

Commission decision in respect of Yoga Programmes

The Commission in its 561st meeting held on 22nd September, 2022 has approved the following recommendations of the Expert Committee:

1. Yoga programmes for the grant of degrees at the undergraduate and post graduate levels and grant of post graduate diploma shall not be permitted in Online mode.
2. Yoga programmes shall be permitted to be offered through ODL mode at degree level and post graduate diploma level as per the provisions of UGC (ODL Programmes and Online Programmes) Regulations, 2020 in compliance to certain conditions as under:
 - i) HEIs which are offering Yoga programme in conventional mode for atleast 10 years, will only be eligible to apply for recognition to offer Yoga programmes in ODL mode.
 - ii) Entry level qualification for the Yoga programmes in ODL mode at different levels is as under:

| Level | Entry Qualification |
|-----------------------|---|
| Under Graduate Degree | 10+2 with a certificate in Yoga discipline with a duration of atleast 2 months or 10+2 with the certificate by Yoga Certification Board (YCB) The HEI will conduct an entrance for ODL in Online or offline mode for assessment of the expected basic knowledge. |
| Post Graduate Degree | Bachelor's as per terms referred for Under Graduate Degree |
| Post Graduate Diploma | Bachelor's as per terms referred for Under Graduate Degree |

- iii) Yoga Programmes in ODL mode may be offered in hybrid mode wherein theoretical component can be taught in permissible Online Mode and practical component can be done at Headquarter/ Learner Support Centres (LSCs). The conditions of territorial jurisdiction and Learner Support Centres as mentioned in the Regulations shall be complied with.

- iv) Permissible practical component will be as per UGC (ODL Programmes and Online Programmes) Regulations, 2020; for four courses, each of 04 credits (Total 16 credits), 10-12 credits for theory and 6-4 credits for practical course.
- v) The HEIs recognized by UGC for offering Yoga programmes in ODL mode shall conduct minimum contact programme at Headquarter (HQ)/ Learner Support Centres (LSCs) as per following:
“Learner shall be present in Headquarter/Learner Support Centres (LSCs) atleast minimum 2 months in first semester and minimum 2 months in last semester”
- vi) HEIs can offer certificate courses related to Yoga discipline which are of duration equal or less than 3 months through ODL and/or Online mode.
- vii) HEI shall comply to the guidelines in respect of model curriculum on Yoga as and when notified by the Commission.
- viii) HEI shall comply to provisions of UGC (Open and Distance Learning Programmes and Online Programmes) Regulations, 2020 and guidelines/directions issued by Commission from time to time.