

Post Graduate Diploma in Yoga Education (P.G.D.Y.Ed.) (Subject Code: 808)

Introduction:

Yoga is an ancient holistic wisdom of India and a practical science which signifies a harmonious integration at all levels of human existence. The essence of yoga is first available in Vedic literatures. All traditional Indian schools of yoga advocate a movement towards the perfection of body and mind which lead to the soul and the almighty.

Objectives:

- i. The aim of this course is to impart knowledge of classical Indian traditional yoga.
- ii. To provide scientific knowledge of yoga and to prepare qualified yoga professionals for the world society.
- iii. To prepare excellent yoga teacher and researcher.
- iv. To promote health, fitness and wellness.
- v. Application of yoga for the prevention, care and rehabilitation of psychosomatic diseases.
- vi. Application of yoga for the development of Indian Culture, Value Education, Peace Education and harmony within the society.

Duration of the Course: One academic year (two semesters).

Eligibility Criteria: Graduate in any academic discipline from a recognized university/institution.

Age: 20 to 40 years. Candidates should be medically fit and sound in health.

Intake: Total seat 40 (30+10)

General	OBC	SC	ST	Total
15	8	5	2	30

Additional 10 seats are available for foreign students

Method of Selection: Selection will be based on admission test which includes-

- (i) Academic qualification
- (ii) Written test
- (iii) Practical test.

Course Fees: This is a self-financing course.

For Indian student Rs.15,000/- per semester
For foreign students Rs.25,000/- per semester.

Last Date for Application – 31st May 2016 (till the midnight)

For details go through the link :- <http://vbu.ucanapply.com/>

Contact: -

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