

Brochure
2024-25

*Education is the manifestation of the
perfection already in man*

Uwistamandira

Ramakrishna Mission Sikshanamandira

(A NCTE recognized Govt. Aided (WB) Autonomous Post-Graduate College under University of Calcutta)

Belur Math, Howrah - 711202





"Education is not the amount of information that is put into your brain and runs riot there, undigested, all your life. We must have life-building, man-making, character-making assimilation of ideas. If you have assimilated five ideas and made them your life and character, you have more education than any man who has got by heart a whole library." – Swami Vivekananda

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The PGDYE Programme

The Vision

The Post Graduate diploma aims to create a supportive and collaborative learning environment for students from diverse backgrounds and cultures to acquire knowledge, attitudes, and skills essential in the practice of yogic exercise. The course will also help the students to envision a future where schools are seedbeds of health and happiness.

Where educators coach and embody lifelong well-being through dynamic teaching. And also all students learn life skills to cultivate mind-body fitness in tandem with academic success.

The Mission

This one-year regular course is designed to prepare education professionals for yoga education within the primary, secondary, higher and tertiary education sectors. Our mission is to empower all communities with yoga to cultivate health and wellness in adults to aged people. Through evidence-based Professional Institutes, Professional Development, and Educational Resources, Yoga Ed. equips educators with yoga tools to integrate yoga for children to age people into academic environments. The course provides participants with an opportunity to develop themselves or atman which is essential in the education process and also to undertake a particular practical project related to their own work. A wide variety of methodologies – lectures, seminars and workshops are used throughout with a selection of key guest speakers from the local and national context brainstorming on relevant areas of Yoga Education, and other relevant themes. The course is designed particularly for Students of Postgraduate levels, Teachers, Instructors and Prospective Educational Leaders in the Indian Primary, Secondary and Higher Education sectors and other organizations working in this arena.



Inauguration of Yoga Wall Magazine

State level Yoga Competition





The PGDYE Programme

Programme Learning Outcomes

Post Graduate Diploma in Yoga education will enable the students to -

- ❖ Have the knowledge to train and prepare deserving candidates in the exoteric aspects of Yoga.
- ❖ Be able to perceive the integration of personality to the preparation for one's higher esoteric practices as the first step of the journey.
- ❖ Learn techniques of gaining good health, to develop a mind capable of discriminating the real from the unreal and to face the dualities of life with equanimity.
- ❖ Attain mental hygiene, emotional stability, integrate moral values and obtain a higher level of consciousness.
- ❖ Be motivated enough to opt Yoga Educator, Yoga Trainer etc. like professions as their career options.
- ❖ Be grounded fairly in the various academic aspects of the subject and find themselves well equipped to become a Yoga teacher.
- ❖ Be capable enough, as a yoga teacher, to prepare the students physically, mentally and spiritually for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society.
- ❖ Have a sound knowledge in the role of diet for living a healthy life and have the capacity to manipulate diet that can lead to a healthy, prosperous and productive life.
- ❖ Have the ability to advise yogic measures of prevention to avoid minor and major health problems and diseases.
- ❖ Be able to acknowledge the importance of meditation for living a joyful life; will know the various meditation techniques and become a good meditator that will benefit him personally and enable him to guide others as well.



Internal Yoga Competition

State Level Yoga Competition





The PGDYE Programme

Details of the Programme

- ❖ Course of Study: POST GRADUATE DIPLOMA IN YOGA EDUCATION
- ❖ Duration: 1 YEAR
- ❖ Semester: 2 Semesters
- ❖ Intake Capacity: 70
- ❖ Course Fees (including Yoga Dress & Practical Equipments): Total Rs. 11,000/- (Eleven Thousand only)
 - Rs. 6,000/- (Rupees Six Thousand only) to be paid at the time of admission.
 - Rs. 5,000/- (Rupees Five Thousand only) to be paid at the time of initiation of 2nd Semester.
- ❖ The Course has to be completed within 3 years.
- ❖ Classes will be conducted via Online-Offline Blended Mode.
- ❖ Classes will be held on the following days and times:

Days	Time	Mode
Tuesday	06:30 p.m. to 08:30 p.m.	Online
Thursday	06:30 p.m. to 08:30 p.m.	
Saturday	06:30 p.m. to 08:30 p.m.	
Sunday	10:30 a.m. to 05:00 p.m.	Offline

N.B - 75% attendance in the classes is mandatory



Yoga Practice in New Abhedananda (Yoga) Hall



The PGDYE Programme

Eligibility Criteria

- ❖ **Academic qualification:** Minimum 3 years Graduate in any discipline of any UGC recognized University.
- ❖ **Age:** Not more than 40 years. (Relaxation of age may be considered for In-Service [Government Service] candidates).
- ❖ **Sex:** Male only.

Admission Policy and Timeline

- ❖ **Mode of Selection:** Merit list will be prepared on the basis of the following:

Secondary		15
Higher Secondary		15
Graduation		20
B.Ed./ B.P.Ed.		10
M.P.Ed./ M.Ed./ M.A./ M.Sc./ M.Com./ Other equivalent degree		10
Yoga/ Sports Performance:*		
National Level/ All India Level	10 credits	Out of 10
State level/ Inter University	8 credits	
District Level/ Inter College	6 credits	
*Best Performance to be counted		
Interview/ Counselling		20
Total		100

- ❖ In-service Candidates will be given special preferences. **(Government Service Only)**
- ❖ Form fill-in mode: Online through the website (www.rkmsm.org)
- ❖ **Online Form fill-in date:** From 10th July to 4th August, 2024
- ❖ **Application Form Price:** Rs. 300/- only
- ❖ **Publication of list for Interviews/ Counselling:** 7th August, 2024
- ❖ **Date and Time of Interview/ Counselling:** 11th August, 2024 (Sunday), 10 am onwards
- ❖ **Mode of Interview/ Counselling:** Offline platform
- ❖ The final Merit List & Waiting List will be published for admission on 17th August, 2024
- ❖ **Reservation:** As per Rules framed by the Government of West Bengal
- ❖ **Dates of Admission:** 18th August to 22nd August, 2024 [through online mode]
- ❖ **Dates of Admission from Waiting List:** 23rd August, 2024 [through online mode]
- ❖ Classes start on 25th August, 2024 (Sunday) from 10.30 am [through offline mode]



Yoga Awareness Camp

Common Yoga Protocol



Yoga Students (Batch: 2022-23) in front of the College Building

Contact



(033) 2654 - 9281 / 4814 / 1635 (Office)



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www.rkmsm.org

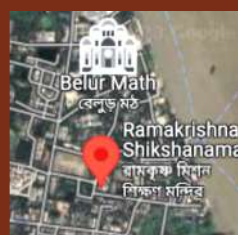


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COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE)

COLLEGE OF TEACHER EDUCATION (CTE)

SWAMI VIVEKANANDA CENTRE FOR MULTIDISCIPLINARY RESEARCH IN EDUCATIONAL STUDIES

Belur Math, Howrah - 711202

