

S.No. 1 (FR)

No. F. 2-54/2008 (XI Plan) - 1-

XI PLAN GUIDELINES

GUIDELINES FOR PROMOTION OF YOGA EDUCATION AND PRACTICE AND POSITIVE HEALTH IN UNIVERSITIES



UNIVERSITY GRANTS COMMISSION
BAHADURSHAH ZAFAR MARG
NEW DELHI – 110 002

THE SCHEME FOR PROMOTION OF YOGA EDUCATION AND PRACTICE AND POSITIVE HEALTH IN UNIVERSITIES

1. INTRODUCTION

The value of sports and Yoga as a means of promoting health, social harmony and discipline is well recognized. It is also acknowledged that for the development of the youth into good citizens who are knowledgeable, confident, balanced and possess strong character and leadership attributes, they require to be exposed to sports activities, yoga and activities of positive health in universities.

2. OBJECTIVE

During the Tenth Five Year Plan University Grants Commission had launched a scheme for the promotion of Yoga education and Practice and Positive Health in the universities with the basic objective of imparting special education in activities in Yoga, Positive Health, Personality Development etc., for the overall development of students, teachers and non-teaching staff of the universities. Yoga is our cultural heritage and it promotes physical and mental health. The objective of continuation of this scheme in the Eleventh Plan is to extend its benefits to the maximum extent. It is also envisaged that this scheme will channelise the energy of our youth towards positive health and thinking. //

3. ELIGIBILITY/TARGET GROUP

All eligible Universities, which are included under section 2(f) and have been declared fit to receive central assistance under Section 12(B) of the UGC Act of 1956, are covered under the scheme. The target group is students, teachers and non-teaching staff of universities.

4. NATURE OF ASSISTANCE

The UGC will provide grants to the selected universities up to the end of XIth Plan period only. Thereafter the scheme is required to be taken over by the concerned universities under its maintenance budget. The UGC will provide one-time financial assistance as under:

4.01 YOGA

S.No.	Items	Financial Assistance under the Scheme
1.	Equipment/furnishing.	Rs. 2,00,000/- (One time grant).
2.	Honorarium to instructors – maximum two (2).	Rs. 2,40,000/- p.a. @ Rs.10,000/- p.m. (Rs. 10,000 X 12 X 2 = Rs. 2,40,000/-

One Instructor for twenty to thirty participants.

The Universities may charge Rs. 50/- per month per head as token fee from the students/teachers non-teaching staff interested to participate in its yoga centre activities for meeting the recurring expenditure.

The minimum qualifications for yoga instructors shall be as under:

1. Post-graduate degree (full time course) in Yoga/Yogic Science/Yoga Therapy/Yoga Studies etc. from a recognized University.

OR

2. Post-graduate diploma (full time of at least one year course) in Yoga/Yogic Science/Yoga Therapy/Yoga Studies etc. from a recognized University or an eminent institution with a well established reputation in the field of yoga, with a minimum experience of two years in yoga teaching and practice.

4.02 POSITIVE HEALTH

Assistance will be provided for organizing 3-5 days awareness programme by inviting guest speakers/experts etc. These programmes could be from amongst the following :

1. General Counselling.
2. Art of healthy living.
3. Sound body and mental health.
4. Sex Education and reproductive health.
5. Stress Management.
6. AIDS.
7. Drug abuse.
8. Any other programme on similar subject/nature can also be covered.

S.No.	Activity	Financial Assistance
1.	For organizing 3-5 days awareness programme.	- Rs. 35,000/- per programme *

* University can organise a maximum of two programmes in a calendar year.

5. PROCEDURE FOR APPLYING UNDER THE SCHEME.

The proposals may be sent to the UGC in the prescribed format (**Annexure I**) only.

6. PROCEDURE FOR APPROVAL BY UGC.

The UGC would examine and approve the proposal through a duly constituted expert committee.

7. PROCEDURE FOR RELEASE OF GRANT BY UGC.

- On receipt of consent of the concerned University for establishing a yoga centre the first installment including the full grant for equipment/furnishing will be released with the letter of approval. For payment of fees to the instructors appointed by the University, 50% of the grant towards honorarium will be released for the first six months. This will be done on the university furnishing the names along with their bio-data and a copy of appointment letter of the instructors.
- The next installment of 40% will be released on receiving the Utilization Certificate (**Annexure II**) of the funds released as the 1st installment.
- The balance 10% of the grant would be released on the receipt of the Utilization Certificate of the earlier grant together with statement of income and expenditure (**Annexure III**).

8. PROCEDURE FOR MONITORING.

The work of each yoga centre would be evaluated by an assessment expert committee constituted for the purpose by the UGC after two years and the programme would be allowed to continue or otherwise on the basis of recommendations of this evaluation.

9. PERFORMAS FOR SUBMITTING PROPOSAL

Prescribed format is appended as Annexure I. The universities are requested to submit their proposal in the prescribed format only.

ANNEXURE - I

FORMAT FOR SUBMITTING THE PROPOSAL FOR RECEIVING FINANCIAL ASSISTANCE FROM THE UGC FOR PROMOTION OF YOGA EDUCATION AND PRACTICE/FOR ORGANIZING 3-5 DAYS AWARENESS PROGRAMME ON 'POSITIVE HEALTH' IN THE UNIVERSITIES DURING THE XIth PLAN PERIOD.

(Note : Separate form should be used for submitting proposal for organizing 3-5 days awareness programme on 'Positive Health').

1. Name and address of the University. _____

2. Whether the University has been listed under Section 2(f) and 12(B) of the UGC Act of 1956 (If so, the date of such inclusion). _____

3. Status of the University whether situated in 'A' or 'B' or any other class of city. _____

4. Total number of regular students enrolled by the Univ., in the year of submitting the proposal. _____

5. Whether any yoga classes are already being held in the Univ. or the Univ. has organized an awareness programme on positive health (give details). _____

6. No. of Yoga Camps/Seminars organized, if any, (No. and the year may be given). _____

7. Details of UGC financial assistance if any, received during the X plan for the purpose (copy of sanction be enclosed). _____

8. Is there sufficient accommodation/ space for holding Yoga Classes. _____

9. Any other facility available which will help in organizing the Yoga Classes. _____

(Signature of Registrar/VC with the Seal)

Please note ;

- (i) UGC's usual norms and conditions for infrastructural projects will apply. All required documents are to be enclosed with the proposal of projects to be undertaken.
- (ii) UGC formats of Utilization Certificate, Statement of Expenditure, Progress Report to be used for submitting the progress report of the project(s) and details of expenditure incurred.

ANNEXURE - II

**UNIVERSITY GRANTS COMMISSION
BAHADURSHAH ZAFAR MARG
NEW DELHI**

UTILISATION CERTIFICATE

Certified that the grant of Rs. _____ (Rupees
_____) sanctioned to
_____ by the University Grants
Commission vide their letter No. _____ dated _____
towards _____ has been utilized for the purpose
for which it was sanctioned and in accordance with the terms and conditions as laid down
by the Commission.

If, as a result of a check or an audit-objection, some irregularity is noticed at a
later stage, action will be taken to refund or regularize the objected amount.

**Registrar
(with seal)**

F.O. of the University

Date

ANNEXURE - III

**UNIVERSITY GRANTS COMMISSION
BAHADURSHAH ZAFAR MARG
NEW DELHI**

STATEMENT OF EXPENDITURE

Audited Statement of Income & Expenditure in respect of

Approved by the UGC vide letter no. _____ dated _____

INCOME

EXPENDITURE

**Registrar
(with seal)**

F.O. of the University

Date :