

Offline Application Process

1. Download the Application Form

Visit the GRAU website: graupunjab.org

Navigate to the "Application Form (Diploma in Meditation and Yoga Sciences)" dated 21-05-2025. Download and print the form.

2. Fill out the Form

Complete the application form with accurate personal and academic details.

3. Attach Required Documents

Include photocopies of:

- Educational certificates and mark sheets
- Proof of identity (e.g., Aadhaar card)
- Passport-sized photograph

4. Select Satellite Centre

Indicate your preferred Satellite Centre at serial No. 11 on the application form.

5. Submit the Application

Submit the complete form and documents:

- In Person: Camp Office, C.M. Di Yogshala, Sector-22C, SCO 2945-46, Markfed Bazaar, 2nd Floor, Chandigarh – 160022
- By Post: Send to the above address.

6. Last Date to Submit Admission Application Form

Ensure your application reaches by 02.06.2025.

7. Candidate can also apply online for admission to Diploma in Meditation and Yoga Sciences through University website i.e. www.graupunjab.org.

8. For any query please contact on 0172-5390001 and graupunjab@gmail.com

Online Application Process

1. Access the Online Portal

Visit the online application portal: www.graupunjab.org then Click DMYS ONLINE APPLICATION FORM

2. Register and Apply

Follow the instructions to register and complete the application form online.

3. Upload Documents

Scan and upload necessary documents as per the portal's guidelines.

4. Submit the Application

Review all details and submit your application online.

Contact Information

- Phone: 0172-5390001
- Email: graupunjab@gmail.com