



**BECOME A CERTIFIED YOGA EXPERT**  
**DR.B.R.AMBEDKAR UNIVERSITY**  
**Admission notification: 2019**

Dr.B.R.Ambedkar University, Srikakulam invites applications for admission into **P.G. Diploma in Yoga (Two semesters/One year) and Diploma in yoga (Six months)** . **P.G. Diploma in Yoga Eligibility :** Any Degree pass. The Class work will be conducted 6 days in a week, from 4:30PM to 7:00 PM on Monday to Thursday, on Friday 7.00 AM to 9.00AM and on Saturday 8.00AM to 2.00 PM Field Work.

**Diploma in Yoga Eligibility :** Intermediate pass. The Class work will be conducted 4 days in a week, from 4:00PM to 6:00 PM on Monday to Thursday.

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 Directorate of Admissions (DOA) (or ) office of the Principal, College of Arts, Commerce, Law & Education, Dr.B.R.A.U. Campus. Prospectus and application form can be download from University website: [www.drbrau.edu.in](http://www.drbrau.edu.in)

Sale of Application : 05-06-2019 onwards

Last Date for Submission of filled-in Application

Without Late Fee : 26-06-2019

With Late fee Rs.500/- : 12-07-2019

Etcherla,  
Dt:05-06-2019.

**REGISTRAR**

**Department of Yoga and Fitness Management**  
**Dr. B.R. Ambedkar University-Srikakulam, Etcherla.**  
**P.G.Diploma in Yoga Course**  
**PROSPECTUS**

**Objectives:**

The purpose of the 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 P.G. Diploma in Yoga shall be required:**

1. To have passed a any degree of the recognized institution or an examination recognized by the reputed University as equivalent.
2. The admissions into the 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 P.G. Diploma in yoga is 80

**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 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 Class work will be conducted 6 days in a week from 4:30 to 7:00 pm From Monday to Thursday, on Friday 7.00 AM to 9.00AM and on Saturday 8.00AM to 2.00 PM Field Work. 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 P.G.Diploma       Rs. 10,000/-**

**Note : Fee concession for teaching and non- teaching staff is 50% and for students is 30% at Dr.BRAU, Camus, srikakulam.**

**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:****For P.G.Diploma in yoga (1<sup>st</sup> Semester):**

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<sup>nd</sup> Semester):**

Paper – I: Introduction to Yoga Theory and Application (Part- B)

Paper – II: Basic elements of Anatomy and Physiology (Part- B)

Paper –III: Introduction to Psychology (Part- B)

Paper – IV: Science of Divinity and Realization of self (Part- B)

Paper – V: Yoga Practice (Part- B)

**Note : The above theoretical papers can be change from this academic year (2019-2020).**



**DEPARTMENT OF YOGA AND FITNESS MANAGEMENT**  
**Dr. B.R. AMBEDKAR UNIVERSITY**  
**Diploma in YOGA**

**Objectives:**

The purpose of the Diploma in Yoga and management 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 and psychology relevant to the theory and practice of yoga to help them gain the 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 6 Months Diploma in Yoga shall be required:

1. To have passed a intermediate of the recognized board or an examination recognized by the reputed institute as equivalent.
2. The admissions into the 6 Months shall be made by the Dr. B.R. AMBEDKAR UNIVERSITY
3. Number of seats for admission into 6 Months are 80.

**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) as designed by the University which will permit them to practice yogic exercises comfortably during practical training.

**Courses of study:**

The 6 Months shall include three theory papers and one practical.  
The details of these courses are provided in the syllabus.

**Fees :5,000**

**Classes conducting: 4.00 pm-6.00pm**

**Instruction:**

The course duration shall be of one academic year. The classes will be conducted from Monday to Saturday with one hour theory and one hour for yoga practices. Practical classes for kriyas will be conducted on Saturdays. The medium of instruction shall be English and Telugu. The method of instruction shall comprise of lectures and demonstration.

**Yoga practice:**

The students shall practice kriyas, asanas, bandhas, pranayama, 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.

**Examination:**

The examination pattern for the 6 Months Diploma is a Year-end examination. The year-end examinations are scheduled to be held in one or two weeks prior to the commencement of academic year-end examinations.

**Course Curriculum: Papers**

Course	Marks	Duration of examination
Paper – I : Fundamentals of Yoga	100	3 hours
Paper – II : Basics of Human Biology	100	3 hours
Paper –III :Basics of Indian Philosophy and Psychology	100	3 hours
Paper – IV : Yoga Practice	200	2 hours