



# अखिल भारतीय आयुर्वेद संस्थान All India Institute of Ayurveda

आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान

An Autonomous Organization under the Ministry of AYUSH, Govt. of India

## Admission Notification – 2024 - 25

### Foundation Course Of Yoga Science

Last date for receiving Applications

31<sup>th</sup> JANUARY 2024



## About Institute

All India Institute of Ayurveda is an apex institute of Ayurveda. It aims at bringing synergy between traditional wisdom of Ayurveda along with modern tools and technology. The institute offers post graduate and doctoral courses in various disciplines of Ayurveda. It focuses on fundamental research of Ayurveda, drug development, standardization, quality control and scientific validation of Ayurvedic medicine. It is having a 200-bed hospital for facilitating patient care and clinical research. The institute also works as a nodal center for international collaborative research work.

## Introduction

Ayurveda and yoga are age old complementary Vedic sciences which have been growing and enriching people's lives for thousands of years. Generally speaking, Ayurveda deals more with the health of the body, while yoga deals with purifying the mind and consciousness. Both the sciences share a strong philosophical foundation, mutually support and offer many ways to prevent and heal various disorders to cleanse and rejuvenate the body. Ayurveda involves more than just taking herbal remedies. Students will be introduced to methods of diagnosis, including the pulse and condition of various parts of the body, for example: the tongue, nails and hair etc. and techniques for cleaning toxins from different parts of the body. Herbal treatments required to stimulate or suppress specific functions in the body are also taught.

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Yoga is one of the most important facets of the Indian culture. With a living tradition of more than five thousand years, Yoga has grown to be accepted as a science of spiritual development and health. The awareness about yoga practices is increasing amongst people from different walks of life not only for preservation and promotion of health, but also for prevention and management of diseases. In the modern day, the techniques of Yogic Science are extremely useful in the management of stress and stress related disorders and to promote positive health of an individual. Keeping these immense benefits and scientific wellness benefits in mind, the Indian Red Cross Society has formulated a highly effective course in Ayurveda and Yoga to promote general well-being and fitness.

# ADMISSION IN FOUNDATION COURSE OF YOGA SCIENCE

## Eligibility for Admission

This course is open for all individuals who have passed the matriculation examination from a recognized board or its equivalent.

High school from a school recognized by state board/ CBSE/ICSE or any other recognized board by Govt. of India.

### Health status :-

The candidate must be physically fit along with good physical and mental endurance.

**Duration :-** 1 Month

**Selection Procedure** First come first serve basis.

**Medium Of Instruction** English and Hindi

**Seats :-** 30 students per batch

## FEE STRUCTURE FOR THE COURSE

Course fee	
Admission Fee	Rs 2500/-

Total amount to be deposited at the time of admission- Rs 2500/- (including tuition fee of 1 months).

## Rules & Regulations :

A notification for calling applications for admission to Foundation Course in Yoga Science be given every month only on the Notice Board and Website of the Institute. Applications for the month will be received on and after the notification. Admissions will be made on first cum first serve basis. Therefore, candidates are advised to fill up the application in all respect and submit the same with necessary enclosures and fees in the Registration Counter.

1. Fees once paid are not refundable.
2. Candidates should ensure the proper receipt for fees paid.
3. Admitted candidates should carry their admit cards every day while attending the classes.
4. Every student of the course should maintain the discipline during the course and not to disturb peace, tranquility of any other participants, teachers and the environment in the Center.
5. Candidate must attend Yoga practical classes daily with empty stomach or light stomach or as advised by the Yoga Teachers/experts.
6. All valuable items/money shall be properly secured by the students. Institute/centre will not be responsible for loss of any valuables/cash.
7. AIIA reserve the right to change, the dates, add any of the rules and regulations and fee structures as when necessary, without prior notice.



# अखिल भारतीय आयुर्वेद संस्थान

## ALL INDIA INSTITUTE OF AYURVEDA

(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)

(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)



**ALL INDIA INSTITUTE OF AYURVEDA**  
**(Ministry of AYUSH, Govt. of India)**  
 Gautampuri , Sarita Vihar, Mathura Road, New Delhi-110001

**APPLICATION FORM**

Sr. No.....

For Admission to

Foundation Course in Yoga Science for wellness  
 (A Part Time Course of 1 Month (50 Hrs.) duration)

Affix attested

Recent passport  
 Size photograph

Name (in capital letters) : .....

Father's/ Husband's Name : .....

Mother's Name : .....

Date of Birth : .....

Age as on 1st August : Yrs..... Months..... Day .....

Sex (M/F) : .....

Nationality : .....

Marital Status : .....

Blood Group : .....

Complete Correspondence Address : .....  
 (along with postal pin code) .....

Permanent Address : .....

Tel.No./ Mobile No./ Fax /e-mail : .....

**Details of Educational Qualification:**

(From High School /10th class onwards)

Name of the Exam Passed	Board / University	Year of Passing	Division & % of marks	Subjects

Yoga Courses/Foundation course, if any : .....

(Enclosed Copy)

Why do you wish to undertake this course? : .....

**CERTIFICATE**

This is certified that the information furnished above is true to the best of my knowledge and belief and that nothing has been concealed or misrepresented.

Date: .....

Signature of the Candidate

Place: .....

.....

**INSTRUCTIONS**

1. Photo copies of certificates of date of birth, all mark sheets of qualifying degree/s and certificates, etc. duly attested must be enclosed with application form.
2. Application should reach the Yoga centre C Block AIIA ,Gautampuri ,Sarita Vihar, Mathura Road, New Delhi –110076 on or before the last date specified in the Notification.
3. Candidate will have to abide by the rules and regulations of the Institute while undertaking the Course.
4. Mere applying for the course shall not confer any right upon the candidate to be selected.

( FOR OFFICE USE ONLY)

Registration No. ....

Date: .....

Seal and Signature of the Co-ordinator