



भारतीय दूरसंचार विनियामक प्राधिकरण
TELECOM REGULATORY AUTHORITY OF INDIA
भारत सरकार / Government of India



No. A-25/4/(27)/2025-A&P (Comp.16561)

Dated: 4th July, 2025

VACANCY CIRCULAR NO. Y-01/ 2025-26

ADVERTISEMENT FOR ENGAGEMENT OF YOGA INSTRUCTOR ON CONTRACT BASIS AT TRAI HQ, NEW DELHI

Telecom Regulatory Authority of India (TRAI), New Delhi is a statutory body set up under an Act of Parliament viz., TRAI Act, 1997. TRAI has been established to regulate the Telecommunications Services and to protect the interest of service providers and consumers of the telecom sector, to promote and ensure orderly growth of the telecom sector and for matters connected therewith or incidental thereto. The functions relating to regulation of Broadcasting and Cable Services Sectors have also been entrusted to TRAI from 2004.

2. TRAI intends to engage the services of a qualified and experienced Yoga Instructor on a part-time (half day) contract basis. The qualifications, experience and other terms and conditions for engagement of Yoga Instructor will be as follows:

Qualifications, Experience & other service conditions:

S. No.	Particulars	Details
1.	Name of the Position	: <u>Yoga Instructor (Post-01)</u>
2.	Qualification	: <u>Essential qualification</u> (i) A post-graduate degree in Yoga from a recognized University Or A regular graduate from a recognized University and Diploma in Yoga (after graduation) of at least one year duration from a recognized University/Institute of repute And (ii) Teacher and evaluator certificate from Yoga Certification Board (valid certificate to be attached)
3	Experience	: <u>Essential Experience</u> Minimum 3 years regular teaching experience in Yoga in a University/ Institute of repute. <u>Desirable Experience</u> (i) Expertise in running personalized yoga & wellness programs. (ii) Ability to assess student needs and modify practices accordingly

4.	Monthly Remuneration	₹ 77,000/- (fixed)
5.	Maximum Age	: 40 years as on the date of vacancy circular
6.	Visiting Hours	: Half day for 5 days a week
7.	Period of Engagement	: Initially for a period of 01 year (further extendable on a yearly basis based on the requirement of TRAI and performance of the instructor up to maximum of 04 years)
8.	Nature of Service	: (i) Design and deliver yoga and pranayama sessions for TRAI staff. (ii) Develop customized wellness modules and instructional materials. (iii) Monitor participant progress and maintain training records. (iv) Coordinate for scheduling and feedback (v) Perform any other related duties as assigned.
9.	Resignation/ Termination	: Two months' notice from either side [or payment of monthly remuneration for the period short of requisite notice period, calculated on pro-rata basis.]

3. The Yoga Instructor who are willing to offer their services may send their details in the prescribed application format attached herewith clearly indicating their qualification, work experience etc. to the **Senior Research Officer (A&P), Telecom Regulatory Authority of India, 6th Floor, Tower-F, NBCC World Trade Center, Nauroji Nagar, New Delhi-110029 by 24th July 2025,** along with self-attested copies of qualification, work experience certificates, etc.

4. The additional terms and conditions for engagement of Yoga Instructor are as follows:

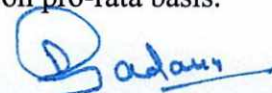
(a) The Yoga Instructor shall be paid a consolidated fixed monthly remuneration of **₹ 77,000/- (Rupees Seventy-seven thousand only).**

(b) The Yoga Instructor is required to visit the office of TRAI located at Tower-F, NBCC World Trade Centre, Nauroji Nagar, New Delhi daily for half a day for 5 days in a week. The Yoga Instructor is required to conduct yoga and pranayama sessions for TRAI staff.

(c) In case the Yoga Instructor is unable to visit the office on any scheduled day for any reason whatsoever, the Yoga Instructor shall inform the same to concerned officer of GA Section on phone, well in time.

(d) TRAI shall be responsible for providing a room for yoga sessions with requisite furniture in its office premises.

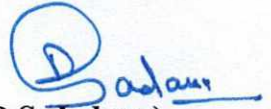
(e) The engagement of Yoga Instructor shall, initially, be for a period of one year from the date of joining. The Authority may, however, consider extension beyond this period on yearly basis based on the requirement of TRAI and performance of the instructor up to maximum of 04 years. The engagement may be terminated two months prior written notice from either side or payment of monthly remuneration for the period short of requisite short period, calculated on pro-rata basis.



(f) The engagement is contractual on the terms and conditions stipulated herein above and it can not be taken as an employment in TRAI either on part-time or full-time basis.

4. Applications received after the last date will not be entertained in any circumstances. TRAI reserves the right to accept or reject any or all applications without assigning any reason.

Encls: As above



(D.S. Jadaun)

Senior Research Officer (A&P)

Tel. 011-26769-631

Internal circulation for information:

1. OSD, O/o Chairperson, TRAI
2. Sr. PPS to Member, TRAI
3. PPS to Member, TRAI
4. Sr. PPS to Secretary, TRAI
5. All Principal Advisors/Advisors [HQ], TRAI.
6. JA (IT) - with a request to upload the same in the TRAI website.
7. Notice Board.



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**APPLICATION FORM FOR ENGAGEMENT AS YOGA INSTRUCTOR IN
TELECOM REGULATORY AUTHORITY OF INDIA HEADQUARTER AT NEW
DELHI**

Attested
photograph

1. Name of the post : **Yoga Instructor**
(on contract basis)
2. Full Name (in Capital Letters) :
3. Father's Name :
4. Age & Date of Birth : Age.....Date of Birth.....
5. Address for (Correspondence) :
-PIN.....
6. Permanent Address :
-PIN.....
7. Sex : Male () Female ()
8. Contact details : Landline.....
Mobile:.....
Email:.....
9. **Academic Qualification (Starting from High School level)**

(Please give information as applicable (Attach Self-attested copies of Marksheets and Certificates))

Contd..P/2

Name of Examination (with complete name of course passed)	Year of passing	Max. Marks	Marks Obtained	% of marks / CGPA	Subject/ Specialization	Duration of course in Month	Board / University
High School (Class X)							
Intermediate (Class XII)							
Graduation {Name of Course with subject}							
Post- Graduation {Name of Course with subject}							
Others if any (specify)							

10 Professional Qualification (Attach Self-attested copies of Marksheets and Certificates)

Name of professional Course (with complete name of course passed and specialization)	Year of Passing	Max. Marks	Marks Obtained	% of marks / CGPA	Subject/ Specialization	Duration of course in Months	Board / University
Degree/Diploma in YOGA							
Any other							

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10. Details of Employment in chronological order:
(Use separate sheet, if required (Please attach proof of experience where available))

Post Held	Name of Institution	Period of service		No. of Completed Years & Months	Scale of pay and salary per month	Nature of Duties
		From	To			

11. Details of Present employment :
(Wherever applicable)

12. Details of certificates to be enclosed with application form.

- (a) Certificate for age proof
- (b) Degree certificate
- (c) Certificate of Degree/Diploma in Yoga
- (d) Copy of identity proof: Voter ID Card/Driving License/Aadhar Card/Passport
- (e) Copy of residence proof: Water Utility / Telephone Bill/ Electricity bill
- (f) Two copies of latest passport size photographs
- (g) Certificate regarding experience in Yoga
- (h) Two references

I hereby declare that all the statements made in this application are true and complete to the best of my knowledge and belief. I understand that action can be taken against me by the concerned authorities if I am declared by them to be guilty of any type of misconduct mentioned herein.

(Signature of the applicant)
Name: _____

Dated:

Place: