

Ref. No. / SC / Date 10.08.2021

ADMISSION NOTICE

We are happy to announce that we are going to start a Add-on course of short term and long term Yoga Training programme, under Government and various reputed Non-Government organization.

Jointly organized by – Santipur College, DNAM & Charitable trust.

Interested candidates are requested to contact the Dept. of Yoga Education of Santipur College. For any query call – [9434424365](tel:9434424365) / [9382483038](tel:9382483038) / [8709825421](tel:8709825421).

A. Yoga Volunteer (YV) under YCB, Ministry of AYUSH, GOI

Eligibility: Open for all

Age: Upto 75 years

Duration: One month or 36 hours

Training Fees: Rs.3068/- only.



B. Yoga Instructor Course (YIC) under SVYASA University

Eligibility: 10th Standard or equivalent

Age: Upto 75 years

Duration: 4 months or 300 hours

Course fees: Rs.25,000/- only.

C. Certificate Course in Yoga (CCY) under IYA

Eligibility: 10th Standard or equivalent

Age: No age bar

Duration: 4 months or 240 hours

Course fees: Rs.20,000/- only.

D. Diploma on Yoga Teacher (DYT) under YCMOU

Eligibility: 10+2 Standard or equivalent

Age: Minimum 18 years or above

Duration: One year or 32 credits

Course fees: Rs.15,100/- only. *(fees are subjected to change by authority)*



Dr. Chandrima Bhattacharya

Principal,

Santipur College

Principal
Santipur College
P.O.-Santipur, Dist-Nadia.



Shubendu Acharya

Yoga Teacher

Dept. Of Yoga

Santipur College



A. Yoga Volunteer (YV)

1. **Name of the Certification:** Yoga Volunteer (YV)
2. **Requirement/ Eligibility:** Open for all. There is no eligibility criteria.
3. **Brief Role Description:** For promotion of wellbeing of oneself and society at large; assist in conducting group classes for Yoga Volunteer, Yoga classes in the park, Yoga related IDY programs. Can be part of Fit India Movement. Can conduct Yoga Break protocol in work places.
4. **Minimum age:** Upto 75 years
5. **Duration of course:** Equivalent to not less the 36 hours.
6. **Syllabus:** The institute shall impart knowledge and practice on the following topics
• As per Common Yoga Protocol prepared by Ministry of AYUSH for International Day of Yoga along with Neti, Tratak, Ujjaye Pranayam.
• Classes related to life management and preventive health.
7. **Certification of Yoga Volunteer:** The candidate who has 80% attendance in the class shall be eligible for certification. Certificate to the candidate shall be issued after getting the report from the institution about the attendance of the candidate and the program conducted.

B. Yoga Instructor Course (YIC)

1. **Title of the Programme:** The programme shall be called "Yoga Instructor's Course" (YIC)
2. **Aim of the Programme:** The aim of the programme is to spread "Wellness through Yoga"
3. **Objectives of the programme**
 - To introduce basic principles and practices of Yoga to common people
 - To bring awareness of the fundamentals of Yoga for wellness in their daily lives
 - To bring peace and harmony in the society at large by introducing the Yogic way of life.
 - Become eligible for the certification process from Yoga Certification Board under MDNIY.
4. **Duration**
 - The duration of Yoga Instructors Course is 6 months and 300 hours of learning
 - The maximum duration of the course is 1 year.
5. **Eligibility:** The candidate should have completed 10th Standard from a recognized board or equivalent.
6. **Medium of Instruction:** English

C. Certificate Course in Yoga (CCY)

Title of the Course:

The course shall be called 'Certificate Course in Yoga' shortly in CCY

Aims & Objectives of the Course

To spread Wellness through Yoga

To create teachers to teach Yoga for wellness in the society

Eligibility Conditions:

i) A pass in 10th from a recognized Board or equivalent.

ii) Foundation Course in Yoga (50 hrs.) from Institution/College

or

Its equivalent from any Central/State University, Yoga Institutions recognized or accredited by Yoga Certification Board, Ministry of AYUSH.

or

Yoga professionals having a minimum of 5years experience in active teaching and training in Yoga with valid documentations.

iii) The candidates must be medically fit. No person with chronic ailments is allowed to take admission.



Duration of the Course:

The duration of the course is usually 3 (three) months.

The course usually will start from – **March, April, July and October**

D. Diploma in Yoga Teacher (DYT) in Open & Distance Education

Diploma In Yoga Teacher : (YogaShikshak Padavika)

(Course code: P126)

This Course affiliated & certified course with Yashwant Chavan Maharashtra Open University, NASHIK which is well known university in Maharashtra, Under the Govt. of Maharashtra.

Eligibility :-

Class XII (HSC)(Any Stream) / Candidates who have passed YCMOU Preparatory exam / Authorised Diploma passed after SSC.

Duration of Course: 1 year (Once in a week) Annual Pattern

Fees: 15,100/-

Annual 1 year distance education course .

This course is Available in Baramati and Pune Centre also in association with Ayurveda Shikshan Mandal, Pune (Ashtang Ayurveda College)

Note:

Fees are for Indian Nationals, which includes tuition fees and our Institutions certification

Uniform T-Shirt, Neti pot, and Yoga pants cost Rs.799/- extras.

Registration fees and examination fees for YCB are extra.

Daily classes mostly are Monday to Friday and some time on Saturdays. Sundays are off unless special classes are planned.

Students should have proper internet access. Normally classes are run on Google-meet.

Timetable is subject to change.

There should be daily journal or weekly journal writing via email.

Courses are taught interactive online, till further notice, due to Covid19.

As and when the Covid/situation improves, students may be invited to the campus in college for on campus training. This opportunity is to experience first-hand and may be optional but not compulsory.

Successful students will also get one additional Certificate from 'DNAM & Charitable Trust' / 'Indian Yoga Association'

Keep your camera ON during classes

All fees are due before the start of the course. Payment instalment may be offered to needy students but only for assistance.

Fees shown in Indian rupees are for Indian, Nepal, Bhutan, Bangladesh Nationals. For other countries nationals please send email: info.dnayoga@gmail.com

Those who have already studied with our institution will get credit towards new studies. Please send your inquiry at dnamyoga@gmail.com or [Register Now](#).

Visit our website- www.dnayoga.org .

