

Certificate Course in Yogasana (CCY) for Health Promotion

Certificate Course in Yogasana (CCY) for health promotion, a part time course of 3 months duration is conducted for 3 days in a week (Alternate Days).

- **Eligibility:**
 - i) A candidate who has passed at least 10+2 examination from a recognized Board or its equivalent shall be eligible to take admission to the course.
 - ii) Foundation course in Yoga Science for Promotion of Health/Wellness conducted by MDNIY or any basic course on Yoga of minimum 1 month duration, equivalent to the Foundation course in Yoga Science of MDNIY.
- **Number of Seats:** Maximum 50 candidates in a batch.
- **Medium of Instruction:** Hindi/English
- **How to Apply:** Application form along with Prospectus can be obtained on payment of Rs. 250/- in Cash/Pay Order/Demand draft from Morarji Desai National Institute of Yoga, New Delhi in the month of March/June/September/December. Application Form along with program brochure can be downloaded from MDNIY website www.yogamdniy.nic.in
- **Selection Procedure:** Applications are invited from the interested candidates in advance and these applications will be scrutinized by the Institute. The short-listed candidates will be called for counselling/demonstration. Based on the qualifications, basic knowledge of Yoga/Yoga practices and performance in the counselling/demonstration, the candidate will be considered for the course subject to the Medical fitness. In case of more eligible candidates preference will be given on first cum first serve basis for the eligible candidates.
- **Fitness:** The applicant must be in good mental and physical health and should be free from any physical defect which is likely to interfere with his/her studies including the practical performance of Yogic practices. Accordingly, all the candidates shall be required to undergo Medical Examination conducted by the Institute.
- **Course Timings:** Preferably 04:30 PM to 07:30 PM (Tue, Thu & Sat). In addition two month end workshops will be conducted on last Saturday/Sunday of a month between 06:30 AM to 02:00 PM.
- **Batch Schedule:** (a) April-June (b) July-September (c) October –December (d) January –March
- **Hours of Teaching:** 120 (Practical Training in Yogasana – 72 hrs., Theory Lectures – 36 hrs., Workshop/s – 12 hrs.)
- **Participation Certificate:** Only a participation certificate will be issued to the participants after the completion of the course.
- **Fee:** Rs. 6,000/- + Rs. 500/- as course material and workshops.

Certificate Course in Pranayama and Meditation (CCPM) for Health Promotion

Certificate Course in Pranayama & Meditation for health promotion, a part time course of 3 months duration, is conducted for 3 days in a week (Alternate Days).

- **Eligibility:**
 - i) A candidate who has passed at least 10+2 examination from a recognized Board or its equivalent shall be eligible to take admission to the course.
 - ii) Foundation course in Yoga Science for Promotion of Health/Wellness conducted by MDNIY **OR** any basic course on yoga of minimum 1 month duration, equivalent to the Foundation Course in Yoga Science of MDNIY.
- **Number of Seats:** Maximum 50 candidates in a batch.
- **Medium of Instruction:** Hindi/English
- **How to Apply:** Application form along with Prospectus can be obtained on payment of Rs. 250/- in Cash/Pay Order/Demand Draft from Morarji Desai National Institute of Yoga, New Delhi in the month of March/June/September/December. Applications form along with program brochure can be downloaded from MDNIY website www.yogamdniy.nic.in
- **Selection Procedure:** Applications are invited from the interested candidates in advance and these applications will be scrutinized by the Institute. The short-listed candidates will be called for counselling/demonstration. Based on the qualifications, basic knowledge of Yoga/Yoga practices and performance in the counselling/demonstration, the candidate will be considered for the course subject to the Medical fitness.
- **Fitness:** The applicant must be in good mental and physical health and should be free from any physical defect which is likely to interfere with his/her studies including the practical performance of Yogic practices. Accordingly, all the applicants shall be required to undergo medical examination conducted by the Institute.
- **Course Timings:** Preferably 04:30 PM to 07:30 PM (Mon, Wed & Fri). In addition, two month end workshops will be conducted preferably on last Saturday/Sunday of a month between 06:30 AM to 02:00 PM.
- **Batch Schedule:** (a) April-June (b) July-September (c) October-December (d) January-March
- **Hours of Teaching:** 120 (Practical Training in Yogasana – 72 hrs., Theory lectures – 36 hrs., Workshop/s – 12 hrs)
- **Participation Certificate:** Only a participation certificate will be issued to the participants after the completion of the course.
- **Fee:** Rs. 6,000/- + Rs. 500/- as course material and workshops.