



UNIVERSITY OF LUCKNOW LUCKNOW

CERTIFICATE IN YOGA

About the Program

सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयः has been long cherished desire of human beings. In order to realize this goal, the human beings have been adopting different systems of medicines, Allopathy being most sought after.

However, ever growing side effects of allopathy (while curing one disease and giving space for others), the people now including government departments take recourse of Yoga and Naturopathy in the hope that this system of treatment will save them from the side effects of prevailing systems of medicine as well as reducing the sky-rocketing prices of costly medicines.

It is in this backdrop that the Department of Social Work, University of Lucknow started a three months Certificate Course in Yoga way back in the academic session of 1993-94 under the scheme of the University Grants Commission (UGC), New Delhi. Later on, after the cease of grants provided by the UGC, the Certificate course was brought under the Self-financing programme and the re-nomenclatured as Certificate in Yoga.

The brief information about the Certificate in Yoga is as under:

1.	No. of Seats	30 (thirty only)
2.	Eligibility	10+ 2 in any stream
3.	Fees	Rs. 5,500.00
4.	Timing (July –October) batch (January – April) batch	6:30 a.m. – 8:30 a.m. 7:00 a.m. – 9:00 a.m.
5.	Age bar	No age bar
6.	Desirable	The candidate should be physically and mentally fit and should not have any serious illness rendering him/her unable to do exercises.
7.	Application Form Fees	Rs. 500.00

Contact Information:
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