

ORDINANCE NO.


CERTIFICATE IN YOGA EDUCATION

1. NAME OF THE COURSE : Certificate Course in yoga.
2. DURATION OF THE COURSE : 6 Weeks.
3. Eligibility : Candidate should have passed atleast 10+2 examination from any recognized Board, with 40% marks.
4. ADMISSION : Admission with be given on the marks obtained in interview conducted by the department.
5. ATTENDANCE : A candidate shall be required 85% of attendance in theory and practical seperately ~~of appear~~ in the final exam.
7. AWARD OF GRADING : Candidate who obtains 60% or more marks shall be placed in ' A ' grade.
Candidate who obtains 40% or more marks but below 60% marks shall be placed in 'B' grade.
Candidate who obtains 30% or more marks but below 45% marks shall be placed in ' C ' grade.
8. FEE STRUCTURE OF THE COURSE: Fees for the Certificate Course will be Rs. 1500/- and other fees will be charged as per the university rules.

9. SCHEME OF EXAMINATION : Final Exam.

PAPERS	MAX. MARKS	MIN. PASSING MARKS
Theory Paper		
1. Yoga Parichaya	100	33
Practical		
1. Skills	100	40
Total	200	73

10. The fees structure may change with time to time
11. All other matters not provided in this ordinance shall be governed by the relevant provisions of other ordinance relating to examination in general and M.P. Govt. Guidelines.



HEAD
 Yoga Centre
 Devi Ahilya University
 Indore (M.P.)

छ: सप्ताह योग प्रमाण-पत्र पाठ्यक्रम

- ईकाई - 1 योग शब्द का अर्थ, योग के प्रकार, एवं विशेषता, योग की परिभाषा ।
- ईकाई - 2 अष्टांग योग का अर्थ, यम, नियम, आसन, प्राणायम, प्रत्याहार, धारणा, ध्यान एवं समाधि का वर्णन
- ईकाई - 3 छ योग के सहायक तत्व, नाडीशुद्धि, प्राणवायु, आसन और कुण्डलिनी, ।
- ईकाई - 4 शुद्धिक्रिया, प्राणायम नाडीशुद्धि और नाडीयो के प्रकार ।
- ईकाई - 5 क्लेश, ईश्वर, चित्त प्रसाधन दूर करने के उपाय ।

Ajayk

(Signature)

(Signature)

(Signature)

(Signature)

HEAD
Yoga Centre
Devi Ahilya University
Indore (M.P.)