ADIKAVI NANNAYA UNIVERSITY

P.G. DIPLOMA IN YOGA COURSE-2016-17

(FULL TIME – 1 YEAR)

(For admissions into PG Diploma course in Yoga conducted at Sri Raparthi Rama Institute of Yoga, Kanavaram (V), Rajanagaram Mandal, East Godavari Dt., Andhra Pradesh, Pin – 533 296.)

(AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY).

RAJAMAHENDRAVARAM.

INFORMATION BROCHURE

Director
Directorate of Admissions
Adikavi Nannaya University, Rajah Rajah Narendra Nagar,
Rajamahendravaram-533296
Tel: 0883-2566011 / 7093008477, Email: aknucet@gmail.com
Websites: http://www.aknudoa.in or http://www.nannayauniversity.info

SCHEDULE	
Name of the Course	: P.G. Diploma in Yoga
No. of Seats	: 50
Commencement of download of Applications	: 20-07-2016
Last date for submission of Applications (with regular registration fee of Rs. 400/-)	: 18-08-2016
Last Date for submission of Applications with late fee of Rs.800/- (Regular fee Rs. 400/- + Fine Rs. 400/-)	: 22-08-2016
Course fee	: Rs. 10,000/-
Counselling Date & Time	29-08-2016 (10.00 A.M. – Monday at Adikavi Nannaya University, Rajamahendravaram, Rajahmundry, East Godavari District.). The candidate should attend the counselling with original certificates and course fee of Rs. 10,000/-.

ADIKAVI NANNAYA UNIVERSITY
DIRECTORATE OF ADMISSIONS
APPLICATION FORM FOR ADMISSION INTO
P.G. Diploma in Yoga Course (1 Year – Full Time)

Note: Read the Information Brochure carefully before filling the application form.

Registration No.

For Office Use

Particulars of Demand Draft enclosed towards registration fee (Rs. 400/-)

D.D. No. _____ Date: _____ for Rs. _____ Bank: _____

1. Name of the Course:

	P.G. Diploma in Yoga (Full Time)

Attested Photograph (taken not earlier than 1-7-2016)

2.Name of the Applicant (IN CAPITAL LETTERS):

SURNAME	FULL NAME

Father's Name .....

Mother's Name .....

Address .....

.....

PIN ..... Tel. No. With STD Code .....

Mobile No. ..... E-mail: .....

3. Gender: (Put ✓ mark)

Male	Female

4. Date of Birth

Day		Month		Year			

5. Reservation Category:

Put ✓ mark in appropriate box (Enclose attested copies – See Information Brochure)

SC	ST	LBC				
		A	B	C	D	E

6. Local / Non Local (Put ✓ mark)

Local	Non Local

7. Details of academic record: (a) Details of Qualifying Examination:

Name of the Qualifying Exam	Branch	University	Year of Passing	Group % of marks (all years of study)

8. Particulars of Marks obtained:

Years of study		College / University	Year of Passing	Marks scored	Maximum Marks	% of Marks
First Year	I-Sem.					
	II-Sem.					
Second Year	I-Sem.					
	II-Sem.					
Third Year	I-Sem.					
	II-Sem.					
Fourth Year	I-Sem.					
	II-Sem.					

DECLARATION BY THE CANDIDATE

The particulars furnished above are true and correct to the best of my knowledge and i hereby agree for the cancellation of my application / admission if any of the above details are found to be false.

Signature of the Parent / Guardian **Signature of the Applicant**

ADIKAVI NANNAYA UNIVERSITY

ADMISSION INFORMATION BROCHURE FOR P.G. DIPLOMA COURSE IN YOGA
(FULL TIME – 1 YEAR)

I. GENERAL INFORMATION:

1. Directorate of Admissions, Adikavi Nannaya University, Rajamahendravaram (erstwhile Rajahmundry) invites applications from eligible candidates for admission through Adikavi Nannaya University into Sri Raparthi Rama Institute of Yoga, Kanavaram Village, Rajanagaram Mandal, East Godavari District for the academic year 2016-2017.
2. Candidates who have already passed any degree examination recognised by Adikavi Nannaya University are eligible to study P.G. Diploma Course in Yoga (Full Time – 1 Year).
3. Bachelor Degrees of B.A./B.Sc./B.Com./B.A.Litt. and B.L. from Universities other than AP should be recognized by the University as equivalent thereto.
4. No age limit for admission into the course.
5. **MEDIUM OF INSTRUCTION IN P.G. DIPLOMA COURSE IN YOGA WILL BE IN ENGLISH. BUT THE CANDIDATES CAN WRITE THEIR YEAR-END EXAMINATION IN ENGLISH OR TELUGU.**

II. HOW TO APPLY:

1. Submission of filled-in applications: Applications should be downloaded from the Website **www.aknudoa.in** (or) **www.nannayauniversity.info**. A candidate has to pay Rs. 400/- (Plus Bank charges applicable for the mode of payment selected) as Registration and Application Processing Fee (and late fee if applicable) through Demand Draft in favour of Registrar, Adikavi Nannaya University payable at Rajahmundry. Filled – in applications should reach The Director, Directorate of Admissions, Adikavi Nannaya University, Rajahmundry – 533296 on or before 18-08-2016.

a) The following information must be kept ready for filling in the details for online submission
b) Percentage of marks and year of Passing of Qualifying Examination.
c) Date of Birth as per SSC records.
d) Caste in case of SC/ST/BC candidates.
e) PH/NCC/ NSS/SPORTS /CAP etc.
f) Parental Income Upto One lakh or up to Two lakhs or more than Two Lakhs (rupees)
g) Study or Residence (from M.R.O) or relevant certificate for proof of local status.

Note: the above original certificates are to be submitted during the Counselling for Admission.

2. General Instructions:

a. The University reserves the right to reject the application of a candidate at any stage, if a) the application is incomplete. b) the candidate fails to satisfy the prescribed eligibility conditions. c) false or incorrect information is furnished.
b. The Director, DOA is not responsible for non-submission of application by the notified date and time for any reason whatsoever.
c. **INCOMPLETE APPLICATIONS WILL BE SUMMARILY REJECTED.**

III. ADMISSION INFORMATION:

1. Admission shall be based on the percentage of marks obtained in qualifying examination.
2. At the time of admission candidates should produce the following original certificates in support of the qualification.

   i. Degree / Provisional Pass Certificate.
   ii. Consolidated Marks statement of the Qualifying Examination.
   iii. Transfer and Conduct Certificate from the institution where the candidate last studied.
   iv. Migration Certificate (for other Universities)
   v. Date of Birth Certificate (SSC/Matriculation or equivalent Certificate).
   vi. Intermediate original certificate.
   vii. Integrated Community Certificate issued by the competent authority in case of SC/ST/BC/EBC candidates.
   viii. 4 recent passport size Photos.
   ix. Physical fitness certificate from an Asst. Civil Surgeon.
   x. One set of Photostat copies of all the above certificates.

3. General Regulations during Study of the Course:

As per the UGC guidelines all Candidates admitted into various courses of study are required to put in a minimum of 75% of class room attendance. Candidates not securing a minimum of 75% attendance should repeat the course. The name of a student who continuously remains absent for a period of 10 days from the date of admission without valid reason and intimation shall be removed from the rolls.

ABOUT P.G. DIPLOMA COURSE IN YOGA

Yoga is an invaluable gift of India's ancient tradition. Yoga is 5,000-year-old system purely originated in India, which aims to transform both body and mind and is very much relevant even today. Yoga is a comprehensive methodology evolved by the ancient seers, which embodies physical, psychological, moral and spiritual dimensions of human life. Yoga is an advanced science with the strength of rigorous theoretical frame work supported by scientifically proved practical techniques.

Yoga is a scientific system that fosters healthy development of the physique and balanced development of the psyche. Yoga helps in promoting positive health, prevention of stress related health problems and rehabilitation. It also gives an integral approach to common ailments. Yoga also sharpens one's mental faculties improving attention and concentration. Its miraculous benefits for health, concentration, will power, stress management, personality development, human values, interpersonal relations and spiritual evolution are being highly appreciated now all sections of the society all over the world

In this regard, we should like to bring to your kind notice that on 11th Dec 2014, the United Nations General Assembly declared 21st June as the International Yoga Day. The declaration came after the call for the adoption of 21st June as International Yoga Day by Honorable Indian Prime Minister, Sri. Narendra Modi during his address to UN General Assembly on September 27, 2014. It indicates the global recognition and importance of Yoga. There is huge demand for qualified Yoga Teachers. Due to a dearth of experienced and professionally qualified yoga teachers, there is a necessity for Professional Training Institutes and Courses.

Increasing Need for Qualified Yoga Teachers:

Due to recent advances in Science and Technology, the lifestyles of the modern people have drastically changed to such an alarming extent that, this very lifestyle being adopted is leading to innumerable health problems, mental stresses and strains, family problems and social tensions and pressures. We are happy to note that, State Council of Educational Research & Training, UGC, AICTE, and other such National bodies have made Yoga training mandatory in higher educational institutions.

Today Yoga is being accepted as a system of Complimentary Alternative Medicine and as a Lifestyle Management Program. As a result, there is lot of demand in the society to learn yoga. This demand has further increased due to the recent awareness created due to the celebration of the first International Day of Yoga, 2015. However, the professionally qualified teachers available are very few. Therefore, there is an urgent need for Yoga Teacher Training courses and institutes all over India.

About Yoga Consciousness Trust

Yoga Consciousness Trust (YCT), a public charitable trust, is founded by the disciples of H.H. Yogacharya Sri Raparthi Rama Rao, a pioneer in Anusthana yoga Vedanta, with headquarters at Yogachaitanyaram, Vijinigiri, Vizianagaram District. Yoga Consciousness Trust based on Himalayan Gurusampradaya system of Yogic training, is directed towards achieving the supreme goal of life i.e., Self-Realization. The aim of YCT is

to develop the individual personality in all entirety to experience the Yoga Consciousness. The main objectives are –

1. Training and producing highly qualified and well-grounded Yoga Teachers
2. Preparing higher grade yoga sadhakas who will be able to guide others
3. Conducting yoga training programs catering to all walks of life
4. Publishing in yoga literature in the form of books and audio-visual
5. Undertaking research in the role of yoga for human transformation.
6. Yoga Teacher Training Courses of YCT

YCT is in the forefront of training qualified yoga teachers. It has been conducting the P.G. Diploma in Yoga since 1996, in affiliation with Andhra University. This year, due to the heavy demand for this course, the student intake has been increased from 40 to 60 students. YCT is also conducting three and six month Yoga Teacher Training Courses, Advanced Yoga Teacher Training Courses, and Skill Development Programs for Yoga Teachers.

Employment Opportunities for the Course

The course has got a huge potential of employment generation. The opportunities for employment for such graduates include:

1. Employment in both Government and Private schools and colleges as Yoga Teachers.
2. Employment in Yoga Training Institutions.
3. Employment in Health Centres, gyms, Alternative Medicine Clinics as Yoga Instructors.
4. Self-Employment by conducting yoga camps, workshops in private and public sectors.
5. Employment in Tourism sectors.
6. Opportunities to train individuals and foreigners.
7. Opportunities in foreign countries like Singapore, Malaysia, Hong Kong, USA etc.

YCT – Godavari Branch, Kanavaram – Sri Raparthi Rama Institute of Yoga

Yoga Consciousness Trust, Godavari branch at Kanavaram, East Godavari District was inaugurated on 18-08-2013 in 5 Acres land and is regularly conducting various yoga camps of both residential and non-residential nature. Sri Raparthi Rama Institute of Yoga located here is in a pollution free, peaceful environment most suitable for yoga and meditation training (Annexure – I & II)

Proposed One Year P.G. Diploma in Yoga Course at Sri Raparthi Rama Institute of Yoga to be affiliated to Adi Kavi Nannaya University

Infrastructural facilities:

The Institute is in a well maintained nearly 5 acre land with mango grove, gardens nourished by pure water and breeze. The Trust has already built a building complex with 7,000 sft along with herbarium of different plants pertaining to different planets etc. It has

spacious classrooms, huge Yoga Halls, well equipped office, latest classroom instruction equipment including LCD etc. (Annexure – III).

Residential facility is available for select out-station students who can adapt to the yoga institute routine. Accommodation on sharing basis is provided with healthy yoga diet.

The Library is well equipped with books on Yoga, Vedanta, Psychology, English and Telugu literature. The library also has CD/DVDs on yoga and allied subjects.

Admission Procedure:

Eligibility for admission is a Bachelor's degree in any field. Admissions will be made by the University as per the rules prevailing at the time. Admissions may be made without entrance test and based on the total marks obtained in the degree. Candidates should produce all the original certificates as per the admission memo at the time of admission the candidate should be in good health, certified by a registered medical practitioner.

Intake strength of Students:

The total number of student intake proposed is 50 per batch. It can be varied from year to year depending on the need.

Medium of Instructions:

The medium of instruction is English. However, the examinations can be answered both in English and the local language Telugu.

Examination and Evaluation Pattern

There will be mind year examination and year end examination. The mid-year examination shal be conducted by the Institute and the marks shall be sent to be University. The year end exainations, evaluation, publication of results, award of marks statements and award of diploma shall be undertaken by Adi Kavi Nannaya University. The details are provided in (Annexures – IV).

Syllabus

The syllabus is adopted largely from Andhra University Syllabus with necessary modifications with the following papers (Annexure – V).

1. Outlines of Indian Philosophy & Indian Psychology
2. Yoga Theory & Application
3. Classical Yoga Texts
4. Introduction to Human Physiology.
5. Practical Yoga

Any change in the regulation and syllabus shall be brought by the Board of Studies.

In addition to the regular curriculum, special workshops in conducting yoga classes will be taken. The students will also have first-hand experience in teaching and managing

residential / non-residential yoga training camps. Guest lectures by visiting professors and scholars will be arranged frequently.

Qualified Teaching Staff

The following experienced faculty will conduct the course.

Principal:

Prof. M.V.G.S. Sarma, M-Tech, Ph.D., P.G. Diploma in Yoga.

Faculty:

1. Sri. K. Arjun, M.Com., M.A., M.Ed., M.Sc., (Yoga and Naturopathy), PG Diploma in Yoga,
2. Smt. S. Venkata Lakshmi, M.A., M.Sc., (Yoga and Naturopathy), PG Diploma in Yoga,
3. Sri. K. Harish, B.Sc., M.A., PG Diploma in Yoga,
4. Sri. N. Siva Sankara Rao, M.A., B.Ed., PG Diploma in Yoga,

Fee Structure

The proposed fee to be collected from students at the time of admission shall be Rs. 10,000/- for the academic year 2016-2017 which excludes examination fee. This may vary from year to year.

Annexure – IV

Proposed Regulations and Syllabus for
Post Graduate Diploma in Yoga at Adikavi Nannaya Univeristy,
Rajahmundry, Andhra Pradesh
(w.e.f. 2016-2017)

Objectives:

The purpose of the Post Graduate 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 human anatomy and physiology, Indian philosophy, Indian psychology and Classical yoga texts 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 Hatha yoga practices and meditation with a secular and scientific orientation.

Regulations:

The candidates for Post Graduate Diploma in Yoga (PGDY shall be required:

1. To have passed a degree course of the Andhra University or an examination recognized by the Adikavi Nannaya University as equivalent.
2. The admission into the PGDY shall be made by the Director, Directorate Admissions, Adikavi Nannaya University. Number of seats for admission into PGDY are 50.

Physical Fitness:

The selected candidates must be in good physical and mental health and fit to practice Hatha Yoga as certified by a physician.

No-objection Certificate:

If the applicant is already employed in any organization he/she is required to submit a 'no-objection certificate' from the employer.

Dress:

The students shall be required to wear a suitable dress as designed by the Institute which will permit them to practice yogic exercises comfortably during practical training.

Courses of study:

The Post Graduate Diploma in Yoga shall include four theory papers and one practical. The details of these papers are provided in the syllabus.

Instruction:

The course duration shall be of one academic year. The classes will be conducted from Monday to Saturday with two hours theory and two hours of yoga practices. Practical classes for kriyas will be conducted on Saturdays. The medium of instruction shall be English. However, the examinations can be answered both in English and Telugu. The method of instruction shall comprise of lectures and demonstration.

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 percent attendance to achieve the benefits of the course. In addition, the Principal of the Institute shall certify that the student has learned the prescribed Hatha yoga techniques so that he/she will be able to teach them to others.

Examinations:

The examination pattern for the Post Graduate Diploma in Yoga shall include a mid-year examination shall be conducted in the last week of November and the year-end examinations in the 3rd / 4th week of april.

Scheme for Mid-year examination

Subject	Marks	Duration of Examination
Paper – I: Introduction to Human Physiology	20	1 hour
Paper – II: Outlines of Indian Philosophy and Indian Psychology	20	1 hour
Paper – III: Yoga Theory and Application	20	1 hour
Paper – IV: Classical Yoga Texts	20	1 hour
Paper – V: Yoga Practice	50	2 hours

Scheme for Year – end examinations

Subject	Marks	Duration of Examination
Paper – I: Outlines of Indian Philosophy and Indian Psychology	80	3 hours
Paper – II: Yoga Theory and Application	80	3 hours
Paper – III: Classical Yoga Texts	80	3 hours
Paper – IV: Introduction of Human Physiology	80	3 hours
Paper – V: Yoga Practice	150	2 hours

Mode of examination and evaluation for Yoga Practice:

In view of the unique nature of Yoga Practice, the following mode of evaluation is recommended for yoga practice.

The total marks of 50 for the mid – examination in yoga practice shall be distributed as follows:

Performance	– 20 marks
Instruction	– 10 marks
Viva – voce	– 10 marks
Records	– 10 marks

The total marks of 150 for the year – end examination in yoga practice shall be distributed as follows:

Performance	– 70 marks
Instruction	– 40 marks
Viva – voce	– 20 marks
Records	– 20 marks

The year – end examination in yoga practice will be conducted jointly by an internal and external examiner.

A candidate shall be declared to have passing in a paer, if he/she obtains not less than 40% of marks in that paper and 50% in practical examination. However, the aggregate passing minimum may be 50%. In addition the Principal has to certify on the recommendation of the concerned instructor that the candidate has learnt all the prescribed Hatha yoga techniques and that he/she is competent to tech them to others. A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in all papers including yoga practice shall be classified as below according to the aggregate percentage obtained.

50% and above but below 60%	– Second Class
60% and above but below 70%	– First Class
70% and above	– First Class with Distinction

Candidates who successfully complete the entire course in one year only shall be eligible to be considered for the award of rank of first class with distinction or first class.