



## AYUKHEMA YOGA ACADEMY

### 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:-

1. **Title of the Programme:** The programme shall be called as “**Foundation Course in Yoga**” (FCY).
2. **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:-

- a. To introduce basic principles and practices of Yoga to common people.
  - b. To make the people aware of the fundamentals of Yoga for healthy living in their daily life.
  - c. To create awareness of positive health and well-being.
  - d. To develop healthy lifestyle among the common people.
  - e. To propagate Yoga for preventive practices as an approach to Holistic Health.
3. **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.
  4. **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.
  5. **Hours:** There will be 15 hours of Lectures and 35 hours of practical's. Also, there will be Special Lectures by Eminent Experts.
  6. **Course Timings:** The classes will be held from Monday to Saturday. The course timings will be decided as per the need.

7. **Mode of Classes:** Off-line or On-line, as per the need of the candidates.
8. **Registration:** The registration shall be ON-LINE through the website of AYUKSHEMA or offline.
9. **Health Criteria:** No person with acute/ chronic/ communicable ailments is allowed to take admission to this course.
10. **Fee:** Rs.4,000/- (For Indian candidates) and US\$ 200/- (For Foreign candidates). The fee once remitted will not be refundable.
11. **Medium of Instruction:** Hindi/English.
12. **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.
13. **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.
14. **Documents:** While applying for the course, the required documents have to be uploaded/ submitted along with the proof for the fee paid.
15. **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).
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. All the applicants for this course should also follow the guidelines mentioned in the prospectus of FCY and official website of AYUKSMEMA.
6. Before starting the registration process, deposit the **requisite fee i.e. Rs. 4,000/-** 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: AYUKSHEMA**
- **Account Number: 50200065357955**
- **Branch: HDFC Bank, C3 Janakpuri Branch, New Delhi**
- **IFSC Code: HDFC 0001067**

7. After the payment click the below given link and fill the details carefully including your payment details (Transaction ID/Transaction Number):-

**Please click here:** [⇒s://forms.gle/NcKWEVxAV9C9kWev5](https://forms.gle/NcKWEVxAV9C9kWev5)

**Team AYUKSHEMA**