Project Report</td>
</tr>
<tr>
<td>Basics relevant to Yoga Therapy</td>
<td>Kriyas &amp; Meditation techniques</td>
<td>Yoga Therapy special techniques</td>
</tr>
<tr>
<td>Human Biology</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Integral approach to Yoga Therapy</td>
<td></td>
<td>Practical</td>
</tr>
</tbody>
</table>

Yoga Therapy in practice

**Part – IV**
Clinical Examination & Viva-Voce

**Part – V**
Internal assessment

**Fees for the course**: Open Seat

<table>
<thead>
<tr>
<th>Course</th>
<th>I Installment</th>
<th>II Installment</th>
<th>III Installment</th>
</tr>
</thead>
<tbody>
<tr>
<td>P.G. Diploma in Yoga</td>
<td>Rs. 6415.00</td>
<td>Rs. 3525.00</td>
<td>Rs. 2450.00</td>
</tr>
<tr>
<td>Diploma in Yoga</td>
<td>Rs. 4500.00</td>
<td>Rs. 2300.00</td>
<td></td>
</tr>
<tr>
<td>Certificate in Yoga</td>
<td>Rs. 2000.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>