



**JAWAHARLAL INSTITUTE OF POST-GRADUATE MEDICAL EDUCATION & RESEARCH, (JIPMER)**  
(Institution of National Importance Under Ministry of Health & Family Welfare, Government of India)  
Dhanvantari Nagar, Puducherry - 605 006.

No.: JIP/PSY/BB/DST/2/2021-22

Dated: 8th October 2021

Applications are invited from eligible candidates for the following post under the DST-funded research project “Effectiveness of pranayama and yoga based intervention on the well-being of healthcare professionals” conducted in the Department of Psychiatry, JIPMER

**Name of the post:** Yoga Therapist (Field Worker)

**No. of post:** One (Temporary)

**Essential Qualifications:**

Graduate in any discipline

**Desirable:**

- i. Previous experience in working in yoga-related research projects
- ii. Having experience in conducting tele-yoga follow-up sessions
- iii. Trained in teaching Pranayama techniques with Ujjayi breath, conducting guided meditation techniques including Panchakosha meditation

**Nature of duties:**

To conduct tele-yoga sessions in the given protocol

**Age limit:** 50 years

**Salary:** ₹ 18,000 per month (Consolidated)

**Location of project:** Bengaluru (may involve travel to Pondicherry)

**Duration of the project:** Twelve months. Initial appointment will be for a period of 3 months and extension will be given every three months as per performance of candidate and the project progress.



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**Selection Process:**

- (i) Candidates will have to apply as instructed under S.No. 7 & 8 of the **General Instructions & Conditions** section (below)
- (ii) Panel of candidates will be shortlisted, after screening the resume followed by interview (hybrid online or in person).
- (iii) Candidates merit list will be put up and Wait-listed candidates will be called in case future vacancy arises in the project and as per requirement.

**Interview:** Interview details will be communicated to shortlisted candidates through return email. Hence valid email id and mobile number is compulsory for this purpose.

**General Instructions & Conditions:**

1. No Benefit of Provident fund, Leave Travel Concession, Medical Claim etc. will be considered, since the post is purely on contract basis.
2. Initial appointment is for a period of three months and will be extended based on performance.
3. The above post is purely on temporary/contractual basis, co-terminus of the project & the candidate will have no right to claim for permanent employment in the Institute or continuation of his or her services in any other project.
4. The candidates are advised not to bring any type of recommendations to influence their selection. Such candidates will be summarily rejected. Submission of false information during the selection process shall disqualify the candidature at any stage or found ineligible at the time of joining duty.
5. Decision of the Principal Investigator will be final.
6. No TA/DA will be paid to shortlisted candidates for attending the interview.
7. **Important:** The applicants are requested to e-mail the scanned copy of their application form as per Annexure-1 along with scanned copies of certificates as a single document to the email id [drbalaji.jipmer@gmail.com](mailto:drbalaji.jipmer@gmail.com) on or before 14<sup>th</sup> October, 2021. Valid email id and mobile number is compulsory. Mention "**Application to post of Yoga Therapist**" as the e-mail Subject Line.
8. At the time of the interview, they are required to bring the hard copies of the filled-in application form as per Annexure-1, along with self-attested copies of testimonials with original certificates



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for verification.

- Certificate in support of age (Tenth equivalent/High School Certificate)
- XII Standard Marksheet / Passing Certificate
- Graduate degree certificate
- Experience Certificate (if any)
- Caste certificate (if applicable)
- Any others – Certificate of training in yoga / relevant ID card (if applicable)

**Address for Correspondence:**

Dr Balaji Bharadwaj,  
Additional Professor of Psychiatry,  
JIPMER, Puducherry- 605 006.

E-mail: [drbalaji.jipmer@gmail.com](mailto:drbalaji.jipmer@gmail.com)

Phone: +91-0413-2296282

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**ANNEXURE-I**  
**APPLICATION FORM FOR POST OF YOGA THERAPIST**  
(Ref: JIP/PSY/BB/DST/2/2021-22)

1. Full name (Capital Letter):
2. Name of Father/Husband:
3. Gender:
4. Date of birth:
5. Age as on Last date of application:
6. Marital status:
7. Address for correspondence:
8. Permanent address:
9. Contact no.:
10. Email:
11. Category: General/SC/ST/OBC (mark as applicable)
12. Educational qualification:

Self-attested  
photograph  
(3.5 X 4.5 cm)

| Qualification<br>(Starting from X<br>onwards) | Board/<br>University | Year of<br>Passing | Subjects | % of<br>marks/<br>CGPA |
|---|----------------------|--------------------|----------|------------------------|
| X   |                      |                    |          |                        |
| XII   |                      |                    |          |                        |
| Graduation                                    |                      |                    |          |                        |
|   |                      |                    |          |                        |



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13. Previous Experience details (if any):

| Sl. No. | Post Name | Name of Organization | Duration of Work | Nature of Job |
|---------|-----------|----------------------|------------------|---------------|
|         |           |                      |                  |               |
|         |           |                      |                  |               |
|         |           |                      |                  |               |

14. Name and contact details of two referees:

A.

B.

15. Check List : (Please tick as proof of enclosures)

- Certificate in support of age (Tenth equivalent/High School Certificate)
- XII Standard Marksheet / Passing Certificate
- Graduate degree certificate
- Experience Certificate (if any)
- Caste certificate (if applicable)
- Any others – graduate degree marksheet / certificate of training in yoga (if applicable)

***Declaration by the Applicant***

I,-----hereby declare that all the statements made in this application are true, complete and correct to the best of my knowledge and belief. In the event of any information being found false or incorrect or ineligible and detected before or after Exam/Interview. I hereby convey my consent for cancellation of my candidature. Further, I declare I have gone through all the terms and conditions of the appointment. I will abide the same and I will not claim any regularization.

Place:

Date:

*(Signature of the Applicant)*