



GURU RAVIDAS AYURVED UNIVERSITY PUNJAB

VPO Kharkan, Una Road, Hoshiarpur

(A State Govt. University, Approved by UGC)

Phone No. 01882-282326

Email: graurecruitment@gmail.com

Website:-www.graupunjab.org

Advertisement for Refresher Course in Meditation and Yoga Sciences (RCMYS)

Applications are invited for 15 Days Refresher Course in Meditation and Yoga Sciences (RCMYS) to be started in December, 2023. Applications on the prescribed proforma to be submitted along with all the relevant documents by email to graurecruitment@gmail.com or by Post to Registrar, Guru Ravidas Ayurved University Punjab, VPO Kharkan, Una Road, Hoshiarpur, Pin Code-146110 with the following eligibility, terms & conditions:-

Sr.No.	Description	
1	Minimum Qualifications	10+2 with one year regular Diploma in yoga from a recognized University/Institute.
2.	Duration of Course	15 days (Tentative 05.12.2023 to 19.12.2023)
3.	Number of intake	200 (Maximum)
4.	Course fee (to be submitted online to the University)	1. Rs. 2000/- for the candidates belonging to General Category of Punjab and all categories of other states. 2. Rs. 1000/- for the candidates of reserved categories (SC/BC) of Punjab State.
5.	Venue of course	To be intimated later.
6.	Last date of receipt of applications	30.11.2023

Note:

1. Preference will be given to the Punjab Residence.
2. The Course fee is to be deposited through online mode in favour of Registrar, Guru Ravidas Ayurved University Punjab, Hoshiarpur.
3. The University reserves all the rights to postpone/not to start the above course due to any administrative reasons.
4. Detailed information is available on the website of the University.
5. Please keep visiting University website from time to time for update.

Registrar

Guru Ravidas Ayurved University Punjab Hoshiarpur

Required qualification and other information for the Refresher Course in Meditation and Yoga Sciences (RCMYS) are as under:-

a)	Minimum Qualification	10+2 with at least one- year regular Diploma in Yoga from a recognized Institute / University
b)	Duration of Course	15 days (Tentative 05.12.2023 to 19.12.2023)
c)	Number of Intake	200 (Maximum)
d)	Course Fee to be submitted online to the University account	1. Rs. 2000/- for the candidates belonging to General Category of Punjab and all categories of other states. 2. Rs. 1000/- for the candidates of reserved categories (SC/BC) of Punjab State.
e)	Venue of Course	To be intimated later.
f)	Last date of receipt of applications	30.11.2023
g)	University Account Detail	Account Holder Name:- Registrar Guru Ravidas Ayurved University Punjab Hoshiarpur Account No. 2719101018031 IFSC Code:- CNRB0002719

Course Details

Refresher Course in Meditation and Yoga Sciences (RCMYS)

To promote yoga education, a short duration 15 days course is being conducted by the Guru Ravidas Ayurved University for students who have passed Diploma/ Graduation/ Post-Graduation in Yoga.

Course Objective

The course curriculum will introduce participants to the major yoga and meditation techniques with both practical and theoretical aspects. This is expected to generate the following outcomes:

1. Reinforce key learning concepts of yoga and meditation
2. Addressing knowledge gaps amongst the course participants.
3. Sensitization of yoga professionals to the industry best practices wherein yoga experts will teach the essentials of Yogik Sukshma Vyayama Asanas, Pranayamas and meditation practices with emphasis on correct postures, durations etc.
4. Learnings from the C.M. Di Yogshala Program will be shared and taught to create awareness on teaching methods to the common citizens.
5. Teaching theoretical aspects of yoga and meditation to the course participants.

Areas of Employment: Fitness Centres, Educational Institutes, Yoga Clubs etc.

Guru Ravidas Ayurved University Punjab Hoshiarpur

Application for the Refresher Course in Meditation and Yoga Sciences (RCMYS)

APPLICATION FORM

1. Name of the candidate:.....

2. Father's /Husband's Name:

3. Address for correspondence:.....

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4. State of residence.....

4. Phone No. (Res/Mobile) :

5. E-Mail (in Capitals)

6. Nationality:.....

7. Date of Birth:..... Age as on 31.10.2023:YM D

8. Category:.....

9. Details of Educational Qualifications(From 10th Standard Onwards):-

S. No.	Educational Qualification	Name of the Board/University	Name of the Institute/College	Year of Passing	Percentage

11. Testimonials:

a. Matriculation Certificate.....

b. 10+2 Certificate.....

c. Degree:

d. Diploma/Degree (In Yoga Sciences):

e)Transaction Id of Fee submitted(Course Fee):.....

I, (Name of candidate) hereby certify that the information/testimonials provided is true to the best of my knowledge and in case any facts/testimonials are found to be false or incorrect or suppressed, I shall be liable to be expelled from the course for which I have applied.

Date:

Signature of the Applicant

Note:-

Attach all the self attested photocopies of your documents along with this Application form in a PDF format.

Self attested
recent
Passport size
Photograph

GENERAL INSTRUCTIONS

FOR ALL THE CANDIATES TO BE ADMITTED IN 15 DAYS REFRESHER COURSE IN MEDITATION AND YOGA SCIENCES (RCMYS)

1. The University reserves all the rights to postpone/not to start the above course due to any administrative reasons.
2. In case the number of applications received are more than the intake capacity, the admission will be done on the basis of merit to be drawn by the University. In case of tie, the person senior in age will be considered for admission.
3. The boarding and lodging during the course will be provided by the University.
4. All the candidates will have to bring their own belongings for this course.
5. No stipend will be paid for this course.
6. No TA/DA will be paid for joining the course.
7. No candidate will make any claim for employment on the basis of this course.
8. The candidates will have to maintain discipline and adhere to the instructions of the Instructors/teachers during this course. In case any candidate is found to violate the instructions or create indiscipline, he/she will be expelled from the course.
9. Fee once deposited will neither be adjusted nor refunded.
10. In case of any dispute regarding admission, the decision of the Hon'ble Vice-Chancellor shall be final.
11. Please keep visiting University website from time to time for update.