ਜਿਲ੍ਹਾ ਆਯੁਰਵੈਦਿਕ ਅਤੇ ਯੂਨਾਨੀ ਅਫਸਰ, ਸੰਗਰੂਰ

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ਜਨਤਕ ਸੂਚਨਾ

ਸੂਚਿਤ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਕਿ ਜਿਲ੍ਹਾ ਆਯੁਰਵੈਦਿਕ ਅਤੇ ਯੂਨਾਨੀ ਅਫਸਰ, ਸੰਗਰੂਰ (ਆਯੁਰਵੈਦਿਕ ਵਿਭਾਗ) ਵਿਖੇ 1 ਮੇਲ ਪਾਰਟ ਟਾਈਮ ਯੋਗਾ ਇੰਸਟ੍ਰਕਟਰ ਦੀ ਅਸਾਮੀ ਭਰਨ ਸਬੰਧੀ ਅਰਜ਼ੀਆਂ (ਸਮੇਤ ਯੋਗਤਾ ਦਸਤਾਵੇਜ਼) ਦੀ ਮੰਗ ਕੀਤੀ ਜਾਂਦੀ ਹੈ, ਜੋ ਕਿ ਮਿਤੀ 13/11/2026 ਨੂੰ ਸ਼ਾਮ 5:00 ਵਜੇ ਤੱਕ ਦਫਤਰ ਜਿਲ੍ਹਾ ਆਯੁਰਵੈਦਿਕ ਅਤੇ ਯੂਨਾਨੀ ਅਫਸਰ, ਕਮਰਾ ਨੰ: 302-303, ਤੀਜੀ ਮੰਜ਼ਿਲ ਜਿਲ੍ਹਾ ਪ੍ਰਬੰਧਕੀ ਕੰਪਲੈਕਸ ਸੰਗਰੂਰ ਵਿਖੇ ਡਾਕ ਰਾਹੀਂ ਜਾਂ ਦਸਤੀ ਅਪਲਾਈ ਕੀਤੀਆਂ ਜਾਣ। ਯੋਗਤਾ ਉਮਰ 20 ਤੋਂ 45 ਸਾਲ, 10+2 ਅਤੇ ਯੋਗਾ ਸਬੰਧੀ ਡਿਪਲੋਮਾ/ ਡਿਗਰੀ/ ਤਜਰਬਾ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ ਅਤੇ Honorarium 250 Rs/ Session (Male 32 Session Maximum per Month) ਹੋਵੇਗੀ।

ਇਸ ਸਬੰਧੀ ਪ੍ਰੋਫਾਰਮਾ, ਹਦਾਇਤਾਂ ਅਤੇ ਹੋਰ ਲੋੜੀਂਦੀ ਸੂਚਨਾ Sangrur.nic.in ਦੀ ਵੈਬਸਾਈਟ ਉੱਤੇ ਉਪਲਬਧ ਹੈ, ਜਾਂ ਕਿਸੇ ਵੀ ਕੰਮ ਵਾਲੇ ਦਿਨ ਸਬੰਧਿਤ ਦਫਤਰ ਤੋਂ ਸਵੇਰੇ 9:00 ਵਜੇ ਤੋਂ ਸ਼ਾਮ 5:00 ਵਜੇ ਤੱਕ ਸੰਪਰਕ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।

Seema Jain

ਜਿਲ੍ਹਾ ਆਯੁਰਵੈਦਿਕ ਅਤੇ ਯੂਨਾਨੀ ਅਫਸਰ,
ਸੰਗਰੂਰ-ਕਮ-ਮੁੱਖ ਕਾਰਜਕਾਰੀ ਅਫਸਰ,
ਜਿਲ੍ਹਾ ਆਯੂਸ਼ ਸੁਸਾਇਟੀ, ਸੰਗਰੂਰ।

Guidelines

These Guidelines to be followed by the District AYUSH Society for the engagement of Yoga Instructors for Ayushman Arogya Kendras are as follows:-

1) A Male and a Female Yoga Instructor per AYUSH HWC shall be engaged for conducting only the YOGA/ IEC Session in the morning.
2) The educational qualifications and other criteria for the engagement of Yoga Instructor is as follows:-

EDUCATION QUALIFICATION:-

A. 10+2 Pass from a recognized Educational Board.
B. Punjabi pass up to Matric Standard.
C. Certificate/ Diploma/ Degree in Yoga from a recognized Institute/ Body or minimum 5 Years Experience certificate from a Yoga Institute.
D. Age between 20 Years to 45 Years as on 1st January 2026.
E. Should be medically fit as per the Medical certificates issued by the concerned Civil Surgeon.

3) The Selection criteria on the basis of the above mentioned educational qualification and other criteria is as follows:-

SELECTION CRITERIA:-

A. Educational Qualifications:-

I. Percentage of marks obtained in 10+2: (To be calculated on pro-rata basis out of 10 marks.

II. Certificate/ Diploma / Degree in Yoga to be scored as below:-

Certificate	Diploma	Degree
10 Marks	15 Marks	20 Marks

*Irrespective of Marks Obtained.

III. Experience of Yoga from a Yoga institute:
(1 Mark for each completed year of experience subject to a maximum of 5 marks).
No marks for part-year experience.

B. Age (Out of 5 marks)
Between 20-25 years : 3 Marks
Between 26-35 years : 5 Marks
Between 36-45 years : 4 Marks

C. Preference will be given to the candidates residing in the same village where AYUSH HWCs is located.

D. Interview: 5 marks.

4) The following committee is being constituted to undertake the Interview:-
   a) Deputy Commissioner-cum-Chairman, District AYUSH Society or his representative.
   b) District Ayurvedic-cum-Unani Officer-cum-CEO of District AYUSH Society-Member-Convener.
   c) District Homeopathy Officer.

d) 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) The engagement shall be purely on the basis of merit determined by the above said Committee after interview, as per the selection criteria laid in point (3) of this para.

6) The engagement is linked to the performance parameters defined on the basis of the number of YOGA/ IEC Session hours conducted as follows:

Male Yoga Instructor:-

The performance Parameters are:-

a) Minimum one hour YOGA session per day at the concerned AYUSH HWC on every working day: 20 Sessions to be taken during a month.
b) Minimum one hour YOGA session in the Government Schools falling in the jurisdiction of the Concerned AYUSH HWC: 6 Sessions to be taken during a month.
c) 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 include a minimum 2 Hours of IEC Programme on AYUSH, Particularly YOGA to be conducted in the community as determined by the Ayurvedic/ Homeopathic Medical officer in the month.

Female Yoga Instructor:-

b) Minimum one hour YOGA Session per day for women folk at the concered AYUSH HWC: 20 sessions to be taken during a month.

7) The Ayurvedic/ Homeopathic Medical Officer of the concerned. AYUSH HWC shall duly certify the performance as per the above parameters.
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.

8) 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.

9) The engagement shall be conducting sessions at a particular AYUSH HWC or area falling under it and no request for transfer to any other AYUSH HWC or any other healthcare facility shall be entertained under any circumstances.
10) The engagement shall not entitle the individual for any claim of regularization, fixed remuneration, allowances and leaves etc.
11) The District AYUSH Society shall also maintain a waiting list of Yoga Instructor 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.

Removal of Yoga Instructor:-

The DAUO, on the report of the AMO/ HMO shall remove the Yoga Instructor, if:

- No session is conducted by Yoga Instructor due to any reason, for 3 consecutive working days.
- No. of Participants per session is less than 10 for 3 Consecutive days.
- Grounds of Indiscipline, insubordination etc.

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 form a recognized institute will undergo training in Yoga Curriculum in an Institutional arrangement. No Honorarium shall be admissible during training.

2. The Schedule for the engagement of the Yoga Instructors is as follows:

Date of Apply Application Form	Last Date of Submission of Applications
04-11-2026	13-11-2026

Application Form of Engagement of yoga Instructor (Part Time) Basis at AYUSHMAN AROGYA KENDRA District Sangrur.

Name:
Father Name:
Category:
Marital Status:
Gender:
Date of Birth:
Age (As on 01-01-2026)
Mobile No:
Email ID:
Computer Knowledge:
Punjabi Passed:
Residential State:
Residential District:
Permanent Address:
Correspondence Address:
Pin Code:

Education Details

Education Qualifications	Board/ Uni./ Institution	Passing Year	Maximum Marks	Obtained Marks	Percentage

Yoga Experience Details

Serial No.	Name of Employee	Designation	From Period	To Period	Total Years

I declare that all the details given by me are correct to the best of my knowledge and i have attached my Experience Certificate/ Educational Qualification and Punjabi pass certificate. I will be responsible in case original certificate if not produced by me during interview or any mistake is found in it before or after selection.

Date:

Signature of Applicant