



Dated:- 16.12.2020

## ADMISSION NOTICE

### FOUNDATION COURSE IN YOGA (FCY)

Applications are invited for admission to online one month Foundation Course in Yoga (FCY) for the month of **January, 2021**, and the details are as under:-

- Title of the Programme:** The programme shall be called as “**Foundation Course in Yoga**” (FCY).
- Aim and Objectives of the Programme:** The aim of the programme is to introduce the fundamentals of Yogic practices to a common man for healthy living.

#### The objectives are:-

- To introduce basic principles and practices of Yoga to common people.
  - To make the people aware of the fundamentals of Yoga for healthy living in their daily life.
  - To create awareness of positive health and well-being.
  - To develop healthy lifestyle among the common people.
  - To propagate Yoga for preventive practices as an approach to Holistic Health.
- Eligibility for Admission:** This course is open for all individuals; however participation certificate shall be awarded only to those who have passed the Matriculation examination from a recognized board or its equivalent.
  - Duration of the programme:** This is a part time programme of one month duration (50 hours). The programme may commence from the first working day of every month.
  - Hours:** There will be 15 hours of Lectures and 35 hours of practical's

6. **Course Timings:** The classes will be held on all working days from Monday to Friday. The course timings are as under:
- Morning Batch: 7:00 am to 9:00 am**
  - Evening Batch: 6:00 pm to 8:00 pm**

Also, there will be Special Lectures by Eminent Experts on every Saturdays.

7. **Registration:** The candidates should register themselves on or before the last working day of the month for next month course. The registration shall be ON-LINE through the website of the Academy.
8. **Health Criteria:** No person with acute/ chronic/ communicable ailments is allowed to take admission to this course.
9. **Fee:** Rs.4,000/- (For Indian candidates) and US\$ 200/- (For Foreign candidates). The fee once remitted will not be refundable.
10. **Medium of Instruction:** Hindi/English.
11. **Attendance and Participation Certificate:** Minimum 80% attendance in Yoga practical's and theory is essential and compulsory. The **Participation Certificate** shall be awarded only to the participants who has passed at least matriculation (10<sup>th</sup>) examination and fulfill the minimum attendance criteria as above.
12. **Dress Code:** The dress shall be T-Shirt and trousers or *Kurta-pyjama* for men and T-Shirt and trousers or *Salwar-kameej* for women participants or as per the recommendation of the Academy.
13. **Documents:** While applying for the course, the required documents have to be uploaded/ submitted along with the proof for the fee paid.
14. **Batch:** While applying, the **batch** (morning or evening) preferred must be indicated clearly. Once the classes started, the change of batch will not be entertained.

## Admission Procedure

1. **Online admission/ registration** link for admission will be available on AYUKSHEMA Official website [www.ayukshema.com](http://www.ayukshema.com) w.e.f 19.12.2020.
2. **Mere online registration for the courses does not confirm the seat in the course until the online payment done.**
3. Only eligible candidates need to apply. The fee once paid will not be refunded.
4. The candidates must upload **the following documents (self-attested) in Xerox(PHOTOCOPY)** etc.:-
  - a. A copy of 10<sup>th</sup> Standard Certificate and Mark sheet or its equivalent.
  - b. A copy of Valid ID card mentioned in the online registration.
  - c. A good quality passport size photographs (scanned only) in jpeg format.
5. The classes will commence w.e.f.03<sup>rd</sup>January, 2021.
6. All the applicants for this course should also follow the guidelines mentioned in the prospectus of FCY and official website of AYUKSMEMA.
7. Before starting the registration process, deposit the **requisite fee i.e. Rs. 3,200/-** (after deducting the 20% discount) to the below mentioned Bank account number by using any payment method and thereafter note down the correct Transaction ID for Registration/ Record purpose.

### **Details for online Payment:**

- **Account Holders Name: Mrs. Bharti**
  - **Account Number: 32235412910**
  - **Branch: State Bank of India, CCRAS New Delhi**
  - **IFSC Code: SBIN0010651**
8. After the payment click the below given link and fill the details carefully including your payment details (Transaction ID/Transaction Number):-

Please click here: <https://forms.gle/NcKWEVxAV9C9kWev5>

Team AYUKSHEMA