

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**.

Batches

This program runs in two batches, the first batch starts in July and runs till October while the second batch starts in January and runs till April. Candidates admitted to his program have to give the option of batch in order of preference at the time of counseling. The detailed counseling schedule would be declared later.

The applicants are advised to keep visiting the University website regularly for announcements, notices and updates, because no separate individual information shall be sent to them

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

1. No. of Seats 30 (thirty only) per batch
2. Eligibility 10+ 2 in any stream
3. Fees Rs. 5,500.00
4. Timing (July –October) batch 6:30 a.m. – 8:30 a.m.
(January – April) batch 7:00 a.m. – 9:00 a.m.
5. Age bar There is no age limit
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
Without Late Fee Rs. 500.00 for all candidates
With Late Fee Rs. 1500.00 for all candidates
8. Last Date without Late Fee July 10, 2020
9. Last Date with Late Fee (Rs. 1000) July 15, 2020

Contact Information:

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