



**BECOME A CERTIFIED YOGA EXPERT**  
**DR.B.R.AMBEDKAR UNIVERSITY, SRIKAKULAM**  
**2018**

Dr.B.R.Ambedkar University, Srikakulam invites applications for admission into 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. 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 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.brau.edu.in](http://www.brau.edu.in)  
For more details contact no.+91-72859 13769

Sale of Application : 15-06-2018 onwards

Last Date for Submission of filled-in Application

Without Late Fee : 25-07-2018

With Late fee Rs.500/- : 27-07-2016

Etcherla,  
Dt:15-06-2018

**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 60

**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: Papers**

#### **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)



**DR.B.R.AMBEDKAR UNIVERSITY-SRIKAKULAM**  
**ETCHERLA, SRIKAKULAM, ANDHRA PRADESH-532410**

**Application for admission in to P.G.Diploma in Yoga Course**

1. Name of the candidate

: \_\_\_\_\_

—

2. Name of the Parent/Guardian

: \_\_\_\_\_

3. Date of Birth and age

: \_\_\_\_\_

4. Caste :

5. Relegion :

6. Native Address

: \_\_\_\_\_

—

\_\_\_\_\_

—

\_\_\_\_\_

—

7. Address for Communication

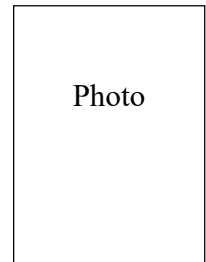
: \_\_\_\_\_

\_\_\_\_\_

—

\_\_\_\_\_

—



Photo

8. Present Occupation : \_\_\_\_\_

9. Previous Experience in Yoga : \_\_\_\_\_

10. Mobile No and e-mail. ID : \_\_\_\_\_

11. Educational Qualification( Passed)  
: \_\_\_\_\_  
(Inter/Degree/PG/Professional)

12. Percentage of Marks/Grade  
Points: \_\_\_\_\_  
in the qualifying examination

13. Application Fee particulars : DD

No. \_\_\_\_\_ Date \_\_\_\_\_

Bank: \_\_\_\_\_

I am hereby declare that the information submitted above is true.

Signature

Date :

Station:



**DR.B.R.AMBEDKAR UNIVERSITY-SRIKAKULAM**  
**ETCHERLA, SRIKAKULAM, ANDHRA PRADESH-532410**

---

**Scheduled of Counselling for Yoga Courses Admission**

**Date : 27-07-2018 & 28-07-2018**

**Time: 10:00AM**

**Venue: Main Seminar Hall, Dr.B.R.Ambedkar University-Srikakulam**

**Course Fee:**

**1. P.G.Diploma in Yoga Course (II Semesters) :10,000/-**

**Counselling Fee : 200/-**

**PRINCIPAL**

**Enclosed Copies:**

- 1. SSC**
- 2. Inter**
- 3. Degree**
- 4. Passport size photos 6**
- 5. Caste Certificate 2018**
- 6. Physical fitness certificate**

**Above enclosure are submit 3 sets of copies at counselling center.**