



Government of India
Ministry of AYUSH



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.)





Morarji Desai National Institute of Yoga

Ministry of AYUSH, Govt. of India

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Government of India
Ministry of AYUSH



Dr. I. V. Basavaraddi

Director's Message

Yoga is essentially spiritual. It dignifies the essential unity that is the basis of life. It embraces the full spectrum of reality, from the most spiritual to the most material. The Philosophy of Yoga is practical and applicable in our day-to-day living. The practice of Yoga is a process of self-discovery. It is an awakening of long deep rooted memories of whom and what we really are! Yoga, as union, implies perfect harmony of body and mind. It implies the harmonious integration of personality. The most common benefit of Yoga practice is the sense of well-being at all levels of our existence.

Yoga has now got worldwide acceptance. On 11th December 2014, the 193 member UNGA approved India's proposal by consensus with a record 177 co-sponsoring countries, a resolution to establish 21st June as "International Day of Yoga". In its resolution, the UNGA recognised that Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many lifestyle-related disorders. Accordingly the first International Day of Yoga (IDY) was celebrated worldwide on 21st June 2015, subsequently in 2016 and 2017 with full enthusiasm Millions of people participated in commemorating IDY throughout the world. This shows the importance and growing demand for Yoga.

MDNIY is conducting one year **Diploma in Yoga Science for Graduates** from the last **19 years** which is very popular course within and outside India. The Diploma holders are getting ample job opportunities both in public and private sectors. Apart from the said course Institute has started **B.Sc. (Yoga Science)** of three years duration from the academic year 2012-13 with the affiliation of Guru Gobind Singh Indraprastha University, New Delhi. Institute is also conducting many other Yoga educational, therapy and training programs. It is also conducting many activities for promotion, propagation and research of Yoga.

The Foundation Course in Yoga Science for Wellness has been devised to provide basic classical knowledge of Yoga to the common people and to derive maximum benefits. This 48+2 = **50 hours** course has been designed for the common man to meet out the motto of getting healthy life-style to make the journey of their life more happy and successful in all its aspects.

(Dr. Ishwar V. Basavaraddi)

Director



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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 fulfil 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 fulfil 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 aspirants, researchers and practitioners of Yoga to meet the aspirations of modern age.

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.

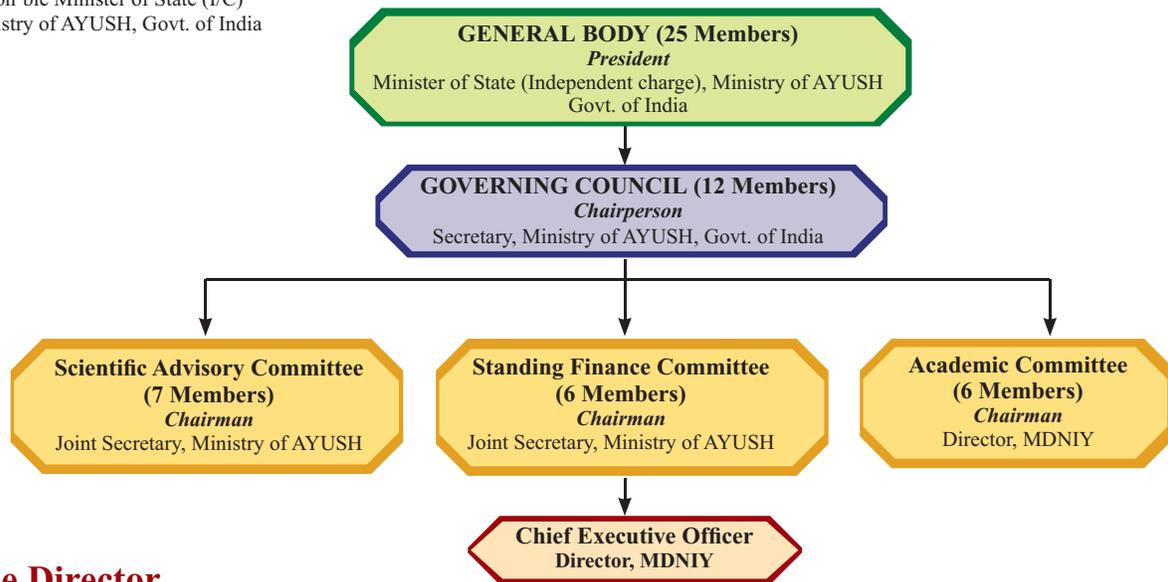
The Management

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 Shripad Yesso Naik
Hon'ble Minister of State (I/C)
Ministry of AYUSH, Govt. of India

The Minister of State (Independent charge), 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.



The Director



Dr. Ishwar V. Basavaraddi is the **Director** of the **Institute since June 2005**. Earlier, he worked as Instructor / Lecturer / Head of the Deptt. of Yoga Studies, Karnataka University, Dharwad, Karnataka for **16 years**. He has more than **29 years** of professional experience in Yoga education, therapy and research. He has imparted Yoga training and therapy to more than **Eighty Thousand** people of diverse sections of the society.

Dr. Basavaraddi is basically a Physicist having done his **M.Sc. in Physics** and later, he turned to Yoga Philosophy. He did his **MA in Philosophy** and **PhD in Yoga Philosophy**. He has two Post Graduate Diplomas to his credit-one in **Yoga Education** and another one in **Computer Application**. He has also got Yoga training for **Advance Yoga Sadhna** at eminent Yoga Institute under reputed Indian Yoga Masters. He is also the Secretary General of Indian Yoga Association (IYA) - A self-regulatory body of leading Yoga Institutions of India. Several Initiatives have been taken up under his stewardship to propagate and promote Yoga across the country and abroad.

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 and Class Rooms**. The 50-seater Conference Hall is well equipped with a LCD projector and other latest audio visual technological facilities for presenting research papers, 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 with a capacity of 168 seats. Natural light beaming from its beautiful circular dome renders the atmosphere of the sound proof Meditation Hall appropriately serene.



The Institute has **Amphitheatre** with seating capacity of around 500. It is being used for International Yoga Fests, Yoga demonstrations and other socio-cultural activities.

The **Academic Block** is 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.

Regular Yoga practical classes of Shatkarma (cleansing) practices are conducted in the triangular **Kriya Block**.

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 Saturday's during the scheduled hours.

Hostel

At present the Institute doesn't have its own hostel facility. However, the Institute provides Hostel stipend of Rs. 5,000/- per month per student who are under going full time educational courses (B.Sc., DYSc.) and also who hails from outside Delhi & NCR [Conditions apply].

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 15,000 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.



Bio-chemistry Laboratory

The Institute's Laboratory is equipped with technically qualified experts having facilities for Pathological and Biochemical 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 Anatomy
6.	Department of 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

Programmes

Yoga Educational Programmes

B.Sc. (Yoga Science) (for 10+2 Science stream students) in the Biology.

- 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 (Physics, Chemistry and Biology) with a minimum aggregate of 50% marks in Physics, Chemistry, Biology provided that the candidate has passed in each subject separately.
- **Intake Capacity:** 60

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 of one year duration comprising two semesters. 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 (for General Merit Candidates). However, for SC/ST/OBC candidates it will be 45% for eligibility to admission to the above Course. The above criteria also apply to Special Category seats.
- **Intake Capacity:** 120 + 12 seats are reserved for special category

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) w.e.f. 1st January 2015. It is of 4 months duration & on Invitation.

- **Intake Capacity:** 100



Yoga Training Courses

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 from 07 :00 AM to 09:00 AM in the morning and 04:30 PM to 06:30 PM in the evening (Two Batches). However, the timings may change as per the convenience of the Institute.

- **Eligibility:** This course is open for all individuals who have passed the Matriculation (Xth) examination from a recognized Board or its equivalent. But, the person not having Matriculation or formal education and found suitable may be also be permitted with the permission of the Director MDNIY.
- **Intake Capacity:** 50 per batch

Certificate Course in Yogasana (CCY) for Health Promotion

Certificate Course in Yogasana (CCY) for health promotion, a part time course of 3 months duration is conducted for 3 days in a week on Alternate Days (**Tuesday, Thursday and Saturday**).

Certificate Course in Pranayama and Meditation (CCPM) for Health Promotion

Certificate Course in Pranayama & Meditation for health promotion, a part time course of 3 months duration is conducted for 3 days in a week on Alternate Days (**Monday, Wednesday and Friday**).

Eligibility and Intake Capacity of CCY & CCPM

Eligibility:

1. A candidate who has passed at least 10+2 examination from a recognized Board or its equivalent shall be eligible to take admission to the course.
2. Foundation Course in Yoga Science for Promotion of Health/Wellness Conducted by MDNIY or any basic course on Yoga of minimum 1 month duration, equivalent to the Foundation course in Yoga Science of MDNIY.

Intake Capacity: 50 Per Batch each of CCY & CCPM

Advanced Yoga Sadhana

Advanced Yoga Sadhana is a part time course of 6 months duration is conducted from Monday to Friday.

- **Eligibility :** A candidate who have completed Certificate course in Yogasana/Certificate Course in Pranayama & Meditation of MDNIY
- **Intake Capacity:** Max. 50 candidates.

Yoga Training Programmes Outside the Institute

The Institute will arrange to provide 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 will be provided on part time basis. Interested organizations may contact the Institute for conducting Yoga training programmes in their nearby locality with necessary details.



Health Promotion Programmes

- **Health Promotion Programme (HPP):** Health Promotion Programmes of one hour each are conducted from 6.00 AM to 7.30 PM on all working days.
- **Saturday Yoga Training Programme:** Weekend Yoga Training Programme are conducted from 6.30 AM to 11.00 AM Only on Saturdays.

Yoga Therapy Programmes

Out Patient Department

- The Institute is having Yoga Therapy OPD which works on all working days from 08:00 AM to 04:30 PM.
- The Yoga Therapy OPD consists of Senior Medical Officer, Yoga-Ayurveda Physician, Dietician, Yoga Experts & Naturopathy Physician.
- The needy people shall visit the SMO for consultancy then accordingly Yoga-Ayurveda Physician, Dietician, Yoga Experts & Naturopathy Physician for suitable Yoga Therapy Programme.
- The OPD is attached with a Pathology/Bio-chemistry Lab.
- Yoga Therapy programmes of one hour each are conducted from 09:00 AM to 04:30 PM on all working days.
- **Individual Yoga Therapy Programme:** Individual Yoga Therapy session of maximum one hour duration is conducted from 9.00 AM to 4.00 PM on all working days.

Yoga Therapy Centres at AYUSH/Allopathy Hospitals

The Institute has established Yoga Therapy Centres in Delhi with the basic objective of mainstreaming Yoga in 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:

1.	Vallabhbhai 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 – 110095
4.	Institute of Human Behaviour and Allied Sciences, Jhilmil Colony, Dilshad Garden, Delhi – 110095

(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 19 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.

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, R-55, Sector-11, Noida, Uttar Pradesh
5. CGHS Wellness Centre, Nangalraya, D Block, Janakpuri, New Delhi
6. CGHS Wellness Centre, Sadar Bazar, Delhi Cantt., New Delhi - 10
7. CGHS Wellness Centre, Near Harinagar Ghanta Ghar, New Delhi
8. CGHS Wellness Centre, M.B. Sector-1, Pushpa Vihar, New Delhi
9. CGHS Wellness Centre, Flat No. 647, 648, Krishi Kunj, Inder Puri, New Delhi
10. CGHS Wellness Centre, Palam Colony, Manglapuri, New Delhi
11. CGHS Wellness Centre, No. 68, Kamla Nehru Nagar, Ghaziabad, Uttar Pradesh
12. CGHS Wellness Centre, 23, Pusa Road, Karol Bagh, New Delhi
13. CGHS Wellness Centre, D-II/257. 259. Vinay Marg, New Delhi
14. CGHS Wellness Centre, R. K. Puram, Sector-6, New Delhi
15. CGHS Wellness Centre, Lajpat Nagar Market, New Delhi
16. CGHS Wellness Centre, Laxmibai Nagar, New Delhi
17. CGHS Wellness Centre (No. 68), Main Vikas Marg, Laxmi Nagar, Delhi
18. CGHS Wellness Centre, Mansarovar Park, Shahdara, Delhi - 32
19. CGHS Wellness Centre, Sector-IV, Pushp Vihar, New Delhi

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

Yoga Centres at Sports Authority of India (SAI) Stadia

Yoga Training Programmes and Courses are being conducted at the following SAI stadia under the auspices of Morarji Desai National Institute of Yoga, New Delhi w.e.f 1st August, 2016.

A.	Dr. Shyama Prasad Mukherjee Swimming Pool Complex, Talkatora Garden, New Delhi
B.	Major Dhyan Chand National Stadium, India Gate, New Delhi
C.	Indira Gandhi Stadium Complex, IP Estate, Near Raj Ghat, New Delhi
D.	Jawahar Lal Nehru Stadium, Bhisma Pitamah Marg, Lodhi Road, New Delhi

(Timings: 07:00 am to 10:30 am & 04:00 pm to 07:30 pm)



RESEARCH ACTIVITIES

SCIENTIFIC RESEARCH

The Institute is involved in conducting the fundamental as well as the Clinical Research related to Yoga. The Institute is having the basic infrastructure facility in terms of equipment and staff for the research on Yoga. It is proposed to take up collaborative research works with eminent Research Centres, Modern Medicine Hospitals and Yoga Centres of the country.



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 Institution / 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 (2017-2021) with the Terms of Reference (TOR) “to contribute to WHO’s effort in promoting evidence based Yoga practice for managing Non-Communicable Diseases (NCDs)”, under this we have to complete five activities.



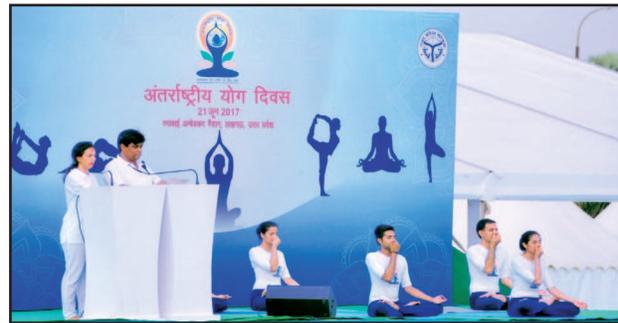
YOGA PROMOTION ACTIVITIES

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.



The International Yoga Fest

Morarji Desai National Institute of Yoga organises the International Yoga Fest (IYF), A Curtain Raiser for International Day of Yoga. The institute successfully organised two International Yoga Fests in 2016 & 2017. The IYF witnessed the auspicious presence of eminent Yoga Gurus like Shri Shri Ravishankar, Swami Baba Ramdev, Sadhguru Jaggi Vasudev, Dr. Pranav Pandya, Dr. H.R. Nagendra, Shri Prashant Iyengar, Sh. O.P. Tiwari, Smt. Hamsa Jayadeva, Swami Bharat Bhushan, Swami Atmapriyananda, Swami Chidananda Muni, Yogacharya, Sh. S. Sridharan, Sister Shivani, Dr. M.V. Bhole, Swami Ritawan Bharati and many others from Yoga fraternity.



Bi-annual Seminars

Institute is going to organise two seminars in a year on specific themes related to Yoga and Allied Subjects to disseminate the knowledge to the Yoga Professionals.

Conferences, Workshops and Orientations Lectures

The Institute organizes Conference/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. Month-end Workshops and Special lectures are also being arranged periodically. A monthly orientation Lecture series has also been started to impart knowledge and skills to the 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.

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. The Institute is also participating in 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.



Admission Brochure
FCYScW



Details of Programme: Foundation Course in Yoga Science for Wellness (FCYScW)

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 an action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. 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.

In this short term part-time course, we are introducing the basic concepts of Yoga and Yogic practices as a science of holistic living and wellness. During the course, the students will be taught the basic concepts of Yoga and Yogic practices for wellness. This is a basic course in Yoga.

2.0 Title of the course :

The course shall be called “**Foundation Course in Yoga Science for Wellness**” (FCYScW).

3.0 Aim :

The aim of the course is to introduce the fundamental principles and practices of Yoga for wellness.

4.0 Objectives :

The objectives are

- i) To introduce basic wellness principles and Yogic practices for Common people.
- ii) To introduce fundamental principles and practices of Yoga for healthy living.
- iii) To promote Yoga for disease prevention and health promotion as an approach to holistic health.

5.0 Eligibility :

- i) The candidate should have passed X standard (Matriculation) from a recognized board or its equivalent.
- ii) Exemption in education qualification may be given by the competent authority for suitable candidates. However, participation certificate shall be awarded only to those who have passed X standard and have requisite attendance.

6.0 Course Duration : One Month (50 Hrs.) :

Duration of the course is usually 1 month (50 Hrs.).

However the institute is free to conduct the said course in 1 month / 2 months / 3 months as given below.

6.1 Distribution of 50 Hrs.

Months	No. of Weeks	No. of Days in a Week	Total No. of Days	Practical Training (Hours)	Theory lectures (Hours)	Inaugural and Valedictory (Hours)	Total Hours
01 Month	04	06	24	36	12	02	50
02 Months	08	03	24	36	12	02	50
03 Months	12	02	24	36	12	02	50

Note : The above distribution of Hrs. is subjected to modifications as deemed necessary from centre to centre.

6.2 Course Timings

The Course timings may be preferably 07:00 AM to 09:00 AM in the morning hours or 04:30 PM to 06:30 PM in the evening hours. However timings may be changed as per the convenience of the Institute/Yoga Center and the theory classes may also be conducted in weekends.

7.0 Registration :

7.1 The aspirants should register themselves on or before the last working day of previous month. The registration will be open on all the working days after its notification (every month) till the seats are filled. Admission will be on first come first serve basis.

7.2 Health Criteria

No person with acute/chronic/communicable diseases is allowed to take admission to this course. A Medical Certificate or Self Certification on Health status is necessary.

7.3 Fees:

(a)	Registration Fee	-Rs. 250/-
(b)	Course Fee	-Rs. 1000/-
(c)	IEC/ Workshop/Certification etc	-Rs. 250 /-

Note - However the institution/Yoga centre is free to fix the fee structure as deemed fit with prior notice.

8.0 Intake Capacity :

Maximum 50 candidates in a batch.

9.0 Medium of Instruction :

Hindi/ English.

10.0 Attendance :

10.1 Minimum 80% attendance (20 days) is essential to get participation certificate.

10.2 Participation Certificate :

The **Participation Certificate** shall be awarded only to the participants who have passed at least matriculation (10th) examination and fulfill the minimum attendance criteria i.e. 80%.

11.0 Dress Code :

The dress shall be T-Shirt and trousers or *Kurta-pyjama* for men and T-Shirt and trousers or *Salwar- kameej* for women participants or as per the recommendation of concerned Yoga Center. Participants should also carry a napkin, note book and a pen every day.

12.0 Rules & Regulations :

- 12.1** A notification for calling applications for admission to FCYScW will be given every month only on the Notice Board and Website of the Institute. Applications for the month will be received on and after the notification. Admissions will be made on first cum first serve basis. Therefore, candidates are advised to fill up the application in all respect and submit the same with necessary enclosures and fees in the Registration Counter.
- 12.2** Fees once paid are not refundable/interchangeable.
- 12.3** Candidates should ensure the proper receipt for fees paid.
- 12.4** Admitted candidates should carry their admit cards every day while attending the classes.
- 12.5** Every student of the course should maintain the discipline during the course and not to disturb peace, tranquility of any other participants, teachers and the environment in the Center.
- 12.6** Candidate must attend Yoga practical classes daily with empty stomach or light stomach or as advised by the Yoga Teachers / experts.
- 12.7** All valuable items/money shall be properly secured by the students. Institute/centre will not be responsible for loss of any valuables/cash.
- 12.8** MDNIY reserve the right to change, the dates, add any of the rules and regulations and fee structures as when necessary, without prior notice.
- 12.9** The decision of the Director will be final in all matters related to discipline and smooth conduct of the course.
- 12.10** In case of any dispute, the case will be dealt under the jurisdiction of Delhi Courts only.



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) kunjaj
- 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-halasan, 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; Suryabhedi and Chandrabhedi, 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.

4

Course Schedule

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 Dandāsana, 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- Kapālabhati & Agnisāra.
- 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 Pāda-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, Kurmāsana
- 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:** Dhyana 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.

5

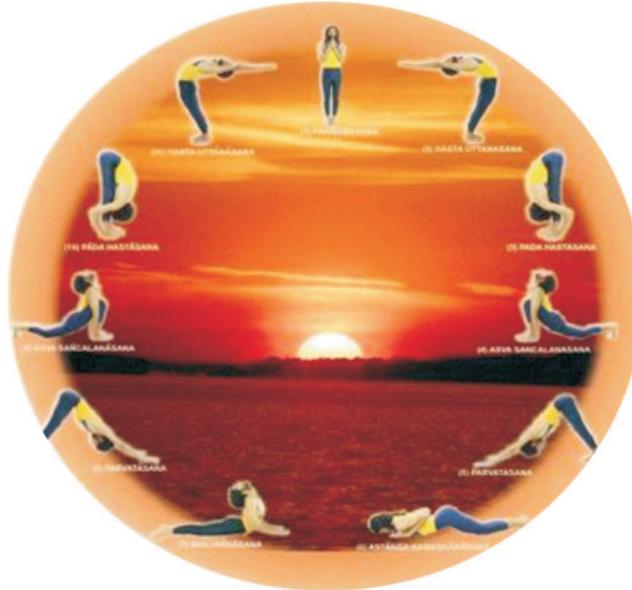
Reference Books for Theory and Practicals

Swami DharendraBrahmachari	Yogic SukshmaVyayama
Swami DharendraBrahmchari	YogasanaVijnana
Swami SatyanandaSaraswati	Surya Namaskara
Dr. Ishwar V. Basavaraddi (Editted)	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

YOGA PRACTICES FOR FOUNDATION COURSE IN YOGA SCIENCE FOR WELLNESS



Sutra Neti



Surya Namskara



Jala Neti



Dhauti



Kapalabhati



Agnisara



Buddhi Tatha Dhriti
Shakti Vikasaka



Uccharanasthala Tatha
Visudha Chakra Suddhi



Medha Shakti
Vikasaka Kriya



Netra Shakti
Vikasaka Kriya



Sarvangapushhti



Smarana Shakti
Vikasaka Kriya



Kapola Shakti
Vikasaka Kriya



Griva Shakti
Vikasaka Kriya-1

Admission Brochure
FCYScW





Forward and Backward Neck Bending



Right and Left Neck Bending



Right and Left Neck Twisting



Neck Rotation



Shoulder's Stretch



Shoulder Rotation - 1



Shoulder Rotation - 2



Trunk Twisting



Knee Movement



Bhujavalli Shakti Vikasaka



Purna Bhujavalli Shakti Vikasaka



Vaksha Sthala Shakti Vikasaka-1



Vaksha Sthala Shakti Vikasaka-2



Kati Shakti Vikasaka-1



Jangha Shakti Vikasaka



Pindali Shakti Vikasaka



Hirdgati



Tadasana



Vrikshasana



Hastottanasana



Kati-chakrasana



Ardha-chakrasana



Pada-hastasana



Trikonasana



Dandasana



Sukhasana



Padmasana



Vajrasana



Bhadrasana



Vakrasana



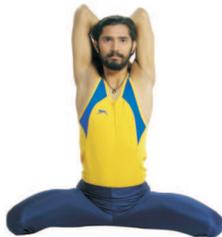
Ardha Matsyendrasana



Ustrasana



Shashakasana



Uttana Mandukasana



Paschimottanasana



Purvottasana



Gomukhasana



Mandukasana



Makarasana



Bhujangasana

Admission Brochure
FCYScW





Shalabhasana



Dhanurasana



Pavanamuktasana



Uttanapadasana



Ardha-halāsana



Setubandhasarvangāsana



Sarala Matsyasana



Shavasana



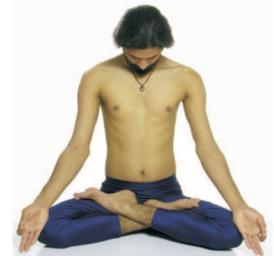
Nadi Shodhana
Pranayama



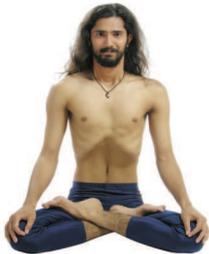
Sheetali Pranayama



Bhramari Pranayama



Jalandhara Bandha



Uddiyana Bandha



Yoga Mudra



Shamukhi Mudra



Vipareetakarani Mudra



Simha Mudra



Dhyana



Dhyana



Prayer

Programmes of Morarji Desai National Institute of Yoga (MDNIY)

Course/ Programme	Duration	Timings	Eligibility	Intake	Fees
Educational Programmes					
B.Sc (Yoga Science) 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	60	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 st of August	120+12 = 132 Candidates	Rs. 12,500/- per Semester +2500 as caution money
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 the Government invitation/deputation	Max 100 Candidates In a batch	----
Yoga Training Courses					
Foundation Course in Yoga Science for Wellness (FCYScW)	1 month	7:00 am to 9:00 am 3:30 pm to 5:30 pm	Matriculation examination from a recognised Board or its equivalent	Max 50 Candidates In a batch	Rs.1,000/- +500 as course material & workshop per month
Certificate in Yogasana for Health Promotion	3 months	3 hours on alternate days from 4.30 pm to 7.30 pm	Passed at least 10+2 examination from a recognized Board or its equivalent	Max 50 Candidates In a batch	Rs. 6,000/- +500 as course material & workshop
Certificate in Pranayama and Meditation for Health Promotion	3 month	3 hours on alternate days from 4.30 pm to 7.30 pm	Passed at least 10+2 examination from a recognized Board or its equivalent	Max 50 Candidates In a batch	Rs. 6,000/- +500 as course material & workshop
Advance Yoga Sadhana	6 month	5:30 pm to 7:30 pm	Successfully completed CCY & CCPM from MDNIY	Max 50	Rs. 12000/-
Health Promotion & Yoga Therapy Programmes					
Yoga OPD		8:00 am to 4:30 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 8:00 am to 9:00 am 4:30 pm to 5:30 pm 5:30 pm to 6:30 pm 6:30 pm to 7:30 pm	Open for all Except Chronic Patient	50 Candidates In a batch	Rs 500/- per month
Yoga Therapy Programmes	1 month	9:00 am to 10.00 am 10.00 am to 11.00 am 11.00 am to 12.00 Noon 12.00 Noon to 1.00 pm 2:00 pm to 3:00 pm 3:00 pm to 4:00 pm	For patients	30 Candidates in a batch	Rs 500/- per month
Individual Special Yoga Therapy sessions	45 minutes to 1 hour	10.00am to 4.00 pm	do		Rs 100/- per session
Saturday Yoga Training Programme	Only on Saturday	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	-----	Rs 500/- per month
Yoga Workshop for Stress Management					
Stress Management Workshop	15 Hrs. Programme in Weekends	–	Admission by request of Organization	–	Rs. 500/-

Procedure to Register for Different Yoga Training & Therapy Programmes:

1. Obtain registration form from the Registration Counter by paying requisite registration fee (Rs. 25/-).
2. 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.
3. On diagnosis by the SMO/Yoga Physician, consult the Dietician.
4. Then consult the Yoga Expert, seeking advice for specified Yoga programme.
5. Depending upon the programme prescribed by the Yoga Expert, pay the requisite amount of fee in the Registration Counter and get the Registration card.
6. 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.

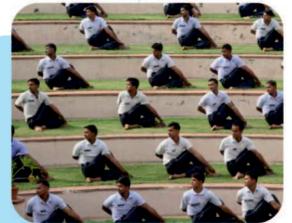
Note:-

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

ADMISSION BROCHURE

FOUNDATION COURSE IN YOGA SCIENCE FOR WELLNESS (FCYScW)

One Month Duration (50 Hrs.)



For further information please contact :

Director

Morarji Desai National Institute of Yoga

Ministry of AYUSH, Government of India

68, Ashok Road, Near Gole Dak Khana, New Delhi-110001

Ph: 011-23730417-18, 23351099, Telefax: 011-23711657

Email: mdniy@yahoo.co.in Website: yogamdniy.nic.in



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