



Institute of Teaching and Research in Ayurveda

(Institute of National Importance)

Ministry of Ayush, Govt. of India, Jamnagar-361008

FOUNDATION COURSE IN YOGA EDUCATION AND THERAPY ASSISTANT

(F.C.Y.Ed.T.A.)

Expected Outcomes Will gain basic knowledge and skills about Yoga practices and their teaching techniques; Will have applied knowledge about safety protocols to be followed during Yoga practice sessions; Will develop ability to adapt and modify Yoga practices to meet the needs of different individuals and in various health conditions; Can work in Yoga center/studio, assisting Yoga consultants and Yoga Therapists.

Eligibility Minimum Secondary School Certificate or equivalent

Admission criteria Based on merit of Secondary School Certificate examination

Seats 20 seats per batch

Age The maximum age limit shall be 45(forty five) years for joining

Mode of Teaching Residential. However, some lectures may be conducted in virtual mode

Language English / Hindi

Attendance Minimum 85% presence in theory and practical classes separately

Course Duration 200 Hours

Course Credit 10

Criteria for passing Acquiring 40% marks in theory and practical separately

Course fee Rs. 15,000/- for Indian students
\$ 550 USD for Foreign nationals

**Last Date for
submission of
application form** 31st July 2024

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ITRA campus, Jamnagar-361008, Phone No.: 0288-2770103;

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