



# GURU RAVIDAS AYURVED UNIVERSITY

VPO.Kharkan, Una Road, Hoshiarpur, Punjab 146110

(Established by Govt. of Punjab)



## ADMISSION BROCHURE

## DIPLOMA IN MEDITATION AND YOGA SCIENCES



PROSPECTUS 2025-26

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# DIPLOMA IN MEDITATION AND YOGA SCIENCES ( D.M.Y.Sc) FOR 10+2 PASSED

(One Year Duration)  
2025-26

## Important Dates

Sr. No.	Event	Date
1.	Availability of Prospectus at University website i.e. <a href="http://www.graupunjab.org">www.graupunjab.org</a>	21.05.2025
2.	Last date for receipt of Application Forms in the CM Di Yogshala Sec-22 ( C ) SCO 2945-46, Markfed Bazaar, 2nd Floor Chandigarh , 160022	02.06.2025
3.	Date of counselling.	Will be notified later through University website i.e. <a href="http://www.graupunjab.org">www.graupunjab.org</a>



## VICE-CHANCELLOR'S MESSAGE

It is a matter of great honour and immense pleasure for me to lead Guru Ravidas Ayurved University Punjab, Hoshiarpur. This University has been established for promotion of Ayush and to provide education of global standard and to carry out research for the welfare of the masses.

It will be my privilege to warmly welcome you to Guru Ravidas Ayurved University which is located at the foothills of Himalayas on Hoshiarpur-Una Road and spread over 33 Acres of Land in village Kharkan( 10 KM from Hoshiarpur city). This University regulates the conduct of Under Graduate and Post-Graduate courses in Ayurvedic, Unani and Homoeopathy and also Ph.D. in Ayurveda. The University has its own constituent Govt Ayurvedic College, Patiala, having 106 bedded attached Ayurvedic Hospital and Pharmacy. Since 2023, 'CM di Yogshala' project is being run by the University under the aegis of Department of Medical Education and Research.

I have the honour to share that this University is going to start 2<sup>nd</sup> batch of D.M.Y.Sc through satellite center across Punjab . We have plans to establish full-fledged Department of Yoga and Naturopathy under which more yoga courses like B.N.Y.S.,BA/B.Sc.(Yoga)/M.A/MSc.(Yoga) and Ph.D (Yoga) will be started.

In addition to the academic activities, the University has also been providing health care services through its free AYUSH OPD to the people of nearby villages.

I am confident that the University will continue to strive for excellence in teaching, research and extension activities and scaling great heights in the days to come.

**Dr.Sanjeev Sood**  
**Vice-Chancellor**



## REGISTRAR'S MESSAGE



It gives me immense pleasure and a feeling of accomplishment to extend my hearty welcome to all aspiring students for admission in Diploma in Meditation and Yoga Sciences in this prestigious University. Guru Ravidas Ayurved University is located at the foothills of Himalayas on Hoshiarpur-Una Road in 33 Acre of Land in village Kharkan (10 KM from Hoshiarpur city). Since its inception in 2011, this University is striving towards maintaining high academic standards and excellence in the field of Ayurveda, Homoeopathy and Unani Education and Research. Graduate courses in Ayurveda/Homoeopathy/Unani, Postgraduate courses in Ayurved and Homoeopathy are being run in the affiliated colleges and constituent college of the University at Patiala. We are committed to provide our students with wide variety of opportunities in order to help them .

Our aim is to produce excellent professionals in the field of Yoga, ready to serve the humanity on various fronts with exemplary stamina, courage, compassion and dedication to duty, who will make a name for themselves and the University.

We have a dedicated team of faculty, striving hard to provide the students with the latest knowledge and skills in the field of yoga that would help to stand out in this fiercely competitive world.

Wishing you a fruitful stay while you are herewith us and best of times ahead.

**(Dr. Sanjeev Goyal)**  
**Registrar**

# INTRODUCTION

## BRIEF HISTORY:

Guru Ravidas Ayurved University Punjab, Hoshiarpur was created with the promulgation of the Guru Ravidas Ayurved University Punjab Act, 2009 (Punjab Act No. 4 of 2010) by the Punjab Legislative Assembly. The University started functioning w.e.f. 01.02.2011. The University has its own well constructed Administrative Block in approximately 5 Acre of land. The main campus of the University is located in the foothills of Himalayas on Hoshiarpur-Una Road in 33 Acre of Land in village Kharkan ( 10 KM from Hoshiarpur city). This University regulates the conduct of Under Graduate, Post-graduate Ayurvedic, Homeopathic, Unani and Ph.D in Ayurveda courses.

## UNIVERSITY'S PRESENT STATUS:

This University is one of its own kinds in North India. At present the University has total 21 affiliated colleges viz 18 Ayurvedic, 2 Homoeopathic and 1 Unani colleges. The P.G training in 3 M.D Ayurvedic colleges and 1 Homoeopathic college in various departments are being imparted under the affiliation of this University. The University has its constituent Ayurvedic College (Govt. Ayurvedic College, Patiala), having both UG and PG courses, Ayurvedic Hospital and Ayurvedic Pharmacy at Patiala. The University has started Ph.D in four departments of Ayurveda from the year 2020. It has about 6,000 registered students presently undergoing Under Graduate Post Graduate and Ph.D studies.

In addition to the academic activities, the University has also been providing health care services through its AYUSH OPD to the people of nearby villages.

From the year 2023, 'CM di Yogshala' project is being run by the University under the aegis of Department of Medical Education and Research.

The University has been striving to bring about major development in AYUSH and all basic, clinical and allied departments to pursue on education and research. Meritorious AYUSH faculties from all over the country are getting aspired to work in this University.



## About Yoga

Yoga is an ancient practice that originated in India over 5,000 years ago. It is a holistic discipline that integrates physical postures, breathing exercises, meditation, and ethical principles to promote overall well-being. The word "yoga" is derived from the Sanskrit root "yuj," which means "to unite" or "to join." The practice of yoga aims to create harmony between the body, mind, and spirit, leading to a state of balance and inner peace.

## Historical Background

Yoga's origins can be traced back to the Indus Valley Civilization and the ancient texts known as the Vedas. The practice has evolved over millennia, with significant contributions from texts such as the Upanishads, the Bhagavad Gita, and the Yoga Sutras of Patanjali. The Yoga Sutras, written by the sage Patanjali, outline the eight limbs of yoga, which serve as a comprehensive guide to living a yogic life.

Yoga is a versatile practice that can be adapted to suit individuals of all ages and fitness levels. Whether you are seeking physical fitness, mental clarity, or spiritual growth, yoga offers a comprehensive path to holistic health and well-being.

## Why Yoga Sciences?

The biggest asset of our country has been the research conducted on the mind and body. Even when there were no modern laboratories in the world, our scientists and philosophers had done research on the depths of the science of mind and body, on the basis of self-realization and introspection that are not possible to understand even in the most modern scientific laboratory today. The tradition that got developed after thousands of years of practice was named as 'meditation and yoga'. This is the matter of the pride with the fact that India has provided science of being mentally and physically fit to the people over hundreds of years in the form of 'meditation and yoga'.

Corona pandemic has brought a huge change in the life style, thinking and working style of people leaving patches and scars of loss of family, finance and health.

The world is adopting the Indian tradition science of increasing health quality through meditation and Yoga. People across the world come every week to participate in yoga and meditation to India. There are several programs running for a day or two which are focused on bringing yoga into our lives.

Through this grand vision of University more and more yoga practitioners will be created gradually, who will be active players not only in imparting and spreading this science but also will earn better livelihoods, and ultimately will contribute to build a calm, thoughtful and developed nation by empowering the overall health of the society.

### **Benefits of Yoga Sciences**

- **Physical Health:** Yoga enhances flexibility, strength, and balance. It also improves cardiovascular health, respiratory function, and overall fitness.
- **Mental Health:** Regular practice of yoga reduces stress and anxiety improves concentration, and promotes mental clarity and emotional well-being.
- **Spiritual Growth:** Yoga fosters a deeper connection with oneself and the universe, encouraging self-awareness, inner peace, and spiritual development.

### **VISION**

To grow and develop the Yoga professionals who can fulfill national and international aspirations.



## MISSION

The University has been on a mission to make Punjab the best in the country not only in terms of imparting quality education but also to keep its people physically, mentally and socially healthy through Indian System of Medicine.

To develop core competency in Yoga and Naturopathy sector and contribute in building leaders and personnel who can take up responsibilities as yoga science professionals, appropriate for community, institutions and industries on health and management related fields.

## OBJECTIVES

1. To design, develop and impart various courses for Yoga, Meditation, and nutrition to promote healthy life style in the society.
2. To promote the concept of Meditation and Yoga as the complementary therapy and sound health.

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**DIPLOMA IN MEDITATION AND YOGA  
SCIENCES (D.M.Y.Sc.)  
(NON-RESIDENTIAL)**

# Regulations

## Diploma in Meditation & Yoga Sciences:

Diploma in Meditation & Yoga Sciences is a full time regular (Non-residential) course. The course is designed to impart knowledge and skills of Yoga to enable the aspirants to become institutionally qualified Yoga Instructors/Teachers.

### Course Objectives:

- Promoting positive Health and Holistic wellness.
- Imparting skills to introduce Yoga awareness for health among public at large.
- Enable students to become competent and committed professionals willing to perform as Yoga Instructors/Teachers.
- To make students to use competencies and skills needed for becoming effective Yoga Instructors/Teachers.
- To enable students to understand the different dimensions of Yoga.

### Learning Outcomes:

- To acquaint students with the practical knowledge of Shatkarma , Yogic Sukshma and Sthula Vyayama, Suryanamaskar Yogasanas, Pranayamas, Bandhas, Mudras , Meditation and others traditional Yogic practices.
- Students can work as Yoga Trainer in different academic Institutes, Clinics/ Hospitals, Yoga Studios, Yoga Wellness Centers etc.
- Students can conduct Yoga Protocol at different work places, academic Institutes, Clinics/ Hospitals, Yoga Studios, Yoga Wellness Centers etc.
- Students can Conduct Yoga Classes in Parks, Societies, Resident Welfare Association (RWA), Gram Panchayat, Public gatherings and different organizations etc.

### Title & Duration of the Course:

The course shall be called 'Diploma in Meditation and Yoga Sciences (D.M.Y.Sc.).  
The duration of course shall be one year (Three Trimester)

### Intake capacity- 2555 seats

### Eligibility for admission

- Intermediate- 12th (10+2) pass students in any stream with minimum aggregate 50% marks for General category candidates and 45% for reserved category candidates of SC/BC.
- A candidate must be medically fit. A Medical Fitness Certificate in this regard issued by the Medical Officer shall have to be produced by the candidate at the time of admission. The candidates suffering from any chronic disease will not be admitted to the course.
- Age limit shall be below 30 years (Age relaxation will be applicable as per Punjab Government norms for SC/BC category candidates).



## **Medium of Instructions and Examinations:**

Medium of instructions in Diploma in Meditation & Yoga Sciences course will be Punjabi/Hindi/English.

## **Structure of D.M.Y.Sc. Course:**

- Theory
- Practical

## **Admission Process and Criteria**

### **Mode of Admission :**

Seats will be allotted based on merit prepared for each district , to be determined by aggregate percentage in the qualifying Senior Secondary examination passed from the approved state or Central Board

### **Selection Criteria :**

1. Aggregate percentage in Senior Secondary examination
2. In case of tie:
  - a. older candidate will be given preference.
  - b. If still tied, preference will be given based on higher aggregate percentage in Matriculation.

### **Seat Availability :**

District- wise seat availability for Diploma in Meditation and Yoga Sciences will be notified during the counseling process.

## **Eligibility for appearing in the exams:**

- Students must secure the minimum 75% attendance in the course to appear in the exams.

## **Eligibility for certification:**

- In order to get the final Diploma Certificate, the candidates have to pass in each paper/subject of theory and practical separately with minimum 40% marks.
- The candidates will be given one main examination and two supplementary examinations chance to pass the examination.
- Stipend Rs . 8000 will be given after completion of 1st trimester

## **Fee Structure**

- Admission Fee Rs. 1000 Only



## Reservation Policy and General Instructions for admissions:-

### Reservation Policy:

- |   |   |
|---|---|
| 1. Scheduled Castes                                     | 25%   |
| 2. Backward Classes                                     | 10%   |
| 3. Backward Area  | 01%   |
| 4. Border Area  | 01%   |
| 5. Physically Disabled                                  | 05%   |
| 6. Sports Persons                                       | 01% (The admission shall be made on the basis of inter-se merit of the candidates on the basis of gradation (Category A/B/C) issued by the Director of Sports, Punjab). |
| 7. Children/Grandchildren of terrorist affected persons | 01%   |
| 8. Children/Grandchildren of Sikh riot affected persons | 01%   |

(In order of preference to the exclusion of next category Preference shall be given to a candidate whose parent or guardian has been killed in such situation - Guardian to be considered only in case neither parent was alive at the relevant time )

- Persons killed in terrorist actions in Punjab/ riots outside Punjab.
- Terrorist/ Riot affected /displaced persons

9. Wards of Defence Personnel 01%

(In order of preference to the exclusion of next category)

- Killed in action.
- Disabled in action to the extent of 50% or above & Boarded out of service.
- Died while in service & Death attributed to Military service.
- Disabled in service & boarded out with disability attributed to Military Service.
- Gallantry award/other award winners both serving/retired.
- Serving defence personnel/ex-serviceman.

**Note:-** Certificate to this effect must be issued by Army/Navy/ Air Force Headquarters or the Commanding Officer of the Unit, countersigned by the Director, Defence Services Welfare, Punjab in case of the Serving Defence Personnel. In case of Ex-Servicemen certificate should be signed by the concerned District Defence Services Welfare Officer, countersigned by the Director, Defence Services Welfare, Punjab.

10. Wards of Punjab Police Personnel, Punjab Armed Police, Punjab Home Guards and Para-Military Forces (in order of preference to the exclusion of next category) 1%.

Certificate to this effect issued by Inspector General of Police (HQ), Punjab Police shall have to be produced while submitting other documents. In case of Paramilitary Forces this certificate shall be countersigned by IG Police (HQ) Punjab.

- Killed in action
- Disabled in action to the extent of 50%
- Winners of President's Police Medal for Gallantry or Police Medal for Gallantry

11. Children/grandchildren of freedom fighters of Punjab 1%

### **1.Seat Distribution:**

Out of total seats, 85% seats will be for the candidates from Punjab State, whereas the remaining 15% seats will be open for candidates from any other State/UT. However, in case adequate numbers of candidates from Punjab are not available, then other States candidates may be considered for admissions in Punjab quota.

### **2. Admission Committee :**

1. Controller of Examinations, Guru Ravidas Ayurved University  
Punjab, Hoshiarpur -Chairman
2. Deputy Registrar, GRAU -Member
3. Representative of Department of Social Justice and Empowerment  
and Minorities, Punjab -Member
4. Representative of Department of Sports, Punjab-Member
5. Representative of Department of Defense Services, Punjab-Member

### **3. Dress Code :**

The dress code for course will be T-Shirt and trousers as decided by the University, both for boys and girls, which need to be purchased by the students at their own cost. Each candidate shall attend the University's formal classes and other functions only in the prescribed dress for Summer as well as in Winter Season with University's emblem thereon.

4.The University shall display combined merit list of all candidates including reserved category.

4. The Students claiming benefits of reservation under SC/BC category shall be required to produce a certificate from the competent authority as per latest instructions of Govt. of Punjab. Further a valid, Backward Class Certificate must be produced as per the latest instructions of Department of Welfare, Government of Punjab in which the annual income of the family is clearly mentioned.

5. The Reservation of Physically Challenged persons shall be as per the provision of Right of Persons with Disability Act, 2016.

6. Seats remaining vacant under any of the reserved / minority category shall be transferred to the General Category.

Note : - In the case of any discrepancy or dispute in respect of the course execution, the decision of the University's competent authority will be final.

S. No	Dist. Name	Centre Name	Aprox Number of Student Required
1	Amritsar	Hindu college (Amritsar)	215
2	Barnala	SSB College Barnala	40
3	Bathinda	Govt. Poletch College Bathinda, Dibi wala Road	100
4	Faridkot	Baba farid cultural centre. faridkot (auditorium). Kot kapura road (Red Cross Bulding)	40
5	Fatehgarh Sahib	Desh Bhagat Ayurvedic College and Hospital, Amloh Road, Village Sounti Teh. Amloh	70
6	Fazilka	School of Eminence, Fazilka, Govt Model Senior Secondary School Boys. Civil lines, 152123	55
7	Ferozepur	SBS state University near circuit house Moga Road Ferozepur	130
8	Gurdaspur	I.k Gujral p t.u camps batala Govt girls school Gurdaspur	190
9	Hoshiarpur	VPO.Kharkan, Una Road, Hoshiarpur, Punjab	250
10	Jalandhar	Multi Skill Development Centre, Wariyana Jalandhar	200
11	Kapurthala	Punjab technical University	100
12	Ludhiana	Punjab Trade Centre Ludhiana	200
13	Malerkotla	Government College Malerkotla near DC office	30
14	Mansa	Auditorium Hall, Nehru Memorial College, Mansa	50
15	Moga	Sports complex stadium Godewala Moga	60
16	Pathankot	ITI, near SD college Pin 145001	75
17	Patiala	Govt Ayurveda College Govt. Ripudaman College Nabha	200
18	Rupnagar	Govt college boys hostel college road, Ropar Pin code 140001	100
19	Sangrur	Government College, Sahibzada Ajit Singh Nagar (Mohali) Mohali, Phase 6, SAS Nagar - 160055	130
20	SAS Nagar	Prem Sabha Senior Secondary School Near Mansa Devi Mandir Nabha Gate Sangrur	65
21	SBS Nagar	Govt. Sr. Secordry School Naba Sherar	90
22	Sri Muktsar Sahib	Auditorium Hall, Sant Sahara B.Ed College, Ferozpur Road, Sri Muktsar Sahib.	65
23	Tarn Taran	Govt. Industrial Training Isntitute Kadgill Tarantarn 2 Hall	100
<b>Total</b>			<b>2555</b>



## ਗੁਰੂ ਰਵਿਦਾਸ ਆਯੁਰਵੇਦ ਯੂਨੀਵਰਸਿਟੀ ਪੰਜਾਬ ਹੁਸ਼ਿਆਰਪੁਰ

(ਡਿਪਲੋਮਾ ਇੰਨ ਮੈਡੀਟੇਸ਼ਨ ਅਤੇ ਯੋਗਾ ਸਾਇੰਸਸ)

### ਦਾਖਲੇ ਲਈ ਅਰਜ਼ੀ ਫਾਰਮ

1. ਬਿਨੈਕਾਰ ਦਾ ਨਾਂ .....
2. ਪਿਤਾ / ਪਤੀ ਦਾ ਨਾਂ .....
3. ਮਾਤਾ ਦਾ ਨਾਂ .....
4. ਜਨਮ ਤਾਰੀਖ .....
5. ਪਤਾ .....
- .....
6. ਮੋਬਾਇਲ ਨੰ. ....
7. ਈ-ਮੇਲ .....
8. ਸ਼੍ਰੇਣੀ .....
9. ਲਿੰਗ .....
10. ਵਿਦਿਅਕ ਯੋਗਤਾ .....
11. ਸੈਟੇਲਾਇਟ ਸੈਟਰ ਦੇ ਜਿਲ੍ਹੇ ਦੀ ਚੋਣ .....



ਲੜੀ ਨੰ.	ਪ੍ਰੀਖਿਆ ਦਾ ਨਾਂ	ਪਾਸ ਕਰਨ ਦਾ ਸਾਲ	ਵਿਸ਼ਾ	ਪ੍ਰਤੀਸ਼ਤ	ਬੋਰਡ/ਯੂਨੀਵਰਸਿਟੀ

ਮੈਂ ਪ੍ਰਮਾਣਿਤ ਕਰਦਾ/ਕਰਦੀ ਹਾਂ ਕਿ ਪ੍ਰਦਾਨ ਕੀਤੀ ਗਈ ਜਾਣਕਾਰੀ ਮੇਰੀ ਜਾਣਕਾਰੀ ਅਨੁਸਾਰ ਸੱਚ ਹੈ ਅਤੇ ਜੇਕਰ ਕੋਈ ਤੱਥ ਝੂਠ ਜਾਂ ਗਲਤ ਪਾਏ ਜਾਂਦੇ ਹਨ ਤਾਂ ਮੈਂ ਜੋ ਕੋਰਸ ਅਪਲਾਈ ਕੀਤਾ ਹੈ, ਉਸ ਤੋਂ ਬਰਖਾਸਤ ਕੀਤੇ ਜਾਣ ਲਈ ਜ਼ਿੰਮੇਵਾਰ ਹੋਵਾਂਗਾ/ਹੋਵਾਂਗੀ।

ਮਿਤੀ

ਬਿਨੈਕਾਰ ਦੇ ਹਸਤਾਖਰ



**GURU RAVIDAS AYURVED UNIVERSITY PUNJAB, HOSHIARPUR  
(Diploma In Meditation and Yoga Scinces)**

**Admission Form**

**1.** Name of Candidate .....

**2.** Name of Father/ Husband.....

**3.** Name of Mother.....

**4.** Date of Birth.....

**5.** Address.....

.....

**6.** Mobile no.....

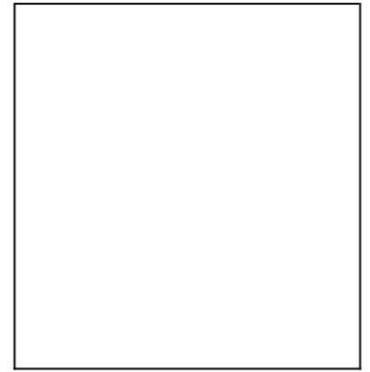
**7.** E-Mail.....

**8.** Category.....

**9.** Gender.....

**10.** Qualification.....

**11.** Satellite Center ( District) .....



Sr. no.	Name of Examination	Year of Passing	Subjects	Percentage	Board/University

I certify that the provided information is correct to the best of my knowledge and nothing has been concealed therein. In case any facts is found Incorrect. I shall be liable for rustication from the course.

Date

**Applicant Signature**