



21st JUNE
INTERNATIONAL DAY



of
YOGA

— Common Yoga Protocol —



COMMON YOGA PROTOCOL

Online Course One Week Duration Course Details-



- ✓ **Title of the course:-** COMMON YOGA PROTOCOL (CYP)
- ✓ **Aim:-** The Aim of the Course is to introduce the basic or common idea and practice of Yoga for wellness.
- ✓ **Objectives:** To introduce basic wellness principles and Yogic Practices for Common People and disease Prevention and health promotion as an approach to holistic health. It will be help for International Day of Yoga (IDY) Protocol training.
- ✓ **Eligibility:** The Candidate should have passed VIII standards or its equivalents.
- ✓ **Course Duration:-** One Week Online.
- ✓ **Course Timings:-** It would be share on Whatsapp group.
- ✓ **Registration:-** To register/apply- Click><http://www.vedicyogpeeth.com/admission-form/>
- ✓ **Fees:-** 250/- (Fees should be cleared- Google Pay, Paytm, Phone Pay, Bank A/C.
- ✓ **Medium of Instruction:-** English / Hindi.
- ✓ **Attendance:-** Minimum 80% attendance(5days) is essential to get Certificate.
- ✓ **Dress Code:-** T-Shirt & Trousers for Men & T-Shirt & Trousers or Salwar-kameej for Women Participants also carry Notebook, Pen every day.
- ✓ **Refund:-** Fees once paid are not refundable/interchangeable.
- ✓ **Registration No:-** Every candidates get Reg No. & E-Certificate (PDF) through email address.
- ✓ **Books/Study notes:-** Every candidate get a PDF Book (Hindi/English)
- ✓ **Certification Authority:-** MSME, VYP Trust, ISO 9001:2015, NSDC Approved.
- ✓ **Teacher:-** Master ANANDA SIDAI, M.A(Yoga), AYUSH QCI/YCB Certified Level-3 & Master TAPAN BARMAN, (PGDYT, M.SC) Director of VYP.

More details- 9933415587