

POSTGRADUATEDIPLOMA IN YOGA EDUCATION

For Male Candidates only

(2020-21)

Prospectus



RAMAKRISHNA MISSION SIKAHANAMANDIRA

POST-GRADUATE AUTONOMOUS COLLEGE OF TEACHER EDUCATION UNDER
THE UNIVERSITY OF CALCUTTA

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POST GRADUATE DIPLOMA IN YOGA EDUCATION

❖ 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.

❖ Mission

This one-year regular course is designed to prepare education professionals for yoga education within the primary, secondary, higher and tertiary education sector. Our mission is to empower all communities with yoga to cultivate health and wellness in adult 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 aged people into academic environments. The course provides participants with an opportunity to develop their self or atman which is essential in 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 Post-Graduate Level, Teachers, Instructors and Prospective Educational Leaders in the Indian Primary, Secondary and Higher Education sectors and other organizations working in this arena.

❖ Objectives of the course:

Post graduate diploma in yoga education will enable the students to:

1. have the knowledge and to train and prepare deserving candidates in the exoteric aspects of Yoga.
2. deal with the problems of integration of personality as a first step to prepare oneself for the higher esoteric practices.
3. learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.
4. have the knowledge and achieve mental hygiene, emotional stability, integrate moral values and attain higher level of consciousness.
5. be grounded fairly in the various academic aspects of the subject so that they may find themselves well equipped in these, if they were to go out into the world after the course to undertake teaching work in Yoga.
6. prepare the students physically and mentally 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 and of the nation.
7. have a vision of career planning as a developmental process and to provide individual yoga education and skills training to facilitate decision-making and to work with developmental life transitions.

8. indicate changes they can make to their diet.
9. acknowledge prevention of disease even in patients with severe health problems.
10. have research and programme evaluation skills that include development of research and programme evaluation questions, selection of appropriate methodologies for collecting and analysing data.

Program Learning Outcome (PLO) of Post Graduate Diploma in Yoga Education Course

After completion of the Post Graduate Diploma in Yoga Education course (PGDYE) the students will -

1. Have the knowledge to train and prepare deserving candidates in the exoteric aspects of Yoga.
2. Be able to perceive the integration of personality to the preparation for one's higher esoteric practices as the first step of the journey.
3. 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.
4. Attain mental hygiene, emotional stability, integrate moral values and obtain a higher level of consciousness.
5. Be motivated enough to opt Yoga Educator, Yoga Trainer etc. like professions as their career options.
6. Be grounded fairly in the various academic aspects of the subject and find themselves well equipped to become a Yoga teacher.
7. 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.
8. 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.
9. Have the ability to advise yogic measures of prevention to avoid minor and major health problems and diseases.
10. 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.

❖ Course of Study: POST GRADUATE DIPLOMA IN YOGA

DUCATION

❖ Duration: 1 Year

❖ Semester: 2

❖ Intake: 70

❖ Course Fees: Total Rs. 9000/- (Nine thousand only)

Rs. 5150/- (Rupees Five Thousand one hundred fifty only) [including

transaction fee] to be paid at the time of admission.

Rs. 4120/- (Rupees Four Thousand one hundred twenty only) [including

transaction fee] to be paid at the time of initiation of 2nd Semester.

❖ **The Course will have to be completed within 3 years.**

❖ **Classes will be held on the following days and times:**

Tuesday – 4:30 to 6:30 p.m.

Friday – 4:30 to 6:30 p.m.

Saturday – 2:30 to 6:30 p.m.

Sunday – 10 a.m. to 5 p.m.

[N.B. 75% attendance in the classes is mandatory]

❖ **Eligibility:**

- **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)

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

Madhyamik	15
Higher Secondary	15
Graduation (3 years)	20
B.Ed./ B.P.Ed.	20
M.P.Ed./ M.Ed./M.A./M.Sc./M.Com./ Other equivalent degree	20
Sports Performance*	Out of
National Level/ All India Level = 10	10
State level/ Inter University = 8	
District Level/ Inter College = 6	
*Best Performance to be counted	
Total =	100

- * **In-service Candidates will be given special preferences.**
- * **Form fill-up mode from online through website (www.rkmsm.org)**
- * **Online Form fill-up date: From 14th July to 19th September, 2020**
- * **Online Form fees Rs. 250/- only**

- ❖ **Merit List will be published on: 24th September, 2020.**
- ❖ **Reservation:** As per Rules framed by the Government of West Bengal.
- ❖ **Dates of Admission: 25th September to 27th September, 2020**
- ❖ **Dates of Admission from Waiting List: 28th September, 2020.**
- ❖ **Classes resume on: 04th October, 2020.**
