

13. POST GRADUATE DIPLOMA IN YOGA EDUCATION (PGDYEd)

[Two-Semesters]

13.1 ADMISSION SCHEDULE

** Information can be sought regarding admission through website www.lnipe.edu.in*

13.2 SEATS AVAILABLE

Category	Total Seats 30
UR	15
SC (15%)	05
ST (7.5%)	02
OBC-NCL (27%)	08
EWS (10%)	03
PwD	As per GOI norms
The wards of Kashmiri Migrants and Kashmiri Pandit/Kashmiri Hindu Families (Non-Migrants) living in Kashmir valley (Supernumerary)	As per GOI norms
Ward of regular LNIPE staff (Supernumerary)	01

Note: Seats for Foreign National candidates will be supernumerary.

13.3 ELIGIBILITY FOR ADMISSION

13.3.1 Graduate from any discipline with minimum 45% marks and 40% Marks for SC/ST category, PwD, Kashmiri Migrants & Kashmiri Pandit/Kashmiri Hindu Families (Non-Migrants) living in Kashmir valley.

13.3.2 For any other relaxation related to age and percentage of marks, the advisory issued by Government of India from time to time will be applicable.

Note:

- All the candidates appearing as Supplementary / Compartment in qualifying examinations for the session 2024-25 are eligible to appear in Entrance Test but their final results must be declared on or before the last date of Registration.*
- Candidates should note that no "CALL LETTER" for the Entrance Test shall be sent to them by Post. They should download the admission form from Institute website and sent to Department of Yogic Sciences by e-mail i.e.; hodyogicsciences@lnipe.edu.in*

13.4 FEMALE CANDIDATES

Married women are eligible for admission, but if she conceives during the course, she will have to discontinue her studies for at least one Academic Year. She can join back afresh from the beginning of the semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind.

13.5 ADMISSION PROCEDURE

13.5.1 The admission process for PGDYEd. will comprise of both Written Test and Skill Proficiency Test in Yogic Practices. The merit will be based on combined aggregate of both tests i.e. Offline WRITTEN TEST (MCQ BASED) & SKILL PROFICIENCY TEST IN YOGIC PRACTICES.

S. No.	Admission Test (Offline)	Total Marks
1.	WRITTEN TEST (MCQ BASED)	40
2.	SKILL PROFICIENCY TEST IN YOGIC PRACTICES Basic Yoga Practices like Asanas and Suryanamaskara	60
Total Marks		100

*** Syllabus of Written Test:**

- (1) Logical Reasoning;
- (2) General Awareness about Yoga;
- (3) Fundamentals of Yoga:
 - Four Traditional streams of Yoga (Gyan, Karma, Bhakti, Hatha)
 - Modern Yogic streams and Techniques
 - Basic knowledge of Life Histories of Yogis – Maharishi Patanjali, Hath Yogi Gorakshnath, Swami Vivekanand, Maharishi Aurobindo
- (4) Basic Psychological Concepts – Anxiety, Frustration, Agitation, etc., Types of Personalities.
- (5) Practical application of Yoga
- (6) Yoga and Health
- (7) Basic awareness about Benefits and Contraindications of Yoga Practices
- (8) Diet and Nutrition
- (9) Concept of Wellness
- (10) Fundamentals of Naturopathy and Alternate Therapies

13.6 General Medical Check-up (Compulsory)

Note:

- i. Appearance in offline MCQ test and practical test is mandatory in order to be Eligible for admission.
- ii. Admission to differently abled candidates is entertained.

13.7 Age Limit: As per the other PG Diploma programme of the Institute.

13.8 FEE STRUCTURE

Each student shall pay the fee as given in **Annexure-18**.

Note: *For a course to continue a minimum of 05 candidates are required. If the course is discontinued due to this reason, then the fee will be refunded to provisionally selected candidates.*

Note:

- (i) Admitted candidates have to undergo Internship of 30 days (one month) from any Institute/School/Center/Organization at his/her own cost.
- (ii) Boarding & Lodging facility will be provided to the admitted candidates at the Institute if available of required by candidate.