

Ordinances
For the
Post Graduate Diploma in
Yoga Science



आर्यभट्ट ज्ञान विश्वविद्यालय
ARYABHATTA KNOWLEDGE UNIVERSITY

Aryabhatta Knowledge University, Patna

w.e.f. Academic Session 2017-18

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ORDINANCES FOR POST GRADUATE DIPLOMA IN YOGA SCIENCE
(PGD in Yoga Science) w.e.f Academic Session 2017-18

These rules and regulations are for the POST GRADUATE DIPLOMA IN YOGA SCIENCE (PGD in YSc) run by Indian Institute of Yoga, Patna approved by Aryabhatta Knowledge University, Patna.

1 OBJECTIVE

- 1.1 To train and educate a select group of young men and women in the practices and philosophy of Yoga science which will provide them a dynamic physical- mental health, a basic Understanding of its ancient rational philosophy which will prepare them as teachers for Guiding and counseling their students towards all round development.
- 1.2 The PGD in Yoga Science programme shall be under Aryabhatta Knowledge University, Patna.

2. DURATION OF COURSE

- 2.1 The PGD in Yoga Science programme shall be of one year.
- 2.2 Examination shall be held at the end of academic session by Indian Institute of Yoga.
- 2.3 Working Days**
- 2.3.1 There shall be at least two hundred working days in a year for one complete academic Session including admission and examination period.
- 2.3.2 The Institute will run six hours every working day that is minimum thirty six hours in a week. Two hours will be given for practical and four hours (two classes) for theory per day.
- 2.3.3 Students have to maintain minimum eighty percent attendance for all theory and practical classes.

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2.4 Structure of Syllabus

The curriculum shall be designed in such a manner that in the period of one year the trainees would be well acquainted with the basic theories, philosophy and literature of the yoga system and they would be thoroughly trained in practice and understanding of

- Hathayoga,
- Rajyoga,
- Jnanayoga and
- Karmayoga.

The courses under each of these area will be based on a closed reading of original writings, seminar, paper presentations and yoga journals etc.

2.5 SCHEME OF STUDY

DISTRIBUTION OF THE COURSES DURING ACADEMIC SESSION							
Paper	Subject	No. of classes	Theory	Practical	Oral	Other	Full Marks
Paper I	Hatha Yoga	133	50	40	10	-	100
Paper II	Raj Yoga	52	50	20	30	-	100
Paper III	Jnana Yoga & Karma Yoga	50	80	-	20		100
Paper IV	Human Anatomy & Physiology	83	70	-	30		100
Paper V	Teaching Methodology	115	20	40	10	15+15	100
Total		433	270	100	100	30	500

(Note: The duration of per class shall be of two hours.)

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- 2.5.1 The students will be taken to various yoga teaching centres in a group. The time, date, duration etc. about these trips will be announced by the Indian Institute of Yoga. The students will be expected to observe, investigate, inquire and seek interviews during this educational tour.
- 2.5.2 Students shall have to submit a report not less than two thousand words about the yoga trip which will carry 10 marks.
- 2.5.3 There shall be school / college Internship programme. The grading shall be awarded on the basis of overall performance of the student during internship programme

3. REGISTRATION

All students seeking admission to this course have to be registered with Aryabhata Knowledge University, Patna on payment of prescribed fee, if not registered.

4. EXAMINATION

4.1 All such registered students will be permitted to appear in the examination of PGD in Yoga Science who must have:

- (a) Completed the course of study for the same.
- (b) Completed 80% attendance in theory and practical classes.

4.2 A candidate for PGD in Yoga Science shall be examined in five papers carrying total 500 marks

- (i) There shall be five papers carrying 100 marks each
- (ii) In paper 1(Hatha Yoga) grading shall be on the following basis

Written test -----	50 marks
Demonstration of performance ----	40 marks
Oral test -----	10 marks

(iii) In paper 2 (Raj Yoga) grading shall be on following basis

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Written test	-----	-----	50 marks
Oral test	-----	-----	30 marks
Practical demonstration	-----		20 marks

(iv) In paper 3 (Jnana Yoga & Karma Yoga) grading shall be on following basis

Written test	---	80 marks
Oral test	---	20 marks

(v) In paper 4 (Human Anatomy & Physiology) grading shall be on following basis

Written test	----	70 marks
Oral test	-----	30 marks

(vi) In paper 5 (Teaching Methodology) grading will be on following basis

Demonstration of actual teaching	---	40 marks
Written test	-----	20 marks
Oral test	-----	10 marks
Performance during internship	-----	15 marks
Written Report on yoga trip	-----	15 marks

4.3 The written examination of theoretical papers shall be of duration as given below:

Paper 1, paper 2, paper 3 and paper 4		2 hours and 30 minutes
Paper 5	-----	1 hour.

4.4 Courses of study for PGD in Yoga Science programme shall be same as approved by the Academic Council of Aryabhatta Knowledge University.

4.5 A candidate, who has completed the course but fails to appear at the examination or fails to pass the examination, shall be allowed to take subsequent examination on payment of prescribed examination fee. This will not be mandatory to rejoin the course. This opportunity shall be given only for one more examination within the period of three years from the date of admission that is three consecutive exams from the date of admission.

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5. CONDUCT OF EXAMINATION AND MODERATION OF RESULTS

5.1 The Institute shall conduct the examination and will charge the approved

examination fee to conduct the examination.

5.2 The examination programme shall be finalized by the Institute

5.3 45% marks in each theory paper and 50% marks in each practical paper separately and overall 50% marks shall be needed to pass the examination of PGD in Yoga Science. A candidate not securing above marks shall be declared as fail.

5.4 The name of successful candidates shall be arranged in order of merit as per percentage of marks obtained by them.

- | | | |
|------|--|---|
| i) | 75% marks and above will be awarded | 1 st Division (Distinction). |
| ii) | 75% > = 60% marks will be awarded | 1 st Division. |
| iii) | A Pass candidate obtaining less than 60% | 2 nd Division. |

5.5 All students are required to go for Internship programme for four weeks during the academic session

6 AWARD OF DIPLOMA

Those who complete the programme successfully shall be awarded Post Graduate Diploma in Yoga Science by the Aryabhatta Knowledge University, Patna in prescribed format specifying the class/ Division/ Grade in which he/ she is placed.

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ORDINANCE FOR ADMISSION

1. SELECTION AND ADMISSION PROCEDURE

1.1. The candidates shall have to pass a written, oral and physical test for getting selected by the Institute.

1.1.1 A candidate should be healthy and free from any disease.

1.1.2 A candidate should have communicable vocabulary, and should have the ability to read and write correctly in Hindi or English

1.2 Entrance Test fee shall be charged from the candidates. The amount of the test fee would be decided by the Institute.

1.3 Appearance in the Entrance Test is mandatory. Admission shall be made strictly in order of merit which shall be prepared according to the marks obtained by the candidate in the Test.

1.4 Entrance Test will be conducted by University/ Institute. Date of test will be announced by the University/ Institute and merit list will also prepared by the University/ Institute after evaluation of answer sheet. Seat allotment will be done through counseling.

1.5 Reservation of seats for the candidates of reserved categories shall be as per State Government's rule. The reserved category candidate shall have to submit a copy of certificate from an officer not below the rank of S.D.O.

1.6 List of admitted students shall be submitted to the University within one month after the declaration of merit list.

1.7 If any time it is found that the candidate has furnished any false information, his/ her candidature shall be cancelled immediately and the deposited fee shall be forfeited and suitable legal action may be initiated.

1.7 Those who have completed their training Physical Education or Bachelor of education from a duly recognized institution would be given priority.

1.8 If reserve category seat remains vacant then it will be allotted to general category candidate.

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1.9 In case of any controversy or irregularity pertaining to PGD in Yoga Science the University (AKU) shall take the final decision as per approved Rules and Regulations.

2. ELIGIBILITY CRITERIA

2.1 The candidate (male or female) must have a Bachelor Degree or its equivalent from a duly recognized University or Institution with at least 50% marks for general and 40% for reserve category.

2.2 The candidate must be below 30 years of age at the time of admission. In the case reserve category candidate maximum age should not be more than 35 years.

3. TOTAL NUMBER OF STUDENTS

There shall be basic unit of 60 students, with a maximum of two units. This intake capacity may be modified by University (AKU).

4. FEE STRUCTURE

4.1 The fee structure for one year Post Graduate Diploma in Yoga Science is recommended to be as follows:

S. No	Particulars	Amount in Rs.
01	Admission including Registration Fee (1000 + 500)	1500.00
02	Tuition Fee	28000. 00
03	Examination Fee	2000.00
04	Development Fee	4000.00
05	Library Fee	1000.00
06	Field Work/ Educational Tour	2000. 00
07	Caution Money	1000. 00
	Total	39,500.00

4.2 The above mentioned fee structure can only be changed / revised with approval from the University

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