



AYUKSHEMA Yoga Academy

YOGA TEACHER'S TRAINING COURSE (YTTC)

ADMISSION NOTICE

Applications are invited for admission to three months Yoga Teacher's Training Course (YTTC) for the period **June to August, 2022**, and the details are as under:-

1. **TITLE:** The course shall be called months **Yoga Teacher's Training Course (YTTC)**.
2. **DURATION:** This is a part-time course of 200 hours (60 hours theory, 110 hours practical and 30 hours tutorials, special lectures & field work) duration and is extended over a period of three months. This course will be conducted 5 days in a week. There will be 3 hours of instruction every day. Special classes and workshops may also be arranged during the weekends. The candidates have to undergo 2 weeks compulsory field work after completing three months training.

3. **OBJECTIVES :**

The course is designed

- a. To train the participants in the principles and practices of Yoga and orient them to adopt stress free healthy life style.
- b. To develop better physical and mental health of participants through Yoga.
- c. To impart standardized Yoga education and training to improve their quality of health and workforce.
- d. To increase mass awareness about health benefits of Yoga.

4. **ELIGIBILITY:** A candidate who has passed at least 10+2 examination from a recognized Board or equivalent shall be eligible to take admission in this course. In addition to this, only those who have the basic knowledge about Yoga and having undergone Foundation Course in Yoga (minimum 50 hours duration) are eligible to take admission in this course. The candidate must be medically fit. No person with chronic ailments is allowed to take admission to this programme.

5. **MEDIUM OF INSTRUCTION :** English/ Hindi

6. **RULES FOR CANDIDATES OF YOGA TEACHER'S TRAINING COURSE:**

- a. Every student of the course should report in time to all classes and maintain discipline during the course.
 - b. Every student should maintain three files - each for every theory paper. They should write in details on the basis of lecture delivered by the experts/ faculty.
 - c. Every student should maintain one separate file for Yoga Practical. They should write their personal experience in Yoga sadhana.
 - d. Minimum 80% attendance is compulsory in all classes and faculty would maintain register for them.
7. **COURSE TIMINGS:** The classes will be held on all working days from Monday to Friday. The course timings are 9:00 am to 12:00 noon. Also, there may be Special Lectures by Eminent Experts on Saturdays.
8. **REGISTRATION:** The candidates should register themselves on or before starting of the course. The registration shall be ON-LINE through the website of the Academy.
9. **HEALTH CRITERIA:** No person with acute/ chronic/ communicable diseases is allowed to take admission to this course.
10. **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.
11. **DOCUMENTS TO BE SUBMITTED:** While applying for the Course, the required documents have to be uploaded/ submitted along with the application form:
- a. Copy of Aadhar Card/ Copy of Passport
 - b. Copy of 10+2 Certificate
 - c. Proof for the fee paid.
 - d. Four passport size photographs
12. **FEE:** Rs. 35,000/- (For Indian candidates) and US\$ 1,000/- (For Foreign candidates). The fee once remitted will not be refundable. The Bank details are as under:

Details for online Payment:

- Account Holders Name : AYUKSHEMA
- Account Number : 50200065357955
- Branch : HDFC Bank C3/8, Janakpuri, New Delhi

Admission Procedure

1. **Online admission/ registration** link for admission will be available on AYUKSHEMA Official website 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 12th Standard Certificate and Mark sheet or its equivalent.
 - b. A copy of Valid ID card/ Passport 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. **01st June, 2022.**
6. All the applicants for this course should also follow the guidelines mentioned in the prospectus of the said course as well as official website of AYUKSHEMA.
7. Before starting the registration process, deposit the requisite fee 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 C3/8, Janakpuri, New Delhi](#)
- **IFSC Code** : [HDFC 0001067](#)

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/4jNRZ41ch4sHFqiQA>

Team AYUKSHEMA