



MAHATMA GANDHI UNIVERSITY
CENTRE FOR YOGA & NATUROPATHY (CYN)

Priyadarshini Hills P.O., Kottayam, Kerala-686560



NOTIFICATION

Applications are invited for the admission to the **M.Sc. Yoga and Geriatric Counseling** offered in the Centre for Yoga and Naturopathy (CYN) for the academic year 2023-2024

Duration of the Programme: The duration of the programme shall be two academic years with four semesters. Each semester shall have 90 working days consist of 5 teaching hours per day for 5 days per week from Monday to Friday in both online and offline mode. There will be 30 days offline classes/in house training in 4th semester which will be conducted in the Mahatma Gandhi University Campus, Kottayam, Kerala, India.

Intake of students: Since MSc Yoga and Geriatric Counseling is offered on online mode, the Post Graduate program is open to all candidates from India and abroad irrespective of the numbers of seats subject to fulfills conditions laid down in the selection criteria in all respects.

Eligibility for Admission:

- Should have passed any Bachelor Degree of any University recognized by University Grants Commission.
- Age - No bar
- Should be physically and mentally fit to undergo Yoga training.

Admission Procedure: The selection of candidates for admission to M.Sc. Yoga and Geriatric Counseling shall be based on the merit determined based on the following criteria:

i)	Entrance examination *	-	50 marks
ii)	Marks of the qualifying examination	-	25 marks
ii)	Interview	-	25 marks
Total			- 100 marks

* Entrance examination and interview will be conducted online mode. The Entrance examination shall be multiple choice questions based on the knowledge of Yoga, Health and wellness, basic anatomy and physiology, current affairs, General Mental ability, and objective English. Candidates should score at least 40 % in the selection test to place in the rank list

Date of Entrance Test: 28/09/2023 (will be conducted online in Google form)

General Instructions:

- Application form can be downloaded from the website www.mgu.ac.in or Centre for Yoga & Naturopathy website [www.https://cyn.mgu.ac.in/](https://cyn.mgu.ac.in/)
- Candidates shall remit registration fee Rs.500/- through SBI account number 40577355506, IFSC SBIN0070669 drawn in favour Hon. Director, Center for Yoga and Naturopathy**
- Last date of receipt of filled up application form along with registration fee is **25/09/2023**
- Reservation of seats shall be as per rules framed by the Government/University from time to time
- The Programme will be conducted under Credit and Semester System
- The application along with copies of relevant documents & online payment receipt shall be mailed to cyn.mgu@gmail.com
- Copy of online payment receipt shall also be attached

Sd/-

Honorary Director CYN



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MASTER OF SCIENCE IN YOGA AND GERIATRIC COUNSELING
PROSPECTUS & APPLICATION FORM: 2023-2024

1. NAME OF THE PROGRAMME

Master of Science in Yoga and Geriatric Counseling

2. NATURE OF THE PROGRAMME

The program shall be full time regular and co-educational.

3. DURATION OF THE PROGRAMME

The duration of the programme shall be two academic years with four semesters. Each semester shall have 90 working days consisting 5 teaching hours per day for 5 days per week from Monday to Friday in both online and offline mode.. There will be 30 days offline classes at the end of 4th semester which will be conducted in the Mahatma Gandhi University Campus, Kottayam, Kerala, India.

4. ELIGIBILITY FOR ADMISSION

- i. Should have passed any Bachelor Degree of any University recognized by University Grants Commission.
- ii. Age - No bar
- iii. Should be physically and mentally fit to undergo Yoga training.

5. NUMBER OF SEATS

Since MSc Yoga and Geriatric Counseling is offered on online mode, this PG program is open to all candidates from India and abroad irrespective of the numbers of seats subject to fulfills conditions laid down in the selection criteria in all respects.

6. SELECTION CRITERIA

The selection of candidates for admission to M.Sc. Yoga and Geriatric Counseling shall be based on the merit determined based on the following criteria:

i)	Entrance examination *	-	50 marks
ii)	Marks of the qualifying examination	-	25 marks
ii)	Interview	-	25 marks
	Total	-	100 marks

* Entrance examination and interview will be conducted online mode. The Entrance examination shall be multiple choice questions based on the knowledge of Yoga, Health and wellness, basic anatomy and physiology, current affairs, General Mental ability, and objective English. Candidates should score at least 40 % in the selection test to place in the rank list.

7. MEDIUM OF INSTRUCTION AND EXAMINATION

The medium of instruction and examination of the course shall be English.

8. LIST OF CORE COURSES

1. Foundations of Yoga
2. Human Anatomy and Physiology
3. Principles and Methods of Practice of Hatha Yoga
4. Yoga Practical-I
5. Patanjala Yoga Sutra
6. Yoga Therapy
7. Basics of Counseling
8. Yoga practical II
9. Introduction to Geriatrics Counselling
10. Research Methodology and Statistics
11. Yoga Practical-III
12. Health and Wellness
13. Guided Yoga Filed Work
14. Internship Counseling
15. Dissertation & Viva

9. LIST OF ELECTIVE AND OPEN COURSES

1. Yoga and Personality Theories
2. Values and Environmental Education
3. Integral Social Work practice
4. Yoga and Health Psychology
5. Open Course from Other Schools/Department of the University.
6. Gandhian Approaches to Health
7. Yoga Upanishads
8. Principles and Methods In Naturopathy
9. Indian Systems of Medicine and Indigenous Health Care

FEE STRUCTURE

Details	1 st Sem	2 nd Sem	3 rd Sem	4 th Sem
Tuition Fee	15000	15000	15000	15000
Admission Fee (One Time)	525	-	-	-
Library Fee(One Time)	1500	-	-	-
Library Caution Deposit (One time)	1000	-	-	-

Caution Deposit(One Time)	1500	-	-	-
Id Card(One Time)	150	-	-	-
Stationery Fee	150	-	150	-
University Union Fee	65	-	65	-
University Department Student Union Fee	65	-	65	-
Medical Inspection Fee	20	-	20	-
Sports Affiliation Fee (One Time)	335	-	-	-
Students Welfare Fund	55	55	55	55
Students Safty Insurance (One Time)	50	-	-	-
Quasi University Fee (One Time)	15	-	-	-
Magazine Fee	35	-	35	-
Calendar Fee	40	40	40	40
Audio Visual Fee (One Time)	20	-	20	-
Student Affiliation Fee (U.O.No.4527/ AC A1/2023/MGU Dated 28-04-2023)	900	-	-	-
Department Development Fund	1000	-	1000	-
Student Aid Fund	280	280	280	280
Matriculation Fee (One Time) U.O.No. 6117/AC A1/2023/MGU Dated 31-05-2023)	280	-	-	-
TOTAL	22985	15375	16730	15375

General instructions

1. Prospectus and application form can be downloaded from the Mahatma Gandhi University, Center for Yoga & Naturopathy website [www.https://cyn.mgu.ac.in/](https://cyn.mgu.ac.in/)
2. **The candidates shall remit registration fee Rs.500/- to Hon.Director, Center for Yoga & Naturopathy SBI Account 40577355506, IFSC SBIN0070669 along with application form duly filled in all respects.**
3. The selected candidates have to remit the tuition fee and other fee Rs.**22985/-** for 1st Semester at the time of admission. The fee for 2nd Semester for Rs. **15375** , 3rd Semester for Rs. **16730** and 4th Semester for Rs. **15375-** shall be remitted at the time of the commencement of concerned semesters.
4. The fee for the NRI students shall be 4 times of the fee in each semester.



MAHATMA GANDHI UNIVERSITY
CENTRE FOR YOGA & NATUROPATHY
MASTER OF SCIENCE IN YOGA AND GERIATRIC COUNSELING
APPLICATION FORM 2023-24

1. Name : _____

2. Age & Date of birth : _____

3. Male/female : _____

4. Name of Parent/Guardian : _____

5. Address for communication : _____

Pin Code _____

Phone with STD Code _____

Mobile: _____

6. Community, Caste : _____

7. Whether belongs to SC/ST/OBC/OEC/FC Specify the details and attach certificate, if any kind of concession is required : _____

8. Whether employed at present. If so, name & address of the employer

9. Annual Income: _____

10. Application & Registration fee: Chalan /DD/ No. _____ dated _____ for Rs _____

11. Details regarding the qualifying Examination passed :

Name of Examination	
Register Number	
Month & Year	
Name of the University/Board	
Name of language & Subjects	

Affix Passport size
Photograph

12. Educational Qualifications :

Name of Exam Passed	Name of the University	Year of Passing	% of Marks	Remarks
SSLC				
HSC/+2/PDC				
UG				
PG				
Any other Qualification				

13. Details of Document Enclosed

1.	5.
2.	6.
3.	7.
4.	8.

14. **Additional information if any**

15. **Undertaking:**

- 1) I hereby declare that the information furnished above are true and correct to the best of my knowledge.
- 2) I hereby declare that , if I am admitted, I shall abide by the rules and regulations of the University and Centre, that is in force from time to time

Place:

Signature of the Applicant

Date:

Signature of the Parent/Guardian

Enclosures:

- 1) Copies of the certificate to prove Age, Community, Educational qualifications with
- 2) Mark sheets.
- 3) Medical Fitness Certificate in the given format.
- 4) Chalan/DD for Rs.500/- drawn in favour of Hon. Director, Center for Yoga & Naturopathy, SBI Account: 40577355506; IFSC SBIN007066

MEDICAL FITNESS CERTIFICATE

(To be signed by a registered medical practitioner)

Certified that I have carefully examined Mr./Ms. _____
son/daughter of Mr/Mrs/Ms _____ whose
signature is given below and found that he/she is physically and mentally fit to undergo physical
activities required for the Post Graduate Programme in Yoga and Geriatric Counseling.

Identification marks _____

Signature of the Candidate _____

Place:

Date

Name & signature of the Medical Officer
with seal and registration number