

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

(Ministry of AYUSH, Govt. of India)

68, Ashok Road, Near Gole Dak Khana, New Delhi – 110 001

Phone: 23721472,23351099 Telefax: 23718301,23711657

Web: www.yogamdniy.nic.in/ E-Mail: mdniy@yahoo.co.in



SPORTS AUTHORITY OF INDIA (SAI)
(Ministry of Youth Affairs & Sports, Govt. of India)

Web: www.sportsauthorityofindia.nic.in

Jawaharlal Nehru Stadium Complex (East Gate)

Lodhi Road, New Delhi – 110003

YOGA CENTERS AT SAI STADIA

Yoga Training Courses and Programmes are being conducted at the following SAI stadia under the auspices of Morarji Desai National Institute of Yoga, New Delhi.

The timings of the Yoga Courses and Programmes will be as follows for the month of **September, 2017** and onwards

07.00 am to 10.30 am and 4.00 pm to 7.30 pm.

**Dr. Shyama Prasad Mukherjee Swimming Pool Complex,
Talkatora Garden**

Mother Teresa Crescent Road, Talkatora Garden, New Delhi -110001.

(Entry Gate No. 1)

Contact Person: Sh. Tanuj Yadav, Mob: 9582143212

Sl. No	Course/Programmes	Days	Timings	Fees Per Month	Remarks
1.	Foundation Course in Yoga Science for Wellness (FCYScW) (Max.: 50 Seats in each Batch)	Monday to Friday	<u>Morning Batch</u> 7.00 am – 09.00 am	Rs. 1,000/- + Rs. 500/- For Workshops and Course Material.	The last date For Admission for the month of September,2017,will be 04 th September, 2017
2.	Yoga and Health Promotion Programme (HPP)	Monday to Friday	<u>Morning Batch</u> (i) 9.30 am - 10.30 am <u>Evening Batch</u> (i) 04.00 pm – 05.00 pm (ii) 05.00 pm – 06.00 pm (iii) 06.00 pm – 07.00 pm	Rs. 500/-, Per Programme	- do -
3.	Certificate Course in Yogasana (CCY) (Max :50seats in batch)	Tuesday, Thursday, Saturday	<u>Evening Batch</u> (i) 04.30 pm – 07.30 pm	Rs. 6,000/- + 500/- for course materia	More details visit to Institute's website.
4.	Certificate Course in Pranayama & Meditation (Max :50seats in batch)	Monday, Wednesday Friday	<u>Evening Batch</u> (i) 04.30 pm – 07.30 pm	Rs. 6,000/- + 500/- for course material	More details visit to Institute's website.

* Note: The Sports Personnels and SAI Stadia Staff may attend the Yoga and Health Promotion Programme (HPP) in morning from 9.30 am to 10.30 am and in evening from 04.00 pm to 07.00 pm, for which entry is free with the permission of the Administrator SAI Stadia.

Director

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Major Dhyan Chand National Stadium

India Gate, New Delhi-110002.

(Entry Gate No. 7)

Contact Persons

Ms. Tanya Gupta, Mob: 9582032592, Ms. Vijaya, Mob: 8882230224

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September, 2017 and onwards

07:00 am to 10:30 am and 04:00 pm to 7:00 pm.

Indira Gandhi Stadium Complex

I.P. Estate, Near Raj Ghat, Grand Trunk Road, New Delhi-110002.

Contact Person: Sh. Akhil Kumar, Mob: 9911413371

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Jawaharlal Nehru Stadium

Bhishma Pitamah Marg, Lodi Road, New Delhi-110003.

(Entry for Pedestrians – Gate No. 13 (Near Jungpura Metro Station Gate No. 03) & for Vehicles - Gate No. 2)

Contact Person: Mrs. Harpreet Kaur:9968332553, Mrs. Meenu Chugh: 9717461989

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Instructions

1. Foundation Course in Yoga Science for Wellness:

Eligibility:

1. A candidate who has passed at least 10th examinations from a recognized Board or its equivalent shall be eligible to take admission to the course.

Note: -

1. The application/registration form can be obtained from the respective Yoga Centers at SAI Stadium and *Morarji Desai National Institute of Yoga, 68, Ashoka Road, New Delhi-110001* during the working hours of the Yoga Centers/ Institute by paying an amount of Rs. 25/-.
2. Admission to the courses will be on 'first cum first serve basis.'
3. Candidates submit the application form affixing two passport size photographs by attaching all the relevant documents' (included age and residence proof with photo identity, eg. Aadhar Card, etc.) at respective Yoga Centers/MDNIY.
4. Candidates must receive an Admit Card and payment receipt after depositing the course fee of Rs. 1,500/- (1000+500) in case of Foundation Course and Rs. 500/- in case of HPP.
5. The admitted candidates should report at their opted venue well in time before commencing the classes from 01st, September, 2017 and onwards.

Most Important:

All Admitted Candidates shall get the Admit Card for admission at respective stadia after paying the admission fee without fail.

Last date for admission to all the above Yoga Programmes and Courses for **September, 2017**, is on or before **04th September, 2017**. For any further details, please Contact us at: **23714733 / 23721472**.

(Dr. I.V. Basavaraddi)
Director