MDNIY PROGRAMMES

Health, Happiness and Harmony for all through Yoga

INFORMATION BROCHURE

MORARJI DESAI NATIONAL INSTITUTE OF YOGA
(An Autonomous Organization under Ministry of AYUSH, Govt. of India)
68, Ashok Road, Near Gole Dak Khana, New Delhi - 110 001
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Vṛikṣāsana

Helps to improve concentration, strengthens leg muscles and alleviates the rheumatic pain

Hastottānāsana

Helps in the management of postural disorders

Kaṭićakrāsana

Good for the management of back and neck pain

Trikoṇāsana

Makes spine supple and effective in the management of Diabetes Mellitus

Ardha Cakrāsana

Helps to increase flexibility of spine, good in the management of back pain

Pādahastāsana

Helpful in obesity, constipation, dyspepsia and skin disease; prevents sciatica pain

Pārśvakoṇāsana

Tones the muscles of the heart. Helps to improve digestion and reduce the fat on the waist and hips.

Padmāsana

Induces mental calmness and tranquility. Helps to improve digestion

Vajrāsana

Good for Meditation. Helps in the management of sciatica and sacral infections

Kapālabhāti Kriyā

Good for the management of Obesity and Respiratory diseases

Nāḍīśoḍhana Prāṇāyāma

Helps to maintain positive health and improve vitality and longevity

Bhrāmarī Prāṇāyāma

Helps to bring mental calmness and good in the management of Stress

The Institute

Morarji Desai National Institute of Yoga (MDNIY) is an autonomous organisation registered under the Societies Registration Act, 1860 and functioning under Ministry of AYUSH, Govt. of India. MDNIY came into existence on 01.04.1998 by upgrading erstwhile Central Research Institute for Yoga (CRIY) which was established in the year 1976. The Institute is fully funded by the Ministry of AYUSH, Govt. of India. The Institute was established to act as a Centre of Excellence in the field of Yoga with the following objectives:

Objectives

- To act as a centre of excellence in Yoga;
- To develop, promote and propagate the science and art of Yoga; &
- To provide and promote facilities of training, teaching and research to achieve the above two objectives.

Vision and Mission

Health, Happiness and Harmony for all through Yoga

The Institute provides the best of Yoga, Education, Training, Therapy and Research facilities to the learners, researchers and practitioners of Yoga. The aim of the Institute is to promote deeper understanding of Yoga Philosophy and practices based on classical Yoga amongst the people.

Location

The Institute is situated at 68, Ashoka Road, opposite to Gurudwara Bangla Sahib besides Gole Dak Khana, New Delhi. It is approximately 20 kms from Indira Gandhi International Airport; about 2 kms from New Delhi Railway Station and 8 kms from Inter State Bus Terminus (I.S.B.T.). It can be reached by local transport of Delhi Transport Corporation buses from all corners of Delhi, Gurgaon, Ghaziabad and Noida and for Metro Train travelers Patel Chowk is the nearest station for the institute.

Infrastructure Facilities

The Institute has a new state-of-art Complex with ultra-modern building and air-conditioned **Conference Hall, Auditorium, Meditation Hall, Yoga Practical Halls and Class Rooms**. The Institute has an **Amphitheatre** with seating capacity of around 500 seats. The **Academic Block** has aesthetically designed, ultra-modern, well-furnished and fully illuminated classrooms with the latest digital acoustics where theory and practical classes of different educational and training courses are conducted. Regular Yoga practical classes of Shatkarma (cleansing) practices are conducted in the triangular **Kriya Block.**

Canteen

Canteen facility is also available at the Institute premises wherein natural healthy food items - fruits and juices are being served at nominal rates.

Library

The Institute has a centrally air conditioned Library, having more than 15,000 volumes/Journals on Yoga and allied subjects, available to all students. Each student will be issued maximum two books at a time for two weeks. It is also accommodating the AYUSH Library, where the literatures related to different Indian systems of medicine are available.

Learning Resource Centre

The Institute established a Learning Resource Centre (LRC) for Yoga at MDNIY. The LRC is the literature predomination resource that is useful for academic and research purposes. It has hybrid collection of printed as well as electronic resources. Computer lab with internet, Xerox facility etc., are also available.

Computer Laboratory

The Institute has a computer laboratory wherein computers with internet facilities are available for students at free of cost.

Teaching Departments

The Institute functions under the following Teaching Departments:

1. Department of Yoga Education
2. Department of Yoga Therapy
3. Department of Yoga Philosophy
4. Department of Yoga and Human Consciousness
5. Department of Anatomy
6. Department of Physiology
7. Department of Allied Sciences
8. Department of Languages

These Teaching Departments are also supported by

1. Department of Yoga Research
2. Department of Communication & Documentation
3. Department of Administration

The Institute is headed by the **Director** supported by Competent Teaching Faculty and Administration Staff.

Yoga Educational Programmes

B.Sc. (Yoga Science) (for 10+2 students)

- This course is affiliated to Guru Gobind Singh Indraprastha University (GGSIPU), Dwarka, New Delhi.
- The course is designed to impart the knowledge, skills and techniques of Yoga to enable them to become an institutionally qualified Yoga professional. It is a full time regular course of 3 years duration, comprising 6 semesters.
- **Eligibility:** Pass in 12th class of 10+2 pattern of CBSE or equivalent with Science (Physics, Chemistry and Biology) with a minimum aggregate of 50% marks in Physics, Chemistry, Biology provided that the candidate has passed in each subject separately.
- **Age limit:** Candidate should not be more than 21 years of age as on 1st August of that year. Relaxation in age limit is as per University norms.
- **Intake capacity:** 60 seats
- **Medium of Instruction:** English
- **How to Apply:** Advertisement for inviting the application from eligible candidates for B.Sc Yoga Science will be published in the newspaper by the GGSIPU and will be hosted on the websites (www.ipu.ac.in and www.yogamdniynic.in) in the month of March-April every year. Application form can be downloaded from GGSIPU website.
- **Selection:** The University will conduct CET for the eligible candidate. The selection will be made as per the university norms.
- **Hostel subsidy:** A stipend of Rs. 3,000/- per month per student, in lieu of Hostel accommodation, will be provided on merit to a maximum 20% of admitted students in a batch who hails from the states other than Delhi and NCR (Condition apply).
- **Fee:** Rs. 22,000/- per annum + Rs. 5,000/- caution money as one-tme payment, which is refundable.

Diploma in Yoga Science (D.Y.Sc.) for Graduates

- It is a full time regular course of 1 year duration, comprising 2 semesters (August - January and February - July).
- **Eligibility:** Any graduate with minimum 50% of marks are eligible to apply, while for SC/ST students, it is 40%, 5% weightage over and above the eligibility marks will be given to those possessing Master Degree in any subject.
- **Age limit:** Below 30 years as on 1st August of that year. 10 years age relaxation will be given for in-service personnel on deputation through proper channel.
- **Medical Test:** Selection is also subject to clearing the medical test conducted by the Institute.
- **Intake Capacity:** 115 (GM-58, OBC-31, SC-17 and ST-9) seats for Indian students. In addition to this, 2 seats each are reserved for students from Andaman & Nicobar Islands and North-Eastern states and 1 seat for foreign student. The candidature of the A&N Islands and NE states students has to be recommended and forwarded by the Health / AYUSH Department of the concerned State/UT.
- **How to Apply:** Advertisement for inviting application from the eligible candidates for Diploma in Yoga Science for graduate will be published in the leading newspaper in the month of July. Application form can be obtained on payment of Rs. 250/-.
- **Selection Method:** Selection is on the basis of Merit-cum-Reservation on all India basis, which is further subject to clearing the medical test.
- **Scholarship:** The scholarship of Rs. 3,000/- per month is given to 13 meritorious Indian students on the basis of their performance in the first semester examination (conditions apply).
- **Fellowship:** The fellowship of Rs. 8,000/- per month is given to two students of A&N Islands and two students of North-Eastern states. The application of those candidates shall be forwarded by the concerned Health / AYUSH Dept. of the States / UT. However, the candidate may send an advance copy of their application to MDNIY.
- **Hostel subsidy:** A stipend of Rs. 3,000/- per month per student, in lieu of hostel accommodation, is provided on merit to a maximum 20% students admitted in a batch, who hails from the states other than Delhi & NCR (conditions apply).
- **Fee:** Rs. 6,500/- per semester (for General and OBC category) and Rs. 3,750/- per semester (SC/ST category) + Rs. 2,500/- per student as caution money (refundable).

Certificate Course in Yoga Science for Special Interest Group

To enhance the social health management of working stress and skill development of Special Interest Group, MDNIY has started Certificate Course in Yoga Science for Target Group (Para-military Personnel) w.e.f. 1st January 2015. It is on the Govt. invitaton / deputation.

Aim: The aim of the course is to provide Yoga training to the Para-military Personnel of the country for prevention of disease and promotion of health.

Objectives:

- To increase awareness about health benefits of Yoga.
- To promote the positive health of Para-military Personnel.
- To manage the working stress of Para-military Personnel through Yoga.
- To bring an awareness among the Para-military Personnel towards healthy lifestyle.
- To improve their skill through Yogic practices.
- To prepare the Yoga trainers for further imparting training to the Para-military Personnel.

Duration of Course: Three and half months (3½ months)

Batch: 50 participants in each batch.

Hours of Teaching: 9:30 am to 5:30 pm from Monday to Friday and 7:00 am to 11:30 am on Saturday.

Yoga Training Programmes

Certificate Course in Yogasana (CCY) for Health Promotion

Certificate Course in Yogasana (CCY) for health promotion, a part time course of 3 months durations 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. Applicatoin 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 counseling / demonstration. Based on the qualifications, basic knowledge of Yoga / Yoga practices and performance in the counseling / 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 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. Applicatoin 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 counseling / demonstration. Based on the qualifications, basic knowledge of Yoga/Yoga practices and performance in the counseling/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.

Foundation Course in Yoga Science for Wellness (FCYScW)

Foundation Course in Yoga Science for Wellness (FCYScW) is a part time course of 1 month duration (50 Hrs.). The classes are conducted for 5 days in a week for 2 hrs. duration in a day preferable from 07:00 AM to 09:00 AM in the morning and 03:30 PM to 05:30 PM in the evening (Two Batches). In addition to this, the participants are required to attend the compulsory Month-end workshop on last Saturday/Sunday of the month between 07:00 AM to 02:00 PM. However, the timings may change as per the convenience of the Institute.

- **Syllabus:** The syllabus is designed to fulfil aforesaid objectives containing theory subjects as well as practical in Yoga.
- **Eligibility:** This course is open for all individuals who have passed the Matriculation (X^{th}) examination from a recognized Board or its equivalent. But, the person not having Matriculation or formal education and found suitable may be also be permitted with the permission of the Director MDNIY.
- **Number of Seats:** Maximum 50 in a batch.
- **Medium of Instruction:** Hindi / English
- **How to Apply:** Application form can be obtained from the first working day of the month on payment of Rs. 25/-. Duly filled-in-Application Form shall be submitted on 25th of the month or on next working day till the last working day subject to the availability of seats.
- **Fitness:** The applicant must be in good mental and physical health and should be free from any physical defects which is likely to interfere with his/her studies including the practical performance of Yogic practices.
- **Hours of Teaching:** 50 (Yoga practical - 36 hrs., Theory lecture - 12 hrs., Inauguration and Valedictory functions - 2hrs.) Minimum 21 days in a month.
- Programme starts from 1st working day of every month.
- **Participation Certificate:** Only a participation certificate will be issued to the participants after completion of the course.
- **Fee:** Rs 1000/- + 500/- as course material and workshop.

In-house Yoga Training Programmes

Course / Programme	Duration	Timings	Eligibility	Intake Capacity	Fees per Month
Health Promotion Programmes (HPP)	1 month	06:00AM to 07:00AM 07:00AM to 08:00AM 08:00AM to 09:00AM 05:30PM to 06:30PM	Open for all	50	Rs. 500/-
Pranayama and Meditation Programme	1 month	07:00AM to 08:00AM 08:00AM to 09:00AM	Open for all	30	Rs. 500/-
Weekend Yoga Training Programme	Only on Saturdays and Sundays	07:00AM to 09:00AM	Open for all	50	Rs. 500/-

**All Programmes start from 1st working day of every month.*

Yoga Training Programmes Outside the Institute

The Institute will arrange to provide Yoga Instructors to the Govt. / Private Organizations / RWAs interested in conducting Yoga Training Programme in their locality (only in Delhi and NCR). The Yoga instructors will be provided on part time basis. Interested organizations may contact the Institute for conducting Yoga training programmes in their nearby locality with necessary details.

Yoga Therapy Programmes

Out Patient Department

- The Institute is having Yoga Therapy OPD which works on all working days from 09:00 AM to 05:30 PM.
- The Yoga Therapy OPD consists of Senior Medical Officer, Dietician, Yoga Experts.
- The OPD is attached with a Pathology / Bio-Chemistry Lab.
- Yoga Therapy programmes of one hour each are conducted from 09:00 AM to 05:30 PM on all working days.
- The needy people shall visit the SMO for consultancy then accordingly the Dietician, Yoga expert for suitable Yoga Therapy Programme.

Yoga Therapy Programmes

The Institute is conducting the following Yoga Therapy programmes on monthly basis.

Sl. No.	Programme	Timings	Fee
1	Yoga Therapy Programme - 1	09:00 AM to 10:00 AM	Rs. 500/-
2	Yoga Therapy Programme - 2	10:00 AM to 11:00 AM	Rs. 500/-
3	Yoga Therapy Programme - 3	11:00 AM to 12:00 Noon	Rs. 500/-
4	Yoga Therapy Programme - 4	12:00 Noon to 01:00 PM	Rs. 500/-
5	Yoga Therapy Programme - 5	03:30 PM to 04:30 PM	Rs. 500/-
6	Yoga Therapy Programme - 6	04:30 PM to 05:30 PM	Rs. 500/-

*Programmes start from 1st working day of every month.

Individual Yoga Therapy Sessions

- Individual Yoga Therapy session of maximum one hour duration are being conducted on the recommendation of consultant / Yoga Experts between 10:00 AM to 04:00 PM on all working days.
- **Fees:** Rs. 100/- per session

Yoga Therapy Centres at AYUSH / Allopathy Hospitals

The Institute has established Yoga Therapy Centres in Delhi with the basic objective of mainstreaming Yoga in the existing health care system. These Centres are providing Yoga consultation and imparts Yoga training and Therapy to the aspirants / patients in the following Hospitals:

1. Vallabhbhai Patel Chest Institute, University of Delhi, North Campus, Delhi - 110007
2. Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Dhaka Colony, Kingsway Camp, Delhi - 110009
3. National Institute of Tuberculosis and Respiratory Diseases, Sri Aurobindo Marg, New Delhi - 110095
4. Institute of Human Behaviour and Allied Sciences, Jhilmil Colony, Dilshad Garden, Delhi - 110095

(Timings: from 09:00 AM to 04:00 PM on all working days)

Preventive Health Care Units of Yoga in CGHS Wellness Centres in Delhi and NCR

MDNIY has established Preventive Health Care Units of Yoga in CGHS Wellness Centres in Delhi and NCR. Regular Yoga training programmes are being held in these Units. However, only the CGHS card holders can avail this facility. The CGHS Wellness Centres where Yoga Units are operational are as under:

1. CGHS Wellness Centre, C Block, Janakpuri, New Delhi - 58
2. CGHS Wellness Centre, Sadiq Nagar, Siri Fort Road, New Delhi
3. CGHS Wellness Centre, New Police Line, Kingsway Camp, Delhi
4. CGHS Wellness Centre, R-55, Sector-11, Noida, Uttar Pradesh
5. CGHS Wellness Centre, Nangalraya, D Block, Janakpuri, New Delhi
6. CGHS Wellness Centre, Sadar Bazar, Delhi Cantt., New Delhi - 10
7. CGHS Wellness Centre, Near Harinagar Ghanta Ghar, New Delhi
8. CGHS Wellness Centre, M.B. Sector-1, Pushpa Vihar, New Delhi
9. CGHS Wellness Centre, Flat No. 647, 648, Krishi Kunj, Inder Puri, New Delhi
10. CGHS Wellness Centre, Palam Colony, Manglapuri, New Delhi
11. CGHS Wellness Centre, No. 68, Kamla Nehru Nagar, Ghaziabad, Uttar Pradesh
12. CGHS Wellness Centre, 23, Pusa Road, Karol Bagh, New Delhi
13. CGHS Wellness Centre, D-II/257. 259. Vinay Marg, New Delhi
14. CGHS Wellness Centre, R. K. Puram, Sector-6, New Delhi
15. CGHS Wellness Centre, Lajpat Nagar Market, New Delhi
16. CGHS Wellness Centre, Laxmibai Nagar, New Delhi
17. CGHS Wellness Centre (No. 68), Main Vikas Marg, Laxmi Nagar, Delhi
18. CGHS Wellness Centre, Mansarovar Park, Shahdara, Delhi - 32
19. CGHS Wellness Centre, Sector-IV, Pushp Vihar, New Delhi

(Timings: from 07:30 AM to 02:00 PM on all working days)

MDNIY has Designated as WHO Collaborating Centre in Traditional Medicine (Yoga)

Designation of Department of Yoga Therapy & Training, Morarji Desai National Institute of Yoga, New Delhi as WHO CC in Traditional Medicine (WHOCC No. IND -118). MDNIY has attained the privilege to be the only WHO Collaborating Centre in the World to engage in achieving Yoga specific outcomes. Considering the global demand and popularity of Yoga for health care, MDNIY has a lot to offer as WHO Collaborating Centre by generating information and documents of Yoga for the use of all Member States of WHO. This is a vintage point for the Institute to indulge in focused activities and yield globally acceptable outcomes.

Terms of Reference (TOR)

The four Terms of References are:

TOR-1: To serve as Yoga Resource Centre for information exchange on Yoga within the country and for other countries.

TOR-2: To assist and work with WHO in developing standards for promoting rational use of Yoga.

TOR-3: To develop and practice materials for advocating evidence-based use of Yoga.

TOR-4: To conduct customized training programmes for National and International health professionals and WHO fellows about the utility of Yoga in health promotion.

Activities

Work Plan 1: Preparation and dissemination of consumer information on proper use of Yoga.

Work Plan 2: Organization of capacity building workshops and training programmes on the role, scope, practice and evidence-based use of Yoga in non-communicable disease.

Work Plan 3: Development and dissemination of standardized health promotion Yoga modules for various target groups (Children, Adolescents and Women of Reproductive age, Geriatric population and Mental health promotion.

Work Plan 4: Meta-analysis of Yoga research studies for documentation and promotion of evidence-based uses of Yoga.

Research Activities

Scientific Research

The Institute is involved in conducting the fundamental as well as the Clinical Research related to Yoga. The Institute is having the basic infrastructure facility in terms of equipment and staff for the research on Yoga. A Sleep Laboratory has been set up by the Institute for the advanced studies. It is proposed to take up collaborative research works with eminent Research Centres, Modern Medicine Hospitals and Yoga Centres of the country.

Philosophico-Literary Research: The Institute is also conducting Philosophico-Literary research work related to Yoga.

Collaborative Research: The Institute intend to conduct collaborative research projects in collaboration with Premier Medical Institution / Hospitals with a view to promote the research in Yoga with reference to specialized fields.

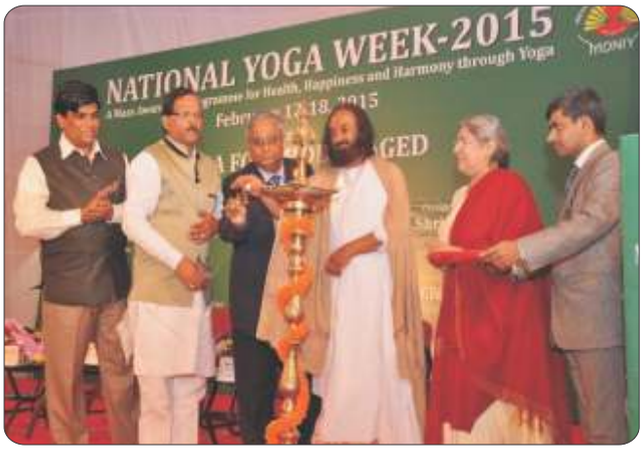
Yoga Promotion Activities

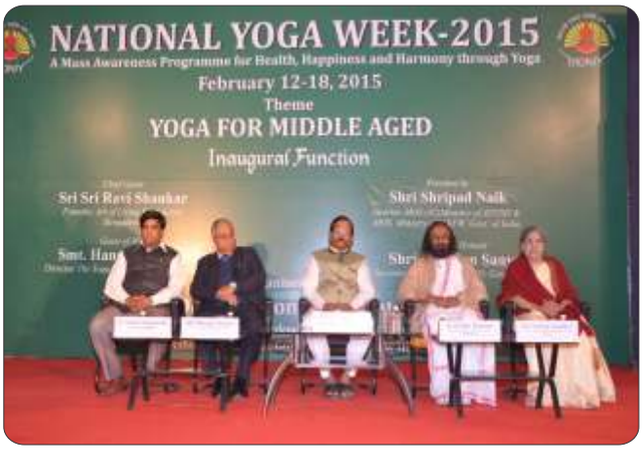
International Day Yoga (IDY)

Morarji Desai National Institute of Yoga actively participated in International Day of Yoga on June 21. The institute played a pivotal role in making the event a grand success. Common Yoga Protocol and Yoga DVD's for IDY were prepared by the Institute in consultation with eminent Yoga Experts and the officials of various Ministries, Govt. of India.

National Yoga Week

The Institute organizes an annual mega event "National Yoga Week", a mass awareness programme for health, happiness and harmony through Yoga every year, which includes Seminar, Conference and Skill Building Workshops on different Themes. Many Leading Yoga Institutes / Yoga University & Colleges / Yoga & Naturopathy Colleges / Yoga Wellness Centres etc. across the country actively participates in the event. Eminent experts of Yoga, Modern medicine and other related fields share their experiences and knowledge in this mega event



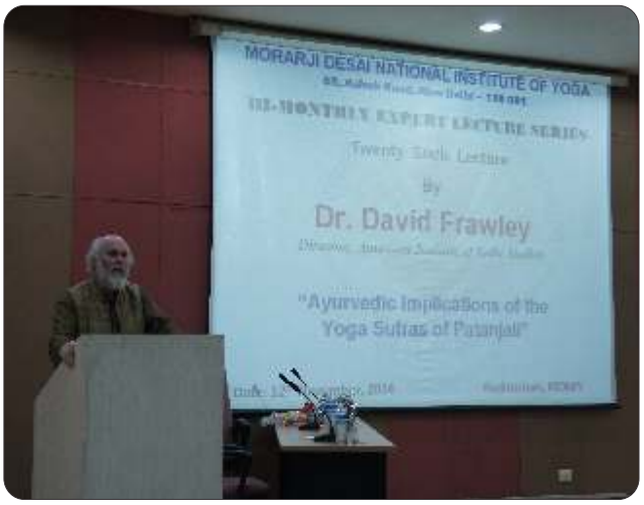


Conference, Seminar and Workshop

The Institute organizes Conference / Seminars / Workshops on regular basis in collaboration with eminent Yoga / Medical Institutes to disseminate and exchange the experiences of eminent Yogis, Yoga Therapists and Researchers, Scientists as well as Yoga aspirants.

Bi-Monthly Expert Lecture Series

The Institute organizes a Bi-monthly Expert Lecture Series on Thursday of every odd month. Eminent experts from Yoga & Allied Sciences as well as AYUSH / Allopathy experts are invited to deliver expert lectures in the Institute on regular basis.



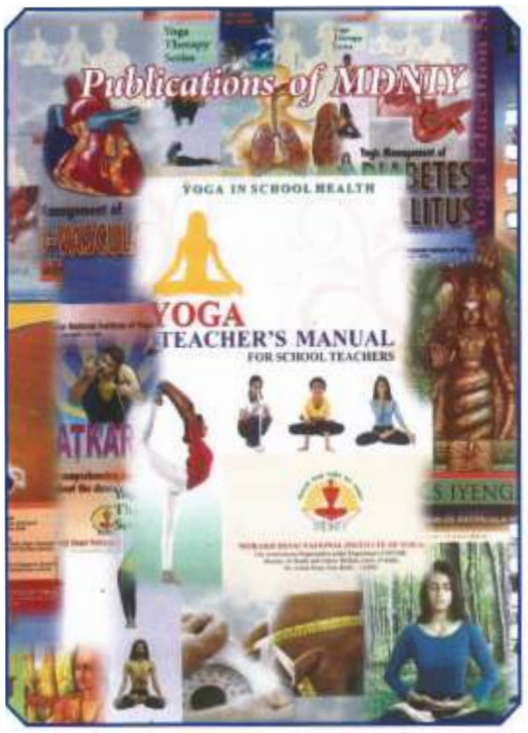
Pancham Swar

The Institute organizes a bi-monthly socio-cultural programme called 'Pancham Swar' on the first Friday of every even month. This is to encourage the students and staff to participate in socio-cultural activities and also help them to build up healthy inter-personal relationship.

Swami Vivekananda District Yoga Wellness Centres (SVDYWC)

The Institute has launched a scheme of financial assistance to run *Swami Vivekananda District Yoga Wellness Centres* through Public Private Partnership (PPP). Under this scheme the eligible non-governmental organization (NGOs) get Rs. 3.90 lakh per annum as recurring grant and Rs. 0.60 lakh as non recurring grant (one time) for carrying out different Yoga activities at the district level.
Currently 32 centres are operating.

Publication & Propagation



Communication & Documentation Department of the Institute collects all information, news, latest developments related to Yoga lectures and discussions organized in the Institute and place them in the library for reference. In addition, this Section is in the process of making digital copies of ancient Yogic scriptures for preservation, promotion and reference.

The Institute brings out booklets, leaflets, informative brochures etc. on fundamental aspects of Yoga and Yogic practices as well as on different diseases for the benefit of common public. The Institute is also participating in National / International events like Health Exhibitions, Health Melas, Festivals, Seminars, Conferences etc.

Newsletter: The Institute brings out quarterly newsletter, which contains activities and programmes of the Institute in brief.

Other Publications: The Institute has brought out some, books, booklets, IEC materials, Yoga charts, CDs, calendars etc. for the benefit of general public.

Procedure to Register for Different Yoga Training & Therapy Programmes:

1. Obtain registration form from the Registration Counter by paying requisit registration fee (Rs. 25/-).
2. Fill up the form and consult the Senior Medical Officer (SMO) / Yoga physician. He may suggest some Laboratory tests, which shall be done by the Institute Laboratory.
3. On diagnosis by the SMO / Yoga Physician, consult the Dietician.
4. Then consult the Yoga Expert, seeking advice for specified Yoga programme.
5. Depending upon the programme prescribed by the Yoga Expert, pay the requisite amount of fee in the Registration Counter and get the Registration card.
6. To get a registration card one need to submit a residential proof. In case of a foreigner, they need to produce a copy of the passport / Visa details.

Note

a) The programmes, fees and timings etc. are subject to change from time to time without any prior notice.
b) The decision of the Director of the Institute is final in all the matters related to the admission and conduct of the said prgrammes.
c) **Jurisdiction of Courts:** Any dispute in regard to any matter referred to herein will be subject to the

Course/ Programme	Duration	Timings	Eligibility	Intake	Fees
Educational Programmes					
B.Sc (Yoga Science) affiliated to Guru Gobind Singh Indraprastha University, Sector-16, Dwarka, New Delhi	3 years, comprising six semesters	7.00 am to 3.00 pm on all working days	Pass in 12th class of 10+2 of CBSE with Science (Physics, Chemistry and Biology) with 50% marks	60	22,000/- per annum +5000 as caution money as one time which is refundable
Diploma in Yoga Science (DYSc.) for graduates	1 Year comprising 2 semesters (Aug. to Jan. and Feb. to July)	Full Time 7:00 am to 3:00 pm on all working days	Any Graduate with 50% of marks; below 30 years of age as on 1st of August	115+5=120 candidates	Rs. 6,550/- per Semester +2500 as caution money
Certificate Course in Yoga Science for Special Interest Groups	3½ months	10 am to 5:30 pm from Monday to Friday and 7 am to 11 am on Saturday	On the Government invitation/deputation	Max. 50 Candidates in a batch	---
Health Promotion Programmes					
Foundation Course in Yoga Science for Wellness (FCYScW)	1 month	7:00 am to 9:00 am 3:30 pm to 5:30 pm	Matriculation examination from a recognised Board or its equivalent	Max. 50 Candidates in a batch	Rs. 1000/- +500 as course material & workshop
Certificate in Yogasana for Health Promotion	3 months	3 hours on alternate days from 4.30 pm to 7.30 pm	Passed at least 10+2 examination from a recognized Board or its equivalent and one month Foundation course in Yoga Science	Max. 50 Candidates in a batch	Rs. 6,000/- +500 as course material & workshop
Certificate in Pranayama and Meditation for Health Promotion	3 months	3 hours on alternate days from 4:30 pm to 7:30 pm	Passed at least 10+2 examination from a recognized Board or its equivalent and one month Foundation course in Yoga Science	Max. 50 Candidates in a batch	Rs. 6,000/- +500 as course material & workshop
Health Promotion Programme (HPP)	1 month	6:00 am to 7:00 am 7:00 am to 8:00 am 8:00 am to 9:00 am 5:30 pm to 6:30 pm	Open for all	50 Candidates	Rs. 500/-
Pranayama and Meditation Programme (PMP)	1 month	7:00 am to 8:00 am 8:00 am to 9:00 am	Open for all	30 Candidates	Rs. 500/-
Weekend Yoga Training Programme	Only on Saturdays & Sundays	7:00 am to 9:00 am	Open for all	50 Candidates	Rs. 500/-
Yoga Workshop for Children (YWC)	1 month (May-June)	7:00 am to 9:00 am	For Children	---	Rs. 500/-
Yoga Therapy Programmes					
Yoga OPD	---	—	—	—	Rs. 25/-
Yoga Therapy Programme-1	1 month	9:00 am to 10:00 am	For Patients	30 Candidates	Rs. 500/-
Yoga Therapy Programme-2	1 month	10:00 am to 11:00 am	-do-	30 Candidates	Rs. 500/-
Yoga Therapy Programme-3	1 month	11:00 am to 12:00 Noon	-do-	30 Candidates	Rs. 500/-
Yoga Therapy Programme-4	1 month	12:00 Noon to 1:00 pm	-do-	30 Candidates	Rs. 500/-
Yoga Therapy Programme-5	1 month	3:30 pm to 4:30 am	-do-	30 Candidates	Rs. 500/-
Yoga Therapy Programme-6	1 month	4:30 pm to 5:30 pm	-do-	30 Candidates	Rs. 500/-
Individual Special Yoga Therapy Sessions	45 minutes to 1 hour	10:00 am to 4:00 pm	-do-	—	Rs. 100/- per session

Bhadrāsana

Very good for strengthening the pelvic floor muscles. Very good for women.

Uttāna Maṇḍūkāsana

Effectively helps to manage Cervical Spondylosis, Diabetes Mellitus and Respiratory disorders

Paścimottānāsana

Strengthens the abdominal muscles. Good in the managment of obesity and skin diseases

Uṣṭrāsana

improves flexibility of spine and helps to keep the body supple.

Ardha Matsyendrāsana

Strengthen the spine; beneficial for adrenal glands, liver and spleen; helps in management of Diabetes and Obesity.

Bhujaṅgāsana

Strengthens the lower back and pelvic organs and help to relieve Backache

Śalabhāsana

Strengthens the lower back and pelvic muscles & organs and help to relieve Neck & Backache

Dhanurāsana

Good in the management of Obesity and Respiratory disorders

Pavanamuktāsana

Helps to improve Digestion and eliminate Constipation

Setubandha Sarvāṅgāsana

Helps to relieve eye or ear ailments, migraine, and stress related headaches. Beneficial in menstrual disorders.

Halāsana

Makes spine flexible and improves the functions of Thyroid Glands

Matsyāsana

Effective in Throat disorders, helpful in Asthma, Uterine problems and relieve Back pain

MDNIY PROGRAMMES

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

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