



THE SCHEME FOR PROMOTION OF YOGA EDUCATION AND PRACTICE AND POSITIVE HEALTH IN UNIVERSITIES.

1. INTRODUCTION

Yoga promotes physical and mental health. It disciplines the mind and improves the power of concentration. Therefore, it is ideally suited for those who are involved in intellectual pursuits. The concepts of positive health and lifelong learning are relatively new and need to be strengthened. Yoga is a discipline, based on meticulous practice and requires very modest infrastructure and money. The Commission has formulated a scheme for promotion of yoga education and practice in the X Plan and a new component of positive health is being added to this scheme.

2. OBJECTIVE

To impart special education in various areas like yoga, positive health, career, personality development etc. for the overall development of students, teachers and non-teaching staff of universities.

3. ELIGIBILITY/TARGET GROUP

All eligible universities, which are included under Section 2(f) and have been declared fit to receive central assistance under Section 12(B) of the UGC Act of 1956, are covered under the scheme. The target group is students, teachers and non-teaching staff of universities.

4. NATURE OF ASSISTANCE.

The UGC will provide grants to the selected universities up to the end of X Plan period only i.e. 31st March 2007. Thereafter the scheme is required to be taken over by the concerned universities under its maintenance budget. The UGC will provide financial assistance as under :

4.01 YOGA

| S.No. | Items | Financial Assistance under the Scheme |
|--------------|--|---|
| 1. | Equipment/furnishing. | Rs. 1,00,000/- (One-time grant) |
| 2. | Honorarium to instructors- maximum two (2) | Rs. 1,80,000/- p.a. @ Rs.7500/- p.m. (Rs.7500 x 12 x 2 = Rs.1,80,000/-. |

The universities may charge Rs. 50/- p.m. per head as a token fee from the students/teachers non-teaching staff interested to participate in its yoga centre activities for meeting the recurring expenditure.

The minimum qualifications for yoga instructors shall be as under :

1. Post-graduate degree (full time course) in Yoga/Yogic Science/Yoga Therapy/Yoga Studies etc. from a recognised university.

OR

2. Post-graduate diploma (full time of at least one year course) in Yoga/Yogic Science/Yoga Therapy/Yoga Studies etc. from a recognized university or an eminent institution with a well established reputation in the field of yoga, with a minimum experience of two years in yoga teaching and practice.

4.02 POSITIVE HEALTH

Assistance will be provided for organising 3-5 days awareness programme by inviting guest speakers/experts etc. These programmes could be from amongst the following :

1. General counselling.
2. AIDS.
3. Drug abuse.
4. Sex education and reproductive health.
5. Art of healthy living.
6. Stress management.
7. Sound body and mental health.
8. Any other programme on similar subject/nature can also be covered.

| S.No. | Activity | Financial Assistance |
|--------------|--|---------------------------------|
| 1. | For organising 3-5 days awareness programme. | - Rs. 25,000/- per programme. * |

***A university can organise a maximum of 2 (two) programmes per calendar year.**

5. PROCEDURE FOR APPLYING UNDER THE SCHEME

The proposals may be sent to the UGC in the prescribed format (**Annexure I**) only. To avail assistance under this scheme, a university will have to approach an eminent yoga institution with an established reputation in the country and persuade it to manage and run the yoga centre of the university. After entering into an agreement (**Annexure II**) with the yoga institution on a stamp paper of Rs. 50/- , the university may apply to the UGC with a copy of the agreement under this scheme. Operational expenses have to be limited to the money received by way of fees from the participants. **Universities having already enjoyed the benefit under the similar scheme of IXth plan and earlier will not be eligible under this scheme during the X Plan period.**

6. PROCEDURE FOR APPROVAL BY UGC .

The UGC would examine and approve the proposal through a duly constituted expert committee which will meet in the month of June/Dec. of each calendar year. As such, proposal under the scheme, should reach UGC by the end of April/October accordingly.

7. PROCEDURE FOR RELEASE OF GRANT BY UGC.

v On receipt of consent of the concerned university for establishing a yoga centre, the first installment including the full grant for equipment/furnishing will be released with the letter of approval. For payment of fees to the instructors appointed by the university, 50% of the grant towards honorarium will be released for the first six months. This will be done on the university furnishing the names along with their bio-data and a copy of appointment letter of the instructors.

v The next instalment of 40% will be released on receiving the utilisation certificate (**Annexure III**) of the funds released as the 1st instalment.

v The balance 10% of the grant would be released on the receipt of the Utilization Certificate of the earlier grant together with statement of income and expenditure (**Annexure IV**).

The scheme will end with the end of Xth Plan period.

8. PROCEDURE FOR MONITORING

The work of each yoga centre would be evaluated by an assessment expert committee constituted for the purpose by the UGC after two years and the programme would be allowed to continue or otherwise on the basis of recommendations of this evaluation.

9. PERFORMAS FOR SUBMITTING PROPOSAL

Prescribed format is appended as **Annexure I**.

The universities are requested to submit their proposal in the prescribed format only.



Annexure I

FORMAT FOR SUBMITTING PROPOSALS FOR RECEIVING FINANCIAL ASSISTANCE FROM THE UGC FOR PROMOTION OF YOGA EDUCATION AND PRACTICE/FOR ORGANIZING 3-5 DAYS AWARENESS PROGRAMME ON 'POSITIVE HEALTH' IN THE UNIVERSITIES DURING THE XTH PLAN PERIOD.

(Separate form should be used for submitting proposal for organizing 3-5 days awareness programme on 'Positive Health'.

1. Name and address of the university. _____

2. Whether the university has been listed _____
under Section 2(f) & 12(B) of the UGC _____
Act of 1956. (If so, the date of such inclusion) _____
3. Status of the university whether situated _____
in 'A' or 'B' or any other class of city. _____
4. Total number of regular students enrolled _____
by the Univ. in the year of submitting the _____
proposals.
5. Whether any yoga classes are already being _____
held in the Univ. or the Univ. has organised
an awareness programme on _____
positive health (give details) _____
6. No. of yoga camps/seminars organized, _____
if any, (No. and the year may be given) _____
7. Details of UGC financial assistance if any, _____
received during the IX Plan for the purpose _____
(copy of agreement to be enclosed) _____
8. Name of the eminent yoga institute _____
close to the Univ. which would help _____
to manage the Univ. yoga centre. _____

9. Is there sufficient accommodation/ _____
space for holding yoga Classes. _____

10. Any other facility available which _____
will help in organizing the Yoga _____
classes. _____

(Signature of Registrar/VC with the seal)

- Please note : UGC's usual norms and conditions for infrastructural projects will apply.
All required documents are to be enclosed with the proposal of projects to be
undertaken.

UGC formats of Utilization Certificate, Statement of Expenditure, Progress Report to be
used for submitting the progress report of the project(s) and details of expenditure
incurred.



ANNEXURE-II

AGREEMENT

The Agreement is prepared on &&(dated)&&.. at ..(Place)&.. between&(Name of the University) and &(Name of the Yoga Instt.)&.. for implementing the scheme for promotion of Yoga Education and Practice, as circulated by University Grants Commission.

We hereby agree to introduce the UGC Scheme on the following terms and conditions :

RESPONSIBILITIES OF THE &&.....(Name of the Yoga Instt.)&COURSES :
&&.....(Name of the Yoga Instt.) ..will organize following course(s) _ as per the syllabi finalised in consultation with the university.

1. General classes in the Morning and Evening.
- 2.
- 3.

There will be separate classes for men and women.

Admission : (General Classes)

Students/teachers and all those who join the Yoga Training Programme will be required to submit a medical certificate of fitness. However, &.....(Name of the Yoga Instt.)&reserves the right to get the trainees re-examined, if necessary. &.....(Name of the Yoga Instt.)&will have the right to cancel admission on grounds of indiscipline, misconduct, frequent absentees etc.

If any extra pathological examination is required, the charges for the same will be payable by the candidate.

Scale of fees : (general classes)

Admission fee : It is to be paid by the participants (other than students, teachers and their spouses who are given training free of cost) @ Rs. 50/-.

The fee becomes due again if there is a break of more than one month.

Membership Fee : (general classes)

Monthly : @ Rs&50/-.

The fee is charged for each calendar month and is to be paid on or before the 10th of every month.

Concession in monthly membership fee is available to the following categories :

1. Students (on production of Identity Card) university teachers and their spouses - &50 %
2. Physically/mentally handicapped persons - &75 .%
3. Unemployed youth of more than 30 years of age - &50..%

Fee once paid will not be reserved, transferred or refunded.

Fees for certificate course will be Rs&&(to be decided by the university). It has to be paid in one/two installment.

Recurring expenditure :

It will be met out from the following sources :

1. Tuition fee charged for diploma/certificate course.
2. Admission fee and membership fee charged from participants.
3. Proceeds of camps organized, if any.

RESPONSIBILITIES OF THE UNIVERSITY ·

The yoga centre will function under the administrative control of Deptt. of yoga of the university.

- The university will organize the publicity for these course along with other courses.
- The university will provide secretarial facilities.
- The university will provide an office for the yoga centre.
- Electricity, water and sanitary facilities will be provided by the university.
- Examination will be conducted by the university. Payment for that will be made as per university rules.
- Certificate will be awarded by the University.
- Examination is to be finalized with the consultation of&.....(name of the yoga instt.).

FINANCE

The yoga centre will submit its annual budget to the University. Grant will be paid to the yoga centre by the university and accounts will be submitted to the university after every financial year.

The grant will be kept in a separate account under the style &.....(Name of the University) yoga centre and will be operated jointly by Finance Officer of the University and the professor in charge of the scheme.

The university will not interfere in any activity of &.....(Name of the yoga instt.)& which falls within the purview of its programme.

This agreement will come in force from the date of signing.

This agreement will be effective for the next five years, subject to renewal with mutual consent, every five years.

Any disagreement will be mutually resolved between &.....(Name of the yoga instt.)&and the university

() ()

Registrar Authorised Signature

(Name of the University with Rubber Stamp) (Name of the Yoga Instt. First Party of the Agreement with Rubber Stamp)

Second Party of the Agreement

Witness-1. _____ 1. _____

Witness-2. _____ 2. _____



Annexure III

UNIVERSITY GRANTS COMMISSION
BAHADURSHAH ZAFAR MARG
NEW DELHI

UTILISATION CERTIFICATE

Certified that the grant of Rs. _____ (Rupees _____) sanctioned to _____ by the University Grants Commission vide their letter No. _____ dated _____ towards _____ has been utilized for the purpose for which it was sanctioned and in accordance with the terms and conditions as laid down by the Commission.

If, as a result of a check or an audit objection, some irregularity is noticed at a later stage, action will be taken to refund or regularize the objected amount.

Registrar F.O. of the University

(with his seal)

Chartered Accountant/

Government Auditor



Annexure IV

UNIVERSITY GRANTS COMMISSION

STATEMENT OF EXPENDITURE

Audited statement of income & expenditure in respect of _____ approved by the UGC vide letter

No. _____ dated _____.

INCOME EXPENDITURE

**Registrar F.O. of the University
(with his seal)**

**(Signature of Chartered
Accountant/Government
Auditor with his seal)**