

Foundation Course in Yoga developed by the Indian Yoga Association (IYA)

In these difficult times of COVID-19, here is an opportunity for all your students to learn yoga at their locations.

Babasaheb Bhimrao Ambedkar Central University (BBAU), Lucknow will offer the Foundation Course in Yoga developed by the Indian Yoga Association (IYA) under the auspices of the Ministry of AYUSH, GoI. The initiative will be hosted on the AyurYoga Technology Platform. AyurYoga Life is an active Associate Center of IYA. The courses are set to start from May, 2021.

1. A certificate from NAAC A graded Central University in Foundation Course in Yoga
2. This certificate will jointly awarded by BBAU Central University, IYA and AYUSH
3. A Yoga Volunteer Certificate from Yoga Certification Board, Ministry of AYUSH (open fees is Rs 250/-)
4. IYA Yoga Volunteer (Yog Samarthak) Membership (open fees is Rs 250/-)
5. IYA YVM Certificate and ID card
6. Special discounted fees for Yoga Protocol Instructor Examination of the Yoga Certification Board, AYUSH (Open fees Rs 1000/-)

Foundation Course in Yoga is an introductory course in Yoga to enable an individual to gain expertise on common yoga knowledge and practices. It is being offered in THREE different forms.

Foundation Course in Yoga - Self Paced: A Self-Paced Online Certification Program
Foundation Course in Yoga - Online Live: An Online Live Certification Program
Foundation Course in Yoga – Hybrid: An Unique Online and residential Certification Program

The course duration is 50-hours. The eligibility for this course is that the candidate has to be 16 years or older.

This course has been designed by Gurus and Acharyas of IYA by combining the knowledge base of all Yoga Traditions. The aim of this program is to produce Yoga professionals such that an IYA certified professional will have minimum / basic common standards of Yoga knowledge and expertise irrespective of which institute he or she is certified from.

The specific aim is to create a large pool of Yoga Protocol Instructors, who can then conduct the Common Yoga Protocol (CYP) for International Day of Yoga on the 21st June, 2022

Students will be acquainted with Vedas, Yoga Darshan, Upanishads, Principal of Yoga, Samkhya Darsana, Patanjali Yoga Sutras, Hatha Yoga, Puranas, Salient Features of Indian Culture, Applications of Yoga, Yogic Diet, Yoga for Health Promotion, Shuddhi Kriyas, Suryanamaskar, Meditative, Standing, Kneeling Asanas, Sitting, Prone, Supine, Inverted Asanas, Pranayama, Sectional Breathing, Mudras and Mantras during these programs.

Theory and Practical session contents will be available in the course as video-based guided lessons.

The students in the online mode can log in to the Ayuryoga platform by going to <https://gurukulam.yoga> to register themselves.

In view of the above, AICTE request your institutes kindly disseminate this information among all the students and faculty members so they can register and participate in this Foundation Course in Yoga developed

Please find the attached poster.

PFA:- https://drive.google.com/file/d/1axg-rUnccR_nfj9_QUoAEQv2ZISxx2TU/view?usp=sharing