

Ramakrishna Mission Vivekananda University
(Declared by Govt. of India as Deemed University u/s 3 of UGC Act, 1956)
Belur Math, Howrah 711202, West Bengal

School of Indian Heritage
Department of Yoga Studies

Admission Notice: April 2017

Applications are invited from MALE candidates only, for Admission to the following Yoga related courses to be conducted at University's Main campus at Belur for the session 2017-18:

(1) PG Diploma in Yoga (PGDY)- 1 year (Full time course): Session starts in July 2017.

Eligibility: Graduate in any subject (including B.P.T & B.P.Ed.) with minimum 50% marks from any recognized University. Age limit- 40 yrs.

(2) PG Diploma in Yoga (PGDY)- 2 years (Part time course-weekend classes): Session starts in July 2017.

Eligibility: Graduate in any subject (including B.P.T & B.P.Ed.) with minimum 50% marks from any recognized University / Graduation with Certificate Course in Yoga (CCY) with minimum 55% marks from any recognized university.

(3) Outreach Programme of Yoga for Health and Wellbeing (OPY)-

Apart from the above two courses, we are providing yoga practice facility for any interested person as an 'outreach programme'. Yoga Practice for health and wellbeing is a yoga practice programme scheduled for **3 days per week for 6 months.**

Eligibility: Open to all, should be physically fit and mentally alert, admission will be made after suitable screening.

The following criteria are applicable for PG Diploma:

- (1) Relaxation of marks for reserved category as per the Government rules.
- (2) Students awaiting results may also apply.

Mode of Selection:

Written Test of English, interview and Fitness test: Candidates will be subjected to written test of English, physical fitness test and an interview to assess their aptitude and interest in the course of their choice.

Important Dates PGDY:

- (1) **Last Date of Application : 15 June 2017**
- (2) **Written Test of English : 17 June 2017**
- (3) **Interview & Selection : Tentatively between 22 to 24 June 2017**
- (4) **Admission : Within 30 June 2017**
- (5) **Classes start : 1st week of July 2017**

(Name of applicants of PGDY selected for the interview will be published in the website).

Admission and Course Fees:

(1) For PG Diploma in Yoga (PGDY):

- (i) Admission-cum-Registration Fees (one-time): **Rs.5000/-**
- (ii) Caution Deposit (refundable on completion of the course after deduction of brakage etc.): **Rs.2000/-**
- (iii) Course Fees: **Rs.12,000/-** (foe 2 semesters)
- (iv) Examination Fee: **Rs.2000/-** (for 2 semester)
- (v) Laboratory & Practical Fee: **Rs.3000/-** (for 2 semesters)
- (v) Identity Card: **Rs.50/-**

[Full amount of Fees payable at the time of admission:

Rs. (5000+2000+12000+2000+3000+50)=**Rs.24,050/-**]

(2) Yoga for Health and Wellbeing-an Outreach Programme:

- (I) Admission-cum-Registration Fees (one-time): **Rs.5,00/-**
- (ii) Course Fees: **Rs.3000/-** for six months.
(Full amount payable at the time of admission **Rs.3,500/-**)

How to apply:

Application forms can be collected from the University Office at Belur Campus in person or may be **downloaded** from our website as given below. and filled up form should be sent to the following address with a Demand Draft in favour of 'Ramakrishna Mission Vivekananda University' or cash if paid in person for **Rs.300/- within 15 June 2017.**

**Download Application Form from the website: <http://yoga.rkmvu.ac.in>
[Department of Yoga Studies]**

Submission of Application Forms:

Application forms completed in all respects should be submitted to the Registrar at the address given below either in person at the University Office together with a fee of Rs.300/- in cash or by demand draft in favour of Ramakrishna Mission Vivekananda University payable at Belur Math, Howrah, preferably UBI or SBI during office hours (from 10 am to 5 pm) so as to reach us on or before 15 June 2017. **Write on the envelope the name of the course you are applying for (i.e. PGDY-1 year / PGDY-2 years)**

**To
The Registrar
Ramakrishna Mission Vivekananda University
Belur Math, Howrah 711202
West Bengal.**

Contact: 033-2654999; 09433979911;

Email- vivekananda.university@gmail.com; hariharanandaswami@gmail.com

Course content: The content of the courses have been designed in the light of and in tune with the model syllabus given by University Grants Commission (UGC), New Delhi. **Subjects to be taught are as follows:**

1. Foundations of Yoga
2. Hatha Yoga
3. Human Anatomy & Physiology
4. Yogic Life Style
5. Yoga Practical Papers – I & II
6. Assignments & Self Appraisals
7. Essence of Principal Upanishads and BG
8. Patanjala Yoga Darshana

9. Applied Yoga
10. Methods of Teaching Yoga &
11. Yoga Practical Paper - III & IV
12. Teaching Practice
13. Naturipathy with practical & Introductory Ayurveda
14. Value Education