



ADMISSION BROCHURE

CERTIFICATE COURSE IN

YOGA PRANA VIDYA

(CCYPV)

ONE & HALF MONTH (SIX WEEKS) COURSE (60 Hrs)

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Certificate Course in Yoga Prana Vidya (CCYPV)

- Certificate Course in Yoga Prana Vidya (CCYPV) is a part time course of One & Half Month (6 week) (60 hrs). The classes are conducted for 3 days in a week for 3 hrs duration in a day preferably from 4.00 pm to 7.00 pm in the evening (Monday, Wednesday and Friday) However, the timings may change as per the convenience of the Institute.

- Eligibility:
 1. Anybody above the age of 16 years
 2. The candidate should have passed 10th standard (Matriculation) from a recognized board or its equivalent.
 3. Exemption in educational qualification may be given by the Director, MDNIY for suitable candidates. However, the participation certificates shall be awarded only to those who have passed 10th standard and have requisite attendance.

- Intake Capacity: A maximum of 50 students per batch

“CERTIFICATE COURSE IN YOGA PRANA VIDYA” (CCYPV)

1. Preamble:

Yoga Prana Vidya is a holistic energy healing system which neither uses drugs nor touch but it is able to accelerate the healing ability of the body. It uses Prana Shakti to heal many physical and psychological ailments. Yoga Prana Vidya works complimentary to any medical system to enhance the natural healing power within our bodies to heal at a faster rate.

This short-term part-time course is an integrated healing course of Yoga Prana Vidya Level 1,2 and 3 healing courses. During the course the students will be taught the fundamental concepts of Healing methodology. This provides the preliminary requisite to heal self or others for Health and Happiness.

2. Title of the Course:

The course shall be called as **“Certificate Course in Yoga Prana Vidya” (CCYPV).**

3. Aim:

The Aim is to introduce the fundamental concepts of Yoga Prana Vidya Healing techniques to achieve Health and Happiness.

4. Objective:

The objectives are:

- A) To introduce the fundamental Yoga Prana Vidya Healing methodology.
- B) To help self and others to bring in Physical Well-Being, to boost and sustain Immunity, Emotional Stability, Mental clarity and Spiritual upliftment.

5. Eligibility:

- a) The candidate should have passed 10th standard (Matriculation) from a recognized board or its equivalent.
- b) Exemption in educational qualification may be given by the Director, MDNIY for suitable candidates. However, the participation certificates shall be awarded only to those who have passed 10th standard and have requisite attendance.
- c) The candidate should know how to read and write any language.
- d) Certificate will be issued only on completion of the requisite hrs of participation and examination.

6. **Course Duration:**

Duration of the course is 6 weeks (60 hrs.)

(a) Distribution of 60 hrs.

| | | | |
|-------|--|---|---------|
| (i) | Number of Weeks | - | 06 |
| (ii) | Number of days in a week | - | 03 |
| (iii) | Total number of days | - | 20 |
| (iv) | Practical's (demonstration and Workshop) | - | 30 hrs. |
| (v) | Theory | - | 24 hrs. |
| (vi) | Examination | - | 03 hrs. |
| (vii) | Inaugural & Valedictory | - | 03 hrs. |
| <hr/> | | | |
| | Total | - | 60 hrs. |
| <hr/> | | | |

NOTE: The above distribution of this is subjected to modifications as deemed necessary from Centre to Centre.

7. **Course Timings:**

The course timings may be preferably from 4.00 pm to 7.00 pm in the evening. However, timings may be changed as per the convenience of the Institute and Classes may be conducted in the weekends.

8. **Topics covered in the Course:**

- Introduction of Energy Body or Pranamayakosha
- Co-relation of Energy Body and Physical Body
- Introduction of Deep Abdominal Breathing
- Healing Self and others
- Healing Others at Distance
- Law of Karma
- Introduction to Planetary Peace Meditation
- Study of Chakrams and its functions
- Use of Colour pranas to heal simple and chronic ailments.
- Understanding the Psychological cases in terms of energy and heal them
- Methodology to heal differently abled/challenged cases
- Importance of Diet
- Documentation (Healing Self/Others)

9. Registration: The aspiring candidates should register themselves on or before the dates provided by the Institute. The registration will be opened on all Working days after its notification till the seats are filled. Admission will be on first come first serve basis.

10. Health Criteria:

Basic physical fitness is mandatory.

11. Fees:

| | | |
|------------------|---|----------|
| Registration Fee | : | Rs. 250 |
| Course Fee | : | Rs. 6000 |
| Course material | : | Rs. 1000 |

| | | |
|--------------|---|----------|
| TOTAL | : | Rs. 7250 |
|--------------|---|----------|

(Fees is non-refundable)

12 Intake Capacity:

Minimum 20 candidates and Maximum 50 candidates in a course.

13. Medium of Instruction:

English/Hindi

14 Attendance:

Maximum of 80% attendance is essential to be eligible to appear for the examination and get participation certificate.

15. Participation Certificate:

The participation certificate shall be awarded only to the participants who have fulfilled the minimum attendance criteria and attendance of important workshops.

16. Dress Code:

Any dress of candidate's comfort level.

COURSE SYLLABUS

Total duration: 60 hrs.

Level-I

| THEORY (9 hrs.) | PRACTICAL (9 hrs.) |
|---|--|
| <ul style="list-style-type: none"> • Introduction | <ul style="list-style-type: none"> • Feeling the Energy |
| <ul style="list-style-type: none"> • Challenging of Energy | <ul style="list-style-type: none"> • Seeing the Aura |
| <ul style="list-style-type: none"> • Feeling the Energy | <ul style="list-style-type: none"> • Deep Abdominal Rhythmic Breathing |
| <ul style="list-style-type: none"> • Energy Body | <ul style="list-style-type: none"> • Planetary Peace Meditation |
| <ul style="list-style-type: none"> • Disease | <ul style="list-style-type: none"> • Healing simple Ailments |
| <ul style="list-style-type: none"> • Healing Techniques | <ul style="list-style-type: none"> • Healing Self & Others |
| <ul style="list-style-type: none"> • Direct Healings | <ul style="list-style-type: none"> • Practice of Forgiveness Sadhana |
| <ul style="list-style-type: none"> • The Chakrams | <ul style="list-style-type: none"> • Super Brain Asana |
| <ul style="list-style-type: none"> • Steps in Healing | <ul style="list-style-type: none"> • Healing with using Healing Audio Tracks |
| <ul style="list-style-type: none"> • Law of Karma | <ul style="list-style-type: none"> • Documentation using confidential data sheets |
| <ul style="list-style-type: none"> • Healing at a Distance | |
| <ul style="list-style-type: none"> • Self-Healing | |

Level-II

| THEORY (9 HRS.) | PRACTICAL (9 HRS.) |
|--|--|
| <ul style="list-style-type: none"> • Introduction to Colour Prana | <ul style="list-style-type: none"> • Generation of Colour pranas |
| <ul style="list-style-type: none"> • Absorption and Distribution of Environmental Prana | <ul style="list-style-type: none"> • Procedure to feel the Chakrams |
| <ul style="list-style-type: none"> • Absorption and Distribution of Ground Prana | <ul style="list-style-type: none"> • Healing simple to chronic Ailments using various Level II Techniques |
| <ul style="list-style-type: none"> • Feeling the Chakrams frontally and sideways | <ul style="list-style-type: none"> • Planetary Peace Meditation with Physical healing |
| <ul style="list-style-type: none"> • Generation and Properties of Colour prana | <ul style="list-style-type: none"> • Healing using audio tracks |
| <ul style="list-style-type: none"> • Chakrams and their functions | <ul style="list-style-type: none"> • Documentation using confidential data sheets |
| <ul style="list-style-type: none"> • Special Techniques using the colour pranas | |
| <ul style="list-style-type: none"> • Preventing the disease from occurring | |
| <ul style="list-style-type: none"> • Healing Through instructions | |
| <ul style="list-style-type: none"> • Healing Techniques using Divine energy | |
| <ul style="list-style-type: none"> • Group Healing | |

Level-III

| THEORY (4 HRS.) | PRACTICAL (5 HRS.) |
|--|--|
| <ul style="list-style-type: none"> Understanding the structure of the Chakrams | <ul style="list-style-type: none"> Feeling the Energies of the Chakrams in detail |
| <ul style="list-style-type: none"> Understanding the psychological ailments in co-relation with the Energy Body | <ul style="list-style-type: none"> Healing using psychological healing techniques with Audio Tracks |
| <ul style="list-style-type: none"> Understanding stress and its management through healing | <ul style="list-style-type: none"> Healing mentally challenged |
| <ul style="list-style-type: none"> Feeling the Chakrams in detail | <ul style="list-style-type: none"> Transmutation for self, Teenagers and other special cases |
| <ul style="list-style-type: none"> Standard Protocol to treat psychological and severe ailments | <ul style="list-style-type: none"> Healing self-using more advanced Level-III techniques |
| <ul style="list-style-type: none"> Shielding | <ul style="list-style-type: none"> Shielding the Chakrams and Aura |
| <ul style="list-style-type: none"> Healing mentally challenged | <ul style="list-style-type: none"> Healing addiction patients |
| <ul style="list-style-type: none"> Transmutation of Energy | <ul style="list-style-type: none"> Planetary Peace Meditation with psychological and physical healing |
| <ul style="list-style-type: none"> Self-Healing | <ul style="list-style-type: none"> Use of some Mantras to balance self Documentation |
| <ul style="list-style-type: none"> Relationship Healing | <ul style="list-style-type: none"> Practice Forgiveness Sadhana |

COURSE SCHEDULE

Day-1

- a) Inauguration and Introduction
- b) Theory – Introduction of YPV
 - Introduction to Energy Body
 - Basis of Healing
 - Channeling of Energy
- c) Practical
 - Feeling the Energy
 - Seeing the Air vitality Globules
 - Seeing the Aura of the person, Tree and Energy between fingers.

Day-2

- a) Theory
 - Energy body of a Healthy person
 - Energy body of sick person
- b) Practical
 - Healing techniques through physical exercise, Deep abdominal breathing, direct healing, Using audio Tracks

Day-3

- a) Theory
 - Direct Healing
 - Chakrams
 - Steps in healing
- b) Practical
 - Workshop in Healing
 - Simple ailments
 - Using audio tracks

Day-4

- a) Theory
 - What is Planetary Peace Meditation
 - What is Deep Abdominal Rhythmic Breathing
- b) Practical
 - Deep Abdominal Rhythmic Breathing
 - Planetary Peace Meditation

Day-5

- a) Theory - How to heal Heart ailments, Hypertension, etc.
- Law of Karma
- b) Practical - Healing using Rhythmic Yogic Breathing
Forgiveness Sadhana Practice

Day-6

- a) Theory - Healing at distance
- Self Healing
- b) Practical - Healing others at Distance
- Healing Self
- Super Brain Asana

Day-7

Revision of Level-I with practice

Day-8 (Level-II)

- a) Theory - Introduction of Colour Pranas
- Absorption of Environmental Prana
- Absorption of Ground Prana
- Properties of Colour Pranas
- b) Practical - Generation of Colour Pranas using Audio Tracks
- Feeling the Chakrams
- Short version of PPM

Day-9

- a) Theory - Properties of Colour Pranas
- Importance of Invocation
- b) Practical - Generation of Colour Pranas using Audio Tracks
- Planetary Peace Meditation with Physical healing

Day-10

- a) Theory
 - Methods of Cleaning the Chakrams
 - Treatment of Pain, Swelling and Infection
 - Use of combined Colour Pranas in treatment
 - Use of Special Techniques in Healing

- b) Practical
 - Treatment of Pain, Swelling and infection
 - Activating and Inhibiting the Chakrams
 - Cleansing Internal Organs
 - Blood cleansing and strengthening the Blood
 - Instantaneous Strengthening techniques
 - Use of Audio Tracks

Day-11

- a) Theory
 - Special techniques using Colour Pranas

- b) Practical
 - Healing using special techniques
 - Planetary Peace Meditation with physical Healing

Day-12

- a) Theory
 - Discussion on Function of Chakrams
 - Healing Heart Ailments

- b) Practical
 - Healing of Heart Ailments, High BP, Back pain using Audio Tracks
 - Short version of PPM

Day-13

- a) Theory
 - Muscular Disorders
 - Infection
 - Regeneration
 - Tumor and Cancer Treatment

- b) Practical
 - Planetary Peace Meditation with physical Healing
 - Healing Using protocols

Day-14

- a) Theory
 - Preventing Healing
 - Instructive Healing
 - Spiritual Healing
 - Group Healing

- b) Practical
 - Instructive Healing, Spiritual Healing, Group Healing using Audio Tracks

Day-15

Revision of Level-II and its corresponding workshops

Day-16 (Level-III)

- a) Theory
 - Introduction to psychological ailments
 - Function of Chakrams at psychological and higher levels
- b) Practical - Planetary Peace Meditation with psychological Healing

Day-17

- a) Theory
 - Structure of the Chakram
 - Stress
 - Methodology of Healing psychological ailments
- b) Practical
 - Short version of PPM
 - Standard psychological Healing and relationship Healing
Using audio tracks

Day-18

- a) Theory
 - Addiction
 - Relationship Healing
 - Healing mentally challenged
 - Shielding
- b) Practical
 - Healing mentally retarded children using special techniques
 - Healing relationship
 - Shielding
 - PPM with Psychological Healing

Day-19

Submission of Documentation
Examination

Day-20

General Interaction
Issue of Certificates
Thanksgiving

BENIFTS OF THE COURSE

- Can heal Self and Others
- Can handle many Simple Ailments at the Primary stage
- Boosts and Sustains Immunity
- Helps to Harmonise with Family, Friends and at Workplace
- Brings Peace in Self, Family and Environment
- Helps to bring the necessary transformation to bring Peace in the World
- Helps heal serious ailments-validated by many case studies and published research papers.(YPV is a complementary system)
- Can become an Associate Certified Healer(by upgrading in the path of YPV)
- Can become a Certified Healer(by further upgrading in the path of YPV)
- Can become a Trainer of YPV(on further upgradation)
- Can contribute to YPV Research work