

SIX WEEKS CERTIFICATE COURSE IN YOGA (C.C.Y.)

Course Dates:
10th May – 25th June

REGISTRATION – MAY 2019

Objective:

It is ideal for those who have always wanted to have an in depth understanding of Yoga but have been unable to take a long time off. It covers textual, psycho-physiological, and practical aspects of Yoga, as well as, teaching methods in yoga.

Eligibility: Qualification:

For Indian students – 10+2 Pass or equivalent degree/diploma after 10th.

For International students – Pre University level degree for International students.

Medium :

Hindi and English Medium

Intake Capacity:

60 + International

Age: There is no age bar for the course.

Medical Test: Candidates should be medically fit and sound. Selection is subject to clearing the medical examination conducted by the Institute.

Course Fees

For Indians

Tuition and others – Rs. 10,000/-

(Includes one track suit, one T-Shirt and one day local excursion).

For International Students

Tuition Fee – USD 300

(Includes one track suit, one T-Shirt and one day local excursion)

Syllabus

Paper	No. of Lectures	Marks
Paper 1: Introduction to Hatha and Patanjali Yoga	40	100
Paper 2: Anatomy & Physiology of Yoga (Modern View) and Yogic Anatomy & Mental Health	40	100
Paper 3 : Teaching Practice & Viva-Voce	40	100
Practical Examination	80	100
		400

Examination: Duration 3 hours.

Two theory paper, Paper 1 and Paper 2 will be of 100 marks each and two practical examination teaching practice and viva voce of 100 marks will be conducted as internal process. Main practical examination of 100 marks will be conducted in presence of external examination.

