

# MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of Ayush, Government of India 68, Ashok Road, New Delhi – 110 001

Phone: 23721472,23730417-18 Fax – 23711657, 23718301

Date: 30.06.2021

E-Mail: mdniy@yahoo.co.in website: www.yogamdniy.nic.in

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## ADVANCED YOGASANA SADHANA (OFFLINE)

(One month duration)
Under the guidance of Yoga Master Sh. BALMUKUND SINGH

Applications are invited from eligible candidates for admission to the non-residential program, Advanced Yogasana Sadhana(AYS) (Offline) of one month duration (5<sup>th</sup> July to 31<sup>st</sup> July 2021) for the below given venue.

SI. No.	Yoga Center (Venue)	Max. Seats	Timings
1.	Morarji Desai National Institute of Yoga, 68, Ashok Road, New Delhi-110001 (Auditorium)	30	Evening (05:00pm to 06:30pm) (Monday to Friday)

### • Eligibility:

- i) For the admissions of Advanced Yogasana Sadhana only those can apply, who have completed the CCYWI, DYSc., B.Sc. , M.Sc or equivalent courses in Yoga.
- ii) The candidates must be medically fit with BMI less than 30 and person with chronic ailments is not allowed to take admission.
- iii) The candidate must be a regular practitioner and able to perform the following postures with near perfection:-
  - 1) Virbhadrasana(III)
  - 2) Paschimottanasana
  - 3) Ardha-matsayendrasana
  - 4) Dhanurasana
  - 5) Sarvangasana
- Intake Capacity: Total number of seats is 30
- Selection Procedure: On First Come First Serve Basis.

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#### • Fees structure

SI.No.	Description	Fee	
1.	Course fee	Rs.2,500/	
2.	Registration Fee	Rs. 250/-	
3.	Certificate Fee	Rs. 250/-	
	TOTAL	Rs. 3,000/-	

- Commencement of the course: 05th July, 2021
- Medium of Instructions: Hindi / English

Note:- The timings may be changed as and when it is necessary for the smooth conduct of this course. If there will be lockdown during the course period, the course will be continue in ON-LINE mode thereafter.

### • Admission Procedure: -

- 1. Online registration link for admission will be available on MDNIY Official website <a href="www.yogamdniy.nic.in">www.yogamdniy.nic.in</a> w.e.f 01.07.2021 (05:00pm onwards) to 05.07.2021 (12:00pm).
- 2. Mere online registration for the courses does not confirm the seat in the course until the payment is done.
- 3. The candidate may report on 05<sup>th</sup> July, 2021 at 02:00pm at MDNIY Campus for the verification of documents and fee submission.
- 4. The candidates must bring the following documents both original and a set of self-attested Xerox(PHOTOCOPY) etc.:
  - a. As per eligibility defined above, their concerned course certificates.
  - b. Aadhaar Card.
  - c. A neat and clear PASSPORT SIZE photograph.

### • General Guidelines for the candidates:-

- 1. Only eligible candidates need to apply. Fees once paid, will not be refunded in any circumstances.
- 2. Fill the Online Application form properly. Candidate must fill his/her Name's & Father's Name spellings correctly wherever asked in the form in Sentence Case Only, for example First Letter of Name should be capital i.e. "Amit Sharma"

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- 3. Candidate must upload the necessary documents/ candidate's own photograph while filling the application form.
- 4. All the applicants for this course should also **follow the guidelines** of COVID-19.
- 5. The candidates must bring their own Yoga mat & Dress (White T-Shirt & Blue/Black Lower).
- 6. For any queries related to admission, Please contact Ph.: 011-23730417

(Dr. I.N. Acharya)

Chairman

Admission Committee