



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



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-Trayee
- 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 (23rd year Special)**
Geeta Press, Gorakhpur.
10. Gita press Gorakhpur : **Shreemad Bhagvadgita**
Gita press Gorakhpur, Samvat 2073.