



राष्ट्रीय मुक्त विद्यालयी शिक्षा संस्थान  
NATIONAL INSTITUTE OF OPEN SCHOOLING

आईएसओ 9001 : 2008 प्रमाणित/ISO 9001 : 2008 Certified

(स्कूल शिक्षा और साक्षरता विभाग, मा.सं.वि.मं., भारत सरकार के अंतर्गत एक स्वायत्त संस्था)  
(An Autonomous Institution Under Deptt. of School Education and Literacy, M.H.R.D., Govt. of India)

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NOTIFICATION-12/2017

Yoga plays a prominent role in Indian culture and Heritage. Yoga has been incorporated in our lifestyle since time memorial. It is an art of living for healthy life which establishes the relationship between mind and body. It is the science of discipline that creates personality by making all round development of body, mind and self-power. It attracts everyone to be healthy and stay fit.

NIOS has launched Yoga Teacher Training Programme. The programme has the following five subjects :

1. Philosophy and Physiology of Yoga
2. Human Body, Diet and Shatkarma
3. Applied Yoga
4. Practical Yogic Training
5. Yoga Teaching Skill

The programme is open for Indian and Foreign Nationals as well. The learner has the option to apply either for one month residential programme or for six month's programme. The duration of the programme is of 240 hrs. The course will be offered for the present in Hindi and would be extended for other languages subsequently. The qualifying marks is 50% in all components separately. The entry qualification for the programme is as under :

• **Eligibility Criteria :**

Minimum 12<sup>th</sup> class pass or equivalent from any recognised Board of school education/University.

18 years of age or above

• **Admission Procedure**

The prescribed application form for admission to programme would be available with the Prospectus and can either be procured from NIOS or from its training centre or from NIOS website [www.nios.ac.in](http://www.nios.ac.in).

The learners can submit the application form round the year at the training centre or can apply for admission through online. The admission would be valid for a period of 05 years.

