ADMISSION BROCHURE
DIPLOMA IN YOGA SCIENCE (D.Y.Sc.)
One Year Duration
ACADEMIC SESSION 2019-20

Morarji Desai National Institute of Yoga
Ministry of AYUSH, Government of India
Director’s Message

Yoga is essentially spiritual. It signifies 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. Now, Yoga has been inscribed as intangible cultural heritage of humanity by UNESCO on 1st December, 2016. Yoga brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many lifestyle-related disorders. Accordingly, International Day of Yoga (IDY) is being celebrated worldwide on 21st June every year. 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 21 years which is very popular course of MDNIY. These Diploma holders are getting ample job opportunities both in public and private sectors across the globe. Apart from the said course, the Institute has started M.Sc. (Yoga), B.Sc. (Yoga), Post Graduate Diploma in Yoga Therapy for Medical Graduates with the affiliation of Guru Gobind Singh Indraprastha University, New Delhi. The Institute is also conducting many other Yoga Educational, Therapy and Training Programs. It is also conducting many activities for promotion, propagation and research in Yoga.

It is the need of the hour to have institutionally qualified and trained professionals of Yoga Science for its instruction, propagation and conservation in its true spirit. I hope these institutionally trained Diploma holders in yoga can understand the discipline holistically and ably impart this ancient knowledge to the needy people. Every step is being taken to provide facilities for the students of this programme, needed for imparting the quality education. I am sure that there would be a good career ahead for those who will be able to make their entry into this program.

(Dr. Ishwar V. Basavaraddi)
Director
Important Dates
Diploma in Yoga Science (D.Y.Sc.)
For Graduates
(One Year Duration)
Academic Session 2019-20

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<td>01st September, 2019</td>
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<td>04th September, 2019</td>
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<td>09th September, 2019</td>
</tr>
<tr>
<td>Commencement of Academic Session</td>
<td>12th September, 2019</td>
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</tbody>
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Important Note

A) The selection list will be displayed only on the MDNIY Notice Board and uploaded on the Institute’s website www.yogamdniy.nic.in. No personal information will be given to the candidates.

B) The application form may also be downloaded from the Institute’s website.

C) The office timings of the Institute are 09:00 am to 05:30 pm on all working days (Monday to Friday).

D) Kindly get the proper acknowledgement for the receipt of application and supportive documents if sent by post, have proper acknowledgement.
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Morarji Desai National Institute of Yoga (MDNIY)

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.

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 30 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 and 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 serving the Chief Executive Officer of Yoga Certification Board of MDNIY, Ministry of AYUSH, Govt. 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, Scientific Laboratories 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 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.

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.
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 Human Anatomy        |
| 6. | Department of Human 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      |

Yoga Educational Programmes

M.Sc. (Yoga)

- 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.
- This course is affiliated to Guru Gobind Singh Indraprastha University (GGSIPU), Dwarka, New Delhi.

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:** 15

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**Duration:**

• The duration of the programme will be 2 years (4 semesters)

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**B.Sc. (Yoga)**

• 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.

• This course is affiliated to Guru Gobind Singh Indraprastha University (GGSIPU), Dwarka, New Delhi.

• **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

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**Duration:** The duration of the programme will be 3 years (06 semesters)

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**Post Graduate Diploma in Yoga Therapy (PGDYT) for Medicos and Paramedics**

• 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

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**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 (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 applies to Special Category seats.

- **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 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) A pass in 10+2 from a recognized Board or its 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.

(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 (24 credits) or maximum of 6 months. The course usually will start from - i) July and ii) January.
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:

i) The candidate should have passed 10th standard from a recognized board or its equivalent.

ii) 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.

iii) 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 Abled.

- 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.

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). It is of 4 months duration & on Invitation.

- Intake Capacity: 100 (Central Armed Police Forces), 25 (Delhi Police)

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 day preferable to the morning and evening hours (7 - 9 am and 4-6 pm) . However, the timings may change as per the convenience of the Institute.

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.
Health Promotion Programmes

- **Health Promotion Programme (HPP):** Health Promotion Programmes of one hour each are conducted from 6.00 AM to 7.00 AM and 07:00 am to 08:00 AM on all working days.

- **Saturday Yoga Training Programme:** Weekend Yoga Training Programme are conducted from 6.30 AM to 11.00 AM on all Saturdays.

Yoga Therapy Programmes

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 10.00 AM.

- 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-chemistry Lab.

- Yoga Therapy programmes of one hour each are conducted from 08:00 AM to 04:00 PM on all working days.

- **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 Centres at Sports Authority of India (SAI) Stadia and Others

Yoga Training Programmes and Courses are being conducted at the following SAI stadia and others under the auspices of Morarji Desai National Institute of Yoga, New Delhi.

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<td>1.</td>
<td>Dr. Shyama Prasad Mukherjee Swimming Pool Complex, Talkatora Garden, New Delhi</td>
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<td>2.</td>
<td>Major Dhyan Chand National Stadium, India Gate, New Delhi</td>
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<td>3.</td>
<td>Indira Gandhi Stadium Complex, IP Estate, Near Raj Ghat, New Delhi</td>
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<td>4.</td>
<td>Jawahar Lal Nehru Stadium, Bhishma Pitamah Marg, Lodhi Road, New Delhi</td>
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<td>5.</td>
<td>Amity University Uttar Pradesh, Noida, Uttar Pradesh</td>
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</table>

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

Yoga Training Programmes Outside the Institute

The Institute provides 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 are provided on part time basis. Interested organizations may contact the Institute for conducting Yoga training programmes in their nearby locality with necessary details.

**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:

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<th>S. No.</th>
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<td>1.</td>
<td>Vallabhbhai Patel Chest Institute, University of Delhi, North Campus, Delhi – 110007</td>
</tr>
<tr>
<td>2.</td>
<td>Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Dhaka colony, Kingsway Camp, Delhi – 110009</td>
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<tr>
<td>3.</td>
<td>National Institute of Tuberculosis and Respiratory Diseases, Sri Aurobindo Marg, New Delhi –95</td>
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<tr>
<td>4.</td>
<td>Institute of Human Behaviour and Allied Sciences, Jhilmil Colony, Dilshad Garden, Delhi – 110095</td>
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</table>

**(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.

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<th>S. No.</th>
<th>PREVENTIVE HEALTH CARE UNITS</th>
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<td>1.</td>
<td>CGHS Wellness Centre, C Block, Janakpuri, New Delhi - 58</td>
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<tr>
<td>2.</td>
<td>CGHS Wellness Centre, Sadiq Nagar, Siri Fort Road, New Delhi</td>
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<td>3.</td>
<td>CGHS Wellness Centre, New Police Line, Kingsway Camp, Delhi</td>
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<tr>
<td>4.</td>
<td>CGHS Wellness Centre, R-55, Sector-11, Noida, Uttar Pradesh</td>
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<td>5.</td>
<td>CGHS Wellness Centre, Nangalraya, D Block, Janakpuri, New Delhi</td>
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<td>6.</td>
<td>CGHS Wellness Centre, Sadar Bazar, Delhi Cantt., New Delhi - 10</td>
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<tr>
<td>7.</td>
<td>CGHS Wellness Centre, Near Harinagar Ghanta Ghar, New Delhi</td>
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<td>8.</td>
<td>CGHS Wellness Centre, M.B. Sector-1, Pushpa Vihar, New Delhi</td>
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<td>9.</td>
<td>CGHS Wellness Centre, Flat No. 647, 648, Krishi Kunj, Inder Puri, New Delhi</td>
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<td>10.</td>
<td>CGHS Wellness Centre, Palam Colony, Manglapuri, New Delhi</td>
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<tr>
<td>11.</td>
<td>CGHS Wellness Centre, No. 68, Kamla Nehru Nagar, Ghaziabad, Uttar Pradesh</td>
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<td>12.</td>
<td>CGHS Wellness Centre, 23, Pusa Road, Karol Bagh, New Delhi</td>
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<td>13.</td>
<td>CGHS Wellness Centre, D-II/257. 259. Vinay Marg, New Delhi</td>
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<td>14.</td>
<td>CGHS Wellness Centre, R. K. Puram, Sector-6, New Delhi</td>
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<td>15.</td>
<td>CGHS Wellness Centre, Lajpat Nagar Market, New Delhi</td>
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<td>16.</td>
<td>CGHS Wellness Centre, Laxmibai Nagar, New Delhi</td>
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<tr>
<td>17.</td>
<td>CGHS Wellness Centre (No. 68), Main Vikas Marg, Laxmi Nagar, Delhi</td>
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<tr>
<td>18.</td>
<td>CGHS Wellness Centre, Mansarover Park, Shahdara, Delhi - 32</td>
</tr>
<tr>
<td>19.</td>
<td>CGHS Wellness Centre, Sector-IV, Pushp Vihar, New Delhi</td>
</tr>
</tbody>
</table>

**(Timings: 07:30 AM to 02:00 PM on all working days)**
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)”.
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

Bi-annual Seminars

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

Continuing Medical Education (CME):

The Institute organises CME for Yoga Teacher’s Therapist / Instructors time to time. During this Lectures from eminent yoga professionals or allied subjects professionals are arranged for Yoga Teachers / Instructors / Therapist.

Monthly Orientation Lectures

The Institute conducts Monthly Orientation Lectures on the first Friday of every month by inviting professionals from Yoga and different fields who have achieved milestone in the field to orient the students and the practitioners of the Institute.

Monthly Clinical Yoga Therapy Workshops

The Institute conducts Monthly Clinical Yoga Therapy Workshops on the first Saturday of every month by inviting eminent experts of Yoga & Allied Sciences. Mass Yoga Classes, Yoga Therapy OPD, and Stall etc. Also organise during the workshops.

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 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.

Sports Activity

The Institute organizes 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.
1. Admission Brochure

Through this brochure, the Institute invites application from eligible candidates for admissions to the Diploma in Yoga Science (D.Y.Sc.) for Graduates of one year duration for the academic session 2019-20.

2. Sale of Admission Brochure

The price of this Admission Brochure along with Application Form is Rs. 1000/- (Rupees One Thousand Only). The cost of Admission Brochure is non-refundable. No other fee is required to be submitted along with the Application Form.

(a) The Admission Brochure along with Application Form will be on sale from 09th August, 2019 on all working days during office hours (09:00 am to 05:30 pm) at Morarji Desai National Institute of Yoga, 68, Ashok Road, Near Gole Dak Khana, New Delhi – 110001

(b) Sale by Post: Admission Brochure along with Application Form (detachable) can also be obtained through registered / speed post. A request in this regard should be sent to Morarji Desai National Institute of Yoga, 68, Ashok Road, near Gole Dak Khana, New Delhi - 110001 along with the following:

• An application on plain paper, addressed to the Director, Morarji Desai National Institute of Yoga, requesting to issue Admission Brochure 2019-20 for Diploma in Yoga Science (D.Y.Sc.). The application should clearly mention the name and address of the applicant;

• A Demand Draft of Rs. 1100/- (Rupees Eleven Hundred only) drawn in favour of Morarji Desai National Institute of Yoga, payable at Delhi. The name, address and phone number of the applicant should be clearly mentioned on the back side of the Demand Draft / Pay Order. Cheque will not be entertained.

• A self-addressed envelope of size not less than 24 cms × 30 cms.

Notes:

i) The request for Admission brochure must reach the Institute latest by 19th August, 2019. The amount once remitted will not be refunded under any circumstances.

ii) The envelope of the application requesting for the issuance of Admission Brochure must be superscribed at the left-top corner as “Request for Admission Brochure 2019-20, Diploma in Yoga Science (D.Y.Sc.)”.

iii) The Institute will NOT be responsible for the delay, loss or damage, if any, (during the transit) of the Application / Demand Draft / Pay Order for issuance of Admission Brochure and for the Admission Brochure after it’s dispatched from the Institute.
Details of Programme:  
Diploma in Yoga Science (D.Y.Sc.) for Graduates

1. **Title of the Course**

   The course shall be called “Diploma in Yoga Science” for Graduates.

2. **Duration of the Course**

   The duration of the course shall be of one year comprising of two semesters from August to January and February to July.

3. **Need of Diploma Course in Yoga Science (D.Y.Sc.)**

   Yoga has attracted the attention of all sections of the society in recent years. The awareness about Yoga practices is increasing amongst people from different walks of life not only for preservation and promotion of health, but also for prevention and management of diseases. Keeping in view the time tested benefits of Yoga, it is felt that Yoga education should be imparted by adhering to classical knowledge so that people trained in Yoga can derive maximum benefits.

   Many Yogic principles and techniques are now being applied in health care system. It has been found that there is a lack of sufficient qualified and well trained Yoga teachers/professionals and researchers in the field of Yoga. Morarji Desai National Institute of Yoga is being an eminent Institution in the field of Yoga in the country to provide and promote facilities for Training, Teaching and Research to fulfil the aspirations and demands of the people. There is an absolute need of well-trained Yoga Teachers to meet these objectives. Therefore, the Institute proposes Diploma in Yoga Science (D.Y.Sc.) for Graduates with the following objectives:

   a) To prepare well trained Yoga Instructors.
   b) To prepare well trained institutionally qualified Yoga Instructors/Professionals to instruct Yoga at Secondary Schools, Pre-university, Colleges and Universities etc.
   c) To impart the knowledge of Yoga and Yoga practices to the aspirants.
   d) To develop personality of the learners at all levels.
   e) To create awareness about positive health and spiritual evolution.
   f) To motivate graduates to take up Yoga as profession.

4. **Syllabus**

   The syllabus is designed to fulfil aforesaid objectives containing theory subjects in Yoga and allied subjects, practical and field training in Yoga.

   The Syllabus also covers the Syllabus of "Yoga Teacher and Evaluator" level Certification of Yoga Certification Board of Ministry of AYUSH.
5. Eligibility Conditions

i) A candidate possessing a Graduate degree (qualifying examination) in any discipline from a recognized University in India or abroad with minimum 50% of marks can apply for Diploma in Yoga Science for Graduates. However, for SC/ST/OBC/EWS candidates it will be minimum 45% for eligibility to admission to the above Course. The above criterion also applies to the candidates applying under Special Category Seats.

ii) A candidate should be below 30 years of age as on 1st of August of the respective year, there is a relaxation of 10 years for in-service personnel (on regular basis) who join the course on deputation through proper channel and 5 years age relaxation for the candidates to the category of PwD.

6. Number of Seats

Total number of seats is 75 for Indian Students. In addition to these, 22 Special Category Seats for students from Andaman & Nicobar Islands and Lakshadweep, North-East and J&K & Ladakh UT's, Sports Person/NCC/NSS, Dependent of War Martyrs/Ex-Serviceman, Foreign Students and children of MDNIY employees as per details given below:

<table>
<thead>
<tr>
<th>Total number of seats: 75 (including EWS category)</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Merit</td>
</tr>
<tr>
<td>OBC</td>
</tr>
<tr>
<td>SC</td>
</tr>
<tr>
<td>ST</td>
</tr>
<tr>
<td>EWS</td>
</tr>
<tr>
<td>Total</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Special Category Seats: 22</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foreign Students</td>
</tr>
<tr>
<td>PwD</td>
</tr>
<tr>
<td>Andaman &amp; Nicobar And Lakshadweep Islands</td>
</tr>
<tr>
<td>North-East States</td>
</tr>
<tr>
<td>Sports/NCC/NSS</td>
</tr>
<tr>
<td>Dependent of War Martyrs/Ex-Servicemen</td>
</tr>
<tr>
<td>Children of MDNIY Employees</td>
</tr>
<tr>
<td>J&amp;K UT and Ladakh UT</td>
</tr>
<tr>
<td>Total</td>
</tr>
</tbody>
</table>
Submission of Application Form

A) Filling Up of Application Form

1. Application Form is enclosed as Appendix – 2
2. The applicants are advised to retain a photocopy of the duly filled-in Application Form before the same is submitted to the MDNIY.

B) Submission of Application Form

1. The Application Form complete in all respects including requisite fee & Photocopy of all documents should be submitted by hand at the MDNIY Reception Counter in the sealed envelope OR it may be sent by Registered / Speed Post to the Director, Morarji Desai National Institute of Yoga, 68, Ashok Road, New Delhi - 110001 to reach latest by 5.30 pm on 27th August, 2019.

2. After the last date is over, applications received through Registered / Speed Post or by any other means will not be accepted, irrespective of the fact when the form was despatched/ posted. Therefore, candidates are advised to submit their applications at the earliest, instead of waiting for the last date.

3. All the essential documents duly attested should be attached with the Application Form.

4. Write the complete address by giving your name and Pin Code carefully and legibly. Please note that this address will be used by the Institute for all the Correspondence in future. Therefore, it should be very clearly written with black ball point pen only. The Institute will not be responsible for any loss in transit or for incorrect address given by the applicant in the Application Form.

5. Admission Rules

An advertisement of the notification for calling applications for admission to Diploma in Yoga Science for Graduates of one year duration will be given in the leading national newspapers in the month of August with the following guidelines:

iii) Application should be made on the prescribed form attached with the prospectus on payment of prescribed fees as mentioned in the admission notification. Application Form duly filled in all respect, supported by attested photo copies of all necessary documents should be enclosed.

iv) The application should be submitted on or before the prescribed last date only by hand or post. Application through fax/email or application received after due date shall not be considered. The Institute is not responsible for any postal delay.
v) The candidates shall ensure the receipt of application by the Institute.

vi) The selection will be based on Entrance exam basis at all over India. Candidates fulfilling the eligibility criteria may only appear for the entrance exam. Admission for D.Y.Sc. Program will be subjected to the verification of Certificates and Medical Fitness.

**Entrance Exam**

**Question Paper:** There will be a Question paper of 100 Multiple Choice Questions carrying 01 mark each. Syllabus of the examination is as follows:

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Subject</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>General Awareness</strong> about Indian History, Indian Geography, Fundamental Rights and duties, National Academic Institutes, Current Affairs (National and International), Who's Who, Important Days, International and National Organizations.</td>
<td>25</td>
</tr>
<tr>
<td>2</td>
<td><strong>General Biology</strong> – Class 8th, 9th, 10th CBSE board</td>
<td>25</td>
</tr>
<tr>
<td>3</td>
<td><strong>Comprehension ability</strong> - Reading Comprehension, Vocabulary building, Parts of speech, Active Passive voice, Direct Indirect Speech.</td>
<td>25</td>
</tr>
<tr>
<td>4</td>
<td><strong>Yoga</strong>- General knowledge about Yoga, Knowledge about International Day of Yoga, the subject matter in Common Yoga Protocol*</td>
<td>25</td>
</tr>
</tbody>
</table>


There shall be 06 centers to conduct the entrance examination which are as follows:-

<table>
<thead>
<tr>
<th>S. No.</th>
<th>City</th>
<th>Name of the Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>New Delhi</td>
<td>Morarji Desai National Institute of Yoga 68, Ashok Road, New Delhi-110001</td>
</tr>
<tr>
<td>2</td>
<td>Bengaluru</td>
<td>National Institute of Mental Health and Neuro Science (NIMHANS) Hosur Road, Near Bangalore Milk Dairy, Bengaluru, Karnataka-560029</td>
</tr>
<tr>
<td>3</td>
<td>Chennai</td>
<td>National Institute of Siddha Tambaram Sanatorium, Chennai-600047, Tamil Nadu</td>
</tr>
<tr>
<td>4</td>
<td>Kolkata</td>
<td>National Institute of Homeopathy Block-Ge, Sector-III Salt Lake, Kolkata, West Bengal-700106</td>
</tr>
<tr>
<td>5</td>
<td>Mumbai</td>
<td>The Yoga Institute Shri Yogendra Marg, Santacruz East, Prabhat Colony, Mumbai, Maharashtra-400055</td>
</tr>
<tr>
<td>6</td>
<td>Bhopal</td>
<td>Sant Hirdaram Medical College of Naturopathy and Yogic Sciences Lake Road, Sant Hirdaram Nagar, Bhopal-462030</td>
</tr>
</tbody>
</table>

No T.A/D.A shall be payable to the candidates to appear in the entrance exam.
(a) The candidates securing 40% or above marks for General/OBC/SPL. categories and 35% or above marks for SC/ST/EWS/PwD in entrance examination will be considered for admission on merit.

(b) Candidates from Foreign countries need not to appear in the entrance exam. Their selection for D.Y.Sc. will be as per the merit of Graduation in their respective category.

vii) In case of two or more candidates securing equal percentage of marks at the bottom of the selection list, preference will be given to that candidate who is possessing degree/s in any Yoga/Indian System of Medicine/Philosophy/Physiotherapy/Physiology/Diet and Nutrition/ Psychology /Sanskrit/ respectively. In case of none, the percentage of obtained in graduation exam will be the next criteria of selection.

viii) A candidate should be medically fit. A Medical Fitness Certificate in this regard issued from the Medical Officer of the Institute shall be produced. Candidate suffering from any chronic disease/obese is advised not to seek admission to this course and such candidates will not be admitted to the course.

ix) The calendar of dates for admission procedure will be given with the prospectus. The list of applicants for examination will be displayed on the Notice Board and also on the website of the Institute. Candidate will have to appear in the entrance exam with Acknowledgement slip/Admit Card with any Government approved ID at their respective entrance exam centre. No postal/individual communication will be entertained in this regards.

x) Any ambiguity / erasures / unattested / cutting / false information / concealment of information detected in the requisite certificate, will summarily result in the cancellation of the candidature of the student at any stage of selection and/or during the course of study.

xi) The selection for Diploma in Yoga Science will be as per all India merit and reservation policy of Government of India in Central education and training Institute issued from time to time, which is 27% for OBC, 15% for SC, 7.5% for ST and 10% for EWS students at present.

xii) In case of any ambiguity etc., the Director’s decision shall be final in all the matters related to admission.

8. **Medium of Instruction:**

   Hindi / English

9. **Selection Procedure**

   The selection is further subjected to production of Medical Fitness Certificate. The selection list will be displayed on the Notice Board of the Institute and also on the Institute’s website only.
In case, any student whose name appears in any of the selection list and is unable to deposit the requisite admission fee, his/her candidature will not be considered in the next list/s. However, their cases may be considered on priority basis on merit if any seats remain vacant only after the completion of admissions as per the selection of 2nd or 3rd list, provided there is a written request from the candidate in time. Decision of the Director, MDNIY shall be final in this regard.

10. Medical Test

There will be Institutional Medical Examination before a candidate is finally selected for admission in the course. Selection will be subject to medical examination which will be conducted at Institute at the cost of Rs. 50/-. The student will be permitted to submit other fees only after getting medical fitness Declaration Certificate from the Medical Officer of MDNIY as per Appendix-1.

11. Dress Code

The dress shall be white T-Shirt and trousers of selected colour (or as decided by the Institute) both for boys and girls which need to be purchased by the students on their own. Each candidate shall attend the Institute’s formal classes and other functions only in the prescribed dress for Summer as well as in Winter Season with Institute’s emblem thereon.
Counselling/Admission

1. All the admissions will be made through counselling. It will be conducted by the Institute as per the procedure prescribed in subsequent paragraphs, strictly on the basis of inter-se-merit of the qualified candidates.

2. Venue of Counselling

   Morarji Desai National Institute of Yoga, 68, Ashok Road, near Gole Dak Khana, Opp Gurudwara Bangla Sahib, New Delhi – 110001

3. Schedule of Counselling / Admission Session:
   a) Announcement of Merit List for 1st Counselling Session 04th September, 2019
   b) 1st Counselling / Admission 05th & 06th September, 2019 (10 am to 4 pm)
   c) Announcement of merit List for 2nd Counselling Session 07th September, 2019
   d) 2nd Counselling / Admission 09th September, 2019 (10 am to 4 pm)
   e) Dates for subsequent counselling/Admissions will be announced on Institute Notice Board and website from time to time if seats fall vacant even after 2nd counselling.

4. Procedure for Admission through First Counselling:
   a) Detailed schedule of first Counselling / Admission indicating the number of qualified candidates to be called for counselling will be displayed on the Institute’s Website (www.yogamdniy.nic.in) and the Notice Board of the Institute as per schedule.
   b) The candidates should report at the notified venue, date and time for counselling / admission in person along with the documents mentioned in Chapter 06. On reaching the venue, the candidates must mark the Attendance. Allotment of seats to the candidates will be made only when he/she attends the counselling session in person.
   c) Firstly, the candidates will be called in order of merit and shall have to produce the original documents required for verification.
   d) Admission Officer will give a duly signed Admission Slip after the deposition of the full fee by the candidate. No candidate should leave the venue of counselling without receiving the Admission Slip.
   e) A candidate who fails to appear in person on the notified date and time for counselling, shall forfeit his/her claim for the seat which could be offered to him/her, he/she had been present on his/her turn. However, if the candidate reports late or reports on subsequent days during the process of counselling, he/she may be considered for allotment of a seat available at that point of time.
   f) A candidate who is allotted a seat will be required to pay full fee as mentioned in Chapter 07 immediately on the spot at the time of counselling / admission. If a candidate fails to pay the fee, as mentioned above immediately after the seat is offered to him/her, the offer will be withdrawn on the spot and the seat will be allotted to the next candidate in the merit list. Part payment or payment through cheque will not be
accepted under any circumstances.

g) The candidates are also advised, in their own interest to check the details of fee, their name, rank/merit, program etc., on Admission Slip issued to him/her by the Admission Officer before leaving the counselling hall.

h) The conversion of seats reserved for SC, ST, OBC, EWS etc. to General Category shall be done only during the 2nd and subsequent counsellings and no such conversion will be done during the 1st counselling. However, while converting the seat during 2nd counselling, any unfilled seat(s) reserved for ST Category will be offered to SC Category and vice versa and only after completing this exercise, the conversion of the reserved category seats to general category shall be effected.

5. Admission through Second Counselling:

a) Detailed schedule of Second Counselling, depending upon the number of vacancies created on account of withdrawal(s) / any other reason(s), will be displayed as per schedule mentioned in point 3c of this chapter on the Institute Website (may visit Institute website for latest update regularly) as well as on the Notice Board of the Institute. The Second Counselling will be held at the same venue. No separate communication will be sent in this regard.

b) A candidate who fails to appear in person on the notified date and time for counselling, shall forfeit his/her claim for the seat which could be offered to him/her, he/she had been presented on his/her turn. However, if the candidate reports late during the process of counselling, he/she may be considered for allotment of a seat available at that point of time provided he/she had not taken admission earlier.

Note: A candidate, who has taken admission during 1st counselling and then he/she withdraws his/her admission shall not be considered for admission in 2nd counselling.

c) In case a candidate drops out after taking admission in the second counselling, his/her full fee will be forfeited. It is advised in the interest of the candidates to carefully decide to take admission in the second counselling only if he/she intends to pursue the program.

d) If any vacancy (ies) arise after second counselling due to any reason, the same shall be filled up as per the decision taken by the Admission Committee / Director.

e) The list of students on close of admissions after the second counselling (if necessary third or more counselling) shall be treated as final list of admissions and the same shall be displayed on the website of the MDNIY (www.yogamdniy.nic.in) and Notice Board.

f) The Academic Session would commence w.e.f. 12th September, 2019. All the candidates who get admission must report to the MDNIY on 12th September, 2019 at 07:00 am

Note: All candidates who have taken admission in the 1st/2nd counselling must report to the Institute on 12th September, 2019. Failure to report to Institute latest by 23rd September, 2019, without permission from the Director of the Institute in writing may result in automatic cancellation of admission and seats will be allotted to the waiting list candidates.
Documents required at the time of Admission

Candidates selected for admission should bring the following original certificates/testimonials/documents at the time of admission:

1. Date of birth (Matriculation Certificate Stating Date of Birth).
2. Qualification Certificates.
3. All Marksheets of qualifying examinations.
5. EWS Certificate.
6. A Character Certificate preferably issued by the Institute previously studied.
7. 4 recent passport size photographs.

Admitted candidates must join classes on the due date, failing to join the classes within a week, the admission shall automatically be cancelled and such seats shall be offered to the candidates in the respective waiting list. The decision of the Director will be final in this regard.

The selected candidate shall have to give an Undertaking to the effect that he/she shall maintain proper discipline and decorum at all times at the Institute and shall abide by the rules and regulations of the course. All admissions are provisional subject to the verification of original documents and medical examination.
## Fee Structure

### Proposed Fee Structure

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Description</th>
<th>Semester-I</th>
<th>Semester-II</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Other Than SC/ST</td>
<td>SC/ST/ EWS</td>
<td>Foreign (in INR)</td>
</tr>
<tr>
<td>1.</td>
<td>Admission Fee</td>
<td>1,000</td>
<td>500</td>
<td>5,000</td>
</tr>
<tr>
<td>2.</td>
<td>Tuition Fee</td>
<td>12,000</td>
<td>6,000</td>
<td>60,000</td>
</tr>
<tr>
<td>3.</td>
<td>Library Fee</td>
<td>1,000</td>
<td>500</td>
<td>5,000</td>
</tr>
<tr>
<td>4.</td>
<td>Socio-cultural activity</td>
<td>500</td>
<td>250</td>
<td>2,500</td>
</tr>
<tr>
<td>5.</td>
<td>Medical Fee</td>
<td>500</td>
<td>250</td>
<td>2,500</td>
</tr>
<tr>
<td>6.</td>
<td>Examination Fee</td>
<td>1,000</td>
<td>500</td>
<td>5,000</td>
</tr>
<tr>
<td></td>
<td><strong>TOTAL</strong></td>
<td>16,000</td>
<td>8,000</td>
<td>80,000</td>
</tr>
<tr>
<td>7.</td>
<td>Caution Money</td>
<td>*5,000</td>
<td>*5,000</td>
<td>*25,000</td>
</tr>
</tbody>
</table>

*Caution Money is refundable without interest on completion of the course (conditions apply) or on discontinuation of the course with the approval of the Director.

### Late Fee:

i) The fees are payable on prescribed dates notified by the Institute of each semester. In case the last day for payment of fees happens to be a holiday or a Sunday the fee shall be paid on the next working day. Late Payment attracts a fine of Rs. 100/- for the first 10 days and @ Rs. 10/- per day thereafter. If the payment of fees is not made within a month of it becoming due, the name of such students shall be removed from rolls.

ii) The fees once paid are not refundable. In case of discontinuation of study or removal due to non-payment of the dues for the half-year in advance or due to violation of any rules and regulations, the claim for the refund of the caution money shall stand forfeited and no representation shall be entertained.

iii) All fees are payable in Cash / Demand Draft / Bank Pay Order to be drawn in favour of Morarji Desai National Institute of Yoga, payable at New Delhi.

### Identity Card:

The Institute will issue an Identity Card to each student, which they have to carry at all times while in the Institution. If the original is lost, a duplicate card can be issued against payment to Rs. 200/- and also on submission of an Indemnity Bond and a copy of the FIR lodged.
Reservation of Seats

1. Reservation

Reservation of seats is applicable as per Govt. policy in respect of SC/ST/OBC/EWS issued time to time. In case, reserved candidates belonging to SC/ST/OBC/EWS and other categories are not available, the seats will be filled up by candidates of general category on the basis of merit.

2. Special Category Seats

The intake capacity is 75 (GM-33, OBC-18, SC-10, ST-06, EWS-08). In addition to these, 22 Special Category Seats for students from Andaman & Nicobar and Lakshadweep Islands, North-East States, J&K and Ladakh UT’s, Sports Person/NCC/NSS, War Martyrs, Foreign Students and children of MDNIY regular employees as per details given below are reserved.

<table>
<thead>
<tr>
<th>Details</th>
<th>No. of Seats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foreign Students</td>
<td>09</td>
</tr>
<tr>
<td>PwD</td>
<td>03</td>
</tr>
<tr>
<td>Andaman &amp; Nicobar and Lakshadweep Islands</td>
<td>02</td>
</tr>
<tr>
<td>North-East States</td>
<td>02</td>
</tr>
<tr>
<td>Sports Person/NCC/NSS</td>
<td>02</td>
</tr>
<tr>
<td>Dependent of War Martyrs/Ex Servicemen</td>
<td>02</td>
</tr>
<tr>
<td>J&amp;K and Ladakh UT’s</td>
<td>01</td>
</tr>
<tr>
<td>Children of MDNIY employees</td>
<td>01</td>
</tr>
</tbody>
</table>

3. Instructions for Reserved Category Candidates

A candidate belonging to reserved category while applying for admission in the course shall be required to submit a copy of the certificate to the effect that he/she belongs to SC/ST/OBC/EWS from the competent authority as listed below along with application form.

i) District Magistrate / Additional District Magistrate / Collector / Deputy Commissioner / Deputy Collector / 1st Class Stipendiary Magistrate / Sub-Divisional Magistrate / Taluka Magistrate / Executive Magistrate / Extra Assistant Commissioner.

ii) District Presidency Magistrate / Additional Chief Presidency Magistrate / Presidency Magistrate.

iii) Revenue Officer not below the rank of Tehsildar.

iv) Sub-Divisional Officer of the area where the candidate and his/her family resides.

v) Administrator / Secretary to the Administrator / Development Officer J&K, Ladakh UT's, Lakshadweep, Andaman and Nicobar Islands.

vi) Any candidate submitting any wrong or false certificate by any fraudulent means shall be disqualified at any stage.
1. The required certificate(s) for reserved categories / classes will be essential at the time of the counselling / admission and no provisional admission shall be admissible for want of cast / category certificate from the local competent authority. Further, the caste / category certificate should invariably be in the name of candidate himself / herself and not in favour of respective parents / guardians.

2. In case of married woman applying to any course under reserved category has to produce the caste certificate in the name of herself. Certificate in the name of husband / mother / father is not acceptable.

3.1 **PwD:** The people with Disability (PwD) candidates are required to submit a certificate from authorized Medical Doctors/Hospitals indicating the extent of Physical disability as per the Disability Act 2016. The percentage of disability shall be duly verified/ recommended by the Senior Medical Officer/Medical Board of the Institute before the benefit is extended to the candidate.

3.2 **Andaman & Nicobar and Lakshadweep Islands, North-East States:** The candidature of the Andaman & Nicobar Islands & Lakshadweep and North-East States student has to be recommended and forwarded by the AYUSH/Health Department of concerned State/UT. Only such candidates will be considered for the Fellowships on merit. Others will be considered as other Candidates.

3.3 **Sports/NCC/NSS:**
   i) Candidates seeking admission under sports category must have represented at International / National level and/or own medals at State/ Regional / University level competitions duly recognized by State/Sport Authority of India/AIU.
   ii) N.C.C. cadets have to produce N.C.C. certificate “C” for admission.
   iii) N.S.S. Volunteers, who have completed minimum two years as NSS Volunteer and attended two 10 days Special Camps/ or one National Integration Camp or Republic Day Camp.
   Certificate of Competent Authority needs to be enclosed for admission under para 3.3.

3.4 **Dependent of War Martyrs / Ex Servicemen:** Admission may be offered to the Children/ Widows of Officers and Men/ Women of the Armed Forces including Para-Military (CAPF) Personnel, in the following order of preference:
   i) Dies in line of their duties, sacrifices his life for the nation.
   ii) Widows/Wards of Defence/CAPF personnel killed in action/terrorist attack.
   iii) Widows/Wards of Defence/CAPF personnel who died in peace time with death attributable to military service.
   Certificate of Competent Authority needs to be enclosed for admission under para 3.4.

3.5 **Candidates from Jammu & Kashmir, Ladakh UT's:** Candidates seeking admission under this category will be required to submit a state-domicile certificate in support of their claim of being from Jammu & Kashmir/Ladakh UT's.

3.6 **MDNIY Staff Quota:** Candidates seeking admission under staff quota will be required to submit a certificate from Director MDNIY about their employment on regular basis.
Fellowship

A Fellowship of Rs. 8,000/- (Rs. Eight thousand) per month will be awarded to the following students: (Max. for 10 Months)

a) Andaman & Nicobar Islands and Lakshadweep – 2 students

b) North - East States – 2 students

i) However, the candidature of the above students has to be recommended and forwarded by the Health /AYUSH Department of the concerned State/ UT.

ii) Award of scholarship/fellowship to such selected students is also subjected to their regularity, requisite attendance (min. 80%) and discipline. They have to execute a bond paper as per the prescribed format in this regard.

The Institute does not have any provision for scholarships for foreign students. However, some scholarships are granted by the Govt. of India under various schemes. Students are advised to contact ICCR or the nearest Indian Mission for necessary information about these scholarships. Students may also consult the UNESCO handbook STUDY ABROAD which lists some scholarships and the addresses to which applications should be made.
Admission Procedure for Foreign Students

Generic guidelines for admission of International students:

i) The International Student will require a student visa endorsed to this Institution for joining the course. No other endorsement is acceptable.

ii) Only those students who have qualified from foreign Universities or Boards of Higher Education, recognized as equivalent by the Association of Indian Universities (AIU) are eligible for admission. Therefore, an equivalence certificate from AIU has to be produced by the candidate.

iii) A student wishing to join the course may download the application form and prospectus from the Institute’s website. The application duly completed in all respect for provisional admission to the course has to be submitted to the Institute. The Institute will check the eligibility, if found eligible, the candidate may be considered for the provisional selection. After verification of the documents, the student will have to go through requisite Medical Examination in the Institute. However, as per the Govt. of India rules, all International students entering India on Student Visa have to be tested for HIV and other Medical test prescribed by Government of India and will not be given admission if found positive. The foreign students shall have to undergo HIV test at their own cost from any recognized hospital/centers. On declaring “Medically Fit” in the Medical Examination and HIV (negative), the student shall submit requisite admission fee and may get enrolled for Provisional Admission.

iv) On provisional admission, the Institute will issue a Provisional Admission letter. This is required to get the student visa and to complete other formalities. The student should then report for final admission to the Institute to join the course on production of original copy of Student Visa.

v) The rules, regulations, discipline etc. for the foreign students during the course will remain same as it is mentioned for the Indian students.

vi) Due to any reason, if foreign candidate is not available, the seats will remain vacant. However, Director’s decision will be final in this regard.
Examination Rules

i) There will be two semesters from August to January and February to July. Final examination will usually be conducted in the last months of each semester. The results will be declared accordingly on the basis of the performance in both the semesters.

ii) A student failing in any subject/s in the first semester will be allowed to take admission to the second semester. However, his/her final results will be declared only after passing both the semesters.

iii) A student failing in one or more theory / practical paper/s is allowed to reappear for those paper/s in which he/she has failed. He/she need not to reappear for the papers in which he/she has already passed.

iv) A supplementary examination will be conducted for each semester within three months of announcement of the final results. A student will be given maximum three chances (including both the main and a supplementary) to get pass in the examination of each semester. A fee of Rs. 250/- per subject will be charged for supplementary examination.

v) Re-evaluation in practical examination is not allowed. The theory answer books are recounted just to ensure that all the questions attempted by the candidate have been evaluated or not, that the marks awarded have been totalled up correctly or not, and that the total marks have been correctly carried over to statement of marks or not.

vi) Fee chargeable for recounting of the answer book is Rs. 250/- per subject and should be deposited personally in the office on working days.

vii) The candidate is required to produce a photocopy of his/her current Admit Card and Marks Sheet issued along with application form for Re-evaluation and also attach self-addressed envelope of 9"X4" size with postal stamp of Rs. 10/- affixed thereon.

viii) There will be two unit tests/assignments in each Semester. The marks obtained in these unit tests/assignments will be considered for internal assessment marks as prescribed in the syllabus.

ix) Students are required to attend 80% of the total classes conducted during each semester (both theory & practical separately). Those students whose attendance is below 80% shall not be eligible to appear in the examination. However, maximum 5% attendance will be condoned on medical ground on production of Medical Certificate OR at the discretion of the competent authority/Director on valid reason/s.

x) As a part of the curriculum, there will be a compulsory Field Work to organize Yoga Training Camp / Workshop(s) of one month duration after completion of syllabus of the II-Semester.
Students shall submit the field work report within a week of completion of Yoga Camps. The final results of D.Y.Sc. will be declared only after successful completion and evaluation of the field work report submitted by the students.

xi) Any student found indulging in any unfair or unethical practice during examination; he/she shall be barred from the course.

xii) Final examination results shall be displayed on the Notice Board of the Institute.

xiii) The decision of the Board of Examiners / Director, MDNIY shall be final in all the matters related to examination.

RESULT

Minimum marks to Pass

40% of marks in each theory and practical papers.

AWARD OF CLASS:

Pass Class

40% and above and below 50% in aggregate

Second Class

50% and above and below 60% in aggregate

First Class

60% and above and below 80% in aggregate

First Class with Distinction

80% and above in aggregate

AWARD OF DIPLOMA

On completion of the course, a Certificate of “Diploma in Yoga Science” for Graduates will be awarded to those candidates who are successful in both theory and practical examinations of both the Semesters.

BEST STUDENT AWARD

Award to Best 3 students on the basis of their merit/ranks in D.Y.Sc. (semester I and II) exams will be awarded with cash prize of 25000/- (First Prize), 15000/- Rs (Second Prize) and 10,000/- Rs (Third Prize).
Rules & Regulations

i) Mere applying for admission to the course does not refer or confer any right upon the candidate to be selected. No TA/DA shall be paid to the candidates for appearing in the entrance exam & counselling session for admission to the course.

ii) Canvassing in any form will disqualify the candidate for admission.

iii) No interim correspondence shall be entertained until admission.

iv) Morarji Desai National Institute of Yoga (MDNIY) owns no responsibility for providing employment.

v) Irregular attendance, habitual idleness, disobedience or unbecoming conduct in the premises will render a student liable not to continue the course and his/her name shall be removed from the roll after prior notice.

vi) Use of Cell Phones by the students during class hours (both Theory and Practical) is strictly forbidden. If found, strict action shall be taken against the students.

vii) The student’s concerned shall compensate any damage caused to the property of the Institute.

viii) Students are responsible for the loss or damage of books, equipments, tools and instruments used by them and necessary deductions will be made from the caution money deposited by them.

ix) Student shall behave themselves in such a manner that it shall not disturb peace and tranquillity of any other student, teacher etc.

x) Absence from any activity of the scheduled program will be treated as a gross breach of discipline.

xi) Permission for leave or absence from classes must be taken in writing from the Course Teacher / Co-ordinator / Director in advance. In case of illness, a Medical Certificate may be submitted in time as per guidelines.

xii) No Union / Association shall be formed by the students.

xiii) Students should not visit the Staff Faculties / Members during class hours.

xiv) Students should keep in mind that they are here not merely to study the ancient discipline of Yoga, but also apply the same discipline and lifestyle to themselves.
xv) The Director’s decision will be final in all matters related to discipline and smooth conduct of the course.

xvi) Following are strictly forbidden / prohibited within the Institute.
   a) Possession or use of alcoholic drinks / beverages.
   b) Possession or use of addictive or Hallucinogenic drugs.
   c) Psychotropic drugs.
   d) Smoking & chewing tobacco / Gutka Pouch / Chewing gum etc.
   e) Gambling / Playing cards or games involving money or other valuables or other articles.
   f) Use of cell phone during the class hours or possession of fire arms or any lethal weapon.
   g) Ragging / teasing / harassment in any form is prohibited and punishable.

xviii) Students must attend Yoga practical classes in the morning daily; they must come empty stomach and carry their breakfast to be taken after practical class (MDNIY canteen is also available).

xix) MDNIY shall observe all the Gazetted Holidays.

xx) A vacation of 15 days will be observed in each semester & the dates will be announced by the Institute from time to time.

xxi) During second Semester a tour to the leading Yoga Institutes / Centres of the country may be arranged as per the demand by the Students. The cost of the tour shall be borne by the students.

xxii) The students shall be required to follow the rules and regulations prescribed in the syllabus and also amended / framed by the Morarji Desai National Institute of Yoga for improvement in the quality of teaching, training and discipline, from time to time.

xxiii) If the original Mark sheet/Certificate is lost, a duplicate copy can be issued against payment to Rs. 250/- and also on submission of FIR of the missing Mark sheet/Certificate.

xxiv) In case of any dispute, the case will be dealt under jurisdiction of Delhi Courts only.

xxv) All valuables money shall be properly secured by the students. The Institute will not be responsible for loss of any valuables/cash.

xxvi) Any unidentifiable objects in and around the Institute’s should not be touched but immediately report to the available officers / officials for remedial action.

xxvii) It is not advisable to continue the course during pregnancy. In case, any female student conceived during the course period, she will not be allowed to continue the course, since
the Yoga Practices mentioned in the syllabus are not recommended for the pregnant women. However, she may be permitted to repeat the semester within the next 2 years if available and desired by her.

xxviii) If any injury/infection inflicted to any student during the course period, he/she will not be permitted to attend the Yoga Practical classes since it is not advisable. However, in case of shortage of attendance due to injury/infection etc, he/she may be permitted to repeat the semester within the next 1 year if available and desired by him/her.

xxix) MDNIY reserves the right to change, delete, alter and add any of the rules and regulations as and when necessary, without prior notice.

Refund of Caution Money

Only on production of original receipt issued at the time of admission, original I-Card and No Dues within a time limit of one year after completion of the course.

Conclusion: Adoption of Way Of life After the Course

The Institute is founded for those, who want to selflessly serve humanity on the moral and spiritual grounds. Hence, persons having political or economic ambitions are advised to refrain from seeking admission here. However, those who feel that they have a call to strive for the spiritual upliftment of humanity are earnestly invited to join.
Instructions to fill the form

1. Any forms with incomplete mark-sheet, i.e. a mark-sheet where name, total marks, obtained marks or any such detail is missing or not clear, will be rejected.

2. If CGPA/FGPA is given in the mark sheet, candidate will have to get it converted into Percentage and attach valid proof along with that.

3. If the category certificate is missing/expired/invalid, the form may be treated as General category.

4. If the form from North-East States and A&N Islands, Lakshadweep does not have the Forwarding letter (as specified in the Diploma Prospectus), the form may be considered under general category.

5. The percentage of the candidate may be considered not on the basis of rounded-off percentage given in the mark-sheet but by calculating the percentage up to three decimal points and rounding off the third decimal point.

6. In case of honours degree, percentage may be calculated on the basis of taking all the subjects’ marks into consideration and not just those of the honours subject.
Appendix – 1

MEDICAL CERTIFICATE**

I certify that I have carefully examined Shri / Km /Smt.*.................................................................
son/ daughter/ wife of Shri /Smt.*.................................................................
whose signature is given below. Based on the examination, I certify that he/she is in good mental
and physical health and is free from any physical defects which may interfere with his/her studies
including the performance of different Yogic practices required of a professional.

Visible Mark of Identification ......................................................

Signature of the Candidate ......................................................

Place :

Date :

Name & Signature of the**

Medical Officer with Seal

*Strike whichever is not applicable.

** To be signed by a Registered Medical Practitioner holding a Medical degree.
<table>
<thead>
<tr>
<th>Course/Programme</th>
<th>Duration</th>
<th>Timings</th>
<th>Eligibility</th>
<th>Intake</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Educational Programmes</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>M.Sc. (Yoga)</td>
<td>02 years, comprising 04 semesters</td>
<td>-</td>
<td>B.Sc. (Yoga) or a Science / Medical / Paramedical / Physiotherapy Graduate with One year Diploma in Yoga Science with Minimum 50% marks</td>
<td>15</td>
<td>----</td>
</tr>
<tr>
<td>B.Sc. (Yoga) affiliated to Guru Gobind Singh Indraprastha University, Sector-16, Dwarka, New Delhi</td>
<td>3 years, comprising six semesters</td>
<td>7:00 am to 5:00 pm on all working days</td>
<td>Pass in 12th class of 10+2 of CBSE with Science (Physics, Chemistry and Biology) with 50% marks</td>
<td>30</td>
<td>22,000/-per annum &amp; 5000 as caution money which is refundable</td>
</tr>
<tr>
<td>Post Graduate Diploma in Yoga Therapy for Medicos &amp; Para Medicos</td>
<td>1 year, 02 semesters</td>
<td>-</td>
<td>Any Medical/ Para-Medical / Physiotherapy (minimum 4 years or more) Graduate with minimum 50% marks</td>
<td>20</td>
<td>----</td>
</tr>
<tr>
<td>Diploma in Yoga Science (D.Y.Sc.) for graduates</td>
<td>1 Year comprising 2 semesters (Aug to Jun. and Feb. to Jul.)</td>
<td>Full Time: 7:00 am to 3:00 pm on all working days</td>
<td>Any Graduate with 50% of marks, below 30 years of age as on 1st of August</td>
<td>75 + 22 = 97 candidates</td>
<td>Rs. 15,000/- per Semester=2500 as caution money</td>
</tr>
<tr>
<td>Certificate Course in Yoga for Wellness Instructor</td>
<td>6 months (Part Time)</td>
<td>Time 4:00 pm to 8:00 pm from Monday to Friday and 7 am to 11 am on Saturday</td>
<td>Passed 10+2 from a recognized board or equivalent.</td>
<td>30 per batch</td>
<td>Rs. 13,250/-</td>
</tr>
<tr>
<td>Certificate Course in Yoga for Protocol Instructor</td>
<td>3 months (Part Time)</td>
<td>Time 4:00 pm to 8:00 pm from Monday to Friday and 7 am to 11 am on Saturday</td>
<td>Passed 10th standard from a recognized board or equivalent.</td>
<td>30 per batch</td>
<td>Rs. 7,250/-</td>
</tr>
<tr>
<td>Certificate Course in Yoga Science for Special Interest Groups</td>
<td>4 months (Full Time)</td>
<td>10 am to 5:30 pm from Monday to Friday and 7 am to 11 am on Saturday</td>
<td>On Government invitation/deputation</td>
<td>Max 100 Candidates In a batch</td>
<td>----</td>
</tr>
</tbody>
</table>

| **Yoga Training Courses** | | | | | |
| Foundation Course in Yoga Science for Wellness (FCYSW) | 1 month | 3:30 pm to 5:30 pm | Matriculation examination from a recognized Board or its equivalent | 30 per batch | Rs.2,250/- |

| **Health Promotion & Yoga Therapy Programmes** | | | | | |
| Yoga OPD | --- | 8:00 am to 04:30 pm | For All Age Group | --- | Rs. 25/- |
| Health Promotion Programme (HPP) | 1 month | 6:00 am to 7:00 am | Open for all | 30 in a batch | Rs.600/- Per Month |
| Yoga Therapy for Diabetes/Obesity/ Metabolic Disorder | 1 month | 8:00 am to 9:00 am | For patients | 30 in a batch | Rs.750/- Per Month |
| **Individual Special Yoga Therapy sessions** | 40-45 minutes | 10:00 am to 4:00 pm | --- | --- | Rs.100/- per session |
| Weekend Yoga Training Programming | Only on Saturdays | 6:30 am to 11:00 am | Open for all | 30 in a batch | Rs. 750/- Per Month |
| Yoga Workshop for Children (YWC) | 1 month (May-June) | 7:00 am to 9:00 am | For Children | 100 in a batch | Rs.500/- Per Month |

| **Yoga Centres at Sports Authority of India (SAI) Stadias** | | | | | |
| Dr. Shyama Prasad Mukherjee Swimming Pool Complex, New Delhi | 1 month (FCYSW) | 07:00 am to 09:00 am | Matriculation examination from a recognized Board or its equivalent | 30 per batch | Rs.2,250/- |
| Major Dhyan Chand National Stadium, India Gate, New Delhi | 1 month (HPP) | 09:30 am to 10:30 am | Open for all | 30 per batch | Rs.600/- |
| Indira Gandhi Stadium Complex, IP Estate, New Delhi | 1 month (HPP) | 09:30 pm to 04:30 pm | Open for all | 30 per batch | Rs.600/- |
| Jawaharlal Nehru Stadium, Lodhi Road, New Delhi | 3 months (CCYPI) | Monday to Friday 04:30 pm to 07:30 pm (Saturday at MDNYI 07:00 am to 09:00 am) | Matriculation examination from a recognized Board or its equivalent | 30 per batch | Rs. 7,250/- |
| Aminy Centre for Yoga Education Therapy & Research | 3 months (CCYPI) /1 month (FCYSW) | 07:00 am to 10:00 am from Monday to Friday and 7 am to 9 am on Saturday/03.30 pm to 05:30 pm | Matriculation examination from a recognized Board or its equivalent | 30 in a batch | Rs. 7,250/- & Rs. 2250/- |

| **Yoga Workshop for Stress Management** | 15 Hrs. Programme in Weekends | - | Admission by request of Organization | - | Rs. 750/- |

**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 programme.

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, Email: mdniy@yahoo.co.in or contact us at 011-23730417-18, 23351099.
ADMISSION BROCHURE

DIPLOMA IN YOGA SCIENCE
(D.Y.Sc.)

One Year Duration

ACADEMIC SESSION
2019-20

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: ₹ 1000/- (Inclusive of Application Form)