



Government of India  
Ministry of AYUSH



Morarji Desai National Institute of Yoga  
Ministry of AYUSH, Government of India

**ADMISSION BROCHURE**

# **CERTIFICATE COURSE IN PRANAYAMA AND MEDITATION FOR HEALTH PROMOTION (CCPM)**

**A Part Time Course  
of 3 Months Duration (120 Hrs.)**





## Morarji Desai National Institute of Yoga

Ministry of AYUSH, Govt. of India

68, Ashok Road, Near Gole Dak Khana, New Delhi – 110 001

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

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



Government of India  
Ministry of AYUSH



Dr. I. V. Basavaraddi

### Director's Message

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

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

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

Pranayama is an important and integral part of Yoga Sadhana. Pranayama was devised to control and regulate the Prana, the bio-energy which is vital to life. Pranayama leads to meditation. It is not merely a physiological respiratory process; rather it penetrates the mental and the more subtle Pranic functions of human life. Various researches conducted on Pranayama and Meditation have validated its worth and value for prevention and management of various psychosomatic disorders. Considering the growing demands for Pranayama and Meditation courses; the institute is conducting a **Certificate Course in Pranayama and Meditation** for Health Promotion. This is a **120 Hrs.** part time Course of 3 months duration to provide basic, classical and scientific knowledge about Pranayama and practices leading to Meditation.

(Dr. Ishwar V. Basavaraddi)  
Director



# Contents

S.No.	CHAPTER / APPENDIX	PAGE NO.
1.	MDNIY Profile	1
2.	Details of Programme: Certificate Course in Pranayama and Meditation (CCPM) for Health Promotion	12
3.	Course Syllabus	15
4.	Course Schedule	17
5.	Books for Reference	18

## The Institute

Morarji Desai National Institute of Yoga (MDNIY) is an autonomous organisation registered under the Societies Registration Act, 1860 and functioning under Ministry of AYUSH, Govt. of India. MDNIY came into existence on 01.04.1998 by upgrading erstwhile Central Research Institute for Yoga (CRIY) which was established in the year 1976.



MDNIY was established to act as a Centre of Excellence in the field of Yoga. As the demand for the system of Yoga is increasing rapidly at the global level, the Institute is striving hard to fulfil the current need and demand of the people from every corner.

## Aim

The Aim of the Institute is to promote deeper understanding of Yoga philosophy and practices based on ancient Yoga Traditions for holistic health and well-being of all.

## Objectives

Objectives of the Institute are-

- To act as a centre of excellence in Yoga;
- To develop, promote and propagate the philosophy, science and art of Yoga; and
- To provide and promote facilities of teaching, training, therapy and research to fulfil the above two objectives.

## Vision

Health, Happiness and Harmony for all through Yoga.

## Mission

To provide the best of Yoga Education, Training, Therapy and Research facilities to the aspirants, researchers and practitioners of Yoga to meet the aspirations of modern age.

## Location

The Institute is situated at 68, Ashok Road, opposite to Bangla Sahib Gurudwara, Near Gole Dak Khana. MDNIY is approximately 20 kms from Indira Gandhi International Airport; about 2 kms from New Delhi Railway Station and 8 kms from Inter State Bus Terminus (I.S.B.T.). It can be reached by local transport of Delhi Transport Corporation buses from all corners of Delhi, Gurgaon, Ghaziabad and Noida and for Metro Train travellers Patel Chowk is the nearest station for the Institute.



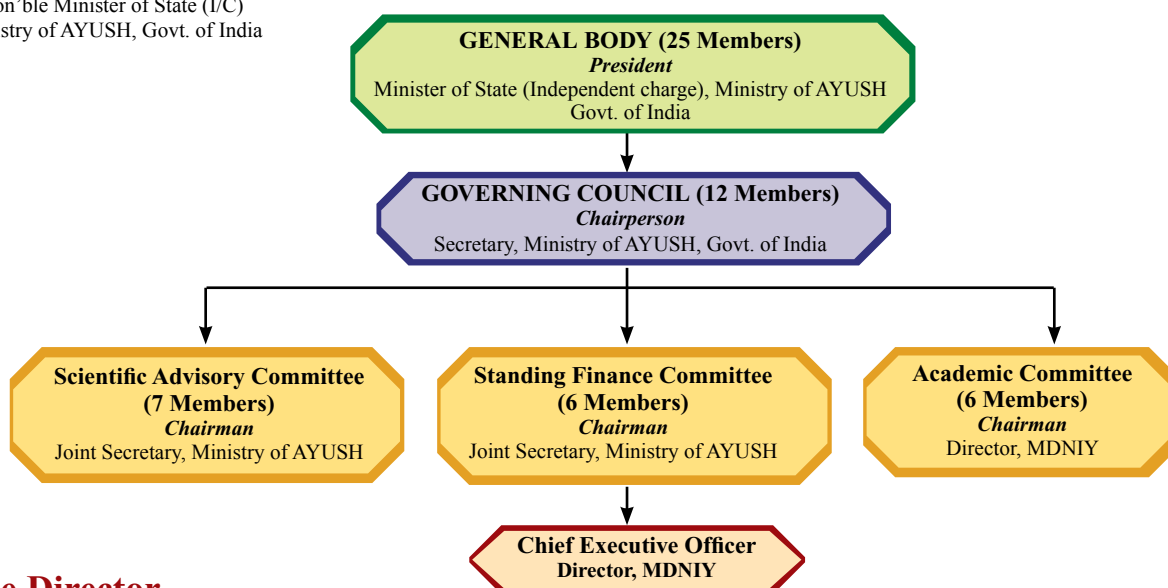
## The Management

The Institute is fully funded by Ministry of AYUSH, Govt. of India. The authorities and the officers of the Institute are - The President, The General Body, The Governing Council, The Director and such other committees sub-committees, authorities and officers as may be appointed by the Governing Council, e.g. Standing Finance Committee, Scientific Advisory Committee, Academic Committee etc.



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

The Minister of State (Independent charge), Ministry of AYUSH, Govt. of India is the President of the General Body of the Institute. The Secretary, Ministry of AYUSH, Govt. of India is the Chairman of the Governing Council. The Director of the Institute is the Chief Executive Officer and “Head of the Department” of the Institute and exercises the power of “Head of the Department” and inter-alia, discharges the duties as mentioned in the MoA and bye-laws of the Institute.



## The Director



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

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



## Infrastructure Facilities

The Institute has a new state-of-art complex with ultramodern building and air-conditioned **Conference Hall, Auditorium, Meditation Hall, Yoga Practical Halls and Class Rooms**. The 50-seater Conference Hall is well equipped with a LCD projector and other latest audio visual technological facilities for presenting research papers, conducting meetings, mini-conferences and seminars etc. Bigger seminars, conferences and workshops are conducted in the Auditorium which is equipped with latest audio visual and lighting system with a capacity of 168 seats. Natural light beaming from its beautiful circular dome renders the atmosphere of the sound proof Meditation Hall appropriately serene.



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

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

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

## Working Hours

The Institute works from 9:00 am to 5:30 pm on all working days. However, the Yoga Education, Therapy and Training programmes run between 6:00 am to 8:00 pm on all working days. Weekend Yoga programmes are also being run on Saturday's during the scheduled hours.

## Hostel

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

## Canteen

Canteen facility is available at the Institute premises wherein natural healthy food items- fruits and juices are being served at nominal rates.

## Library

The Institute has a centrally air conditioned Library, having more than 15,000 volumes on Yoga and allied subjects, available to all students. It is also accommodating the AYUSH Library, where the literatures related to different Indian Systems of Medicine are available.



## Learning Resource Centre

The Institute established a Learning Resource Centre (LRC) for Yoga at MDNIY. The LRC is the literature predomination resource that is useful for academic and research purposes. It's a hybrid collection of printed as well electronic resources.

## Computer Laboratory

The Institute has a Computer Laboratory wherein computers with internet facilities are available for students free of cost. Xerox facilities are also available in the Lab at very nominal rates.



## Bio-chemistry Laboratory

The Institute's Laboratory is equipped with technically qualified experts having facilities for Pathological and Biochemical tests.



## Teaching Departments

The Institute functions under the following Teaching Departments :

1.	Department of Yoga Education
2.	Department of Yoga Therapy
3.	Department of Yoga Philosophy
4.	Department of Yoga and Human Consciousness
5.	Department of Anatomy
6.	Department of Physiology
7.	Department of Allied Sciences
8.	Department of Languages

These Teaching Departments are also supported by :

1.	Department of Yoga Research
2.	Department of Communication and Documentation
3.	Department of Administration

## Programmes

### Yoga Educational Programmes

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

- This course is affiliated to Guru Gobind Singh Indraprastha University (GGSIPU), Dwarka, New Delhi.
- The course is designed to impart the knowledge, skills and techniques of Yoga to enable them to become an institutionally qualified Yoga professional. It is a full time regular course of 3 years duration, comprising 6 semesters.
- **Eligibility:** Pass in 12<sup>th</sup> Class of 10+2 pattern of CBSE or equivalent with Science (Physics, Chemistry and Biology) with a minimum aggregate of 50% marks in Physics, Chemistry, Biology provided that the candidate has passed in each subject separately.
- **Intake Capacity:** 60

#### Diploma in Yoga Science (D.Y.Sc.) for Graduates

Diploma in Yoga Science for Graduates (D.Y.Sc.) is a full time, regular, non-residential course of one year duration comprising two semesters. The course is designed to impart knowledge and skills of Yoga to enable the aspirants to institutionally qualified Yoga Instructors.

- **Eligibility:** A candidate possessing a Graduate degree (qualifying examination) in any discipline from a recognized University in India or abroad with minimum 50% of marks is eligible for admission to the Diploma in Yoga Science (for General Merit Candidates). However, for SC/ST/OBC candidates it will be 45% for eligibility to admission to the above Course. The above criteria also apply to Special Category seats.
- **Intake Capacity:** 120 + 12 seats are reserved for special category

#### Certificate Course in Yoga Science for Special Interest Group

To enhance the social health management of working stress and skill development of Special Interest Group, MDNIY has started Certificate Course in Yoga Science for Target Group (Para-military Personnel) w.e.f. 1<sup>st</sup> January 2015. It is of 4 months duration & on Invitation.

- **Intake Capacity:** 100





## Yoga Training Courses

### Foundation Course in Yoga Science for Wellness (FCYScW)

Foundation Course in Yoga Science for Wellness (FCYScW) is a part time course of 1 month duration (50 Hrs.). The classes are conducted for 5 days in a week for 2 hrs. duration in a day preferable from 07 :00 AM to 09:00 AM in the morning and 04:30 PM to 06:30 PM in the evening (Two Batches). However, the timings may change as per the convenience of the Institute.

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

### Certificate Course in Yogasana (CCY) for Health Promotion

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

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

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

### Eligibility and Intake Capacity of CCY & CCPM

#### Eligibility:

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

**Intake Capacity:** 50 Per Batch each of CCY & CCPM

### Advanced Yoga Sadhana

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

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

### Yoga Training Programmes Outside the Institute

The Institute will arrange to provide Yoga Instructors to the Govt. / Private Organizations / RWAs interested in conducting Yoga Training Programme in their locality (only in Delhi and NCR). The Yoga instructors will be provided on part time basis. Interested organizations may contact the Institute for conducting Yoga training programmes in their nearby locality with necessary details.



## Health Promotion Programmes

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

## Yoga Therapy Programmes

### Out Patient Department

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

## Yoga Therapy Centres at AYUSH/Allopathy Hospitals

The Institute has established Yoga Therapy Centres in Delhi with the basic objective of mainstreaming Yoga in the existing health care system. These Centres are providing Yoga consultation and imparts Yoga Training and Therapy to the aspirants/patients in the following Hospitals:

1.	Vallabhbhai Patel Chest Institute, University of Delhi, North Campus, Delhi – 110007
2.	Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Dhaka colony, Kingsway Camp, Delhi – 110009
3.	National Institute of Tuberculosis and Respiratory Diseases, Sri Aurobindo Marg, New Delhi – 110095
4.	Institute of Human Behaviour and Allied Sciences, Jhilmil Colony, Dilshad Garden, Delhi – 110095

(Timings: from 09:00AM to 04:00 PM on all working days)

## PREVENTIVE HEALTH CARE UNITS OF YOGA IN CGHS WELLNESS CENTRES IN DELHI AND NCR

MDNIY has established 19 Preventive Health Care Units of Yoga in CGHS Wellness Centres in Delhi and NCR. Regular Yoga training programmes are being held in these Units. However, only the CGHS card holders can avail this facility.

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

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

## Yoga Centres at Sports Authority of India (SAI) Stadia

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

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

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



## RESEARCH ACTIVITIES

### SCIENTIFIC RESEARCH

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



**Philosophico-Literary Research:** The Institute is also conducting Philosophico-Literary research work related to Yoga.

**Collaborative Research:** The Institute intend to conduct collaborative research projects in collaboration with Premier Medical Institution / Hospitals with a view to promote the research in Yoga with reference to specialized fields.

### MDNIY has designated as WHO Collaborating Centre (WHOCC) in Traditional Medicine:

MDNIY has been designated as a collaborating centre for traditional medicine (YOGA) for 4 years (2013-14). The Institute has re-designated as collaborating centre for next four years (2017-2021) with the Terms of Reference (TOR) “to contribute to WHO’s effort in promoting evidence based Yoga practice for managing Non-Communicable Diseases (NCDs)”, under this we have to complete five activities.





## YOGA PROMOTION ACTIVITIES

### International Day Yoga (IDY)

Morarji Desai National Institute of Yoga is actively participating in International Day of Yoga on June 21.



Institute played a pivotal role in making the events a grand success. Common Yoga Protocol and Yoga DVD's for IDY were prepared by the Institute in consultation with eminent Yoga Experts and the officials of various Ministries, Govt. of India.



### The International Yoga Fest

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





### **Bi-annual Seminars**

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

### **Conferences, Workshops and Orientations Lectures**

The Institute organizes Conference/Workshops on regular basis in collaboration with eminent Yoga / Medical Institutes to disseminate and exchange the experiences of eminent Yogis, Yoga Therapists and Researchers, Scientists as well as Yoga aspirants. Month-end Workshops and Special lectures are also being arranged periodically. A monthly orientation Lecture series has also been started to impart knowledge and skills to the Yoga aspirants.

### **Pancham Swar**

The Institute organizes a bi-monthly socio-cultural programme called 'Pancham Swar' on the first Friday of every even month. This is to encourage the students and staff to participate in socio-cultural activities and also help them to build up healthy inter-personal relationship.

### **Publication & Propagation**

The Institute brings out booklets, leaflets, informative brochures etc. on fundamental aspects of Yoga and Yogic practices as well as on different diseases for the benefit of common public. The Institute is also participating in National / International events like International Day of Yoga, International Yoga Fest, Health Exhibitions, Health Melas, Festivals, Seminars, Conferences etc. The Institute brings out quarterly newsletter, which contains activities and programmes of the Institute in brief. The Institute has also brought out some, books, booklets, IEC materials, Yoga charts, CDs, Calendars etc. for the benefit of general public.



## 2

## Details of Programme: Certificate Course in Pranayama and Meditation for Preamble : Health Promotion (CCPM)

Yoga is an ancient Indian system of Health Care and is essentially spiritual. The physiological effects and the health benefits of Yoga on different systems of the body and in different disease conditions is very well documented now. With the available evidences it has been proved that Yoga is having a potential in the prevention of diseases and promotion of health. The holistic approach of Yoga brings harmony in all walks of life and also influences our day-to-day living. It brings about suitable changes in the behavioural pattern and attitude of a person thereby helps to improve the inter-personal relationship at home and also in the society. Today, Yoga has become popular because of its strengths in prevention and management of many lifestyle related disorders including physiological and psychosomatic disorders.

With the growing demand for the systems of Yoga world-wide, the Institute is getting requests for starting the short term courses in different aspects of Yoga. Therefore the Institute is conducting a Certificate Course in Pranayama and Meditation for Health promotion, a part time Course of 120 hrs. duration to impart basic, classical & scientific knowledge about Pranayama and practices leading to Meditation.

### 2.0 Title of the course :

The course shall be called as **“Certificate course in Pranayama and Meditation” (CCPM)** for health promotion, a part time course of 3 months (120 Hrs.) duration.

### 3.0 Aim :

The aim of the course is to introduce the fundamentals and applications of Pranayama and Meditation with reference to health promotion.

### 4.0 Objectives :

- To impart the basic, classical and scientific knowledge about Pranayama and practices leading to Meditation.
- To make the people aware of the fundamentals of Pranayama and Meditation for wellness in their daily life.
- To develop healthy lifestyle of an individual through the practice of Pranayama and Meditation
- To promote positive health and spiritual evolution of individuals by the practice of Pranayama and Meditation..
- To make aware of the utility of Pranayama and Meditation in disease prevention and health promotion.

### 5.0 Duration :

This is a part time course of 120 hrs. Extended over a period of 3 months duration. The classes will be conducted for 3 days in a week (Alternate days) for 3 hours duration in a day from 4:30 PM to 7:30 PM. In addition to this, the participants are required to attend One Day workshop.





## 6.0 Eligibility :

1. A candidate who has passed at least 10+2 examination from a recognized Board or its equivalent shall be eligible to take admission to the course and
2. Foundation course in Yoga Science for Wellness conducted by MDNIY OR any basic course on Yoga of minimum 1 month duration (**50 Hrs.**), equivalent to the Foundation course in Yoga Science of MDNIY.

## 7.0 Course Timings :

The tentative course timing for conducting this programme is 04:30 PM to 07:30PM. However, the timings maybe changed as per the convenience of the Institute/Yoga Centre. In addition to a day, workshop will be conducted preferably on weekends of last month of the course.

## 8.0 Admission Procedure:

- 8.1 The Application Form and Admission Brochure shall be obtained from the Registration Counter of Morarji Desai National Institute of Yoga (MDNIY), New Delhi on payment of Rs. 250/- during working hours. Prospectus and Application Form can also be downloaded from website [www.yogamdniy.nic.in](http://www.yogamdniy.nic.in). In that case the applicant shall deposit Rs. 250/- at the time of submission of application.
- 8.2 Mere purchase of application form and prospectus doesn't confirm the seat in the Course.
- 8.3 On spot admission on 'first cum first serve basis' to the above said courses to the eligible candidates. The admission procedure will be completed as when the seats are filled.
- 8.4 The candidate must submit the duly filled in application form along with:-
  - a) 10+2 certificate or its equivalent
  - b) Copy of Aadhaar card or Identity proof
  - c) One Month Foundation course in Yoga Science for Wellness (FCYScW) Certificate OR any basic course on Yoga of minimum 1 month duration, equivalent to the Foundation course of MDNIY.
  - d) Four passport size photographs
  - e) Medical fitness certificate
  - f) The original documents of the above.
- 8.5 The fees once remitted will not be refunded under any circumstances.

## 9.0 Intake Capacity :

Maximum 50 Candidates in a batch.

## 10.0 Medium of Instruction :

Hindi / English

## 11.0 Medical Fitness Certificate

Candidates who are medically fit will only be given admission to this course. No person with acute/chronic/communicable diseases is allowed to take admission to this course.

## 12.0 Dress Code:

The dress shall be White T-Shirt and Blue trousers or *Kurta-pyjama* for men and T-Shirt and trousers or *Salwar- kameej* for women participants. However, the dress code will be decided by the Course Coordinator.



### 13.0 Participation certificate :

Minimum 80% attendance is essential to get participation certificate.

### 14.0 Batch Schedule :

i) January-March ii) April-June iii) July-September iv) October-December

### 15.0 Hours of Teaching :

i)	Practical Training in Pranayama and Meditation	72 hrs
ii)	Theory lectures	36 hrs
iii)	Workshop	10 hrs
iv)	Inauguration and Valedictory functions	02 hrs
<b>Total</b>		<b>120 hrs</b>

### 16.0 Fees:

(a)	Registration Fee	-Rs. 250/-
(b)	Course Fee	-Rs. 6000/-
(c)	IEC/ Workshop/Certification etc.	-Rs. 250 /-
<b>Total</b>		<b>- Rs. 6,500/-</b>

### 17.0 Rules & Regulations :

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

## Syllabus of the course

S. No.	Topic	Total hours of Instruction
1.	Fundamental principles of Pranayama and Meditation with reference to traditional Yogic texts	12 Hours
2.	Anatomy and Physiology of Pranayama and Meditation	12 Hours
3.	Applications of Pranayama and Meditation	12 Hours
4.	Practical Training in Pranayama and Meditation	72 Hours

**PART – I: THEORY****Total Duration: 72 hrs.****I. Fundamental principles of Pranayama & Meditation with reference to traditional Yogic texts. (12 hours)**

1. General introduction to Yoga and Yogic practices.
2. Introduction to Pranayama : Etymology, definition, aim and objectives of Pranayama in different Yogic text.
3. Introduction to Meditation: Etymology, definition, aim and objectives of Pranayama in different Yogic texts.
4. Concept of breathing, vayu, prana, upapana.
5. Concept of mind, in Yogic perspectives.
6. Concept of swara Yoga and shatchakras.
7. Classification and types of Pranayama as referred in different Yogic texts.
8. Classification and types of Pranayama as referred in different Yogic texts.
9. Pre-requisites of Pranayama and practices leading to Meditation and their importance.
10. Indications and contra-indications of Pranayama and Meditation.
11. Pranayama techniques for health promotion.
12. Meditation techniques for health promotion.

**II. Anatomy & Physiology of Pranayama and Meditation (12 hours)**

1. General introduction to human anatomy.
2. General introduction to human physiology.
3. Physiology of respiration.
4. Regulation and control of respiration.
5. The physiology of Meditation.
6. Meditation and extra sensual perceptions.
7. Concept of mind, consciousness, ego: modern perspectives.
8. Inter-relationship between Pranayama and Meditation.

9. Breathing practices & Pranayama: their differences and inter-relationship.
10. Effect of Pranayama and Meditation on different systems of human body-1.
11. Effect of Pranayama and Meditation on different systems of human body-2.
12. Effect of Pranayama and Meditation on different systems of human body-3.

### **III: Applications of Pranayama & Meditation (12 hours)**

1. Role of Pranayama and Meditation in disease prevention and health promotion.
2. Health benefits of Pranayama.
3. Health benefits of Meditation.
4. Pranayama and Meditation for Old age problems.
5. Pranayama and Meditation and Cognitive functions.
6. Pranayama and Meditation for Women health problems.
7. Pranayama and Meditation for Stress management.
8. Pranayama and Meditation for Children.
9. Meditation and psychological conditions.
10. Research conducted on Pranayama and Meditation-I.
11. Research conducted on Pranayama and Meditation-II.
12. Relevance of Pranayama and Meditation practices in modern day.

### **PART – II: PRACTICALS**

**Total Duration: 72 hrs.**

Practice of the following pranayama and meditation practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and advantages of each practices:

#### **UNIT – I**

- 1.1 Recitation of hymns and shanti mantras
- 1.2 Introductory breathing practices: abdominal, thoracic, clavicular, Yogic deep breathing
- 1.3 Kriyas relevant for Pranayama :, Kapalbhathi, Agnisara, Neti
- 1.4 Concept of Purak, Rechak and Kumbhak
- 1.5 Anulom-Vilom Pranayama

#### **UNIT – II**

- 2.1 Nadishodhana pranayama
- 2.2 Chandrabhedhi & Suryabhedhi pranayama
- 2.3 Ujjayi pranayama
- 2.4 Shitali and Shitkari pranayama
- 2.5 Bhramari pranayama
- 2.6 Bhastrika pranayama.

#### **UNIT – III**

- 3.1 Preparatory practices for meditation (Food, climate, season etc.)
- 3.2 Concept of Pranava
- 3.3 Recitation of pranava japa and soham japa
- 3.4 Prana dharana antarmaouna and Dharana
- 3.5 Practice of meditation
- 3.6 Introduction to Vipasana Dhyana & Preksha Dhyana



Inauguration – 1 Hr; Theory Lecture – 1 hr./day  
Yoga Practical – 2 hrs./day; Valedictory – 1 Hr

## Day 1

- a) **Inauguration and Introduction**  
b) **Theory :** General introduction to Yoga, Yogic Texts and Yoga practice  
c) **Practical :** Prayer, OM recitation, introduction to basic posture and shavasana

## Day 2

- a) **Theory :** Introduction to Pranayama  
b) **Practical :** Postural correction of sitting, introductory breathing practices: abdominal, thoracic, clavicular

## Day 3

- a) **Theory :** Introduction to Meditation  
b) **Practical :** Mantra, Revision of previous practice and full Yogic breathing

## Day 4

- a) **Theory :** Concept of Breathing, Vayu, Prana and up-prana  
b) **Practical :** Revision of previous practices, Omkar

## Day 5

- a) **Theory :** Concept of mind in yogic prospective  
b) **Practical :** Revision of previous practices and Kapalbhathi

## Day 6

- a) **Theory :** Classification & types of pranayama as referred in different yogic text books-I  
b) **Practical :** Revision of previous practices and alternate nostril breathing, Kapalbhathi and Omkar (aum)

## Day 7

- a) **Theory :** Classification & types of pranayama as referred in different yogic text books-II  
b) **Practical :** Revision of previous practices, Bandha introduction for Pranayama.

## Day 8

- a) **Theory :** Concept of swar Yoga & shatchakras  
b) **Practical :** Revision of previous practices, Kapalabhati duration Increased & Anuloma Viloma

## Day 9

- a) **Theory :** Prerequisite of pranayama & practices leading to meditation and their importance  
b) **Practical :** Revision of previous practices, Kapalabhati duration Increased & Anuloma Viloma(Extended), Puraka, Rechaka & Kumbhaka

## Day 10

- a) **Theory :** Indication and contra indication of pranayama & meditation  
b) **Practical :** Revision of previous practices, Anuloma Viloma(Extended), Agnisaar

## Day 11

- a) **Theory :** Revision of Previous Lectures  
b) **Practical :** Revision of Previous Practices

## Day 12

- a) **Theory :** Revision of Previous Lectures  
b) **Practical :** Revision of Previous Practices

## Day 13

- a) **Theory :** General introduction to Human Anatomy  
b) **Practical :** Revision of previous practices, Anuloma Viloma(Extended), Puraka, Rechaka, Kumbhaka (intro) and Om Jap

## Day 14

- a) **Theory :** General introduction to human physiology  
b) **Practical :** Suryabhedhi Pranayama

## Day 15

- a) **Theory :** Physiology of Respiration  
b) **Practical :** Ujayee & Brahmari Pranayama

## Day 16

- a) **Theory :** Regulation of Respiration  
b) **Practical :** Sheetali and Sheetkari Pranayama

## Day 17

- a) **Theory :** Inter-relationship between Pranayama and Meditation  
b) **Practical :** Chandrabhedhi Pranayama

## Day 18

- a) **Theory :** Meditation and Brain Physiology  
b) **Practical :** Bhastrika Pranayama

## Day 19

- a) **Theory :** Meditation and extra sensual perceptions  
b) **Practical :** Dharna



- Day 20**  
a) **Theory :** Relevance of Pranayama and Meditation practices in modern day  
b) **Practical :** Revision of Previous Practices
- Day 21**  
a) **Theory :** Meditation and psychological conditions  
b) **Practical :** Revision of Previous Practices
- Day 22**  
a) **Theory :** Meditation and psychological conditions  
b) **Practical :** Antarmaouna
- Day 23**  
a) **Theory :** Effect of Pranayama and Meditation on different systems of human body- 1  
b) **Practical :** Revision of Previous Practices
- Day 24**  
a) **Theory :** Effect of Pranayama and Meditation on different systems of human body-2  
b) **Practical :** Revision of Previous Practices
- Day 25**  
a) **Theory :** Pranayama techniques for Health promotions  
b) **Practical :** Introduction to Vipasanadhyan
- Day 26**  
a) **Theory :** Meditation techniques for health promotions  
b) **Practical :** Revision of Previous Practices
- Day 27**  
a) **Theory :** Role of Pranayama and Meditation in disease prevention and health promotion  
b) **Practical :** Introduction to Prekshadhyan
- Day 28**  
a) **Theory :** Health benefits of Pranayama  
b) **Practical :** Revision of Previous Practices
- Day 29**  
a) **Theory :** Health benefits of Meditation  
b) **Practical :** Revision of Previous Practices
- Day 30**  
a) **Theory :** Pranayama and Meditation for Old age problems  
b) **Practical :** Revision of Previous Practices
- Day 31**  
a) **Theory :** Pranayama and Meditation and Cognitive functions  
b) **Practical :** Revision of Previous Practices
- Day 32**  
a) **Theory :** Pranayama and Meditation for Women health problems  
b) **Practical :** Revision of Previous Practices
- Day 33**  
a) **Theory :** Pranayama and Meditation for Stress management  
b) **Practical :** Revision of Previous Practices
- Day 34**  
a) **Theory :** Pranayama and Meditation for Children and their personality development  
b) **Practical :** Revision of Previous Practices
- Day 35**  
a) **Theory :** Research conducted on Pranayama and Meditation  
b) **Practical :** Revision of Previous Practices
- Day 36**  
a) **Theory :** Revision of previous lectures  
b) **Practical :** Revision of Previous Practices

### Books for Reference

Iyengar,B.K.S.	Light on Pranayama, Harper Collins, London.
Nagendra,H.R.	The art and Science of Pranayama, V. K. Yogas, Bangalore.
Swami Kuvalyananda	Pranayama, Kaivalyadhama, Lonavla
Swami Rama	Science of Breath, The Himalayan International Institute, Pennsylvania.
Basavaraddi, I.V. & Others	Pranayama
Gharote, M.L.	Pranayama : The Science of Breath, The Lonavla Yoga Institute, Lonavla, 2003.
Saraswati Swamisatyanand	Meditation from Tantras, Yoga Publication Trust, Munger.
Gore M. M.	Anatomy and Physiology of Yogic Practice



## Programmes of Morarji Desai National Institute of Yoga (MDNIY)

Course/ Programme	Duration	Timings	Eligibility	Intake	Fees
<b>Educational Programmes</b>					
B.Sc (Yoga Science) affiliated to Guru Gobind Singh Indraprastha University, Sector-16, Dwarka, New Delhi	3 years, comprising six semesters	7.00 am to 3.00 pm on all working days	Pass in 12th class of 10+2 of CBSE with Science (Physics, Chemistry and Biology) with 50% marks	60	22, 000/-per annum + 5000 as caution money as one time which is refundable
Diploma in Yoga Science (DYSc.) for graduates	1 year comprising 2 semesters (Aug. to Jan. and Feb. to July)	Full Time 7:00 am to 3:00 pm on all working days	Any Graduate with 50% of marks; below 30 years of age as on 1 <sup>st</sup> of August	120+12 = 132 Candidates	Rs. 12,500/- per Semester +2500 as caution money
Certificate Course in Yoga Science for Special Interest Groups	4 months	10 am to 5:30 pm from Monday to Friday and 7 am to 11 am on Saturday	On the Government invitation/deputation	Max 100 Candidates In a batch	----
<b>Yoga Training Courses</b>					
Foundation Course in Yoga Science for Wellness (FCYScW)	1 month	7:00 am to 9:00 am 4:30 pm to 6:30 pm	Matriculation examination from a recognised Board or its equivalent	Max 50 Candidates In a batch	Rs.1,000/- +500 as Registration fee & workshop per month etc
Certificate in Yogasana for Health Promotion	3 months	3 hours on alternate days from 4.30 pm to 7.30 pm	Passed at least 10+2 examination from a recognized Board or its equivalent	Max 50 Candidates In a batch	Rs. 6,000/- +500 for workshop etc
Certificate in Pranayama and Meditation for Health Promotion	3 month	3 hours on alternate days from 4.30 pm to 7.30 pm	Passed at least 10+2 examination from a recognized Board or its equivalent	Max 50 Candidates In a batch	Rs. 6,000/- +500 for workshop etc
Advance Yoga Sadhana	6 month	5:30 pm to 7:30 pm	Successfully completed CCY & CCPM from MDNIY	Max 50	Rs. 12000/-
<b>Health Promotion &amp; Yoga Therapy Programmes</b>					
Yoga OPD		8:00 am to 4:30 pm	For All Age Group		Rs.25/-
Health Promotion Programme (HPP)	1 month	6:00 am to 7:00 am 7:00 am to 8:00 am 8:00 am to 9:00 am 4:30 pm to 5:30 pm 5:30 pm to 6:30 pm 6:30 pm to 7:30 pm	Open for all Except Chronic Patient	50 Candidates In a batch	Rs 500/- per month
Yoga Therapy Programmes	1 month	9:00 am to 10.00 am 10.00 am to 11.00 am 11.00 am to 12.00 Noon 12.00 Noon to 1.00 pm 2:00 pm to 3:00 pm 3:00 pm to 4:00 pm	For patients	30 Candidates in a batch	Rs 500/- per month
Individual Special Yoga Therapy sessions	45 minutes to 1 hour	10.00am to 4.00 pm	do		Rs 100/- per session
Saturday Yoga Training Programme	Only on Saturday	6:30 am to 11:00 am	Open for all	50 Candidates in a batch	Rs. 500/- per month
Yoga Workshop for Children (YWC)	1 month (May-June)	7:00 am to 9:00 am	For Children	-----	Rs 500/- per month
<b>Yoga Workshop for Stress Management</b>					
Stress Management Workshop	15 Hrs. Programme in Weekends	—	Admission by request of Organization	—	Rs. 500/-

### Procedure to Register for Different Yoga Training & Therapy Programmes:

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

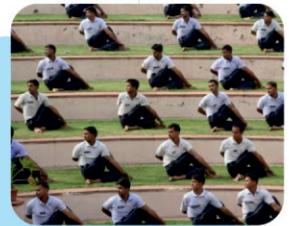
- The programmes, fees and timings etc. are subject to change from time to time without any prior notice.
- The decision of the Director of the Institute is final in all the matters related to the admission and conduct of the said programmes.
- Jurisdiction of Courts: Any dispute in regard to any matter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



ADMISSION BROCHURE

## CERTIFICATE COURSE IN PRANAYAMA AND MEDITATION FOR HEALTH PROMOTION (CCPM)

A Part Time Course of 3 Months  
Duration (120 Hrs.)



*For further information please contact :*

**Director**

**Morarji Desai National Institute of Yoga**

Ministry of AYUSH, Government of India

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

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

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



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