

## 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. The course usually will start from – (i) July and (ii) January.