



Ministry of Ayush
Government of India



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

ADMISSION BROCHURE

FOUNDATION COURSE IN YOGA SCIENCE FOR WELLNESS (FCYSCW)

One Month Duration (50 Hrs.)



1

Morarji Desai National Institute of Yoga (MDNIY)

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.



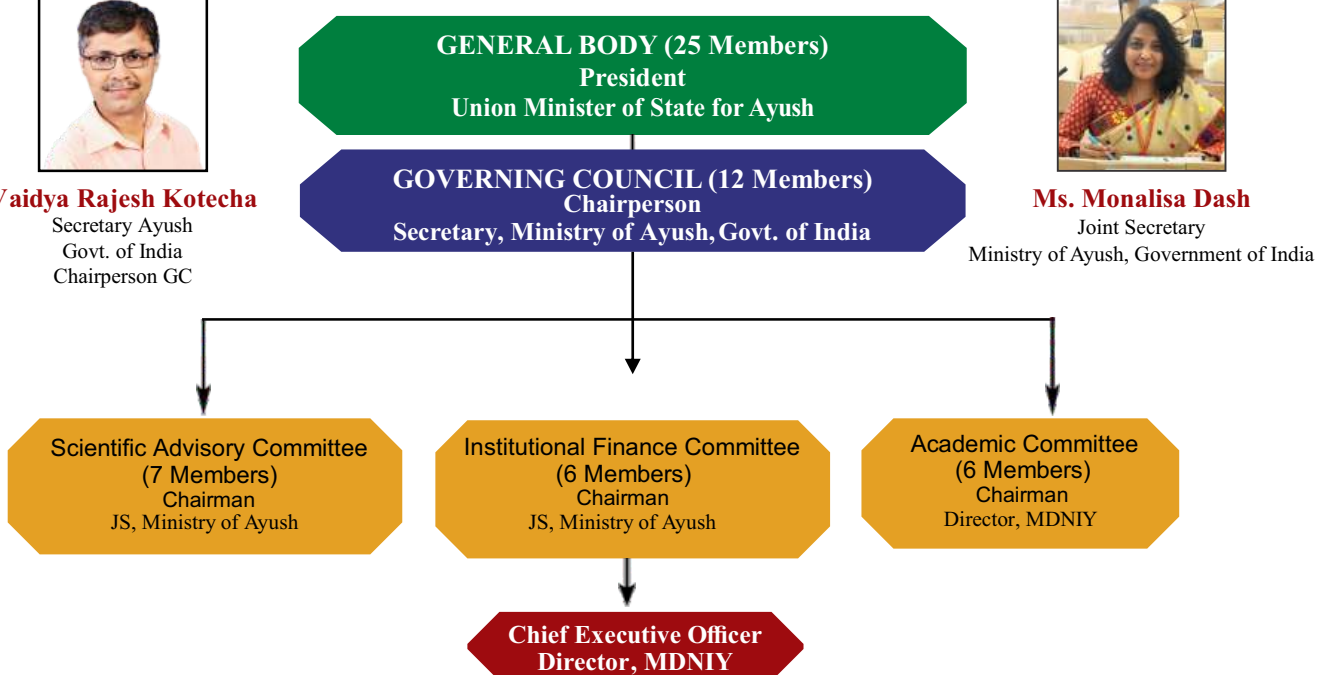
Vaidya Rajesh Kotecha

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 (4 semesters)

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.



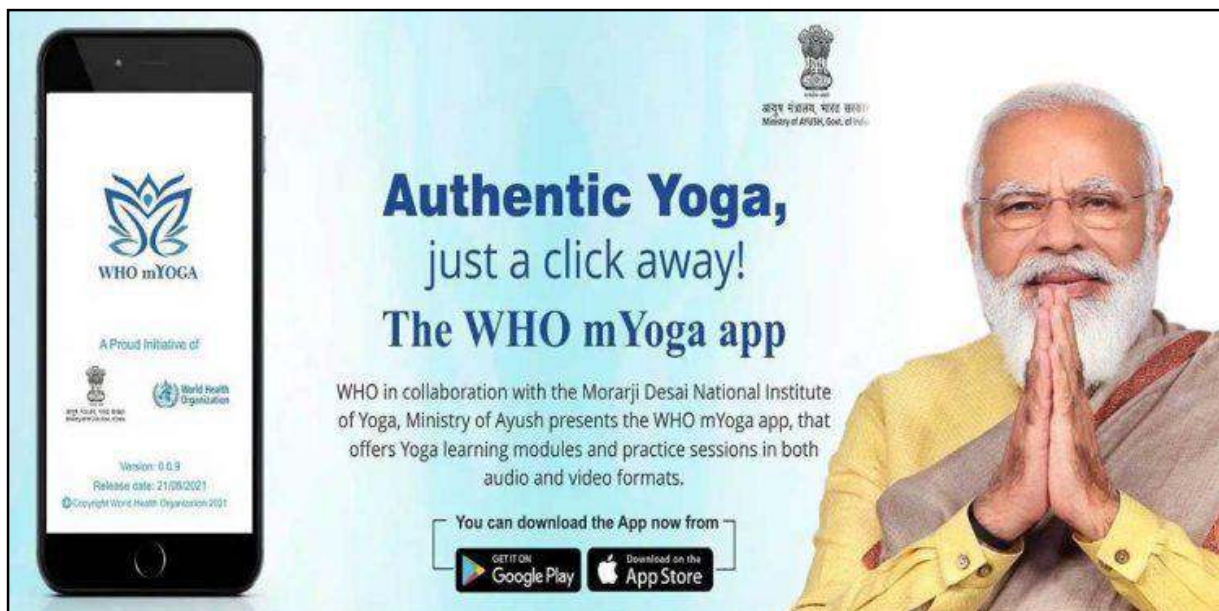
YOGA MAHOTSAV

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.

PART – I: THEORY**Total Duration: 12 hrs. (½ Hr. per Lect.)****Unit – 1:****Duration: 3 hrs.**

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:**Duration: 3 hrs.**

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:**Duration: 3 hrs.**

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:**Duration: 3 hrs**

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

Total Duration: 36 hrs.

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 PurnaBhuja 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

- 2.10 Hridgati (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 Agnis ra

UNIT – IV Yogasana:

4.1 Standing Postures:

Tadasana, Vrikshasana, Hasttottanasana, Ardha-chakrasana, Kati-chakrasana P da-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 Matsy sana, 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 Sheetali 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

Note: It is advised to spare an hour extra time every day (minimum 24 days in a month) for personal practice either in the early morning or in the evening to get good results and to bring perfection in the Yoga Practices.

Inauguration – 1 Hr
Theory Lecture – 30 mts./day
Yoga Practical – 90 mts./day
Valedictory – 1 Hr

Day - 1 :

- Inauguration and Introduction
- Yoga Practicals:** OM recitation, prayer & invocation, Introduction to Dand sana, sukhasana, padmasana, vajrasana
- Theory:** Introduction to Yoga and Yoga Practices

Day - 2 :

- Yoga Practicals:** Yogic Sukshma Vyayama
- Theory:** Guiding principles to be followed by Yoga practitioners.

Day - 3 :

- Yoga Practicals:** Revision of previous practices, Yogic Sthula Vyayama.
- Theory:** Introduction to Yogic Sukshma Vyayama & Sthula Vyayama and their relevance in Yoga sadhana.

Day - 4 :

- Yoga Practicals:** Revision of previous practices, Surya Namaskara.
- Theory:** Surya Namaskar : Its technique and health benefits.

Day - 5 :

- Yoga Practicals:** Revision of previous practices
Shatkarma- Kap labhati & Agnis ra.
- Theory:** Introduction to Shatkarma and their importance in Yoga Sadhana.

Day - 6 :

- Yoga Practicals:** Revision of previous practices
Shat Karma- Neti & Kunjala (optional)
- Theory:** Health benefits of Shatkarma.

Day - 7 :

- Yoga Practicals :** Revision of previous practices
Yogasana: Standing Postures
Tadasana, Vrikshasana, Hasttottanasana, Ardha-chakrasana,
Kati-chakrasana P da-hastasana, Trikonasana
- Theory:** Introduction to Yogasana.

Day - 8 :

- a) **Yoga Practicals :** Revision of previous practices
Sitting postures
Bhadrasana, Mandukasana, Vakrasana/ArdhaMatsyendrasana
- b) **Theory:** Classification of Yogasana and sequencing.

Day - 9 :

- a) **Yoga Practicals :** Revision of previous practices
Sitting postures
Ushtrasana, Shashankasana, UtthanaMandukasana, Kurm sana
- b) **Theory:** Yogasana : principles & salient features.

Day -10:

- a) **Yoga Practicals :** Revision of previous practices
Sitting postures
Paschimottanasana, Purvottanasana, Gomukhasana
- b) **Theory:** Yogasana; Importance of alignment and relaxation during the practice

Day -11:

- a) **Yoga Practicals:** Revision of previous practices
Prone lying postures
Makarasana, Bhujangasana, Shalabhasana, Dhanurasana.
- b) **Theory:** Health benefits of Yogasana.

Day -12 :

- a) **Yoga Practicals:** Revision of previous practices
Supine lying postures:
Uttanapadasana, Ardhalasana, Pawanamuktasana, Setubandhasana, Sarala Matsyasana
- b) **Theory:** The role of Yogasana in diseases prevention and health promotion.

Day -13 :

- a) **Yoga Practicals:** Revision of previous practices
Sectional Breathing, Yogic Deep Breathing
- b) **Theory:** Mechanism of breathing.

Day -14 :

- a) **Yoga Practicals:** Revision of previous practices
Bhedhana Pranayama: Suryabhedhi and Chandrabhedhi, Nadi Shodhan without Kumbhaka
- b) **Theory:** Pranayama : Its principles and types.

Day -15:

- a) **Yoga Practicals:** Revision of previous practices
Sheetali & Bhramari Pranayama without Kumbhaka
- b) **Theory:** Health benefits of Pranayama.

Day -16:

- a) **Yoga Practicals:** Revision of previous practices
Demonstration of Bandha : Jalandhara Bandh and Uddiyana Bandha
Mudra; Yoga mudra, Vipareetakarni, Simhamudra, Shanmukhi Mudra
- b) **Theory:** Bandha and Mudra : Techniques and their role in Yoga Sadhana.

Day -17:

- a) **Yoga Practicals :** Revision of previous practices
Recitation of Pranava and Hymns
- b) **Theory:** Practices leading to Dhyana (Meditation)

Day -18 :

- a) **Yoga Practicals:** Revision of previous practices
Parana Dharana, Antar Mouna
- b) **Theory:** Dhyan a great tranquilizer.

Day -19:

- a) **Yoga Practicals:** Yoga Sadhana for wellness : **Module : I : 30 mts.**
Prayer-2 mts.
Chalan Kriya – 4 mts.
Surya Namaskar – 3 mts.
Yogasana – 10 mts.
Kriya's and Pranayam – 5 mts.
Dhyana – 5 mts.
Shanti Path – 1 mts.
- b) **Theory:** Concept of wellness and Well being.

Day -20 :

- a) **Yoga Practicals:** Yoga Sadhana for wellness : **Module : II : 45 mts.**
Prayer-2 mts.
Chalana Kriyas – 6 mts.
Surya Namaskar – 5 mts.

Yogasana – 15 mts.

Kriya's and Pranayama – 10 mts.

Dhyana – 5 mts.

Shanti Path – 2 mts.

- b) **Theory:** Yogic concept of Wellness and Asthanga Yoga of Patanjali.

Day -21 :

- a) **Yoga Practicals:** Yoga for wellness. : **Module : III : 60 mts.**

Prayer-2 mts.

Chalana Kriyas – 6 mts.

Surya Namaskar – 5 mts.

Yogasana – 30 mts.

Kriya's and Pranayam – 10 mts.

Dhyana – 5 mts.

Shanti Path – 2 mts.

- b) **Theory:** Yogic lifestyle (Ahara, Vihar, Achar, Vichar).

Day -22 :

- a) **Yoga Practicals:** Yoga Protocol for stress management

- b) **Theory:** Yogic concept of Ahara (Diet & Nutrition)

Day -23 :

- a) **Yoga Practicals:** Yogic practices for healthy living.

- b) **Theory:** Yogic attitudes (Maitri, Karuna, Mudita and Upeksha) and practices for Mental Wellbeing.

Day -24 :

- a) **Yoga Practicals:** Yogic practices for healthy living.

- b) **Theory:** Role of Yama and Niyama for Psycho-social wellbeing.

- c) Experience Sharing and Valedictory Function.

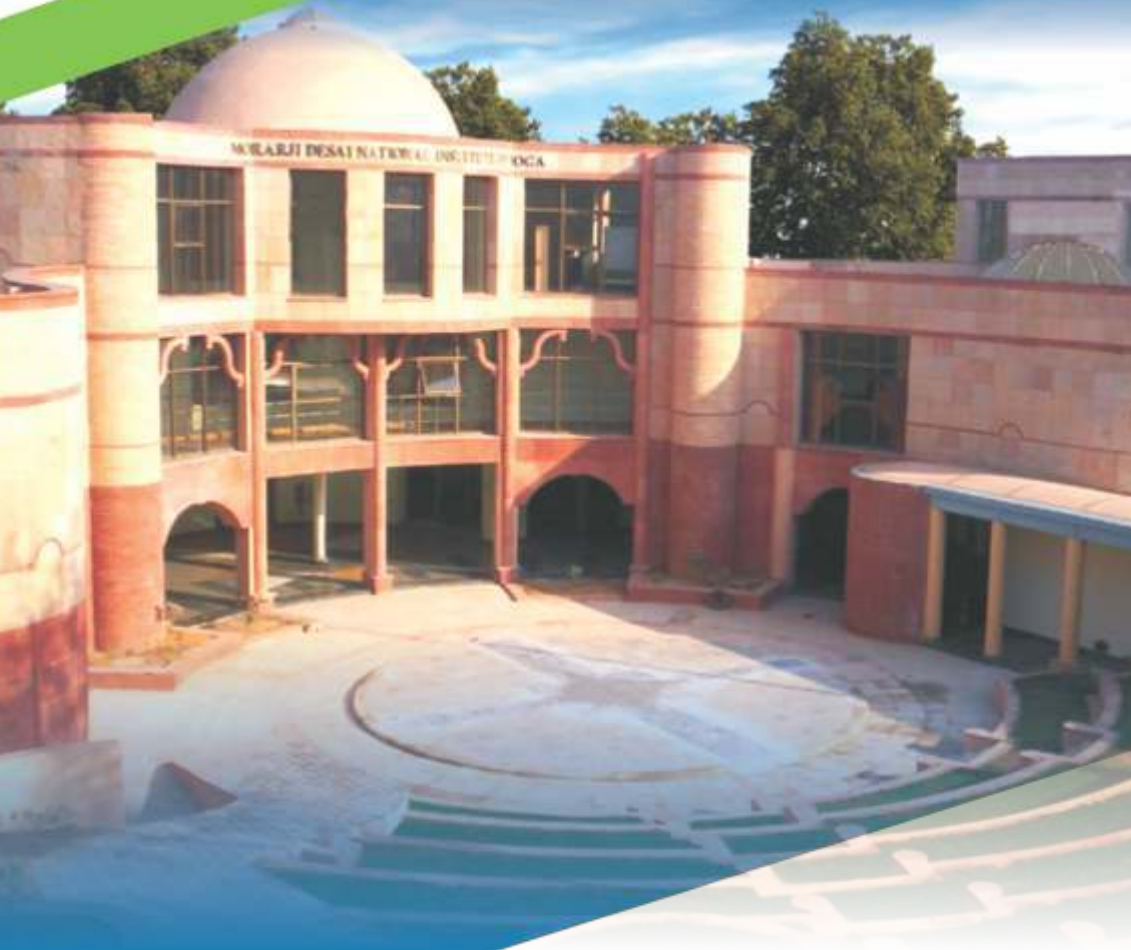
Reference Books for Theory and Practicals

Swami DharendraBrahmachari	Yogic SukshmaVyayama
Swami DharendraBrahmchari	YogasanaVijnana
Swami SatyanandaSaraswati	Surya Namaskara
Dr. Ishwar V. Basavaraddi (Edited)	Yoga Teacher's Manual
Dr. Ishwar V. Basavaraddi& Others	Yogasana
Dr. Ishwar V. Basavaraddi& Others	Pranayama
Dr. Ishwar V. Basavaraddi& Others	Shatkarma
Dr. Ishwar V. Basavaraddi& Others	PratahSmarana
Swami Kuvulyananda	Asana
Tiwari,O P	Asana Why and How
Swami SatyanandaSaraswati	Asana, Pranayama, Mudra, Bandha
K.S Joshi	Yogic Pranayama
Swami SatyanandaSaraswati	Yoga Nidra
Swami Vivekananda	Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga
Nagarathna, R & Nagendra, H.R.	New perspectives in Stress Management
Swami GitanandaGiri	The Ashtanga Yoga of Patanjali
Swami Veda Bharti	Philosophy of Hatha Yoga
K.S. Joshi	Yoga in Daily Life
M.L.Gharote	Guidelines for Yogic Practices
Gore M.M	Anatomy and Physiology of Yogic Practices
Swami MangaltirthamSaraswati	A Systemic Approach to Diet and Nutrition

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