

General Instructions to Candidates:

1. SSC / Intermediate pass
2. Minimum 6 months Yoga certificate.
3. Age Below 45 years
4. Must be a Local
5. Must have minimum communication skills
6. Yoga demo skills
7. Experience Certificate available
8. Committee decision is final pertaining to recruitment process
9. Dates and venues may subject to change, kindly follow the website for further Information at <https://ayush.telangana.gov.in/>

Venue details of RDD Hyderabad Zone: with Erst while districts

Sl.No	Erst While Districts	Date	Venue	Name of the Officer & Mobile No	Designation	Committee
1	Hyderabad	24.09.2024	Office of the Director, Department of AYUSH, D.No:8-1-14, Market Street, Shivaji Nagar, Secunderabad 500003 Behind Regional Passport Office	Dr. M.A. Aziz 9948619990	Sr. Medical Officer, District Incharge.	Member
2.	Ranga Reddy District	26.09.2024	Office of the Director, Department of AYUSH, D.No:8-1-14, Market Street, Shivaji Nagar, Secunderabad 500003 Behind Regional Passport Office	Dr. U. Jayasree 9640476829	Sr. Medical Officer, District Incharge	Member
3	Nalgonda District	27.09.2024	Red cross society hall, opp. Subhash chandra bose statue, near bus stand. Nalgonda.	Dr. Chakradhar Narshima Rao, 9247880795	Sr. Medical Officer, District Incharge	Member
4	Mahaboobn agar District	30.09.2024	Mahaboobnagar Head Quarters	Dr. P. Aadhisheshaiah 9703346667	Sr. Medical Officer, District Incharge	Member

Venue details of RDD Warangal Zone: with Erst while districts

Sl.No	Erstwhile District	Date	Venue	Name of the Officer	Designation	Mobile Number
1	Adilabad	24-09-2024	Govt. Ayurvedic Dispensary, Adilabad(HQ)	Dr.Fareeda Begum	Senior Medical Officer/District Incharge	9440441486
2	Nizamabad	25-09-2024	7 th Floor Conference Hall, Govt. General Hospital, Nizamabad	Dr.A.Narayana rao	Senior Medical Officer/District Incharge	9440039075
3	Medak	26-09-2024	Govt. Ayurvedic Dispensary, Medak (HQ)	Dr.A.Manohar Reddy	Medical Officer/District Incharge	9849106660
4	Warangal	27-09-2024	Govt. Ayurvedic Teaching Hospital, Warangal	Dr.M.Raju	Medical Officer/District Incharge of Warangal District	9550632056
5	Karimnagar	28-09-2024	Govt. Ayurvedic Dispensary, Karimnagar(HQ)	Dr.Yasrub Sultana	Senior Medical Officer/District Incharge of Karimnagar District	9963077554
6	Khammam	29-09-2024	Govt. Homoeo Dispensary, Khammam(HQ)	Dr.V.Padmavathi	Senior Medical Officer/District Incharge of Khammam District	9247829717

Guidelines for Yoga Instructor Appointment

1. Selection:

- Selection will be based on Interview and Yoga Demonstration by the Candidate.

2. Yoga Certification:

- Ensure the instructor has **certification** from a recognized yoga Institute.
- Verify their credentials and training.

3. Teaching Experience:

- Preferably, the instructor should have **experience in teaching yoga**, especially in a group setting. (Minimum 6 Months Experience in Yoga Teaching is required)
- Practical teaching experience helps them connect with students effectively.

4. Demonstrates Poses and Techniques:

- A good instructor should have a **strong understanding** of yoga poses and techniques.
- They should be able to **demonstrate** these effectively to guide students.

5. Communication Skills:

- Excellent **communication** and **interpersonal skills** are crucial.
- The ability to explain concepts clearly and motivate students is essential for teaching of Yoga Classes.

6. Local Status:

- The Residential address should be near the Health Wellness Centre. (Not more than 10 km away from the HWC)
- Residence Certificate issued by MRO, should provide at the time of Interview.

7. Educational Qualifications:

- Must possess a Intermediate in any group

8. Age:

- Minimum age should be 18 years and cannot exceed 30 years

9. Timings:

- Yoga demonstration timings will be 7.00 to 8.00 am in the morning and 5.00 to 6.00 in the evening

10. Contract Period:

- Contract Period is only for 1 Year

11. Selection Committee:

1. Chairman: Additional Directors
2. Convenor: Regional Deputy Director
3. Member: District In-charge
4. Member: Naturopathy Medical Officer

12. Districts:

Multi Zone - I:

- 1) Erstwhile Warangal & Erstwhile Khammam
- 2) Erstwhile Karimnagar & Erstwhile Adilabad
- 3) Erstwhile Medak & Erstwhile Nizamabad

Multi Zone - II:

- 1) Erstwhile Mahabubnagar & Erstwhile Nalgonda
- 2) Erstwhile Hyderabad & Erstwhile Rangareddy
- 3) Erstwhile Medak & Erstwhile Nizamabad