

**GOVERNMENT OF PUNJAB  
DEPARTMENT OF AYURVEDA,  
SECTOR-11D, CHANDIGARH**

No. *आयु. पी. आर. अ. - ५४ - २३ / १९९१*

Dated: *२०/१/२०२३*

**PUBLIC NOTICE – PART TIME ENGAGEMENT OF YOGA INSTRUCTORS**

**1. Eligibility, Age limit and Qualification Criteria**

1. 10+2 pass from a recognized Educational Board.
2. Punjabi pass up to Matric standard.
3. Certificate/Diploma/Degree in Yoga from a recognized Institute/Body or minimum 5 years' Experience certificate from a Yoga institute.
4. Age between 20 years to 45 years as on 1<sup>st</sup> January, 2023.
5. Should be medically fit as per the Medical Certificate issued by the concerned Civil Surgeon.

Instructions issued by Ministry of AYUSH, Government of India, New Delhi with regard to the engagement of Yoga Instructors at AYUSHHWCs:-

- i. "If qualified Yoga teachers are already available in the locality with Certification/Diploma/Degree from a recognised body and who is currently practicing/teaching yoga they may be deployed at HWC after following all codal formalities. This category may undergo a short training of about 3 to 5 days. This can happen in virtual mode also in view of Covid 19 situation.
- ii. If such qualified Yoga instructors are not available in the locality, other candidates may be identified from the local area who have atleast passed higher secondary level and who is physically fit to learn & teach yoga in the community may be selected after following all codal formalities. Such candidates are required to undergo training 140 hours of Yoga curriculum, in an institutional setting."

**2. Payments made to Yoga Instructors**

Sr. No.	Name of Post	Remarks
1	Yoga instructor (Part time)-1 male @ Rs. 8000/- per month.	For conducting yoga sessions at AYUSH HWCs/Community level. Payment to Yoga instructor @ Rs. 250/- hour for maximum 32 hours/month
2	2 <sup>nd</sup> Yoga instructor (Female) @ Rs. 5000/- per month for conducting Yoga classes for women.	Payment to Yoga Instructor Female ASHA/trained female person as a Yoga instructor @ Rs. 250/- hour for maximum 20 hours/month

**3. District wise break up of posts**

Sr. No.	Name of District	No. of AHWCs	No. of posts (2 Yoga Instructors (1 Male + 1 Female) at each centres)
1	Amritsar	10	20 (Male 10 + Female 10)
2	Barnala	1	2 (Male 01 + Female 01)
3	Bathinda	9	18 (Male 09 + Female 09)
4	Faridkot	4	8 (Male 04 + Female 04)
5	Fatehgarh Sahib	10	20 (Male 10 + Female 10)
6	Fazilka	9	18 (Male 09 + Female 09)
7	Ferozpur	3	6 (Male 03 + Female 03)
8	Gurdaspur	12	24 (Male 12 + Female 12)
9	Hoshiarpur	5	10 (Male 05 + Female 05)
10	Jalandhar	8	16 (Male 08 + Female 08)
11	Kapurthala	7	14 (Male 07 + Female 07)

Sr. No.	Name of District	No. of AHWCs	No. of posts (2 Yoga Instructors (1 Male + 1 Female) at each centres)
12	Ludhiana	17	34 (Male 17 + Female 17)
13	Mansa	5	10 (Male 05 + Female 05)
14	Moga	1	2 (Male 01 + Female 01)
15	SAS Nagar	5	10 (Male 05 + Female 05)
16	Mukatsar	2	4 (Male 02 + Female 02)
17	Pathankot	6	12 (Male 06 + Female 06)
18	Patiala	11	22 (Male 11 + Female 11)
19	Roopnagar	12	24 (Male 12 + Female 12)
20	Sangrur	9	18 (Male 09 + Female 09)
21	SBS Nagar	6	12 (Male 06 + Female 06)
22	Tarntaran	6	12 (Male 06 + Female 06)
	<b>Total</b>	<b>158</b>	<b>316 (Male 158 + Female 158)</b>

#### 4. Selection Committee

**The Selection Committee shall be at the District Level comprising the following**

The engagement shall be purely on the basis of merit and interview to be undertaken by the following Committee:-

- Deputy Commissioner-cum-Chairman, District AYUSH Society or his representative.
- District Ayurvedic-cum-Unani Officer-cum-CEO of District AYUSH Society - Member-Convenor
- District Homoeopathy Officer
- One Ayurvedic Medical Officer who is trained in Yoga Protocol. The District Ayurvedic and Unani Officer (DAUO) shall depute one or two ministerial staff as per the need to verify the documents at his level.

#### 5. Roles and Responsibilities for both Male and Female Yoga Instructors

##### **Male Yoga Instructor:**

The performance parameters are:-

- Minimum one hour YOGA session per day at the concerned AYUSH HWC on every working day: 20 sessions to be taken during a month.
- Minimum one hour YOGA session in the Government Schools falling in the jurisdiction of the concerned AYUSHHWC: 6 sessions to be taken during a month.
- Minimum one hour YOGA session at the community level as determined by the concerned AMO/HMO: 6 sessions to be taken during a month.

It also includes a minimum 2 hours of IEC Programme on AYUSH, particularly YOGA to be conducted in the community as determined by the Ayurvedic/Homoeopathic Medical officer in the month.

The Ayurvedic/Homoeopathic Medical Officer of the concerned AYUSHHWC shall duly certify the performance as per the above parameters.

##### **Female Yoga Instructors:**

- Minimum one hour YOGA session per day for women folk at the concerned AYUSH HWC: 20 sessions to be taken during a month.

The minimum attendance of the participants in a session for both the Male and Female Yoga Instructors to be eligible for honorarium shall be 10 per session.

A fixed honorarium of Rs. 250/- per session hour shall be admissible to both the Male and Female Yoga Instructors subject to maximum of 32 hours for a Male Instructor and 20 hours for a Female Instructor per month. No honorarium shall be admissible for a part session.

**6. General Conditions**

1. A training of the selected Yoga Instructors will be conducted. The selected Yoga Instructors, who are 10+2 Pass and do not have certificate/diploma/ degree in Yoga from a recognised Institute will undergo training in Yoga curriculum in an Institutional arrangement. No honorarium shall be admissible during training.
2. The District AYUSH Society shall also maintain a waiting list of Yoga Instructors interested to provide Yoga training as per the above guidelines. In case of a vacant spot, the candidate in the waiting list as per the merit may be offered engagement.
  - **Candidates are requested to visit website <https://nhm.punjab.gov.in> regularly for any latest updates**
  - No TA, DA will be paid for the journeys performed for attending interview

**7. The schedule for the engagement of the Yoga Instructors is as follows: -**

<b>Date of issuance of advertisement</b>	<b>Last date of submission of applications</b>	<b>Date of interview</b>	<b>Date of declaration of result</b>
21.09.2023	03.10.2023	10.10.2023 – 11.10.2023	16.10.2023