

RAYALASEEMA UNIVERSITY, KURNOOL – 518 007

POST GRADUATE DIPLOMA IN YOGA COURSE-2018-19

(PART TIME – 1 YEAR)

(For admissions into PG Diploma course in Yoga conducted
at **Raparathi Rama Academy of Yogic Sciences**, Tekke, Nandyal, Kurnool Dt.,
Andhra Pradesh, Pin -518 501)

(AFFILIATED TO RAYALASEEMA UNIVERSITY, KURNOOL)



INFORMATION BROCHURE

Director
Directorate of Admissions
Rayalaseema University, Kurnool-518 007
Phone: +91 91601 18000, Email ID: doa.ru18@gmail.com
Websites: www.ruk.ac.in

SCHEDULE

Name of the Course	: P.G. Diploma in Yoga (Part time)
No. of Seats	: 50
Commencement of download of Applications	: 29-06-2018
Last date for submission of Applications (with regular registration fee of Rs. 500/-)	: 20-07-2018
Application to be submitted	The Director, Directorate of Admissions, Academic Block – I, Rayalaseema University, Kurnool – 518007 on or before 20-07-2018
Last Date for submission of Applications with late fee of Rs.900/- (Regular fee Rs. 500/- + Fine Rs. 400/-)	: 25-07-2018
Course fee	: Rs. 10,000/-



DIRECTORATE OF ADMISSIONS

RAYALASEEMA UNIVERSITY

Nandyal Road, Kurnool-518007, Andhra Pradesh, India

Phone: +91 91601 18000, Email ID: doa.ru18@gmail.com

APPLICATION FORM FOR ADMISSION

P.G. Diploma in Yoga Course (1 Year – Part Time)

Registration No

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

For Office Use

Particulars of Demand Draft enclosed towards registration fee (Rs. 500/-)

DD: In favour of **CONVENOR RUGSET 2013**, payable at State Bank of India, Pasupula Branch, Kurnool.

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

1. Name of the Course:

P.G. Diploma in Yoga (Part Time)

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

SURNAME	FULL NAME

Attested
Photograph

(taken not earlier
than 1-6-2018)

Father's Name

Mother's Name

Address

PIN

Tel. No. With STD Code

Mobile No.

E-mail:

4. Date of Birth

Day	Month	Year

5. Reservation Category:

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

SC	ST	OBC				
		A	B	C	D	E

(Put ✓ mark)

6. Local / Non Local

Local	Non Local

7. Details of academic record from lower degree to higher degree:

S.No.	Name of the Qualifying Exam	Branch	Year of Passing	Name of the Board/ University	% of marks obtained (All years of study)	Division
1						
2						
3						
4						
5						

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

RAYALASEEMA UNIVERSITY, KURNOOL.
ADMISSION INFORMATION BROCHURE FOR P.G DIPLOMA COURSE IN YOGA
(PART TIME – 1 YEAR)

I. GENERAL INFORMATION:

1. Directorate of Admissions, Rayalaseema University, Kurnool invites applications from eligible candidates for admission through Rayalaseema University, into **Raparthi Rama Academy of Yogic Sciences (RAYS)** Tekke, Nandyal Kurnool District for the academic year 2018-2019.
2. Candidates who have already passed any Bachelor's degree examination recognised by Andhra Pradesh State Universities or any degree from other than AP which should be recognized by the University as equivalent there to are eligible to study P.G. Diploma Course in Yoga (Part Time – 1 Year).
3. No age limit for admission into the course.
4. Medium of instruction in P.G diploma course in yoga will be in English / Telugu.

II. HOW TO APPLY:

1. Submission of filled-in applications: Applications should be downloaded from the Website **www.ruk.ac.in**. A candidate has to pay Rs. 500/- (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 **CONVENOR RUPGSET 2013**, payable at State Bank of India, Pasupula Branch, Kurnool. Filled in applications should reach- The Director, Directorate of Admissions, Rayalaseema University, Kurnool – 518007 on or before 20-07-2018.

- a) The following information must be kept ready for filling in the details for 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) NCC/ NSS/SPORTS/CAP etc.
- f) Study or Residence or relevant certificate for proof of local status from M.R.O.

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 any Graduation 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/OBC candidates.
 - viii. 4 recent passport size photos.
 - ix. Physical fitness certificate from a registered medical practitioner.
 - x. Three sets of Photostat copies of all the above certificates.

Admission Procedure:

Eligibility for admission is a Bachelor's degree in any discipline. Admissions will be made by the University as per the rules prevailing from time to time. Admissions may be made based on the marks obtained in the degree. Candidates should produce all the original certificates as per the admission memo at the time of admission.

Physical fitness:

The selected candidate should be in good Physical and mental health, certified from a registered medical practitioner.

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.

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. Course will be conducted if minimum 50% seats are filled i.e., 25 seats.

- Co- education
- No- age limit

Medium of Instructions

The medium of instruction is English/Telugu. Examinations can be answered both in English and Telugu.

Dress Code:

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.

- Ladies – White colour Panjabi dress.
- Gents – White colour Kurta / Pajama.

Examination

Exams will be conducted in at Nandyal (in any of the Affiliated Colleges).

Evaluation Pattern

There will be mid year examination and semester end examination. The mid-year examination shall be conducted by RAYS and the marks shall be sent to the University. The semester end examinations, evaluation, publication of results, award of marks statements and award of diploma shall be undertaken by Rayalaseema University. The details are provided in **Annexure-I**

Syllabus:

The syllabus is adopted with the following papers

1. Introduction to Indian Philosophy & Psychology
2. Yoga Theory & Application
3. Classical Yoga Texts
4. 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.

Fee Structure

The proposed fee to be collected from students at the time of admission shall be Rs. 10,000/- for the academic year 2018-2019 which excludes admission and examination fee. This may vary from year to year.

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.

Rayalaseema University, Kurnool, Andhra Pradesh
Proposed Regulations for
Post Graduate Diploma in Yoga Part time
(w.e.f. 2018-2019)

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.

Course Duration

The PGDY (Part Time) course duration shall be of one academic year, include two semesters and four theory papers and one practical in each semester. The details of these papers are provided in the syllabus. The classes will be conducted from Monday to Friday with one hour theory and one and half hour for yoga practices the timings are evening 5:00 to 7: 30PM. and Saturday morning 6:00 to 8:00 AM for Kriyas

Yoga Practice:

The students shall practice kriyas, asanas, bandhas, pranayama, mudras and meditation during the course on 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 semester only if he/she puts in attendance stipulated above as per university rules and regulations. However, in view of the specific nature of the course it is desirable that the student shall put in at least 75 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.

Scheme for P.G Diploma in Yoga (Part time) Examinations as per Credit System
Semester: I

Subject Code	Title of the Paper	Exam Duration Mid/Sem End(Hours)	Credits	Max. Marks	Mid-Semester (Internal)	End-semester
PGDY 101	Introduction to Indian Philosophy -I	1/3	6	100	30	70
PGDY 102	Yoga Theory & Application -I	1/3	6	100	30	70
PGDY 103	Pathanjali Yoga Sutras -I	1/3	6	100	30	70
PGDY 104	Human Physiology -I	1/3	6	100	30	70
PGDY 105	Yoga Practice-I		9	150	50	100
	Total		33	550	170	380

Semester: II

Subject Code	Title of the Paper	Exam Duration Mid/Sem End(Hours)	Credits	Max. Marks	Mid-Semester (Internal)	End-semester
PGDY 201	Introduction to Indian Psychology -II	1/3	6	100	30	70
PGDY 202	Yoga Theory & Application -II	1/3	6	100	30	70
PGDY 203	Hatha Yoga Texts -II	1/3	6	100	30	70
PGDY 204	Human Physiology-II	1/3	6	100	30	70
PGDY 205	Yoga Practice-II		9	150	50	100
			33	550	170	380

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 conducted. 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 regularly.

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

Performance – 30 marks
Viva – voce – 10 marks
Internal Assessment – 10 marks

The total marks of 100 for the semester end examination in yoga practice shall be distributed as follows:

Performance – 50 marks
Teaching – 20 marks
Viva – voce – 10 marks
Records – 20 marks

The semester – 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 paper, if he/she obtains not less than 40% of marks in that paper and 50% in practical examination. 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 graded as below according to the aggregate marks obtained.

Grading System for Results

S.No	Marks Range	Grade	Description	Grade Point
1	0 - 39	F	Fail	0.0
2	40 - 50	P	Pass	4.0
3	50 - 55	C	Average	5.0
4	55 - 60	B	Above average	6.0
5	60 - 70	B ⁺	Good	7.0
6	70 - 80	A	Very good	8.0
8	80- 90	A ⁺	Excellent	9.0
9	90 -100	O	Outstanding	10.0

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 ones 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 Honourable 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 Raparathi Rama Rao, a pioneer in Anusthana Yoga Vedanta, with headquarters at Yoga Chaitanyaram, Vijinigiri, Vizianagaram District Andhra Pradesh. 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 entirities 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 at Bhimunipatnam, in affiliation with Andhra University, Nannaya University from 2016 at Kanavaram, from 2017 at Kakinada and Tadepalligudam. 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 and USA etc.

YCT – Nandyal Branch, Nandyal, Tekke – Raparathi Rama Academy of Yogic Sciences .(RAYS)

Anusthana Yoga Vedanta practice has been started at Nandyal, Kurnool District in the year 1999 by Sri Gummadi Damodara Kumar Reddy garu disciple of H.H Yogacharya, Dr. Sri Raparathi Rama Rao garu a pioneer in **Anusthana Yoga Vedanta**. Later it has been merged with Yoga Consciousness Trust (YCT), in the year 2001. A fully equipped building for the same has been inaugurated in the year 2009. YCT Nandyal branch is positioned in 35cents of land with slab area of nearly 15000 sqft ground floor and fully fledged residential facilities in first floor at Yoga Chaithanya Nagar, Tekke, Nandyal, M.No. 9949220024.

Raparathi Rama Academy of Yogic Sciences located here is in a pollution free, peaceful environment most suitable for Yoga training. The branch has been regularly conducting various yoga camps of both residential and non-residential nature.

Branch has been conducting Anusthana Yoga Vedanta courses (AYVC) and personality development programs for children, youth, general public and also different areas people etc.

Health management camps attending issues like, respiratory disorders, hypertension, diabetes, digestive disorders, obesity, spinal problems etc are conducted. All camps are conducted on both residential and non-residential basis.

YCT, Nandyal has also been conducting workshops and seminars in Yoga, Stress Management camps, executive programs, Instructor courses, Teacher training, Certificate courses, spiritual retreats, special training programs in Yoga for college students etc. YCT Nandyal branch having centres in Nandyal and Kurnool has trained more than 8000 aspirants till now.

Infrastructural facilities:

The Library is well equipped with books on Yoga, Indian Philosophy, Spiritual and many more in English and Telugu literature. The library also has CD/DVDs on yoga and allied subjects.