

# JAIN VISHVA BHARATI INSTITUTE, LADNUN

## CENTRE FOR DISTANCE AND ONLINE EDUCATION (CDOE)

### Six Months Certificate Course

**Programme:** Certificate Course in Yoga and Preksha Meditation (CYPM)

**Introduction:** Our health depends upon balanced interaction between objective body and subjective mind. Yoga is a practice which has a message for both body and mind. Preksha Meditation is system of meditation which is a blend of ancient spiritual knowledge and modern science of human physiology. It helps in the development of integrated personality and promotes proper mind body communication thereby bringing in psychophysiological well being. The role of Preksha Meditation in maintaining the good health and correcting various psychosomatic disorders have been proved beyond doubt.

**Objectives of the certificate course:**

- (i) To impart knowledge of fundamental principles of Yoga and Preksha Meditation.
- (ii) To make available a non-invasive and cost effective therapy module to manage various life style disorders.
- (iii) To develop therapeutic skill regarding Yoga, Preksha Meditation and life style among the trainees.
- (iv) To provide an opportunity to play an effective role in the field of health and wellness and also possess remedial livelihood means through Yoga and Preksha Meditation.

**Course Content:** The course content will comprise two theory papers and one practical part. The first theory paper will deal with the concepts and practice of Yoga and the second paper will deal with the principles and practice of Preksha Meditation. In the practical part, the trainees will be provided the practice oriented therapeutic application of both Yoga and Preksha Meditation.

**Fee:** Rs. 5000/-      **Eligibility:** 10th passed      **Mode:** Distance /Online

**Duration:** The duration of programme will be of six months.

**Medium:** Hindi/English

**Total Marks:** 300 Marks (30 Marks for assignment & 70 Marks in each theory paper)

**Examination:** After completion of 6th months, examination will be conducted at Ladnun Centre and other centres. This certificate programme contains two theory papers & one Practical Paper. Each paper contains 100 marks. Minimum pass Marks is 36% in theory paper, 50% in practical & in aggregate 40%.

**Last Date:** 31 December,2022

**Contact:** For further details contact : **Director, Centre for Distance and Online Education, Jain Vishva Bharati Institute,Ladnun-341306. Help no.: 9462658501**

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**Registrar**