



सत्यमेव जयते
Ministry of Ayush
Government of India



Morarji Desai National Institute of Yoga

Ministry of Ayush, Government of India

68, Ashok Road, New Delhi - 110001

Website: www.yogamdniy.nic.in





Sh. Prataprao Jadhav

Hon'ble Minister of State (I/C)

Ministry of Ayush and Minister of State, Health & Family Welfare, Govt. of India
President, Governing Council, MDNIY

“Yoga has demonstrated immense benefits for bringing physical, mental and emotional well-being. MDNIY has paved the way to wellness and healing through its determined efforts to keep the body fit & mind alert with Yoga and has spread an essence of dedication and hard work by promoting India's ancient heritage and human values.”



Vaidya Rajesh Kotecha

Secretary, Ministry of Ayush, Government of India
Chairperson, Governing Council, MDNIY

“Yoga is the path to wellness and healing. It is a wonderful mechanism to cope with stress. Let us connect with Yoga and promote India's heritage, friendship and human values.” MDNIY is a brand, known for its well designed Yoga courses, programmes and Yoga protocols. It plays an important role in the observation of International Day of Yoga.



Ms. Monalisa Dash

Joint Secretary, Ministry of Ayush
Government of India

“Yoga has many dimensions and is also proven as an effective therapy in treatment, healing and rehabilitation. Yoga gives us the way of holistic health and happier way of life.”
The Yoga educational and training programmes of the Institute are very popular across the globe. MDNIY has become a branded Yoga institution for standard Yoga programmes.



Dr. Kashinath Samagandi

Director, MDNIY

Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, Government of India, is premier Yoga Institute to promote better understanding of Yoga philosophy and practices based on ancient Yoga traditions for holistic health and well-being of all. The Institute is playing a pivotal role in the promotion and development of Yoga across the globe.

This Brochure capsulizes the simple and effective information of courses, programs, workshops, seminars and outreach activities conducted by the Institute in the simplest form for the common masses.



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.

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:

1. To act as a Centre of Excellence in Yoga.
2. To develop, promote and propagate the philosophy, science and art of Yoga.
3. To provide and promote facilities for Yoga Education, 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 aspirants, researchers and practitioners of Yoga to meet the aspirations of modern age.

INFRASTRUCTURE FACILITIES

The Institute has a new state-of-art complex with air conditioned conference hall, auditorium. meditation hall, Yoga practical halls and class rooms. The conference hall is well-equipped with an 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 Yoga Mahotsav, Yoga demonstrations and other socio-cultural activities.

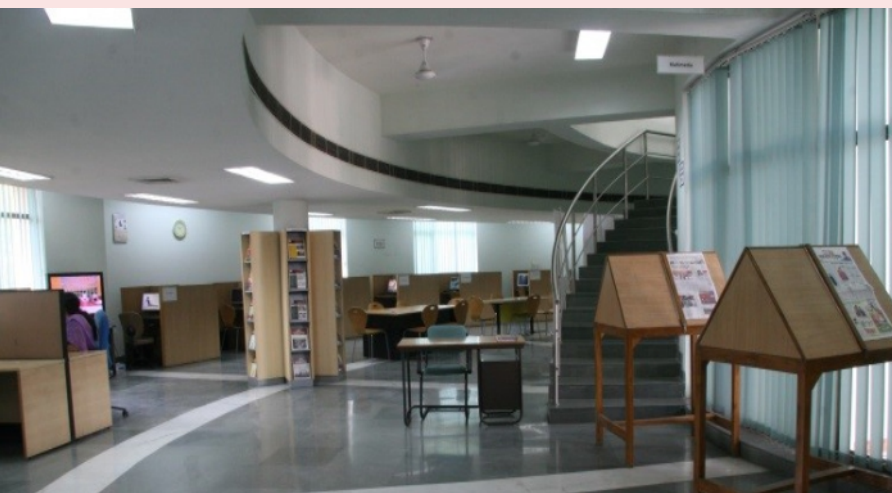
The Academic Block has the aesthetically designed, ultra-modern, well-furnished and fully illuminated classrooms with the latest digital acoustics where theory and practical classes of different educational courses and training are conducted.

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



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 20,000 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 predominance resource that is useful for academic and research purposes. It's a hybrid collection of printed as well as 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.



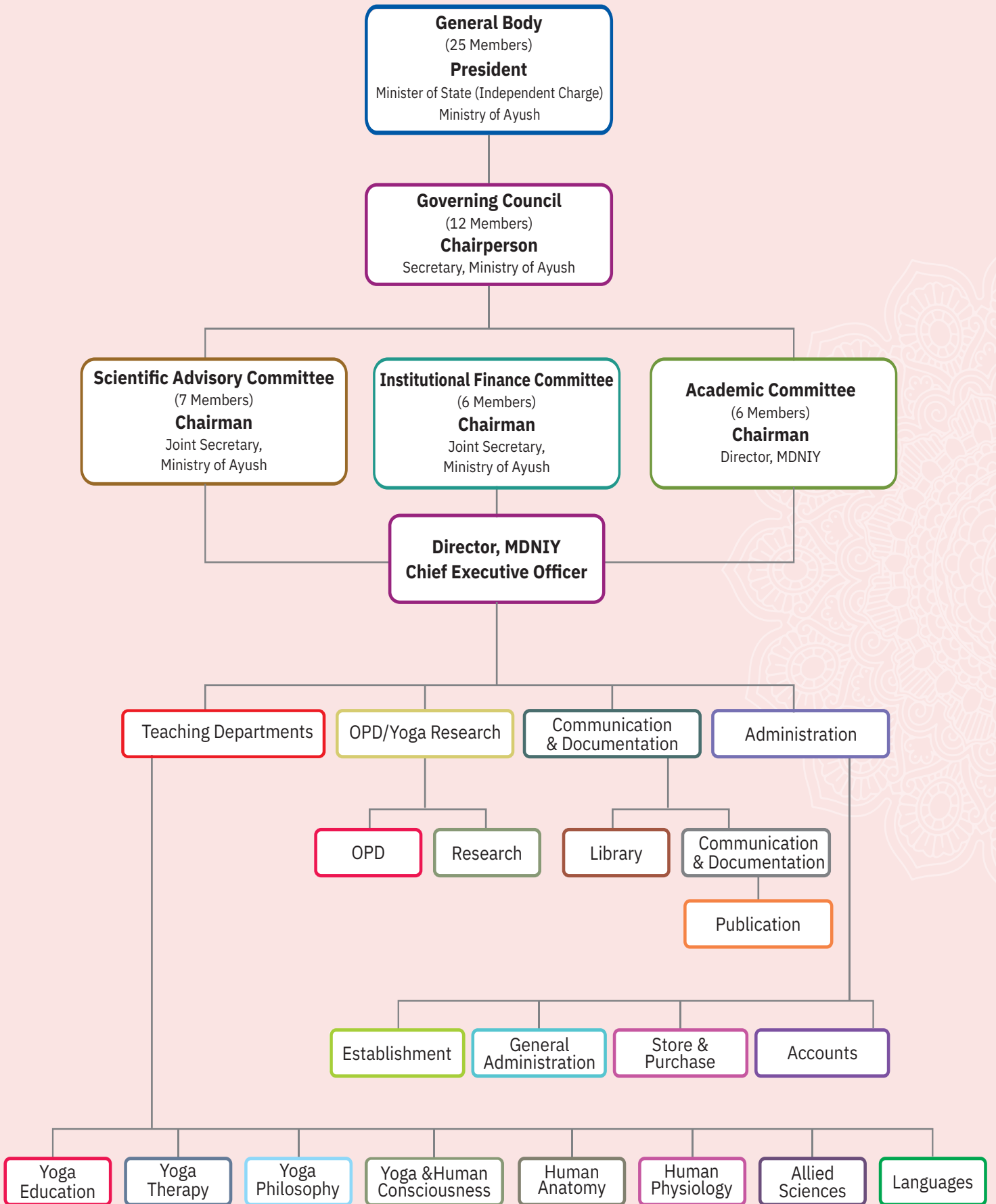
LABORATORIES

The Institute's Laboratory is equipped with technically qualified experts having facilities for Pathological, Biochemical and Psychological tests. The Institute is having various Labs viz. Bio Chemistry, Human Physiology, Anatomy and Psychology.



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. The Minister 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.



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

- A pass in 10+2 (any stream) from a recognized Board or equivalent.
- Certificate course in Yoga for Wellness Instructor (CCYWI) from MDNIY / YCB Certified Level- II (Yoga Wellness Instructor)

Duration: One-Semester/ 24 Credits

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)



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

- The candidate should have passed 10+2 from a recognized board or its equivalent
- 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.
- 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 starts from i) April and ii) October.

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

- *The candidate should have passed 10th standard from a recognized board or its equivalent.*
- *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.*
- *The candidates must be medically fit. No person with chronic ailments is allowed to take admission.*

Intake Capacity: 30 seats per batch*. There may be as many as batches of 30 each depending upon demand and space availability. 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 Aabled.

Duration: The duration of the programme will be Three Months. The course usually will start from - i) April ii) July iii) October and iv) January.

Note:



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 (7 - 9 am and 4 - 6 pm & 6 - 8 pm). However, the timings may change as per the convenience of the Institute.

Eligibility

- *Eligibility*
- *10th pass or its equivalent*

Intake Capacity: 30 seats per batch*.

* There may be as many as batches of 30 each depending upon demand and space availability.

Note:



OUT PATIENT DEPARTMENT

- The Institute is having National Accreditation Board for Hospital (NABH) accredited Yoga Therapy OPD which works on all working days from 08:00 AM to 04:30 PM.
- Diabetic Clinic works on all working days from 8.00 AM to 10.00AM.
- The Yoga Therapy OPD consists of Senior Medical Officer, Dietician, Yoga Therapist.
- The needy people shall visit the SMO for consultancy then accordingly the Dietician, Yoga Therapist for suitable Yoga Therapy Programme.
- The OPD is attached with a Pathology/Bio-chemistryLab.
- Yoga Therapy programmes of one hour each are conducted from 08:00 AM to 04:00 PM on all workingdays.
- Individual Yoga Therapy Programme: Individual Yoga Therapy session of maximum one hour duration is conducted from 10.00 AM to 4.00 PM on all working days.



YOGA THERAPY CENTRES IN AYUSH/ALLOPATHY HOSPITALS

With a broader view of integrating the system of Yoga in the mainstream medical care, the Institute has started the following Yoga Therapy Centres in the following Hospitals/ Institutes, after obtaining the approval of the competent authority:

- a. Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Dhaka Colony, Kingsway Camp, Delhi – 110 009.
 - b. Institute of Human Behavior and Allied Sciences, Jhilmil, Dilshad Garden, Delhi – 110095.
 - c. National Institute of Tuberculosis and Respiratory Diseases, Sri Aurobindo Marg, New Delhi – 110 030
 - d. Vallabhshai Patel Chest Institute, University of Delhi, North Campus, Delhi – 110007.
- The above Centres started functioning from May, 2007. The response of the public for these Centres is quite satisfactory.



PREVENTIVE HEALTH CARE UNITS OF YOGA IN CGHS DISPENSARIES

The Institute has established Preventive Health Care Units of Yoga in CGHS Dispensaries. Such Units are being run in 20 CGHS Dispensaries in Delhi and NCR. Lacs of people are benefitted annually from these centers.



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, 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 GhantaGhar, New Delhi
8.	CGHS Wellness Centre, M.B. Sector-1, PushpaVihar, New Delhi
9.	CGHS Wellness Centre, Flat No. 647, 648, Krishi Kunj, InderPuri, 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
20.	CGHS Wellness Centre, Kalkaji, New Delhi



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 Institute plays a lead role in the observation of International Day of Yoga (IDY). MDNIY coordinated the compilation and design of Common Yoga Protocol (CYP) in 2015, which has since emerged as one of the most influential developments in yoga practice in recent years, and is today globally recognized as an ideal beginners' programme.

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.

CONTINUING MEDICAL EDUCATION (CME)



The Institute organises CMEs for Yoga Teachers/Therapists/Instructors from time to time. During this event, lectures from eminent Yoga professionals or professionals in allied subjects are delivered for the Yoga Teachers/Instructors/Therapists.

ORIENTATION LECTURES

The Institute conducts Orientation Lectures by inviting eminent professionals/individuals who have achieved milestones in their field, to orient the students and practitioners of the Institute as well as the social media friends.

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 socio-cultural programme called 'Pancham Swar'. 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.



PROGRAMMES AND ACTIVITIES

Sl. No.	Course	Duration	Eligibility	Affiliation	Intake	Regular or Part- time	Fees
YOGA EDUCATION PROGRAMMES							
1.	M.Sc. (Yoga)	2 Years	i) B.Sc. (Yoga) Graduate with 50% marks from a recognized University or Institute of National repute or A Science/ Medical Paramedical/Physiotherapy Graduation Level Degree with one-year Diploma in Yoga Science. The graduation level degree should be with 50% marks from a recognized University or Institute of National repute ii) Candidate shall be medically fit. Age Limit- 35 Years	GGSIU	30 Seats (Reservation of seats will be as per University norms.)	Regular	As per GGSIU Norms
2.	B.Sc. (Yoga)	3 Years	i) Pass in 12th class of 10+2 pattern of CBSE or Equivalent in any Science Stream with a minimum aggregate of 50% marks in any four subjects including English (core/elective/functional) provided that the candidate has passed in each subject separately. Age Limit- 21 Years	GGSIU	30 Seats (Reservation of seats will be as per University norms)	Regular	As per GGSIU Norms
3.	PG Diploma in Yoga Therapy	1 Years	Any Medical/Para- Medical Physiotherapy (minimum 4 years or more) Graduate Degree with 50% marks from a recognized University or Institution approved by the regulatory body	GGSIU	20 Seats (Reservation of seats will be as per University norms.)	Regular	As per GGSIU Norms
4.	Diploma in Yoga Science	1 Year (2 Semester)	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		75 (including EWS category) +22 Seats are reserved for special category	Regular	*38,000 (Per Year) Maximum + Caution Money (Refundable)
YOGA TRAINING/THERAPY PROGRAMMES							
5.	Certificate Course for Yoga Therapy Assistant (CCYTA)	06 Months	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 or Yoga Certification Board Level-II (Yoga Wellness Instructor) certification . Candidate shall be medically fit.		*30 seats (07 seats for reserved category)	Part-Time	Rs.16250/-
6.	Certificate Course in Yoga Science for Wellness Instructor (CCYWI)	06 Months	i) A pass in 10+2 from a recognized Board or equivalent ii) Foundation Course in Yoga Science for Wellness (50 hrs.) 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 Candidate shall be medically fit.		120	Part-Time	Rs.16250/-
7.	Certificate Course in Yoga Science for Protocol Instructor (CCYPI)	03 Months	i) A pass in 10th from a recognized Board or equivalent. ii) Foundation Course in Yoga Science for Wellness (50 hrs.) 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. Candidate shall be medically fit.		120	Part-Time	Rs.8750/-
8.	Foundation Course in Yoga Science for Wellness (FCYScW)	01 Months	Open for all, but the preferable age is 15 and above Candidate shall be medically fit.		*30 Seats per batch	Part-Time	Rs.3000/-
9.	Basic Course in Shatkarma Practices (BCSP)	01 Months	Open for all, but the preferable age is 15 and above Candidate shall be medically fit.		*30 Seats	Part-Time	Rs.2000/-
HEALTH PROMOTION & YOGA THERAPY PROGRAMMES							
10.	Health Promotion Programme (HPP)		10th standard (Matriculation) from a recognized board or its equivalent.				
11.	Individual Yoga Therapy Session		10th standard (Matriculation) from a recognized board or its equivalent.				

* Number of seats may be increased or decreased depending upon demand and space availability.



For further details, please contact:

Director

Morarji Desai National Institute of Yoga

Ministry of Ayush, Govt. of India

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