



राष्ट्रीय प्राकृतिक चिकित्सा संस्थान



INTENSE YOGA TRAINING PROGRAM

NATIONAL INSTITUTE OF NATUROPATHY

(Ministry of AYUSH, Govt. of India)

'Bapu Bhavan' Matoshree Ramabai Ambedkar Road, (Tadiwala Road), Pune 411 001

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INTRODUCTION

National Institute of Naturopathy (NIN), Pune is an autonomous body under Ministry of AYUSH, Government of India. It is located at a historical place called "BapuBhavan" situated at Tadiwala Road. "BapuBhavan" is named after Mahatma Gandhi, Father of the Nation, who made this Institute his home by staying here for 156 days, whenever he visited Pune Since 1944. Formerly this place was known as "Nature Cure Clinic and Sanatorium", run by Late Dr. Dinshaw K. Mehta. Gandhiji conducted many National and International activities from this place. Gandhiji's life is a source of guidance and a sacred heritage to us.

The **NATIONAL INSTITUTE OF NATUROPATHY, PUNE** came into existence on 22.12.1986, which has a "Governing Body" headed by Hon'ble Minister of AYUSH as its President.

Through this course, we look forward to train and encourage yogic minded people to practice various yoga techniques for the betterment of self and society.

- To equip oneself with knowledge of yoga, better health and disease prevention.
- To teach them the Rules and Regulations of practicing Yoga.
- To impart the knowledge of Yoga Philosophy, its techniques and practice.
- To make the students understand the basic anatomy and physiology of yoga practices.
- To encourage the students in applying yoga techniques to the General public.
- To provide a platform for the encouragement of new masters of yoga.

DURATION OF THE COURSE

The duration of the course shall be of 4 months (200 hours). Each working day shall consist of three hours of Practical's along with Theory classes both offline and online.

ELIGIBILITY CRITERIA

Any Candidate who has passed X std or any other equivalent examination will be eligible for the admission to the IYT Program.

MEDIUM OF INSTRUCTION AND EXAMINATION

Medium of Instruction at the Intense Yoga Training program will be in Hindi and/or English.

There shall be final practical and Theory exam conducted at the end of the 200hrs.

DISCLAIMER:

Through this course, students are equipped to teach yoga only for Healthy population. No medical conditions shall be handled by the yoga teachers through this certification.

LEARNING OUTCOMES

- The student will gain ability to become an efficient yoga teacher.
- The student will be able to instruct and demonstrate the yoga techniques covered in the program.
- The student will increase their flexibility to the extent of their ability.
- They will acquire knowledge in systematic and disciplined yoga practice understanding the alignment, sequencing etc.
- The students will gain idea to prevent yoga related injuries.

PAYMENT DETAILS:

The Students can fill up the application form and on confirmation of seat, an amount of Rs.25, 000/- can be paid through NEFT in favor of

NATIONAL INSTITUTE OF NATUROPATHY,

A.C NO: 09080100001166, payable at Bank of Baroda,

N.WADIA COLLEGE Branch, Pune.

IFSC CODE:BARB0WADPOO (5th digit is zero)