

## **FAQs (Frequently Asked Questions)**

### **Q.1 Which course is suitable for me - Indian recognized?**

A: a. If you are looking for Indian recognized courses, from YCB(Yoga Certification Board)'s AYUSH Ministry, Govt. of India courses:

- If you are beginner, then select either YPI or YWI
- If you want intermediate studies, then you can opt for AYTh
- If you have already some experiences of Yoga studies/courses done, then you can go for Advance courses.

### **Q.2 Which course is suitable for me - International/USA recognition?**

A: If you are looking for International recognized courses, from YA (Yoga Alliance), USA or IAYT (International Association of Yoga Therapist), USA courses

- If you are beginner, then select either Yoga Teachers Training(YTTC) 200 hours
- If you want intermediate studies, then you can opt for YTTC 300 or 500 hrs
- If you want advance and have already some experiences and done 200 hours YTTC then you can go for 300 / 505 or 805 hours Yoga Therapist IAYT, USA

### **Q.3 What is the recognition of these courses?**

A: Courses are recognized by YCB, AYUSH(India) or YA, USA or IAYT, USA.

### **Q. 4: What is the recognition of Parmanand Institute of Yoga Sciences & Yoga?**

A: Paramanand Institute of Yoga Sciences and Research is recognized

- as the LEADING YOGA INSTITUTE by YCB, AYUSH, Govt. of India.
- by YA (Yoga Alliance), USA
- by IAYT (International Association of Yoga Therapy), USA
- by NIOS (National Institute of Open Schooling, Govt. of India
- by Yoga Samskrutham University, FL, USA
- and serving Yoga and Vedanta education for last 44 years

### **Q.5: What are the qualifications to register for the course?**

Please check the respective course for eligibility and pre-qualification requirements.

### **Q.6: What are the benefits of doing Yoga courses?**

Recognized courses give health and fitness to the candidate and also open the opportunities to help others and possibilities of jobs or self employment.

### **Q.7: What is the duration and age limit for doing the courses?**

Please check the respective course for eligibility and pre-qualification requirements.

### **Q.8: Who will teach the courses?**

Our well qualified and experienced faculties / Doctors / Yogacharya will teach the courses.

### **Q.9: What will be the contents, taught to students?**

As per respective syllabus, Yoga Theory and Practicals will be taught to the students. So that students get first hand experience of Yoga and Yoga therapy insights.

**Q.10: Can you tell us about exams?**

- Exams are conducted either at proper intervals or at the end of a short course.
- Exams will be both theory and practicals.
- Exams questions can be multiple choice or descriptive questions.
- Exams are conducted online. And when there is campus, it will be on campus.
- May vary the percentage but tentatively these may be as follows:
  - a. 40~60% marks for theory
  - b. 20~40% for practicals
  - c. 20~30% internal assignments / journals / discipline/Karma Yoga

**Q.11: What is a general Time Table?**

For most of the online interactive classes, there will be 2 hours daily classes/sessions. Normally a weekly time table is provided to students.

**Q.12: How is the course start or orientation?**

Orientation comprising an introduction and guidelines for your course.

**Q.13: When should I pay my fees?**

Fees are always due before the start of the course.

**Q.14: Can I pay my fees in installments?**

But if you are facing financial crises or under poverty conditions, then apply, and can pay your fees in installments. But entire fees must be cleared before examination.

**Q.15: Can I study comfortably online and what are the requirements?**

Yes, you can study very well provided you have an internet connection, either computer or good cell phone. You should keep your camera ON and sufficient lights On during the sessions.

**Q.16: Are there any homework/ assignments / projects / journals?**

Yes, there are homework / assignments / projects / journals/ sel studies apart from online classes.

**Q.17: When do you expect on-campus / Ashram studies?**

Depending upon the normalcy from Covid19 world over. Once it becomes a normal world over, we shall follow the guidelines or recommendations by Government Authorities.

**Q.18: If my batch is not having sufficient students then what are options?**

Very rare some time batch may not have sufficient students, then you will be having an option to join another or next batch.

**Q.19: In case of my health problem/ emergency what are other options available?**

You can take leave and can continue studying by sharing notes either from other colleagues or can ask faculty for help.

**Q.20: How much attendance is required?**

Average there should be 90% attendance required.

**Q.21: How can I ask questions or difficulties if any during studies/classes?**

Normally the session is 45 minutes plus 10 minutes of questions and answers. Do not hesitate and ask your questions from the respective faculties.

**Q.22: Can I take tea/coffee during online classes?**

NO, please be attentive. No Coffee/tea/eating is allowed during your studies/classes.