

**GUIDELINES
FOR**

**PROMOTIONS OF YOGA EDUCATION
AND PRACTICE IN UNIVERSITIES**



**UNIVERSITY GRANTS COMMISSION
NEW DELHI**

GUIDELINES

NINTH PLAN

Scheme for Promotions of Yoga Education and Practice in Universities



**UNIVERSITY GRANTS COMMISSION
NEW DELHI
1998**

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Guidelines for the Scheme for Promotions of Yoga Education and Practice in Universities revised for the IXth Plan Period.

I. Objective

Yoga promotes physical and mental health. It disciplines the mind and improves the powers of concentration. Therefore, it is ideally suited for students and teachers in the universities who are involved in intellectual pursuits. Because of very modest requirements of space and money, yoga can be practised even where such facilities are available in a limited sense. However, yoga is a discipline based on meticulous practice. It is not amendable to formal qualifications and quantitative monitoring. Therefore, recruitment of full time faculty members for yoga or conducting structured courses is not appropriate. Therefore, the objective of this scheme is to help create a competent faculty manned by traditionally trained persons for yoga education and practice for use of students/teachers in the universities.

II. Strategy

Although yoga education and practice requires very little of material resources, it is an integrated way of life and therefore, requires restrained behaviour on the part of those learning yoga. It requires regulated food and living habits and it requires guidance and supervision of a learned yoga teacher. In the field of yoga, formal qualifications and quantified parameters for output/work have little relevance and therefore, the formal system for recruitment of teachers and assessing their work is not suitable for yoga. On the other hand, there are many very eminent yoga institutions in the country who by their work and reputation have established the credentials of their instructors. These institutions have also developed acceptable systems of yoga training and for management of yoga centres. This scheme aims at assisting the universities in setting up yoga education and practice centres in their campuses for which they may identify and involve one of the eminent yoga institutions in the country. Assistance will be provided to the universities for recurring expenditure involved in managing the yoga centre. The recurring expenditure will consist of the amount the university would be required to pay to the yoga institutions whose instructors (2 per centre) would manage the yoga centre and conduct yoga classes, or pay directly.

The university would be required to levy a fee of Rs. 50/- per month per person from the participating teachers/students for meeting the needs of consumables and for maintenance of the yoga centre.

III. UGC assistance

The UGC's assistance will be available for the following items with effect from 1st April, 1997 :

1. Furnishing and equipment

- (i) Initial furnishing and equipment : Rs. 50,000/-
- (ii) Honorarium to a maximum of two Instructors as under :
 - A. For 'A' and 'B' class cities Rs. 1,44,000/- @ Rs. 6,000/- p.m. each
 - B. For remaining places Rs. 1,20,000/- @ Rs. 5,000/- p.m. each

To avail assistance under this scheme, a university will have to approach an eminent yoga institution with established reputation in the country and persuade it to manage and run the yoga institution. Operational expenses have to be limited to the money received by way of fees from teachers/students. After entering into such agreement and with a copy of such agreement, the university may apply to the UGC for assistance under this scheme.

2. Disbursement of the grant

Fifty percent of the grant for payment of fees to the university will be released for first six months on the university furnishing the names of instructors. The next instalment of 40 percent will be released when the UGC receives a utilisation certificate of the funds released. The balance 10 percent of the grant would be released on Utilization Certificate of the earlier grant.

3. Courses/Training

The University would be expected to conduct a 3 to 6 months' course for the teachers/students at least once in a year. In this, the university may take the help of Yoga Institution of eminence. The successful teachers/students may be awarded a certificate.

In addition, the yoga centre will conduct supervised yoga practice classes each day in the morning and in the evening for any teacher/student who may be wishing to participate in such classes. Citizens can also be allowed to practice classes at the discretion of the Yoga Centre/University.

4. Review and Evaluation

A university wishing to get assistance under the scheme may associate itself with any reputed yoga institution, located close to it which would help to manage the Yoga Centre of the university. The yoga institution may submit an annual report to the university for transmission to the University Grants Commission.

**PROGRESS REPORT OF EXPENDITURE FOR
YOGA EDUCATION FOR _____ UNIVERSITY**

(To be furnished in duplicate by the Professor Incharge)

Progress Report of Expenditure for the Academic Year _____

1. Date of UGC sanction
2. Yoga Institution to which Yoga Centre in the University has been assigned. (Give date from which the Institution is working)
3. Number of Students trained during the year.
4. Number of Teachers trained during the year.
5. Number of citizens trained during the year.
6. Fee (total amount) collected from the trainees during the year.
- 7.

Item	Un-Utilised Grant available from Previous Year	Grant Received from UGC during the Year	Expenditure during the Year	Utilisation Certificate
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Initial furnishing and equipment

Fee for managing the Institution (Salary)

Place	Signature	Signature
Date	Name	Name
	Designation (Incharge University Professor)	Designation (Incharge Yoga Institute)

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