



Institute of Teaching and Research in Ayurveda

(Institute of National Importance)

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

FOUNDATION COURSE IN YOGA AND MENTAL WELLNESS **(F.C.Y.M.W.)**

Expected Outcomes	Will gain basic knowledge and skills about Yoga and its incorporation in self health promotion and care; Will have basic knowledge about mental wellbeing and its incorporation in self health promotion and care; Will have basic knowledge about de-stressing and self management; Working in Yoga center/studio, assisting Yoga consultants and Yoga Therapists etc.
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	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	31 st July 2024
Contact us	Department of Swasthavritta, Room No. 5, Dhanvantari Mandir, ITRA campus, Jamnagar-361008, Phone No.: 0288-2770103; email: swasthavritta@itra.edu.in , Website: https://itra.ac.in
