



Ministry of Ayush
Government of India



Morarji Desai National Institute of Yoga

Ministry of Ayush, Government of India

68, Ashok Road, New Delhi-110001

Organizing

National Workshop

on

Yogic Sukshma Vyayama

By

Shri Bal Mukund Singh

(Former Assistant Research Officer)
Morarji Desai National Institute of Yoga

08th - 13th July, 2024

Venue

Kriya Hall-1, MDNIY



Patron
Dr. Kashinath Samagandi
Director
MDNIY



Resource Person
Shri Bal Mukund Singh
(Former Assistant Research Officer)
MDNIY



Coordinator
Dr. Indu Sharma
Assistant Professor
Yoga Education



Co-coordinator
Shri Rahul Singh Chauhan
Yoga Instructor

General Guidelines

Intake capacity:- Registration is limited to 50 seats and that will be done on first come, first serve basis.

Medium of Instructions:- Preference will be given to Hindi language

Eligibility Criteria:- Yoga Teacher and Students

Workshop Fee:- Rs. 300 per person

Last Date of Registration:- 07th July, 2024

Time:- Class will be held from 12:00noon to 2:00 pm. (Monday to Saturday) through offline mode.

Registration Link:- <https://tinyurl.com/bddazdmv>

Note:-

- The registration fee is non-refundable.
- All the participants will be awarded a Participation Certificate.
- Attendance in all the sessions is compulsory for the certificate.

About MDNIY

Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, Government of India is a focal Institute for planning, training, promotion and coordination of Yoga education, therapy and research in all its aspects. MDNIY aims to promote deeper understanding of Yoga philosophy and practices based on classical Yoga amongst people. The main vision and mission of the Institute is, "Health, Harmony and Happiness for all through Yoga".

About the Workshop

Yoga has manifested itself as a means of holistic development of human beings, and its significance is accepted worldwide. Yogasana and Pranayama are prevalent in the society as Yogic practices which are important for a healthy living.

Few people know that Yogic Sukshma Vyayama acts as a foundation to prepare oneself for the Asanas. The objective of this workshop is to build an awareness towards Sukshma Vyayama. Yogic Sukshma Vyayama is the set of loosening practices which affect different parts of the body. It makes our joints loosened and flexible, so that the problem of their energy organisation and energy transfer can be solved. It primarily helps in removing the energy blockages and thus provides energy to the entire body. It also gives a strengthening and purifying effect. Yogic Sukshma Vyayama is safe, rhythmic, repetitive movements and a coordination of various body functions with breathing.

In this workshop, 48 special Yogic Sukshma Vyayama (loosening practices) will be practised which are helpful in the physical, mental and spiritual development of a practitioner.

Aim

To gain an understanding of Yogic Sukshma Vyayama (Initial Practice of Yogasanas)

About resource person

Shri Balmukund Singh ji is a renowned name in the Yoga community. A direct disciple of Swami Dharendra Brahmchari ji, he was introduced to Yoga in 1980, in Mantalai, Jammu- Kashmir, and since then he has been promoting Yoga on every level and platform. He completed his Yogic Education in 1981 from Vishwayatan Yogashram, New Delhi, now established as Morarji Desai National Institute of Yoga. His profound excellence in Yoga skills has won him 13 gold medals at State level, National level and International level Yoga Championships.

Due to his selfless dedication towards Yoga, he has been training numerous people including many government officials and VVIPs from India and abroad for the last 44 years, and still counting. His devotion to Yoga is an inspiration to all of us.



National Workshop (Offline Mode) Schedule

Day -1 (08.07.2024)

Time	Event
11:30 am. to 12:00 noon.	Inauguration
12:00 noon. to 2:00 pm.	Session 1

Day -2 (09.07.2024)

12:00 noon. to 2:00 pm.	Session 2
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Day -3 (10.07.2024)

12:00 noon. to 2:00 pm.	Session 3
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Day -4 (11.07.2024)

12:00 noon. to 2:00 pm.	Session 4
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Day -5 (12.07.2024)

12:00 noon. to 2:00 pm.	Session 5
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Day -6 (13.07.2024)

12:00 noon. to 2:00 pm.	Session 06
2:00 pm. to 2:30 pm.	Valedictory



मोरारजी देसाई राष्ट्रीय योग संस्थान

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