

# Yoga Volunteer Training Programme on Common Yoga Protocol (CYP)

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**In news :** The Ministry of AYUSH through its autonomous body namely Morarji Desai National Institute of Yoga (MDNIY), has started a Yoga Volunteer Training Programme on Common Yoga Protocol (CYP) from February 2021

## The objectives this programme

- To increase mass **awareness** about the health benefits of Yoga.
- To introduce **basic well-being principles and practices** to common people.
- To promote **positive health** through Yoga
- To **propagate Yoga for preventive practice** as an approach to holistic health

## Key features of the programme

- **Modules:** The program divides CYP into short modules viz. appreciation, introduction and volunteer program on CYP allowing persons of varying capabilities to gradually learn and adopt Yoga.
- It is a monthly training module and would be repeated every month till month of June, 2021.

## Common Yoga Protocol (CYP)

- The CYP, in many ways, is the soul of the IDY observance, as it facilitates harmony among the millions of people who join the observation of the IDY.
- The Common Yoga Protocol was developed by a team of leading Yoga gurus and experts, which includes safe practices to improve physical, mental, emotional, and

spiritual health of the population.

- It is one of the most popular Yoga programmes across the world and is widely performed every year on the International Day of Yoga (IDY).
- It is designed to be easily adoptable by most of the people, irrespective of their age and gender, and can be learnt through simple training sessions and online classes.

### **Promotion of Yoga in India**

- The Ministry of AYUSH takes up various activities for promotion of Yoga through its three autonomous bodies namely
  - Morarji Desai National Institute of Yoga (MDNIY), New Delhi,
  - Central Council for Research in Yoga and Naturopathy (CCRYN), New Delhi and
  - National Institute of Naturopathy (NIN), Pune.
- The Central Council for Research in Yoga and Naturopathy (CCRYN), New Delhi conducts research and development in the field of Yoga and Naturopathy.

Further, Ministry of AYUSH has intensified its digital and online activities for Yoga Education and Training to the aspirants and practitioners of Yoga. In addition, the various steps are taken through autonomous bodies for popularize the adoption of Yoga both within the country and abroad including the followings:

- Availability of sufficient online resources on the digital platforms like the Yoga Portal and the social media handles i.e YouTube, Facebook, Twitter and Instagram to provide ample opportunities for the people to learn Yoga from their homes.
- A Year-long calendar has been created where various Yoga related information is provided by various Leading Yoga Institutions.

- Indian Council for Cultural Relations (ICCR) has been granted the status of Personnel Certification Body (PrCB) to promote and popularise adoption of Yoga abroad.
- Further, every year IDY observation in the country is led by Hon'ble Prime Minister himself and millions of people all over the country follow CYP demonstrated by him

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

- It is an autonomous organisation under the Ministry of AYUSH, Government of India.
- MDNIY is a focal Institute for Planning, Training, Promotion and Coordination of Yoga Education, Training, Therapy and Research in all its aspects.
- The main Vision and Mission of the Institute is "Health, Harmony and Happiness for all through Yoga".

### **Central Council for Research in Yoga and Naturopathy (CCRYN)**

- **It was established as Registered Society on 30th March, 1978 with the Union Minister of Health & Family (Now under Ministry of AYUSH)**
- It is the apex body for Research and Development in Yoga and Naturopathy established under the Societies Registration Act, 1860 as an autonomous institution in 1978.
- Apart from research and development, Council is actively engaged in promotion, propagation, education, training & publication of Yoga and Naturopathy systems.

### **National Institute of Naturopathy (NIN), Pune**

- It is registered under the Societies Registration Act., 1860 and came into existence on 22-12-1986.
- This institute has a "Governing Body" headed by the Union Minister for Health & Family Welfare as its President

- NIN is located in a historical building called “Bapu Bhavan” which is situated at Tadiwala Road, Pune.
- “Bapu Bhavan” is named after Mahatma Gandhi, Father of the Nation, who stayed here for 156 days and made this institution his home whenever he was in Pune from the year 1934.
- Formerly this place was known as “Nature Cure Clinic and Sanatorium” which was run by late Dr. Dinshaw K. Mehta.