

THE YOGA CENTRE



Background:

Yoga is changing rapidly and it is time for researchers, practitioners and the academicians to discuss it from an academic point of view. Yoga promotes physical and mental health. It disciplines the mind and improves the powers of concentration. Yoga is one of the most ancient disciplines in our country. It has helped many people across the globe to attain principle concept of Yoga as a part of Indian Culture. Yoga provides holistic approach to complete rejuvenation of mind, body and spirit. Yoga represents one of the major contributions of India towards world.

Objective:

Yoga has tremendous value not only for our physical welfare but also for our spiritual and mental development. The objective of introducing the subject of Yoga in the University system shall definitely create environment conducive to understand the importance of Yoga in right perspective. The Yogic way is the scientific approach to attain perfection within oneself. It has been exponent and proved by eminent Patanjali, author of Yoga Shastra and others. Yoga is ideally suited to the students, scholars and the faculty.

Vision

The Vision of the Centre is to develop overall personality of an individual through Yoga.

Mission

The Yoga Centre is in line with the vision statement that provides facility for meditation and development of spiritual quotient. It creates stress free environment which helps in development of human resources

For the purpose of attaining the above aim, objectives of the Centre are as follows:

- ❖ The Centre shall always strive to stride forward and keep pace with the changing needs and spirit of the time by taking care of the health of society.
- ❖ The Centre shall continue to uphold its commitment to the nation in general, and to the society in particular, by providing professionally trained people in the field of Yoga.
- ❖ The Centre shall spare no effort to continue its academic potential by providing quality infrastructure and facility to upgrade the knowledge of the students and Teachers in the field of Yoga.



- ▶ Yoga is one of the six systems of Vedic philosophy. Maharishi Patanjali, rightly called "The Father of Yoga" compiled and refined various aspects of Yoga systematically in his "Yoga Sutras" (aphorisms). He advocated the eight folds path of Yoga, popularly known as "Ashtanga Yoga" for all-round development of human beings. They are:- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.
- ▶ These components advocate certain restraints and observances, physical discipline, breath regulations, restraining the sense organs, contemplation, meditation and samadhi. These steps are believed to have a potential for improvement of physical health by enhancing circulation of oxygenated blood in the body, retraining the sense organs thereby inducing tranquility and serenity of mind.
- ▶ The practice of Yoga prevents psychosomatic disorders and improves an individual's resistance and ability to endure stressful situations.

The Yoga Centre, Central University of Jammu was set up in April 2016. The Yoga Centre at Central University of Jammu is headed by **Dr. D.L. Choudhary**. The Yoga Centre has been constantly working for organizing various programmes of Yoga.

TIMINGS

Yoga Classes at TAB Campus every	Friday at	10:30AM to 11:30 AM
Yoga Classes at Bagla Campus every	Friday at	03:00PM to 04:00 PM
At Girls Hostel I	Saturday	06:00 AM to 07:00AM
At Girls Hostel II	Saturday	07:00 AM to 08:00 AM
At Boys Hostel	Sunday	06:00 AM to 07:00AM



THREE MONTHS CERTIFICATE COURSE IN YOGA

- Three Months Certificate Course in Yoga got its approval from the Academic Council in its 7th Meeting held on 30th November, 2016.
- There are three parts for this course:
 - Fundamental Studies in Yoga
 - Practical Nature of Yoga
 - Practical paper

Examination & Evaluation

- The theory paper will contain two papers i.e. **Fundamental Study of Yoga** of 50 marks & the other paper of **Practical Nature of Yoga** containing 50 marks. The third paper will be of **Practical** containing 100 marks.
- After three-months class is over, the theory papers & practical will be conducted & the same will be sent for evaluation to the Subject Experts.
- The marks of the candidates will be sent to the Examination Section for declaration of result.
- The marks-certificates as well as the certificates will be issued by the Controller, the Central University of Jammu.

Conduct of the Classes:

The classes for the Three Months Certificate Course in Yoga have been started at TAB Campus. The timings of the classes are as under:

1. 03:00-04:00 pm Theory
2. 04:00-05:00 pm Practical