



Government of India  
Ministry of AYUSH



Morarji Desai National Institute of Yoga  
Ministry of Ayush, Government of India

# ADMISSION BROCHURE

## CERTIFICATE COURSE IN YOGA FOR PROTOCOL INSTRUCTOR (CCYPI)

Three Months Duration





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## 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.



MDNIY was established to act as a Centre of Excellence in the field of Yoga. As the demand for the system of Yoga is increasing rapidly at the global level, the Institute is striving hard to fulfill the current need and demand of the people from every corner.

## Aim

The Aim of the Institute is to promote deeper understanding of Yoga philosophy and practices based on ancient Yoga Traditions for holistic health and well-being of all.

## Objectives

Objectives of the Institute are-

- To act as a Centre of Excellence in Yoga;
- To develop, promote and propagate the philosophy, science and art of Yoga; and
- To provide and promote facilities of teaching, training, therapy and research to fulfill the above two objectives.

## Vision

Health, Happiness and Harmony for all through Yoga.

## Mission

To provide the best of Yoga Education, Training, Therapy and Research facilities to the researchers and practitioners of Yoga to meet the aspirations of modern age aspirants,

## Location

The Institute is situated at 68, Ashok Road, opposite to Bangla Sahib Gurudwara, Near Gole Dak Khana. MDNIY 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 travellers Patel Chowk is the nearest station for the Institute.

## The Management

The Institute is fully funded by Ministry of Ayush, Govt. of India. The authorities and the officers of the Institute are - The President, The General Body, The Governing Council, The Director and such other committees, sub- committees, authorities and officers as may be appointed by the Governing Council, e.g. Standing Finance Committee, Scientific Advisory Committee, Academic Committee etc.



**Shri Prataprao Jadhav**

Hon'ble's Union Minister of State for Ayush  
(Independent Charge)

The Hon'ble Minister of State (Independent Charge) of Ministry of Ayush, Govt. of India is the President of the General Body of the Institute. The Secretary, Ministry of Ayush, Govt. of India is the Chairman of the Governing Council. The Director of the Institute is the Chief Executive Officer and “Head of the Department” of the Institute and exercises the power of “Head of the Department” and inter-alia, discharges the duties as mentioned in the MoA and bye-laws of the Institute.



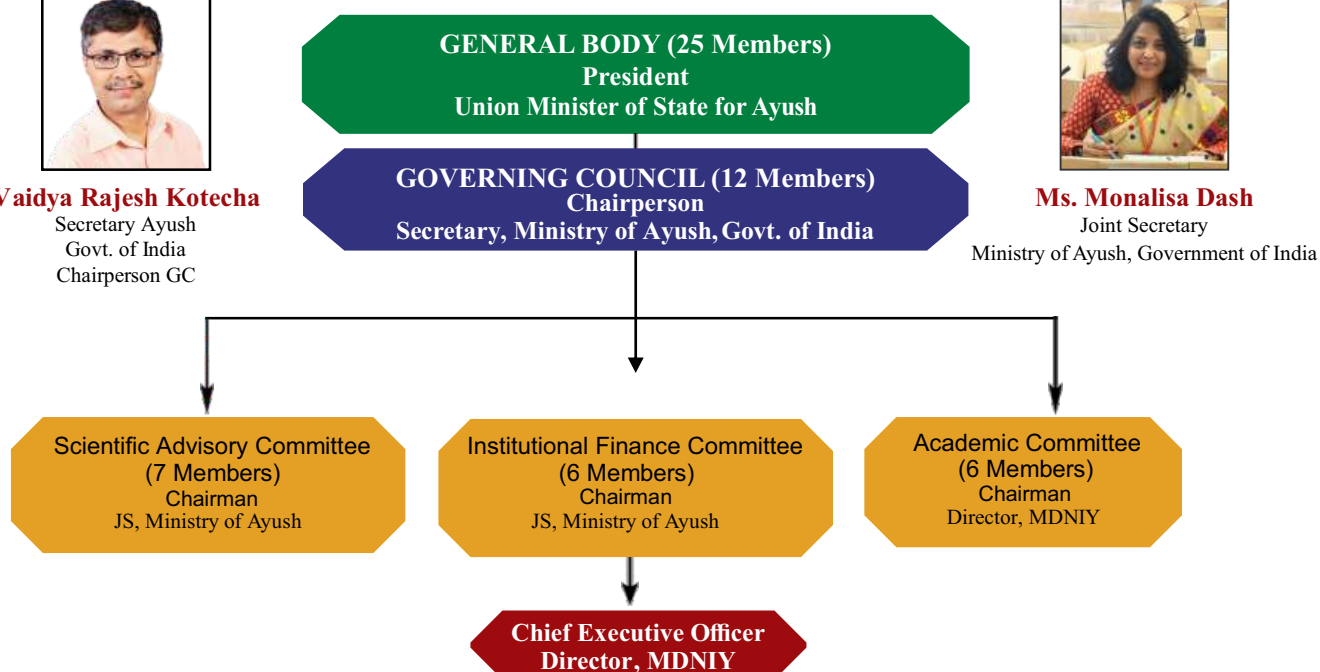
**Vaidya Rajesh Kotecha**

Secretary Ayush  
Govt. of India  
Chairperson GC



**Ms. Monalisa Dash**

Joint Secretary  
Ministry of Ayush, Government of India



## The Director



Dr. Kashinath Samagandi, BAMS, MD (Swasthavritta & Yoga), Ph.D. (Swasthavritta and Yoga), a Diploma holder in 'Nutrition and Health Education' and 'Yoga and Naturopathy' is an eminent scholar with extensive knowledge. With a remarkable 14 years of experience in clinical research and teaching, Dr. Kashinath has been instrumental in mentoring 26 Research PG students. He has been a prominent figure in over 204 seminars and workshops, sharing his expertise as a Resource Person, Keynote Speaker, Guest Lecturer, and Resource Person for CME programs. His professional interests encompass Ayurveda for Nutrition, Ayurveda Dietetics and Modulation, Ayurvedic Lifestyle, Yoga for Personality Development, and Therapeutic Yoga.

Dr. Kashinath has been appointed as the Director of the Morarji Desai National Institute of Yoga since March 19, 2024. Prior to this esteemed position, he served as a distinguished faculty member at the National Institute of Ayurveda, Jaipur.

Dr. Samagandi has represented the Ministry of Ayush, Government of India, at various prestigious international forums. These include the 71st World Health Assembly of WHO in Geneva, Switzerland, from May 20-25, 2018; the 4th International Day of Yoga (IDY) celebrations at the Embassy of India in Beijing from June 15-18, 2018; serving as a Yoga Expert and Team Coordinator at the Shanghai Cooperation Organization Kunming Marathon in Kunming, China.

His scholarly contributions include authoring 35 articles and papers in international and national peer-reviewed journals, 6 articles in health magazines, and 17 newspaper articles.

## Infrastructure Facilities

The Institute has a new state-of-art complex with ultramodern building and air- conditioned **Conference Hall, Auditorium, Meditation Hall, Yoga Practical Halls, Scientific Laboratories and Class Rooms.** The 50-seater Conference Hall is well equipped with a LCD projector and other latest audio-visual



Technological facilities for presentation, conducting meetings, mini-conferences and seminars etc. Bigger seminars, conferences and workshops are conducted in the Auditorium, which is equipped with latest audio-visual and lighting system. Natural light beaming from its beautiful circular dome renders the atmosphere of the sound proof Meditation Hall appropriately serene.

The Institute has Amphitheatre which come accommodate around 500 people. It is being used for International Yoga Fests, Yoga demonstrations and other socio-cultural activities.

The Academic Block has the aesthetically designed, ultra-modern, well-furnished and fully illuminated classrooms with the latest digital acoustics where theory and practical classes of different educational courses and training are conducted.

## Working Hours

The Institute works from 9:00 am to 5:30 pm on all working days. However, the Yoga Education, Therapy and Training programmes run between 6:00 am to 8:00 pm on all working days. Weekend Yoga programmes are also being run on scheduled hours.

### Canteen

Canteen facility is 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 16,000 volumes on Yoga and allied subjects, available to all students. 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's a hybrid collection of printed as well electronic resources.

### Computer Laboratory

The Institute has a Computer Laboratory wherein computers with internet facilities are available for students free of cost. Xerox facilities are also available in the Lab at very nominal rates.



### Research Laboratories

The Institute's Laboratories are equipped with technically qualified experts having facilities for Biochemical, Anatomical, Physiological and Psychological tests.



## 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 Human Anatomy
6.	Department of Human 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 and Documentation
3.	Department of Administration

## Yoga Educational Programmes

### M.Sc. (Yoga)

- This course is affiliated to Guru Gobind Singh Indraprastha University (GGSIPU), Dwarka, New Delhi.
- The course is designed to encourage the pupil to be a global citizen, serving the human beings at large through the noble profession of Yoga.
- To generate manpower to assist in Yoga Research Projects.
- To assist physicians/ consultants to give Yoga Training and Therapy at hospitals.
- To produce manpower to give Yoga Training and Yoga Therapy at all levels.
- To teach Yoga therapy to students for prevention and treatment of lifestyle related diseases.
- To promote the awareness for positive health and personality development in the student through Yoga.
- Instilling and inculcating the general interest and inquisitive knowledge about Yoga for Health, personality development and spiritual evolution.

### Eligibility:

B.Sc. (Yoga) or a Science/ Medical/ Para-Medical/ Physiotherapy Graduate with One year Diploma in Yoga Science with Minimum 50% marks from a recognized University or an Institute of National repute.



- A candidate should be medically fit. A Medical Fitness Certificate in this regard issued from the Medical Officer of the Institute shall be produced. Candidates suffering from any chronic disease are advised not to seek admission to this course.
- **Intake Capacity:** 30
- **Duration:** The duration of the programme will be 2 years (4semesters)

### B.Sc. (Yoga)

- 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) with a minimum aggregate of 50% marks in Physics, Chemistry, Biology provided that the candidate has passed in each subject separately.
- **Intake Capacity:** 30
- **Duration:** The duration of the programme will be 3 years (06 semesters)

### Post Graduate Diploma in Yoga Therapy (PGDYT) for Medicos and Paramedicos

- This course is affiliated to Guru Gobind Singh Indraprastha University (GGSIPU), Dwarka, New Delhi.
- The course is designed to teach medical professionals to integrate Yoga therapy in their medical practice for prevention and treatment of lifestyle diseases.
- To orientate paramedical and medical Graduates of any system of medicine to learn and administer Yoga therapy modules for lifestyle related common ailments.
- To introduce holistic principles of Indian Systems of Medicine to medical professionals.
- To orient the medical professionals on the psycho-physiological mechanisms of Yogic practices.
- The course is designed to promote awareness for positive health and personality development in the student through Yoga.
- **Eligibility:**
  - Any Medical/ Para-Medical/ Physiotherapy (minimum 4 years or more) Graduate with minimum 50% marks from the recognized University or Institutions approved by regulatory body.
  - A candidate should be medically fit. A Medical Fitness Certificate in this regard issued from the Medical Officer of the Institute shall be produced. Candidates suffering from any chronic disease are advised not to seek admission to this course. Format of medical certificate is enclosed herewith.
- **Intake Capacity:** 20
- **Duration:** The course will be of 1 year (2 semesters) duration.

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

- Diploma in Yoga Science for Graduates (D.Y.Sc.) is a full time, regular, non-residential course. The course is designed to impart knowledge and skills of Yoga to enable the aspirants to institutionally qualified Yoga Instructors.
- **Eligibility:** A candidate possessing a Graduate degree (qualifying examination) in any discipline from a recognized University in India or abroad with minimum 50% of marks is eligible for admission to the Diploma in Yoga Science. However, for SC/ST/OBC/PwD candidates it will be 45% for eligibility to admission to the above Course.
- **Intake Capacity:** 75 (including EWS category) + 22 seats are reserved for special category. 15% seats over and above the total seats shall be for foreign candidates. 05% seats over and above the total seats shall be for PwD category.
- **Duration:** The course will be of 1 year (2 semester) duration.

### Certificate Course for Yoga Therapy Assistant (CCYTA)

- This course (CCYTA) will introduce Yoga therapy as a science of Holistic living. During the course, the student will be taught about the concepts of Yoga therapy for the treatment and prevention of various psychosomatic and life style related ailments. This course has the vision to impart therapeutic skills to students for executing traditional medical knowledge for general public and total personality development.
- **Eligibility:**
  - i) A pass in 10+2 (any stream) from a recognized Board or equivalent.
  - ii) Certificate course in Yoga for Wellness Instructor (CCYWI) from MDNIY / YCB Certified Level- II (Yoga Wellness Instructor).
- **Intake capacity:** 30 (10%, 5% and 5% seats over and above the total seats shall be for Economically Weaker Section (EWS), persons with disability (PwD) and foreign candidate respectively)
- **Duration:** One-Semester/ 24 Credits.

### Certificate Course in Yoga for Wellness Instructor (CCYWI)

- The course is designed to impart the knowledge, skills and techniques of Yoga to enable the participants to become an institutionally qualified skilled Yoga Professionals and teach Yoga for wellness.
- Moreover, the aim of the course is to impart classical, scientific Yoga education, training and also to produce Wellness Yoga Instructors for promotion of health. The course is focused to impart basic knowledge about Yoga, its basis and applications for wellness principles in daily lives.
- The main objective is to produce the master trainers in Yoga for imparting Yoga education and training Yoga for wellness.
- **Eligibility:**
  - i) The candidate should have passed 10+2 from a recognized board or its equivalent.
  - ii) Foundation Course in Yoga Science for Wellness (50hrs.) from MDNIY or its



equivalent from any Central/ State University, Yoga Institutions recognized or accredited by Yoga Certification Board, Ministry of Ayush or Yoga professionals having a minimum of 5 years' experience in active teaching and training in Yoga with valid documentations.

- iii) The candidates must be medically fit. No person with chronic ailments is allowed to take admission.
- **Intake Capacity:** 30 seats per batch\*. 15% seats over and above the total seats shall be for foreign candidates. 05% & seats over and above the total seats shall be for PwD.
- **Duration:** The duration of the course shall be of one semester (24credits) or maximum of 6 months.

### Certificate Course in Yoga for Protocol Instructor (CCYPI)

- The course is designed to impart the knowledge, skills and techniques of Yoga to enable the participants to become an institutionally qualified skilled Yoga Professionals and to teach Common Yoga Protocol for Wellbeing.
- Moreover, the aim of the course is to impart classical, scientific Yoga education, training and also to produce Protocol Yoga instructors for promotion of Yoga.
- **Eligibility:**
  - i) The candidate should have passed 10th standard from a recognized board or its equivalent.
  - ii) Foundation Course in Yoga Science for Wellness (50 hrs.) from MDNIY or equivalent from any Central/ State University, Yoga Institutions recognized or accredited by Yoga Certification Board, Ministry of Ayush or Yoga professionals having a minimum of 5 years' experience in active teaching and training in Yoga with valid documentations.
  - iii) The candidates must be medically fit. No person with chronic ailments is allowed to take admission.
- **Intake Capacity:** 30 seats per batch. Subject as the availability of time and space, there is a possibility a increasing the number of seats & batches. Reservation of seats for SC/ST/OBC as per Government of India rules. 15% seats over and above the total seats shall be for foreign candidates. 05% seats over and above the total seats shall be for persons with Differently Abled.
- **Duration:** The duration of the programme will be three Months.

### 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). It is of 4 months duration & on Invitation.
- **Intake Capacity:** 100 Central Armed Police Forces(CAPF), 25 (Delhi Police)

## Yoga Training Programmes:

### 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 to the morning and evening hours. However, the timings may change as per the convenience of the Institute.
- **Eligibility:** Open for all preferably 15 years of Age.
- **Intake Capacity:** 30 seats per batch\*.

\* There may be as many as batches of 30 each depending upon demand and space availability.

### Upcomming Courses

#### Diploma in Yoga Therapy (DYT)

• During this programme, the student will be taught about the concepts of Yoga therapy for the treatment and prevention of various psychosomatic and life style related ailments. This course has the vision to impart therapeutic skills to students for executing traditional medical knowledge for general public and total personality development.

- **Eligibility:**
  - (i) A graduate degree in Yoga with 50% marks OR
  - (ii) Any graduate degree with 50% marks with Certificate course in Yoga for Wellness Instructor (CCYWI) from MDNIY/YCB Certified Level- II (Yoga Wellness Instructor) OR
  - (iii) Any degree with 50% marks with Certificate Course for Yoga Therapy Assistant (CCYTA) can join through lateral entry (2nd Semester).
- **Intake capacity:** 30 seats per Batch.
- **Outcome:** The students will become institutionally qualified Yoga therapist.
- **Duration:** One Year / Two Semesters.

#### Diploma in Sports Coaching – Yogasana (D.S.C) for Graduates (One Year Duration & One Month Internship)

- **Aim:** The aim of the course is to produce competent Yogasana Sports Coach.
- **Objectives:** The objectives of the course are as under:
  - a) To promote physical, mental, social and spiritual wellbeing through the practice of Yogasana.
  - b) To introduce the techniques, salient points of yogasana competition and its officiating.
  - c) To promote personality development of player.

- d) To promote yogasana as a sport.
- e) To understand the difference between qualitative and quantitative analysis of sports movements.

- **Eligibility:**

- i) A graduate degree in Yoga with 50% marks OR
- ii) Any graduate degree with minimum 50% marks with Certificate course in Yoga for Wellness Instructor (CCYWI) from MDNIY / YCB Certified Level- II (Yoga Wellness Instructor) OR
- iii) Any degree with 50% marks with Certificate Course for Yoga Therapy Assistant (CCYTA) can join through lateral entry (2nd Semester)

- **Intake capacity:** 30 seats per Batch.
- **Outcome:** The students will become institutionally qualified Yogasana Sports Coach.
- **Duration:** One Year / Two Semesters.

### Health Promotion Programmes

- **Health Promotion Programme (HPP):** Health Promotion Programmes of one hour each are conducted from 6.00 am to 7.00 am and 07:00 am to 08:00 am on all working days.
- **Weekend Yoga Training Programme:** Weekend Yoga Training Programme is conducted from 7.00 AM - 8.00 am.

### Yoga Therapy Programmes

#### Out Patient Department

- The Institute OPD is accredited by NABH.
- Yoga Therapy OPD which works on all working days from 08:00 AM to 04:30 PM. (Monday to Friday)
- The Yoga Therapy (OPD) consists of Senior Medical Officer (SMO), Consultant (Naturopathy), Dietician, Yoga Therapists.
- The OPD is attached with a Pathology/Bio-chemistry Lab.
- Yoga Therapy programmes of one hour each are conducted from 08:00 AM to 06:00 PM on all working days.
- **Individual Yoga Therapy Programme:** Individual Yoga Therapy session of maximum one hour duration is conducted from 8.00 AM to 6.00 PM on all working days.

### Yoga Training Programmes Outside the Institute

- The Institute provides 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 are 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 Centres at Ayush/Allopathy Hospitals

The Institute is running Yoga Therapy Centres in Delhi with the basic objective of main streaming Yogain 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:

S. No.	YOGA THERAPY CENTRES
1.	Vallabh bhai 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-95
4.	Institute of Human Behaviour and Allied Sciences, Jhilmil Colony, Dilshad Garden, Delhi-95

**(Timings: from 09:00AM 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 20 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.

S. No.	PREVENTIVE HEALTH CARE UNITS
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, Shalimar Bagh, New Delhi
5.	CGHS Wellness Centre, Sadar Bazar, Delhi Cantt., New Delhi - 10
6.	CGHS Wellness Centre, Near Harinagar GhantaGhar, New Delhi
7.	CGHS Wellness Centre, M.B. Sector-1, PushpaVihar, New Delhi
8.	CGHS Wellness Centre, Paschim Vihar
9.	CGHS Wellness Centre, Palam Colony, Manglapuri, New Delhi
10.	CGHS Wellness Centre, No. 68, Kamla Nehru Nagar, Ghaziabad, Uttar Pradesh
11.	CGHS Wellness Centre, 23, Pusa Road, Karol Bagh, New Delhi
12.	CGHS Wellness Centre, Tilak Nagar, New Delhi
13.	CGHS Wellness Centre, R. K. Puram, Sector-6, New Delhi
14.	CGHS Wellness Centre, Netaji Nagar CGHS Bhawan, R.K.Puram, Sector-13, New Delhi
15.	CGHS Wellness Centre, Vasant Vihar
16.	CGHS Wellness Centre (No. 68), Main Vikas Marg, Laxmi Nagar, Delhi
17.	CGHS Wellness Centre, Mansarovar Park, Shahdara, Delhi - 32
18.	CGHS Wellness Centre, Sector-IV, Pushp Vihar, New Delhi
19.	CGHS Wellness Centre, Kalkaji, New Delhi
20.	CGHS Wellness Centre, Timarpur

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

## RESEARCH ACTIVITIES

MDNIY has a well-established Department of Yoga Research. The Department is working on several research projects in collaboration on various multidisciplinary with Institutes/ Hospitals /Universities like AIIMS, LHMC etc.



**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 Institutions/ Hospitals with a view to promote the research in Yoga with reference to specialized fields.

**MDNIY has designated as WHO Collaborating Centre (WHOCC) in Traditional Medicine:**

MDNIY has been designated as a collaborating centre for traditional medicine (YOGA) for 4 years (2013-14). The Institute has re-designated as collaborating centre for next four years (2025-2029) with the Terms of Reference (TOR) “to contribute to WHO's effort in promoting evidence-based Yoga practice for managing Non-Communicable Diseases (NCDs)”.





## YOGA PROMOTION ACTIVITIES

### International Day Yoga (IDY)

Morarji Desai National Institute of Yoga is actively participating in International Day of Yoga on June 21.



Institute played a pivotal role in making the events 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.



### YOGA MAHOTSAV

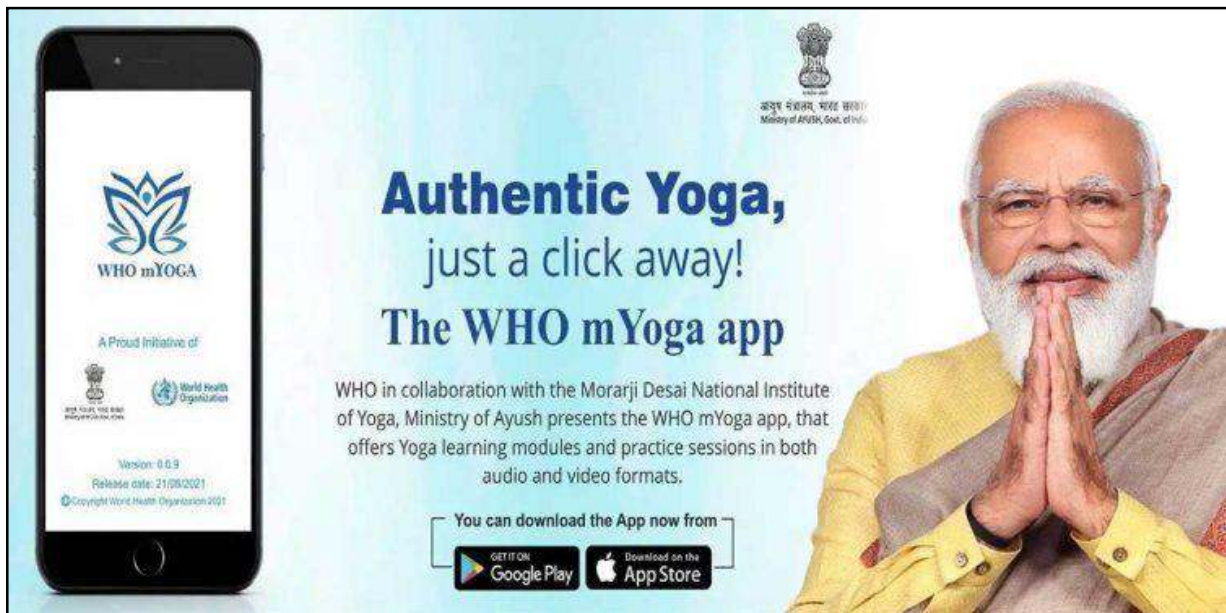
Morarji Desai National Institute of Yoga organises Yoga Mahotsav -A Curtain Raiser for International Day of Yoga. The Institute has been successfully organising Yoga Mahotsav since 2016. The Yoga Mahotsav witnesses the auspicious presence of dignitaries, eminent Yoga Gurus, Yoga Master, Yoga Professionals, Scientists, Research Scholars, Policy makers and others from Yoga fraternity.





## WHO mYoga App

MDNIY as a WHO CC prepared a mobile platform (mYoga) App on “Yoga Protocol for General Wellness” that offers Yoga learning modules and practice sessions for a global audience. mYoga was announced by Hon'ble Prime Minister of India on IDY- 2021, i.e., 21st June, 2021.



## Y-Break App

The Yoga Break-App Yoga protocol consists of a very few useful Yoga practices devised to de-stress, refresh and re-focus on work to increase the productivity of individuals at workplace. Yoga Break at Workplace protocol was developed by the institute and a monograph has been prepared out of its findings. The Yoga Break App was launched by Sh. Sarbananda Sonowal, Hon'ble Union Minister of Ayush and Port, Shipping & Waterways on 1st September at Plenary Hall, Vigyan Bhavan, New Delhi.

**Y-Break Link: <https://www.facebook.com/mdniyayush/videos/604185520357531>**





## NATIONAL YOGASANA SPORTS FEDERATION (NYSF)

Institute was instrumental in getting Yogasana recognized as a Competitive Sport declared by Ministry of Youth Affairs and Sports.



## CONTINUING MEDICAL EDUCATION (CME)

The Institute organizes CME for Yoga Teacher's/ Therapists/ Instructors from time to time. During this Lectures from eminent yoga professionals or allied subjects professionals are arranged for Yoga Teachers/ Instructors/ Therapists.



## CONFERENCES AND WORKSHOPS

The Institute organizes Conferences/ 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.

## 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.

## SPORTS ACTIVITY

The Institute organises indoor and outdoor sports activity time to time. This is for their overall development and to help them to build up healthy inter-personal relationship.



## PUBLICATION & PROPAGATION

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. Besides National/ International events like International Day of Yoga, International Yoga Fest, Health Exhibitions, Health Melas, Festivals, Seminars, Conferences etc. The Institute brings out quarterly newsletter, which contains activities and programmes of the Institute in brief. The Institute has also brought out some books, booklets, IEC materials, Yoga charts, CDs, Calendars etc. for the benefit of general public.

## Details of Programme: Certificate Course in Yoga for Protocol Instructor (CCYPI)

### 1. Preamble:

Yoga is an invaluable gift of ancient Indian Tradition. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health wellbeing. Yoga has attracted global attention in recent years. The awareness about Yoga practice is increasing among people from different walks of life, not only for preservation and promotion of health, but also for the management of various diseases.

MDNIY is conducting various Yoga educational and training courses and programmes for the promotion and development of Yoga. Recently, the Ministry of AYUSH has established Yoga Certification Board (YCB) for certification of Yoga Professionals and Accreditation of Yoga Institutions under the aegis of MDNIY. The Yoga Certification Board has recommended to issue certification of the Yoga Instructors of the following four levels:

- Level-I Yoga Protocol Instructor
- Level-II Yoga Wellness Instructor
- Level-III Yoga Teacher and Evaluator
- Level-IV Yoga Master

To streamline the Yoga Education and training programmes, as mandated by YCB, MDNIY would like to start this Short Term non-residential Certificate Courses on part time basis, at the Institute or at other Extension Centres of the Institute including Yoga Centers run by the Institute at other designated locations.

### 2. Title of the Course:

The course shall be called **Certificate Course in Yoga for Protocol Instructor (CCYPI)**.

### 3. Eligibility Conditions:

- i) A pass in 10th from a recognized Board or equivalent.
- ii) Foundation Course in Yoga Science for Wellness (50 hrs.) from MDNIY

**OR**

Its equivalent from any Central/State University, Yoga Institutions recognized or accredited by Yoga Certification Board, Ministry of AYUSH.

**OR**

Yoga professionals having a minimum of 5 years experience in active teaching and training in Yoga with valid documentations.

- iii) The candidates must be medically fit. No person with chronic ailments is allowed to take admission.



#### 4. Duration of the Course

The duration of the course shall be of three months. The course usually will start from -i) January ii) April, iii) July and iv) October.

#### 5. Intake Capacity:

30 seats per batch. Reservation of seats for SC/ST/OBC as per Government of India rules. 15% seats over and above the total seats shall be for foreign candidates. 05% seats over and above the total seats shall be for persons with Differently Abled.

#### 6. Medium of Instructions: Hindi/English

#### 7. Admission Procedure:

- i. An admission notice will be issued by the Institute 15 days prior to commencement of the course on its Notice Board and Website.
- ii. The prospectus with Application Form for admission to CCYPI can be obtained from the office of Morarji Desai National Institute of Yoga (MDNIY) on payment of prescribed fees as mentioned in the admission notification. The application form may also be downloaded from the Institute's website [www.yogamdny.nic.in](http://www.yogamdny.nic.in). In that case the applicant shall deposit the requisite fees at the time of submission of Application Form.
- iii. The application form duly filled in all respect, supported by the attested photo copies of all necessary documents should be submitted at the registration counter of MDNIY on or before the last date.
- iv. The selection will be made on the basis of Entrance Test and the cut off percentage to qualify the exam will be minimum 40 % marks in respect of all the categories including reserve categories.
- v. In case of persons getting equal marks, the criteria for the selection will be the marks obtained by them in matriculation examination and in case of equal marks in matriculation then any qualification in Yoga or other qualifications in AYUSH system or higher qualifications in hierarchy.
- vi. If any seats remained vacant in ST, it will be filled by transferring the seat to SC and vice-versa.
- vii. Still, if any seats in General Category remained vacant, they will be filled by Counselling as per the decision of Admission Committee/Director.
- viii. The provisional Selection list will be displayed on the Notice Board of MDNIY and uploaded on its website no personal information will be given to the candidates.
- ix. The office timings of the Institute are 09:00 am to 05:30 pm on all working days (Monday to Friday).

**Note:** Admission will be processed between the dates of 16th to 30th of the month before starting of every batch.

## 8. Dress Code:

The dress shall be white T-shirt and trousers of selected color (or as decided by the Institute) both for boys and girls which need to be purchased by the students on their own. Each candidate shall attend the Institute's formal classes and other functions only in the prescribed dress for summer as well as in winter seasons with Institute's Emblem thereon.

## 9. Selection Procedure:

Selection will be made on the basis of performance in Entrance Test of one hour duration, Consisting of objective Questions based on the Syllabus of Foundation Course in Yoga Science of Wellness being Conducted in MDNIY, will be held on the prescribed date as mentioned in the notification; and Clearing of the medical Test.

## 10. Medical Test

There will be Medical Examination before a candidate is finally selected for admission in the course. Selection will be subject to medical examination which will be conducted at Institute at the cost of Rs. 50/-. The student will be permitted to submit other fees only after getting medical fitness Declaration Certificate from the Medical Officer of MDNIY.

## 11. Counseling & Payment of fees:

All the candidates, who have passed the entrance test and cleared medical test, will appear for counseling at the premises of MDNIY where the candidates will be required to bring their Certificates/testimonials for verification and the amount of course fee. The candidates must bring the following while coming for counseling.

- Copy of 10th (Matriculation) Certificate or its equivalent from a recognized Board.
- Copies of Certificate of Foundation Course in Yoga Science for Wellness from MDNIY

**OR**

Equivalent from other Universities/Institutions and Experience Certificates, if any.

- Copy of Adhaar Card
- Four passport size photographs
- Course Fees (as mentioned in admission notice)
- Cast and any other certificates for reserved category students.

## 12. Fees structure:

S.No.	Description	Other than SC/ST	SC/ST	Remarks
1.	Cost of Prospectus	250/-	250/-	At the time of making application
2.	Course fee	6,000/-	3,000/-	At the time of admission only
3.	Examination Fee	500/-	500/-	At the time of examination
4.	Certification fee	250/-	250/-	At the time of examination
	<b>TOTAL</b>	<b>7,000/-</b>	<b>4,000/-</b>	

**Fees are subject to change.**

### 13. Examination Rules:

- i) The Theory and Practical examinations will be conducted in the last month of the course. The results will be declared on the basis of performance in both theory and practical Examinations.
- ii) A candidate failing in one or more theory/practical papers is allowed to re-appear for those papers only, in which he/she has failed.
- iii) A supplementary examination will be conducted within one month of declaration of the result after payment of the requisite examination fee of Rs.500/-.
- iv) Re-evaluation in Practical examination is not allowed. The theory answer books are recounted just to ensure that all the questions attempted by the candidate have been evaluated or not, that the marks awarded have been totaled up correctly or not and that the total marks have been correctly carried over.
- v) Fee chargeable for recounting of the answer book is Rs.200/- per subject and should be deposited personally in the office of MDNIY on working days.
- vi) The candidates are required to attend 80% of the total classes conducted during the course. Those candidates whose attendance is below 80% shall not be eligible to appear in the examination. However, 5% attendance will be condoned on medical ground only on production of medical certificate or at the discretion of the Director on valid grounds.
- vii) Any candidate found indulging in any unfair or unethical practice during examination; he/she shall be barred from the course.
- viii) Final examination results shall be displayed on the Notice Board and website of the Institute.
- ix) The decision of the Board of Examiners / Director, MDNIY shall be final in all the matters relating to examination.

### 14. Result:

Minimum marks to pass is 40 % marks in each theory and practical papers are-

### 15. Award of Class:

#### Pass Class

40% and above and below 50% in aggregate

#### Second Class

50% and above and below 60% in aggregate

#### First Class

60% and above and below 80% in aggregate

#### First Class with Distinction

80% and above in aggregate

**Note:** If a candidate has failed only in one theory/practical paper, he/she shall be given grace marks of maximum 10% of the total marks of theory/practical paper.

## 16. Award of the Certificate:

On successful completion of the course, an institutional Certificate of “Certificate Course in Yoga for Protocol Instructor” will be awarded to the candidates who are successful in both theory and practical examinations.

## 17. Voluntary Certification of Yoga Professionals Through YCB:

The course is designed in line with Level-1: Yoga Protocol Instructor of Yoga Certification Board (YCB), Morarji Desai National Institute of Yoga, Ministry of AYUSH, Govt. of India. Those desiring to get certified by the Yoga certification Board shall apply separately for voluntary certification by paying prescribed fees of YCB. Guidelines for Voluntary Yoga Certification by YCB will be informed in due course of time with a separate notice.

## 18. Rules & Regulations:

- i) Mere applying for admission to the course does not confer any right upon the candidate to be selected.
- ii) Canvassing in any form will disqualify the candidate for admission.
- iii) No interim correspondence shall be entertained until admission.
- iv) MDNIY owns no responsibility for providing employment.
- v) Irregular attendance, habitual idleness, disobedience or unbecoming conduct in the premises will render a student liable not to continue the course and his/her name shall be removed from the rolls after prior notice.
- vi) Use of Cell Phones during the class hours (both theory and practical) is strictly forbidden. If found doing so, strict action shall be taken against the candidates.
- vii) MDNIY shall take no responsibility during the course for any injury sustained by the student though all precautions will be taken to prevent accidents.
- viii) Permission for leave or absence from classes must be taken in writing from the course Teacher/ Coordinator/ Director in advance. In case of illness, a Medical Certificate may be submitted in time as per guidelines.
- ix) The student's concerned shall compensate any damage caused to the property of the Institute.
- x) Students are responsible for the loss or damage of books, equipments, tools and instruments used by them and necessary action will be taken.
- xi) Student shall behave themselves in such manner that it shall not disturb peace and tranquility of any other student, teacher etc.



- xii) Absence from any activity of the scheduled program will be treated as a gross breach of discipline.
- xiii) No Union/Association shall be formed by the students.
- xiv) Students should not visit the Staff Faculties/Members during class hours.
- xv) Students should keep in mind that they are here not merely to study the ancient discipline of Yoga, but also apply the same discipline and lifestyle to themselves.
- xvi) The Director's decision will be final in all matters related to discipline and smooth conduct of the course.
- xvii) Following are strictly forbidden/prohibited within the Institute..
  - a) Possession or use of alcoholic drinks/beverages.
  - b) Possession or use of addictive of hallucinogenic drugs.
  - c) Psychotropic drugs.
  - d) Smoking & chewing tobacco/Gutkha Pouch/Chewing gum etc.
  - e) Gambling/ Playing cards or games involving money or other valuables or other articles.
  - f) Use of cell phone during the class hours or possession of fire arms or any lethal weapon.
  - g) Ragging/teasing/harassment in any form is prohibited and punishable.
- xviii) Students must attend Yoga practical classes on time daily; they must be empty stomach.
- xix) MDNIY shall observe all the Gazetted Holidays.
- xx) The student shall be required to follow the rules and regulations prescribed in the syllabus and also amended/framed by the Morarji Desai national Institute of Yoga for improvement in the quality of teaching, training and discipline, from time to time.
- xxi) In case of any dispute, the case will be dealt under jurisdiction of Delhi courts, only.
- xxii) All valuables/money shall be properly secured by the students. The Institute will not be responsible for loss of any valuables/cash.
- xxiii) Any unidentifiable objects in and around the Institute's should not be touched but immediately report to the available officers/officials for remedial action.
- xxiv) MDNIY reserves the right to change, delete, alter and add any of the rules and regulations as and when necessary, without prior notice.

**SCHEME OF TEACHING AND EXAMINATION**  
**CERTIFICATE COURSE IN YOGA FOR PROTOCOL INSTRUCTOR**  
**(Duration Three Months)**

Paper	Subject Code	Title of the Paper	Total Marks	Hrs. of Instructions/ Course	Credits
I	CCYPI-T101	Introduction to Yoga and Yogic Practices	100	20 Hrs.	2
II	CCYPI-T102	Introduction to Yoga Texts	100	20 Hrs.	2
III	CCYPI-T103	Yoga for Health Promotion	100	20 Hrs.	2
IV	CCYPI-P104	Practical-I (Yoga Practicum)	100	120 Hrs.	6
V	CCYPI-P105	Practical-II (Teaching Technique in Yoga)	100	20 Hrs.	2
-	-	Grand Total	500	200 Hrs	14

**Note:** An institutional examination will be conducted usually in the last week of the course.  
 The duration of each paper (Both Theory and Practical's) will be of 3 hrs.

## Scheme of Examination and Evaluation

- I. A maximum Three months period shall be apportioned into one course. There shall be course-end examination after completion of the course which will be notified by the Institute.
- II. The overall weightage of a course in the Syllabi and Scheme of Teaching and examination shall be determined in terms of credits assigned to the course.
- III. The evaluation of the students in a course shall have two components in the scheme of teaching and examination and syllabi.
  - (i) Evaluation through a Course-end examination
  - (ii) Continuous evaluation by the teacher(s) of the course.
- IV. There will be Four courses in an academic year. i) April ii) July iii) October iv) January and course end examination usually will be conducted in the last month of the course or immediately after completion of the course.
  - a. All course-end examinations will be held as per the Institute schedule which will be notified by the Institute.
  - b. Candidates are allowed to write the said examinations either in English or in Hindi
  - c. The duration of each theory paper in course- end examinations of 70 Marks shall be 3.00 hours.
  - d. Each theory paper shall comprise questions from all the units with internal choices, covering the entire syllabus.
- V. Apart from the Course - end examinations there shall be **One Class Test/ Assignments** etc. as part of **Teacher/s Continuous evaluation of the Course**.
  - a. The date/s, timings and the scheme of question papers etc. for these class tests/ assignments shall be prepared by the concerned subject teachers in consultation with Course Co-ordinator / Director of the Institute. The results of these unit tests shall be displayed on the notice board of the institute for the information of the students.
- VI. The distribution of weightage for various components of evaluation shall be as below:
 

A. THEORY COURSES	(For 100 Marks)
(i) Course-end examination	70%
(ii) Continuous evaluation by the teachers	30%

## B. PRACTICAL COURSES

(i) Course-end examination	70%
(ii) Continuous evaluation by the teachers	30%

## VII. THEORY COURSES

### A.1 Course-end examination

**Total Marks: 70**

#### Q. I. Multiple Choice/ Answer in a sentence or two/ Objective

Type questions	(1 Mark Each)
(Questions from all the Units and all are compulsory)	<b>25x1=25 Marks</b>

#### Q.II. Short Note type questions

(5 Marks Each)

(Questions from each unit with a choice)	3x5 =15 Marks
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#### Q.III. Long Answer/ Essay/ Short Essay type questions

(10 Marks Each)

(Questions from each unit with a choice)	3x10=30Marks
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**Note:** The format of the Semester-end Examination for Theory Courses has given herein

### A.2. Continuous evaluation by the teachers:

**Total marks: 30**

(i) One class test/ Assignment	20 marks
(ii) Attendance:	06 marks
90% & above	06 marks
80% and above but below 90%	04 marks
75% and above but below 80%	02 marks
Below 75%	00 marks
(iii) Participation in socio-cultural activities, monthly lectures, workshops, Sports, discipline etc.	04 marks

The One class test may ordinarily be held after 6 weeks of the course.

## VIII. PRACTICAL COURSES

### A.1. Course-end Examination

**Total marks: 70**

There shall be Course-end examinations of each practical course and distribution of marks shall be as per the marks mentioned in each syllabus.

### A.2. Continuous evaluation by the teachers

**Total marks: 30**

#### A.2.1. The teachers Continuation evaluation shall be based on:

- |   |          |
|---|----------|
| (i) Performance in the One practical class tests  | 20 marks |
| (ii) Punctuality and practical performance in<br>The regular practical classes            | 05 marks |
| (iii) Subjective experience and Self-assessment<br>Reports/Lab works etc. by the students | 05 marks |

### A.2.2. ASSIGNMENT AND FIELD WORK

**Total marks: 100**

- |  |          |
|--|----------|
| (i) Preparation of 10 Assignments  | 40 marks |
| (ii) Yoga camps/ Workshops   | 60 marks |
| a) Preparation for Yoga camp/workshop<br>(Selection of Yoga camp and participants and<br>Design of Yoga protocol and its implementation) | 10 marks |
| b) Feedback by the participants/organizers/documentations etc.   | 20 marks |
| c) Field work report   | 30 marks |

The Field Work Report, Assignments etc. shall be evaluated by the concerned in-charge Teacher/s and will be as per Institute rules and regulations.

**B.** The Course Coordinator shall verify the marks and submit them to the Board of Examiners/ Director of the Institute or the faculty nominated by the Director.

**C.** In case of any problem in smooth conduct of the examinations, the decision of the Board of Examination/ Director of the Institute will be the final.

**IX. Marks and Gradation** - As per the Institute Rules. The 'final result' will comprise of the total marks obtained in the course and the passing percentage is minimum 40% marks in each subject.

40% and above but below 50%	Pass
50% and above but below 60%	Second Division
60% and above but below 80%	First Division
80% and above	Distinction

## COURSE STRUCTURE

### INTRODUCTION TO YOGA AND YOGIC PRACTICES

- 1.1 Yoga : Etymology, definitions, aim, objectives and misconceptions
- 1.2 Yoga : Its origin, history and development
- 1.3 Guiding principles to be followed by Yoga practitioners
- 1.4 Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha)
- 1.5 Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha)
- 1.6 Introduction to Yoga practices for health and well being.
- 1.7 Introduction to Shatkarma: meaning, purpose and their significance in Yoga Sadhana
- 1.8 Introduction to Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara
- 1.9 Introduction to Yogasana: meaning, principles, and their health benefits
- 1.10 Introduction to Pranayama and Dhyana and their health benefits

### BOOKS FOR REFERENCE

1. Goyandka, Harikrishandass : **Yoga Darshan**  
Geeta Press, Gorakhpur (Samvat 2061).
2. Joshi, K.S. : **Yoga and Indian Philosophy**  
MLBD, New Delhi, 1977
3. Gita press Gorakhpur : **Shreemad Bhagvadgita**  
Gita press Gorakhpur, Samvat 2073.
4. Quality Council of India (QCI) : **Yoga professionals Official Guidebook**  
Excel Books, New Delhi 2016
5. Bassvaraddi, I.V. & Others : **Yoga Teaching Manual for School Teachers,**  
MDNIY, New Delhi, 2010.
6. Basavaraddi, I.V. & others : **Shatkarma: A Comprehensive description about**  
Cleansing Process, MDNIY New Delhi.
7. Basavaraddi, I.V. & others : **Yogasana: A Comprehensive description about**  
Yogasana, MDNIY, New Delhi, 2011.
8. Swami Vivekananda : **Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga**  
(4separate books) Advaita Ashrama, Kolkata, 2011 & 2012.

## INTRODUCTION TO YOGA TEXTS

- 2.1 Introduction and study of Patanjala Yoga Sutra including memorization of selected Sutras (P.Y.S.: 1-12).
- 2.2 Introduction and study of Bhagavad Gita including memorization of selected Slokas (B.G. : II 46-50)
- 2.3 Introduction and study of Hathpradipika including memorization of selected Slokas (H.P. : II-16-21)
- 2.4 General Introduction to Prasthanas-Trailokya
- 2.5 Concept of Aahara (Diet) according to Yogic texts
- 2.6 Significance of Hath Yoga practices in health and well being
- 2.7 Concept of mental wellbeing according to Patanjala Yoga
- 2.8 Yogic practices of Patanjala Yoga: Bahiranga and Antaranga Yoga
- 2.9 Concept of healthy living in Bhagwad Gita
- 2.10 Importance of subjective experience in daily Yoga Practice

### BOOKS FOR REFERENCE

1. Goyandka, Harikrishandass : **Yoga Darshan**  
Geeta Press, Gorakhpur (Samvat 2061).
2. Basavaraddi, I. V. & Others : **Yoga Teachers Manual for School Teachers**,  
MDNIY, New Delhi, 2010.
3. Sahay G. S. : **Hathayogapradipika**  
MDNIY, New Delhi, 2013.
9. Kalayan : **Upanishads (23<sup>rd</sup> year Special)**  
Geeta Press, Gorakhpur.
10. Gita press Gorakhpur : **Shreemad Bhagvadgita**  
Gita press Gorakhpur, Samvat 2073.



## YOGA FOR HEALTH PROMOTION

- 3.1 Brief introduction to human body
- 3.2 Role of Yoga for health promotion
- 3.3 Yogic positive attitudes ( Maîtri, Karuna, Mudita, Upeksha) and concept of bhavas (Dharma, Jnana, Vairagya, Aishvarya), their relevance in well being
- 3.4 Yogic diet, its relevance and importance in Yoga Sadhana
- 3.5 Dincharya and Ritucharya with respect to Yogic life style
- 3.6 Holistic approach of Yoga towards health and diseases
- 3.7 Introduction to First aid and Cardio Pulmonary Resuscitation (CPR)
- 3.8 Yogic management of stress and its consequences
- 3.9 Yoga in prevention of common disorders
- 3.10 Yoga for personality development

### BOOKS FOR REFERENCE

1. Swami Karmananda : **Yogic Management of Common Diseases**, Bihar Yoga Publication Trust, 2006, Munger.
2. Dr. M.L. Gharote : **Applied Yoga**, ACE Enterprises, Madhu Rajnagar, Pune Road, Pune, 2010.
3. Kotecha, Vaidya Rajesh : **A Beginner's Guide to Ayurveda**, Chakrapani Publications, Jaipur, 2016
4. MDNIY : **Yoga Module for Wellness Series (1 to 10)** MDNIY, New Delhi 2011.
5. Basavaraddi, I. V. & Others : **Yoga Teachers Manual for School Teachers** , MDNIY, New Delhi, 2010.

## PRACTICAL – I (YOGA PRACTICUM)

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and benefits of each of the following Yogic practices, e.g. Shatkarma, Yogic Sukshma Vyayama, Yogic Sthula Vyayama, Surya Namaskara, Yogasanas, Pranayamas and Practices Leading to Dhyana etc.

4.1 **Prayer:** Concept and recitation of Pranava and concept and recitation of hymns

4.2 **Yoga Cleansing Techniques**

Knowledge of Dhauti, Neti and practice of Kapalabhati

4.3 **Yogic Sukshma Vyayama and Sthula Vyayama**

a. **Yogic Sukshma Vyayama**

- Griva Shakti Vikasaka (for neck)
- Bhujja Valli Shakti Vikasaka (for fore-arms)
- Purna Bhujja Shakti Vikasaka (for whole arms)
- Vaksha Sthala Shakti Vikasaka (for thoracic region)
- Kati Shakti Vikasaka (for waist)
- Jangha Shakti Vikasaka (for thighs)
- Pindali Shakti Vikasaka (for calf muscles)

b. **Yogic Sthula Vyayama**

- Sarvanga Pushti (nourishment to whole body)
- Hrid Gati (Engine Daud)

4.4 **Yogic Surya Namaskara**

4.5 **Yogasana**

- Tadasana, Vrikshasana, Ardha Chakrasana, Padahasthasana, Kati Chakrasana
- Dandasana, Sukhasana, Bhadrasana, Padmasana, Vajrasana,
- Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana
- Paschimottanasana, Purvottanasana
- Vakrasana, Gomukhasana
- Bhujangasana, Shalabhasana, Makarasana
- Pavanamuktasana, Uttanapadasana, Ardha Halasana, Setubandhasana
- Vipareetakarani, Saral Matsyasana, Shavasana,

4.6 **Preparatory Breathing Practices and Pranayama**

a. **Preparatory Breathing Practices**

- Sectional breathing (abdominal, thoracic and clavicular)
- Yogic deep breathing

### b. Pranayama

- Concept of Puraka, Rechaka and Kumbhaka
- Anulmoa Viloma/Nadi Shodhana
- Sheetalee (without Kumbhaka)
- Bhramari (without Kumbhaka)

## 4.7 Understanding of Bandha and Mudra

### a. Bandha

- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha

### b. Mudra

- Hasta Mudras (Chinmaya, Brahma, Jnana, Dhyana)

## 4.8 Practices leading to meditation and dhyana sadhana

- Recitation of Pranava & Soham
- Recitation of selected hymns, invocations and prayers from Vedas & Upanishadas
- Body and breath awareness
- Yoga Nidra

## BOOKS FOR REFERENCE

1. Brahmachari Swami Dharendra : **Yogic Suksma Vyayama**, Dharendra Yoga Publications, New Delhi, 1986.
2. Brahmachari, Swami Dharendra : **Yogasana Vijnana**, Dheerendra Yoga Prakashana, New Delhi, 199
3. Saraswati, Swami Satyananda : **Asana, Pranayama, Mudra, Bandha** Bihar School of Yoga, Munger, 2006.
4. Basavaraddi, I.V. : **A Monograph on Yogic Suksma Vyayama**, MDNIY, New Delhi, 2016.
5. Basavaraddi, I.V. : **A Monograph on Shatakarma**, MDNIY, New Delhi, 2016.
6. Basavaraddi, I.V. : **A Monograph on Yogasana**, MDNIY, New Delhi, 2016.
7. Basavaraddi, I.V. : **A Monograph on Pranayama**, MDNIY, New Delhi, 2016.
8. Tiwari O.P. : **Asana Why & How ?** Kaivalyadhama, SMYM Samiti, Lonavla,
9. Saraswati, Swami Satyananda : **Suryanamashkara** Bihar School of Yoga, Munger, 2006.
10. Basavaraddi, I. V. (Edi.) : **Yoga Teacher's Manual for School Teachers**, MDNIY, New Delhi, 2010.

## PRACTICAL – II (TEACHING TECHNIQUE IN YOGA)

- Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)
- Practice of Yoga at different levels (beginners, school children, youth, women and special attention group)
- Class management in Yoga: its meaning and need
- Preparation for a Yoga class (before and during the class)
- Factors influencing yoga teaching
- Conducting yoga practical lessons: Precautions & Contraindications of practices)
- Salient features of ideal Yoga Instructor.
- Models of lesson plan

### BOOKS FOR REFERENCE

1. Basavaraddi, I. V. & others : **Yoga Teachers Manual for School Teachers**, MDNIY, New Delhi, 2010.
2. Gharote, M.L. : **Teaching Methods for Yogic practices**, Kaivalyadhama Ashram, Lonavla.
3. Iyengar, B.K.S : **Yoga Shastra (Vol-I & II) Ramamani Iyenger Memorial Yoga**, Institute, Pune YOG, Mumbai
4. Quality Council of India (QCI) : **Yoga professionals Official Guidebook** Excel Books, New Delhi 2016

**PART – I: THEORY****Unit – 1:**

1. Introduction to Yoga and Yoga practices.
2. Guiding principles to be followed by Yoga practitioners.
3. Introduction to Yogic Sukshma Vyayama & Sthula Vyayama and their relevance in Yoga Sadhana.
4. Surya Namaskar : Its technique and health benefits.
5. Introduction to Shatkarma and their importance in Yoga Sadhana.
6. Health benefits of Shatkarma.

**Unit– 2:**

7. Introduction to Yogasana.
8. Classification of Yogasana and sequencing.
9. Yogasana : principles, salient features.
10. Yogasana : Importance of alignment and relaxation during the practice
11. Health benefits of Yogasana.
12. The role of Yogasana in diseases prevention and health promotion.

**Unit – 3:**

13. Mechanism of breathing.
14. Pranayama : Its principles and types.
15. Health benefits of Pranayama.
16. Bandha and Mudra : Techniques and their role in Yoga Sadhana.
17. Practices leading to Dhyana (Meditation).
18. Dhyana a great tranquilizer.

**Unit – 4:**

19. Concept of Wellness and Well being.
20. Yogic concept of Wellness and Asthanga Yoga of Patanjali.
21. Yogic concept of Ahara (Diet & Nutrition)
22. Yogic lifestyle (Ahara, Vihar, Achar, Vichar).
23. Yogic attitudes (Maitri, Karuna, Mudita and Upeksha) and practices for Mental Wellbeing.
24. Role of Yama and Niyama for Psychosocial wellbeing.

**PART – II: PRACTICALS**

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and advantages of each of the following Yogic practices, e.g. Surya Namaskar, Shatkarma, Yogasana, Pranayama, Bandha& Mudra and practices leading to Meditation.

**UNIT – I**

- 1.1 Prayer
- 1.2 Recitation of Hymns.

**UNIT – II Yogic Sukshma and Sthool Vyayama (Chālana Kriyas)****SukshaVyayama**

- 2.1 Griva Shakti Vikasaka I
- 2.2 Griva Shakti Vikasaka II



- 2.3 Bhujavalli Shakti Vikasaka
- 2.4 PurnaBhuj Shakti Vikasaka
- 2.5 VakshaSthala Shakti Vikasaka I
- 2.6 VakshaSthala Shakti Vikasaka II
- 2.7 Kati Shakti Vikasaka I
- 2.8 Jangha Shakti Vikasaka
- 2.9 Pindali Shakti Vikasaka

#### **Sthoola Vyayayama**

- 2.10Hridgati (InjanDaud)
- 2.11 Sarvanga Pushti

#### **UNIT – III Yogic Shat-karma (Shodhan Kriyas)**

- 3.1 Kapalabhati
- 3.2 Neti (via Air, Water and Thread)
- 3.3 Dhouti (optional) kunjai
- 3.4 Agnisāra

#### **UNIT – IV Yogasana:**

##### **4.1 Standing Postures:**

Tadasana, Vrikshasana, Hasttottanasana, Ardha-chakrasana, Kati-chakrasana Pāda-hastasana, Trikonasana

##### **4.2 Sitting Postures:**

Dandasana, Sukhasana, Padmasana, Vajrasana, Bhadrasana, Mandukasana, Vakrasana/ Ardha-matsyendrasana, Ustrasana, Shashakasna, Uttanamandukasana, Paschimottanasna, Purvottanasana, Kurmasana, Gomukhasana, .

##### **4.3 Prone line postures:**

Makrasana, Bhujanasana, Shalabhasana, Dhanurasana

##### **4.4 Supine Line Postures:**

Uttana-padasana, Ardha-halasana, Pawanamuktasana, Setubandhasana, Sarala Matsyāsana, Shavasana

#### **UNIT – V Pranayama**

- 5.1 Mechanism of correct breathing.
- 5.2 Abdominal breathing, Thoracic breathing, Clavicular breathing,
- 5.3 Yogic Deep breathing, Concept of Puraka, Rechaka and Kumbhaka
- 5.4 Bhedhana Pranayama; Suryabhedhi and Chandrabhedhi, Nadi Shodhana Pranayama (Anuloma-Viloma)
- 5.5 Bhramari and Sheetal Pranayama (Without Kumbhaka)

#### **UNIT – VI Concepts and demonstrations of Bandha& Mudra**

##### **6.1 Bandha**

Jalandhra Bandha, Uddiyana Bandha, Mula Bandha

##### **6.2 Mudra**

Yoga Mudra, Shanmukhi Mudra, Vipareetakarani Mudra & Simha Mudra

#### **UNIT – VII Practices Leading to Dhyana**

- 7.1 Recitation of Pranava
- 7.2 Chanting of Hymns
- 7.3 Prana dharana, Antarmouna

**MEDICAL CERTIFICATE\*\***

I certify that I have carefully examined Shri / Km /Smt.\*.....  
 ..... son/ daughter/ wife of Shri/Smt.\*.....  
 ..... whose signature is given below. Based on the examination, I certify that he/she is in good  
 mental and physical health and is free from any physical defects which may interfere with his/her  
 studies including the performance of different Yogic practices required of a professional.

Visible Mark of Identification .....

Signature of the Candidate .....

Place :

Date :

Name & Signature of the\*\*

Medical Officer with Seal

.....

\*Strike whichever is not applicable.

\*\* To be signed by a Registered Medical Practitioner holding a Medical degree.

## Photo Gallery



## Programmes of Morarji Desai National Institute of Yoga (MDNIY)

Course/ Programme	Duration	Timings	Eligibility	Intake	Fees
<b>Educational Programmes</b>					
B.Sc (Yoga) 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	30	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 1 <sup>st</sup> of August	120 + 12 = 132 candidates	Rs. 12,500/- per Semester + 2500 as caution money
Certificate Course in Yoga for Protocol Instructor	3 months	Time 4:00 pm to 8:00 pm from Monday to Friday and 7 am to 11 am on Saturday	Passed 10th standard from a recognized board or equivalent.	30 per batch	Rs. 7,000/-
Certificate Course in Yoga for Wellness Instructor	6 months	Time 4:00 pm to 8:00 pm from Monday to Friday and 7 am to 11 am on Saturday	Passed 10+2 from a recognized board or equivalent.	30 per batch	Rs. 13,000/-
Certificate Course in Yoga Science for Special Interest Groups	4 months	10 am to 5:30 pm from Monday to Friday and 7 am to 11 am on Saturday	On Government invitation/ deputation	Max 100 Candidates In a batch	----
<b>Proposed Courses for the year 2019-20</b>					
M.Sc. (Yoga)	02 years, comprising 04 semesters	-	B.Sc. (Yoga) or a Science / Medical / Para-Medical / Physiotherapy Graduate with One year Diploma in Yoga Science with Minimum 50% marks	30	----
Post Graduate Diploma in Yoga Therapy for Medicos & Para Medicos	1 year, 02 semesters (Aug. to Jan. and Feb. to July)	-	Any Medical/ Para-Medical / Physiotherapy (minimum 4 years or more) Graduate with minimum 50% marks	20	----
<b>Yoga Training Courses</b>					
Foundation Course in Yoga Science for Wellness (FCYScW)	1 month	3:30 pm to 5:30 pm	Matriculation examination from a recognised Board or its equivalent	45	Rs.2,250/-
Advance Yoga Sadhana	3 months	05:30 pm to 07:30 pm	Successfully completed CCY & CCPM or CCYWI from MDNIY	45	Rs. 6,000/-
<b>Health Promotion &amp; Yoga Therapy Programmes</b>					
Yoga OPD	---	08:00 am to 04:30 pm	For All Age Group	---	Rs 25/-
Health Promotion Programme (HPP)	1 month	6:00 am to 7:00 am 7:00 am to 8:00 am	Open for all	50 Candidates In a batch	Rs.600/- Per Month
Yoga Therapy for Diabetes/ Obesity/ Metabolic Disorder	1 month	8:00 am to 9:00 am 3.00 pm to 4.00 pm	For patients	30 Candidates	Rs.750/- Per Month
Individual Special Yoga Therapy sessions	40-45 minutes	10.00am to 4.00 pm	do	-	Rs 100/- per session
Weekend Yoga Training Programming	Only on Saturdays	6:30 am to 11:00 am	Open for all	50 Candidates In a batch	Rs 500/- Per Month
Yoga Workshop for Children (YWC)	1 month (May-June)	7:00 am to 9:00 am	For Children	100 in a batch	Rs 500/- Per Month
<b>Yoga Centres at Sports Authority of India (SAI) Stadia</b>					
Dr. Shyama Prasad Mukherjee Swimming Pool Complex, New Delhi Major Dhyan Chand National Stadium, India Gate, New Delhi Indira Gandhi Stadium Complex, IP Estate, New Delhi JawaharLal Nehru Stadium, Lodhi Road, New Delhi	1 month (FCYScW)	07:00 am to 09:00 am	Matriculation examination from a recognised Board or its equivalent	Max. seats 60	Rs.2,250/-
	1 month (HPP)	09:30 am to 10:30 am	Open for all	Max. seats 30	Rs.600/-
	1 month (HPP)	03:30 pm to 04:30 pm	Open for all	Max. seats 30	Rs.600/-
	3 months (CCYPI)	Monday to Friday 04:30 pm to 07:30 pm) Saturday at MDNIY (07:00 am to 09:00 am)	Matriculation examination from a recognised Board or its equivalent	Max. seats 60	Rs. 7,000/-
Amity Centre for Yoga Education Therapy & Research	3 months (CCYPI) / 1 month (FCYScW)	07:00 am to 10:00 am from Monday to Friday and 7 am to 9 am on Saturday/03.30 pm to 05.30 pm	Matriculation examination from a recognised Board or its equivalent	Max 30 Candidates In a batch	Rs. 7,000/- & Rs. 2250/-
<b>Yoga Workshop for Stress Management</b>					
Stress Management workshop	15 Hrs. Programme in Weekends	-	Admission by request of Organization	-	Rs. 500/-

### Procedure to Register for Different Yoga Training & Therapy Programmes:

- Obtain registration form from the Registration Counter by paying requisite registration fee (Rs.25/-).
- 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.
- On diagnosis by the SMO/Yoga Physician, consult the Dietician.
- Then consult the Yoga Expert, seeking advice for specified Yoga programme.
- Depending upon the programme prescribed by the Yoga Expert, pay the requisite amount of fee in the Registration Counter and get the Registration card.
- 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:-

- The programmes, fees and timings etc. are subject to change from time to time without any prior notice.
- The decision of the Director of the Institute is final in all the matters related to the admission and conduct of the said programme.
- Jurisdiction of Courts: Any dispute in regard to any matter referred to herein will be subject to the Courts of Delhi, only.
- For course details, please visit our website: [www.yogamdniy.nic.in](http://www.yogamdniy.nic.in), Email: [mdniy@yahoo.co.in](mailto:mdniy@yahoo.co.in) or contact us at 011-23730417-18, 23351099.



ADMISSION BROCHURE  
**CERTIFICATE COURSE IN YOGA  
FOR PROTOCOL INSTRUCTOR  
(CCYPI)**

Three Months Duration



*For further information please contact :*

**Director**



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

**Ministry of Ayush, Government of India**

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**PLEASE ENSURE TO COLLECT SEPARATE APPLICATION FORM**

**Price: 250/- (Inclusive of Application Form)**