



D.B.M.S College of Education

(Recognised by National Council for Teacher Education)
Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand
Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097
E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

YOGA CERTIFICATE TRAINING PROGRAM

The 'Yoga Certificate Training Programme' is an intensive certificate course providing in-depth knowledge of yoga practices and pedagogy of Yoga. The programme is open to all those who are interested to become 'Yoga instructors' and it is open for all boys and girls. Yoga has an important place in Indian culture and heritage. Yoga has been incorporated in our lifestyles since ancient times. Yoga is an art of living for healthy life which establishes the relationship between mind and body. Yoga is the science of discipline that creates personality by making the all-round development of body, mind and self-power. Today, Yoga is attracting everyone for being healthy and staying fit. Therefore, yoga education is so much in demand now a days.

Objectives

The aim of the Programme is to train the 'Yoga Learners' in sectors of Health and Education.

After completion of this Programme, a trainee would have -

- * Basic knowledge on Human Anatomy and Physiology;
- * Understanding of Principles and Philosophy of Yoga;
- * Good knowledge of Preparations and Precautions for Yogic practices;
- * Understanding of Concepts of Health, Hygiene, Diet and Yogic Culture;
- * Learning of Applications of Integrated approach of Yoga;
- * Ability to conduct yoga classes and
- * Ability to train the learners.

Job Opportunities

Successful learner of the Yoga Certificate Training Programme can get the jobs as an Instructor in any Yoga Institutions, Yoga Centres, Health Clubs, Hospitals and various schools and colleges etc.

Eligibility Criteria

Minimum 12th class pass OR equivalent from any recognised Board of Sc Education/University.

18+ years of age.



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Duration of the Course

One Month

Minimum contact hours of the Course - 30 Hrs.(2hour for 4days per week)

The Course will be offered for one month Course in workshop mode means 4workshops of during the one week.

i.e. each workshop will be of 15days.

(In both cases, the contact hours will remain the same, i.e. 30 hours, which will be considered equivalent to onemonth course. Candidates can get admission as per convenience.)

Scheme of Study

Theory - 30%

Practical Training - 50 %

Learners Portfolio - 20 %

Instructional Strategy

Self instructional printed material

Face to face classes at centre

Hands on Experience/Practical-Training Facilities at centers;

Audio and Video supported Material.

Course Content:

The course curriculum consist of three Papers (One Theory & Two practical Training)

Medium of Instruction

The Course Material is available in medium Hindi. It will be available in English and Sanskrit also at the earliest.

Scheme for Evaluation & Certification:

For appearing in examination, the learner will apply for examination.

There will be evaluation of both components, theory as well as the practical separately. College will award the final " Yoga Certificate

Training Programme" to the learners completing the programme successfully.