



MORARJI DESAI NATIONAL INSTITUTE OF YOGA

(An autonomous organization under Deptt. of AYUSH, Ministry of Health & F. W., Govt. of India)

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website: www.yogamdniy.nic.in

Foundation Course in Yoga Science for Wellness (FCYScW)

- ❖ **Duration:** Foundation Course in Yoga Science for Wellness (FCYScW) a part-time course of one month durations of 50 hours (36 hours of practical training in Yoga, 12 hours for lectures & 1 hour inaugural and 1 hour Valedictory sessions).
- ❖ **Eligibility:** This course is open for all individuals who have passed the matriculation examination from a recognized board or its equivalent.
- ❖ **Timings:** (i) Morning Batch: 06:30 AM to 09:00 AM **(Mon to Fri)**
(ii) Evening Batch: 03:30 PM to 06:00 PM **(Mon to Fri)**
(iii) The month-end workshop will be conducted for the both batches on last Saturday of every month from 07:00 am to 02:00 pm and is compulsory.
- ❖ **Course Fees:** Rs. 1,500/-
- ❖ **Number of Seats:** Maximum 50
- ❖ **Medium of instruction:** Hindi/English
- ❖ **Registration:** The aspirants should register themselves on or before the last working day of previous month. The registration shall be open on all the working days from 09:30 AM to 05:00 PM. The aspirants can get prospectus and application form from the Reception of MDNIY on payment of Rs. 50/-.
- ❖ **Health Criteria:** No person with acute/chronic /communicable ailments is allowed to take admission to this course.
- ❖ **Batch Schedule:** Each month of the year.

❖ **Attendance and Participation Certificate:** Minimum 90% attendance is essential. The participation certificate shall be awarded only to the participants who have fulfilled the minimum attendance criteria as above.

❖ **Dress Code:** The dress shall be T-shirt and trousers or *Kurta-pyjama* for men and T-shirt and trousers or *Salwar-kameej* for women participants or as per the recommendation of concerned Yoga Teacher. Participants should also carry a note book and pen to note the essentials of teachings.

Note: Additional information regarding the course can be obtained through **website of MDNIY: www.yogamdniy.nic.in** or **may contact:-**

The Course Coordinator, (FCYScW),
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