

REQUEST FOR INFORMATION TO WORK AS CONSULTANT (YOGA MENTOR) IN NSG.

National Security Guard (NSG) is mandated with Counter Terrorism, Counter Hijacking and Security of protected persons and follows very different and stringent process for selection of personnel and required physically and mentally fit personnel for their conversion to a best Commando of the country. Yoga is a holistic science of life, which deals with physical, mental, emotional and spiritual health. Yoga practice increase physical fitness, disciplines the mind, makes a person more focused and confident, increases agility & body flexibility and gives a calmed and relaxed mind, which are important for a Commando. Yoga consisting of Asans, Pranayams, Prayer and Yoga-nidra practice will have great effects on autonomic equilibrium between the sympathetic and parasympathetic nervous systems. These systems modulate, and optimize sympathetic activity in stressful situations and immediately restore equilibrium. Hence, it is proposed to introduce Yoga classes in routine physical training curriculum of the NSG personnel for their physical and mental fitness. Therefore, one well experienced Yoga mentor is required who could impart Yoga training to NSG Commandos.

Detailed information is sought from interested individuals / retired Govt servant with regards to appointment as Consultant (Yoga Mentor) in NSG (National Security Guard). Age, educational qualification and experience required for considering of candidature are mentioned in Appendix-A.

Respondents are requested to furnish their details in the Proforma at Appendix-B.

Information / details may be forwarded to the under mentioned addressee within 15 days:-

Group Commander (Estt)
HQ, National Security Guard,
Mehram Nagar,
Near Domestic Airport, Palam,
New Delhi – 110 037.

Furnishing response in reference to RFI will not incur right as appointment to the post of Consultant (Yoga Mentor) in NSG.

ESSENTIAL REQUIREMENTS FOR CONSULTANT (YOGA MENTOR)

1. Name of the post : Consultant (Yoga Mentor)
2. Work place : NSG Manesar (Haryana)
3. Educational qualification : Should have Bachelor's Degree or Diploma in Yoga from a recognized university or institute.
4. Experience psychological : 02 years experience in imparting Yoga Training.
5. Age limit :
 - i) 54 years.
 - ii) 62 years in respect of retired Govt servant.
 - iii) Age will be calculated on the closing date of receipt of application.
6. Other conditions :
 - i) Should be medically fit.
 - ii) Should have not been convicted by a court of law and no criminal case or legal proceedings should be pending in any court.

PROFORMA FOR BIO DATA

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Passport
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photograph

1. Name :
2. Father's name :
3. Date of Birth :
4. Whether married or unmarried :
5. Religion :
6. Community :
7. Educational Qualification with name of institution/university & year of passing out. :
8. Technical qualification, if any :
9. Working experience with complete Details (i.e. name of organisation, Duration, nature of work / project and achievements) :
10. Present address ;
11. Permanent Address :
12. **For retired Govt servant only**
 - a) Date of appointment :
 - b) Name of the department :
 - c) Date of retirement :
 - d) Designation at the time of retirement :
 - e) Basic pay at the time of retirement :

It is certified that the information given above is true as per my knowledge and belief.

Signature of the Candidate