



6.7 IMPORTANT DATES FOR ADMISSION TO POST GRADUATE DIPLOMA IN YOGA (PGDY) (ONE YEAR)

Last Date of Receipt of Application	:	12th July, 2012
Reporting Time for Admission Test	:	9:00 AM on 14th July, 2011
Dates of Admission Test	:	14th July, 2012
Venue of Admission Test	:	LNUPE, Gwalior
Commencement of Classes	:	16th July, 2012

6.7.1 SEATS AVAILABLE : Total 30

Reservation cell apply as per GOI norms/UGC Regulations.

6.7.2 ELIGIBILITY FOR ADMISSION

- 6.7.2.1** The aspirants should have obtained minimum 45% (40% for SC/ST) Marks in Bachelor of Physical Education (B.P.Ed.) or Bachelor Degree in any discipline from a recognized University and also recognized by the University.
- 6.7.2.2** Married women shall be eligible for admission to the course. (In case, a woman candidate admitted to the course gets pregnant and reaches the stage of expectancy during the course, she will have to discontinue her studies for a minimum period of the one year).

**6.7.3 ADMISSION PROCEUDURE/TESTING AREAS****6.7.3.1 Practical Skills : 50 Marks**

The applicants will be tested for their basic fitness in relation to yogic practices and Marks will be awarded by a panel of teachers on the basis of their performance.

6.7.3.2 General Awareness (Written Test & Interview) : 50 Marks

Basic awareness in the field of yoga will be tested in objective type written test having a weightage of 40 Marks. Interview shall have a weightage of 10 Marks.

NOTE:

- (I) **Candidates are to note that no call letter for the entrance test shall be sent to them by post.** Candidates who are sure that they fulfill eligibility conditions, may report for admission test as per the stipulated programme at the test center opted by them.
- (II) Seats will be filled according to the merit of Admission Test.
- (III) The candidate must secure minimum of 45% i.e. the qualifying mark in the Admission Test.

6.7.4 FEE STRUCTURE

Each student will pay the fee as given in **ANNEXURE – VIII.**

6.7.5 COURSE CONTENTS**PART-“A” THEORY SUBJECTS**

1. Paper -I Patanjali Yoga Sutras
2. Paper –II Yogic Text
3. Paper-III Alternate Therapies
4. Paper-IV Anatomy and Physiology of Yogic Practices
5. Paper –V Yogic Philosophy and Mental Health

PART –“B” PRACTICALS

1. Asanas
2. Kriyas
3. Pranayamas
4. Bandhas and Mudras
5. Meditation
6. Relaxation Therapies

PART-“C” TEACHING PRACTICE (10 Lessons by each student)

6.7.6 UNIFORM

The students shall have a common uniform as decided by the University/ Department. After admission they should procure the uniform which would cost around Rs. 3000/-.

6.7.7 AWARD OF DIPLOMA

A candidate will be awarded Diploma by the University after having passed the theory and practical examinations separately.

NOTE:

- I. Medium of Examination shall be either Hindi or English.
- II. In case where the Department does not have separate rules, rules of the University would be applicable.

For any query, kindly contact:-

Dr. (Mrs.) Manika Debnath, HOD
Department of Health Sciences & Fitness

LNUPE, Shaktinagar, Gwalior -474002
Ph. 0751- 4000808, E-mail: dhsy.lnupe@gmail.com

