



अखिल भारतीय आयुर्वेद संस्थान
ALL INDIA INSTITUTE OF AYURVEDA (AIIA)
(आयुषमंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)
(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

FOUNDATION COURSE IN YOGA SCIENCE FOR WELLNESS

Duration: Foundation course in yoga science for wellness (FCYScW) a part time course of one month durations of 50 hours (36 hours of practical training in yoga, 12 hours for lectures & 1 hour inaugural and 1 hour valedictory sessions).

Eligibility: This course is open for all individuals who have passed the matriculation examination from a recognized board or its equivalent.

For Vocational group: Should be able to read and write either Hindi or English

Timings:

- (i) Morning batch 7.00 am to 9.00 am (Monday to Friday)
- (ii) Morning batch 8.30 am to 10.30 am (Monday to Friday)
- (iii) Evening batch 4.00 pm to 6.00 pm (Monday to Friday)
- (iv) The month end workshop will be conducted for all the batches on last Saturday of every month from 7.00 am to 2 pm and it is compulsory.

Course fee: Rs.1500/-

Number of Seats: Maximum 90 (30 in each batch)

Medium of Instructions: Hindi/English

Registration: The aspirants should register themselves on or before the last working day of previous month. The registration will be open on all the working days from 9:30 am to 4 pm. The aspirants can get application from the yoga Centre of AIIA.

- ❖ **Health criteria:** No person with acute /chronic /communicable ailments is allowed to take admission to this course.
- ❖ **Batch schedule:** Each month of the year
- ❖ **Attendance and participation certificate:** Minimum 90% attendance is essential .The participation certificate shall be awarded only to the participants who have fulfilled the minimum attendance criteria as above.
- ❖ **Dress code:** The dress shall be T-shirt and trousers or kurta –pyjama for men and T-shirt and trousers or salwar –kameez for women participants or as per the recommendation of concerned yoga teacher, participants. They should also carry a note book and pen to note the essentials of teaching.
- ❖ **Examination:** At the end of one month exam will be held and certificate will be awarded to the successful candidates.
- ❖ One vocational group (Maximum 10) for the section of society who are not having qualification upto 10th or matriculation but can read and write either Hindi or English can be included in the morning batch from 8.30 am to 10.30 am.

Note: Additional information regarding the course can be obtained through websites of AIIA, www.aiia.co.in or may contact :-

YOGA CENTRE (FCYScW), AIIA
GAUTAMPURI, SARITA VIHAR
MATHURA ROAD NEW DELHI-110001

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