



# YOGA VIDYA NIKETAN

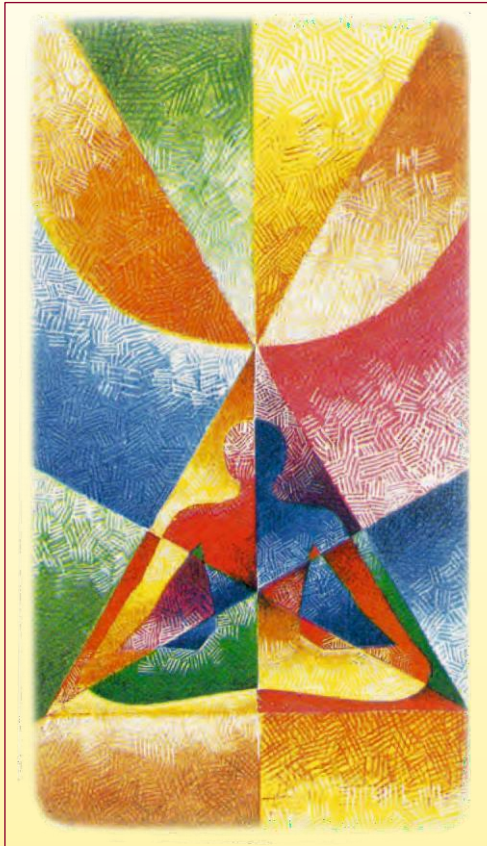
(Regn. No. F-3613)

## DIPLOMA IN YOGIC EDUCATION

(Yoga Teacher's Training Course)

Recognised by Govt. of Maharashtra

### PROSPECTUS





## ABOUT US

Yoga Vidya Niketan (YVN) was founded in 1974, on the auspicious day of 'Gudhi padwa', by a small group of Yoga Lovers under the dynamic leadership of Late Yogacharya Padmashree Sadashiv P. Nimbalkar, the Founder-Director of the Institute.

Shri Sadashiv P. Nimbalkar, son of a Primary School Teacher started his career also as a School Teacher. His association with a pioneer of Yogic Science, Swami Kuvalayanandaji, since 1958, changed his entire life style. He then cherished the dream of taking Yogic Science to every household and commoners for their good health and for the development of their personality. Association with Swamiji was a great fortune for Shri Nimbalkar as this gave him an opportunity to enlighten and enrich himself with a new vision, a scientific approach to Yogic Science. Hatha Yoga, which was deemed to be secretive, young Nimbalkar, took a challenge to take this esteemed science to masses and to spread Yoga to commoners for their welfare and good health. His yeomen's work in the field of Yoga has been recognized by Govt of India by awarding a title of 'Padmashree' to him in the year 2004.

Main objective of YVN is to reach our ancient heritage, the Yoga Shastra, to every door step, and spread the knowledge and technique of performing Yogic Practices for attaining and maintaining positive health and personality development irrespective of any religion, caste, creed, age or sex. Starting from modest beginning, YVN's activities have grown rapidly and manifold over the years.

YVN's specially designed Graded Yogic Course are based on the ancient principles of yoga, blended with the modern tenets of Physiology, Health, Education principles etc. and tailor made to suit every individual's needs. The courses presently conducted by YVN are Diploma in Yogic Education (Yoga Teachers' Training course), Diploma in Yogic Therapy, Naturopathy and Natural Living (Post Diploma Course). Both the courses are conducted at Dadar and its own premises 'Yoga Bhavan', at Vashi as well as online on zoom platform. Besides these courses YVN also conducts Regular Yoga centers, predominantly at different parts of Mumbai and Navi Mumbai for the good health of common man and to cater the needs of ailing people with tailor- made Yogic Practices.

Yoga Summer Course is another unique activity of Yoga Vidya Niketan organized every year in the month of May to fulfill its motto "योग विद्या घोरोघरी" or "Yoga at Every Home".

All these activities of the Institute are being done with a spirit of dedication and with a missionary zeal.

**MANAGING BODY C YOGA VIDYA NIKET N**  
**for 2023-25**

DR. SHRIKANT BADWE	President	28733773
SHRI VINOD JOSHI	Trustee (Trustees' Representative)	9869002291
SHRI VISHWANATH MAHAJAN	Trustee	9969011514
SMT ANITA KOLHE	Trustee	9987722131
SMT ARUNA KARANGALE	Trustee	9869258742
SMT NEHA KERURE	Trustee	9969596389
SHRI MAHESH SINKAR	Chairman	9920426997
SHRIDURGADAS SAVANT	Vice Chairman	9820479463
SHRI RAJENDRA JOSHI	Gen. Secretary	9820846909
KUM SONALI RAUL	Joint Secretary	9004865353
SHRI PRADEEP GHOLKAR	Joint Secretary	9224175266
SHRI RAMESH SHENOY	Treasurer	9930185023
SHRI PRABHAKAR MARATHE	Asst. Treasurer	9820232082
SHRI SUDHAKAR MESTRY	Asst. Treasurer	9819705024
SHRI SHREEDHAR PARAB	Member	9821556677
SHRI MUKUND BEDEKAR	Member	9619436948
SHRI VIJAY SAVE	Co-opted Member	9869328442
SHRI RAJENDRA ACHARYA	Co-opted Member	9769043602
SMT. MADHURA KARAMBELKAR	Co-opted Member	9819253385
SMT MEENA PAI	Teachers' Representative	9821211538

## **DIPLOMA IN YOGIC EDUCATION** **YOGA TEACHERS' TRAINING COURSE**

### **AIMS :**

Yoga has been accepted as one of the best means for promotion and preservation of positive health. In addition, its therapeutic value for treatment of functional and psychosomatic diseases has proved useful and hence, has achieved great popularity. However, there is a dearth of well-trained and dedicated Yoga teachers. To overcome this problem, Yoga Vidya Niketan has been organising a one year Yoga Teachers' Training Course (YTTC).

### **OBJECTIVES :**

1. To train students in principles of Yoga systematically and scientifically according to the modern Principles of Education.
2. To equip them with basic knowledge of Anatomy, Physiology, Education and Psychology.
3. To make them proficient in Yogic Asanas, Bandhas, Mudras, Pranayamas, Kriyas, etc.
4. To train them in individual and group teaching.
5. To propagate Yoga knowledge and culture, through well-trained Yoga Teachers in India and abroad.

### **PROGRAMME :**

#### **Duration :**

10 months from July 2024 to 1st week of June 2025

Practical - Mid February 2025

Submission of Theory Project - 1st week of April 2025

Theory Examination - 2nd fortnight of March 2025

Practical Examination - 2nd fortnight of April 2025

Internship - In Summer Course from 1st May to 31st May 2025

#### **Vacation :**

Diwali Holidays - 2 weeks (28<sup>th</sup> Oct. 2024 to 11<sup>th</sup> Nov. 2024).

**Day & Time :**

**a) At Dadar :** Tuesday & Thursday from 6.30 p.m. to 8.30 p.m., and Sunday 8.00 am to 12.00 Noon.

**b) At Vashi :** Days & Timing same as Dadar YTTC.

**c) Online Global Yoga Teacher's Training Course :** Days & Timing same as Dadar YTTC.

**Kriya Week :**

One Kriya Week will be arranged in the 1st term on week days (Tuesday, Thursday, Friday (from 6.30 p.m. to 8.30 p.m.) at Dadar, Vashi and Global Online YTTC. Following Saturday/Sunday (8 a.m. to 12 noon) at all the three centers.

**Venue :**

- a)** Damle Yoga Kendra of Yoga Vidya Niketan, Near Vijay Mahal, Manmala Tank Road, Matunga (W), Mumbai-400016 Or **any other suitable place in Dadar area.**
- b)** Yoga Bhavan, Plot No. 14, Sector 9A, Vashi, Navi Mumbai - 400703.
- c)** Online Global Yoga Teacher's Training Course: On Zoom App.

In case venue 'a' is not available on Tuesdays & Thursdays, with prior intimation, classes will be run on other days.

**Medium of instruction and examination will be English only.**

**Pre-requisites :**

H.S.C. (12th) with basic knowledge of English or 10th with English Medium. **Old S.S.C. in case of deserving candidates. Basic knowledge of English is essential in each case; since medium of instruction of the course is English.**

**If necessary, a health fitness certificate from a Registered Medical Practitioner will be insisted upon to undergo the course.**

**Admissions for Online Global Y.T.T.C. center will be preferably given to the participants staying beyond Mumbai Metropolitan Region.**

**However, Right of Admission is reserved and totally at the discretion of the Institute.**

**Age :** Preferably between 18 and 60 years (relaxable beyond 60 years in deserving cases).

**Fees :** Total Rs. 30,000/- for Dadar & Vashi YTTC Total

Rs. 35,000/- for Global Online YTTC

**1<sup>st</sup> Instalment :** Rs. 10,000/- while enrolling.

**2<sup>nd</sup> Instalment :** Rs. 10,000/- on confirmation of admission (1st week of August)

**3<sup>rd</sup> Instalment :** Rs. 10,000/- in 1<sup>st</sup> week of October before Mid- term examination. (Rs. 15,000/- for Global Online YTTC)

Fees for Final Examination: Rs. 500/-

**For dishonoured cheques, charges as per the bank norms will be applicable. (Fees once paid is non refundable)**

Library Deposit: Rs. 500/- **(Refundable after July 2025)**

The fees are inclusive of a Kriya kit containing Jala Neti cup, Rubber Neti, Danda and Vastra for kriyas, graded courses, lesson sheets along with manuals on Yogic Science, Anatomy-Physiology, Education-Psychology, other important lecture notes and membership of Yoga Varta (official monthly bulletin) for 5 years and books viz. 'Yoga for Health and Peace', 'Shuddhi Kriyas

- Detoxifying Yogic Cleansing Processes for Excellent Health', 'स्वास्थ्य के लिए योग' 'Pranayama', 'Simple Yogic Kriyas' (books written by Shri Sadashiv Nimbalkar), 'Patanjalyogadarshna' by Swami Anand Rishi and booklet of selected Shlokas from Patanjali Yoga Sutras and Old Yoga Texts. The fees are also inclusive of food arrangements during excursion, exhibition and Vashi visit.

**Note :** Students will not be allowed to appear for examinations unless library books are returned in time.

Library Deposit is refundable on return of all books and production of Deposit Receipt after July 2025 with a 'No Objection' remarks from librarian. Refund must be claimed before 31-12-2025. If not claimed, the money will be deposited towards Building fund.

**Costume:**

As prescribed by the Institute. It should be purchased by the students at our centre at prescribed rates.

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**BEFORE APPEARING FOR FINAL EXAMINATION  
FOLLOWING CONDITIONS MUST BE  
FULFILLED BY STUDENTS**

**1. Attendance :**

- a) Punctuality and minimum of 75% physical attendance in each term is a must.
- b) Students will have to obtain prior written sanction before remaining absent from any programme.
- c) Only those who satisfy the 75% attendance criteria will be eligible to appear for any examination during the year.
- d) 100% attendance is also required for the period between 15th March and the last day of Summer Course.
- e) The Diploma Certificate will be granted only upon fulfilling the attendance criteria mentioned in 'c' and 'd' above.

**2. Lessons :**

Three lessons to be completed in a group on scheduled dates, of which at least one lesson must be taken in Hindi.

**3. Project :**

**(A) Theory / Assignments :**

Student's original contribution on Yoga and related topics.

**A student must submit an interim project of about 30-35 pages (typed) or in legible handwriting in the month of January for viva.**

**Or 5 Assignments of 7 pages each on given topics on scheduled dates.**

**Note :** Item No. 2 and 3(A) must be completed before end of March 2025 (or any other date that may be prescribed) without which the term will not be granted. Option will be given to the student to submit 5 assignments (7 pages each) on given topics, in lieu of the Theory Project.

**(B) Practical :**

A Yoga workshop will be arranged for a week by students in the month of February 2025. The workshop is a must for completion of course.

**4. Organisation :**

- Administration/ Conducting Yoga Centre/ class
- A handwritten two page report of a function
- Writing a letter to an authority for conducting Yoga Class



### **5. Yogic Camps :**

An overnight study excursion will be organised at a place near Mumbai. This programme includes lectures on Pranayama, Meditation, also debate and discussion on subjects relevant to Yoga. It will be arranged in the month of November or December.

There will also be visits to Yoga Bhavan, Vashi, Navi Mumbai. A visit to a prominent hospital will also be arranged to see dissected human body along with a lecture by Hospital staff.

**These programmes are part of the curriculum and are compulsory. Those who remain absent will lose marks.**

### **6. Participation in Yogic Activities :**

It is **compulsory** for the students to participate actively in various activities of Y.T.T.C. such as '3 Minutes Talk', Exhibition, Workshops, Excursions, Organisation of demonstrations, etc.

### **7. Internship / Summer Course :**

**Every student will be required to conduct an Internship/Summer course for one month from 1st May to 31st May. 100% attendance is necessary during internship. No Diploma Certificate will be given without satisfactory completion of the internship. Those who does not satisfy 75% attendance criteria as specified in clause 1(a) above and do not appear for final written examination, for any reason whatsoever it may be, will not be eligible for internship/conducting summer course, such students will be allowed to conduct summer course only after fulfilling these two criteria.**

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## **FACULTY AND SYLLABUS**

**YOGIC SCIENCE –** Shri. Shreedhar Parab, B.A., LLB

Shri. Mahesh Sinkar, A.M.I.E. (Civil) Shri.

Durgadas Sawant, (M.Sc.)

General idea of history and concept of Yoga. Ashtanga Yoga and various streams of Yoga, Complete knowledge on important Yogic Practices through graded courses i.e. Pre-preliminary, Preliminary, In-termediate, Pre-Standard and Standard. Extra practices (not included in Graded courses) Shatkriyas (Theory and Practices) and introduction to Technique of Meditation. Principles of Yogic Therapy its scope and limitations. Theory and Practice of various Pranayama, Asanas

Bandhas, Mudras and Kriyas (cleansing processes).

Study of selected Patanjal Yoga Sutras. Vrittis, Vikshepas, Kleshas, Kriya Yoga, Chittaprasadanam, Pratipakshabhavana and Omkar.

Principles of Ayurveda, Naturopathy, Nisarga Jeevan and Diet.

### ● ANATOMY & PHYSIOLOGY :

Dr. Sangeeta Varty, M.S. (ENT) (at Dadar),

Dr. Priya Gopalkrishnan, B.D.S., M.Sc. in ARD (Manchester), M.A. (Psychology) (at Vashi)

Basic knowledge of human body, muscles, bones, joints and various systems i.e. circulatory, respiratory, digestive, excretory, nervous, re- productive, endocrine glands and diet.

### ● EDUCATION & PSYCHOLOGY :

Smt. Tejal Shah, M.Com., D.B.M., Dip. in HR, B.Ed. (Dadar Center) Smt.

Laxmi Chinta B.Tech. (Vashi and Global Online Center)

Aims of Education, Laws of Learning, Lesson planning, Mental health, Personality and their relevance to Yoga.

### ● GUEST LECTURERS :

Well known specialists in medical world deliver talks in their fields and describe how Yoga Therapy is complementary in treating patients.

### ● REFERENCE BOOKS PROVIDED TO THE STUDENTS :

- 1) Yoga for Health & Peace - S. P. Nimbalkar
- 2) Pranayama - S. P. Nimbalkar
- 3) Simple Yogic Kriyas for Hygiene of Senses - S. P. Nimbalkar
- 4) Patanjaliyogadarshan : A Comparative Study - Swami Anand Rishi
- 5) Shuddhi Kriyas - Detoxifying Yogic Cleansing Processes for Excellent Health- S.P. Nimbalkar
- 6) 'स्वास्थ्य के लिए योग' (Hindi) - S.P. Nimbalkar
- 7) Meditation - S.P. Nimbalkar
- 8) Manuals

### ● OTHER BOOKS FOR REFERENCE OR USEFUL FOR STUDY

- 1) Asanas - Swami Kuvalayananda
- 2) Pranayama - Swami Kuvalayananda
- 3) Anatomy and Physiology for Nurses - W. Gordon Seares & R. S. Windwood

## EXAMINATION MARKS

I	Theory - Papers	Mid Term	Final	Total	Min. Req'd.
1)	Yogic Science (Theory)	40	160*	200	100
	(* Two papers 75 marks each + Oral of 10 marks)				
2)	Physiology & Anatomy	20	80	100	40
3)	Education & Psychology	20	80	100	40
4)	<b>Yogic Science (Practicals)</b>				
	Exam.	Graded Course	Kriya		
	P-1	20	—		
	P-2	25	15		
	P-3	35	25		
	P-4	50	30		
	(P-1, P-2, P-3 - Three mid-term & P-4 – Final Exam)				
	Separate Passing in practicals a) Graded Courses b) Shatkriyas is a must.				
5)	<b>Lessons</b>	—	100	100	40
6)	<b>Performance</b>				
	All the activities during the course	—	100	100	40
7)	<b>Summer Course</b>		100	100	40
	■ <b>Project/Assignments</b> (Only grades)				
	■ Practical		Only Grades		‘C’
	■ Theory				

**Notes :** Written examination will be conducted in 2nd fortnight of March 2025. Project to be submitted in the first week of April 2025 on the date notified. Final practical examination will be conducted in 2nd fortnight of April 2025.

- **Practical Project :** A term will not be granted to the students who will not conduct a workshop. A group of 3 participants will have to conduct a workshop for a week's duration for one and half hour daily in the month of February 2025. A special Introductory Yogic course designed for this purpose will be given to participants.
- In the second term every student will be required to conduct group practice which will be assessed by the group teacher.
- **Theory Project/Assignments :** Non Submission of Theory project/ Assignments on due date will disqualify the student for appearing for final examination and claim for the merit list and rank. Separate passing is required in each type of Project. The student will submit an interim project in the month of **January 2025**. A viva will be taken in the month of **February 2025**. Approval of project will be informed to the students during viva on the project. The committee reserves its right to refuse or to allow the student to resubmit the project. The student will submit a completed project in the month of **April 2025**.

**Rules & Regulations for Examination :** Forms for admission to Final Examination will have to be submitted along with Rs. 500/- as examination fees by the candidates on the date which will be notified. Acceptance of form with fees only will qualify for examination. Forms for admission to Final Examination will be given only to those who satisfy 75% attendance criteria as described in 1(a) on pg. 4 of the prospectus.

### **In order to pass the Final Examination :**

- 1) A student must secure minimum 50% marks in Yogic Science separately in every examination. This applies to Theory (Item - 1) and Practicals (Item - 4): (a) Graded Course, (b) Shatkriyas. Any concessions and/or omissions in Practical Exam on Graded Course/Shatkriyas will not be considered on any ground; including medical ground.
- 2) A student will have to secure minimum 40% marks in every examination in each of the papers except Yogic Science (Theory and Practical).
- 3) A student will have to secure minimum 400 aggregate marks out of 900.**
- 4) Attendance for all mid-term and final examinations, both in theory and practical, is compulsory.**

### **GRADATION :**

- i) Those getting 75% and above marks in the grand total will be declared to have passed with Distinction.
- ii) Those getting between 60% and 75% marks in the grand total will be placed in the First Class.
- iii) Those getting between 50% and 60% in the grand total will be placed in the Second Class.
- iv) Those getting below 50% in the grand total but fulfilling all other requisites will be placed in the Pass Class.
- v) Promoted/condoned candidates are not eligible for any merit/rank/ award. They will be declared as successful in pass class.

### **Notes :**

- 1) Rules and Programme of the Course are subject to modification from time to time. The changes will be informed to the participants through oral instructions in the class.
- 2) Two marks will be deducted for not appearing any practical exam on scheduled dates.
- 3) Results will be announced on the date of inauguration of 49th Y.T.T.C. (July 2025)
- 4) Verification of marks of the Final Theory examination can be done on written request within one month from the date of declaration of results on payment of Rs. 100/- per paper. No application will be considered after one month of the results
- 5) In case a student remains absent or fails in final examination, for any reason, the examination for such student will be conducted only on the schedule dates during next academic year. The student has to appear for the examinations in which he**

has failed or not appeared, by paying necessary fees. Student should enquire with the organiser about the dates of examinations, fees etc. Separate intimation will not be sent to the student.

- 6) Only two attempts will be allowed in subsequent consecutive academic years to reappear for the examination. The student will have to join the course afresh in case he/she does not clear the examination in two attempts.
- 7) The practical as well as written examination will be conducted online/physically.



## **YOGA VIDYA NIKETAN**

**(Regn. No. F-3613)**

### **OFFICE ADDRESS**

**YOGA VIDYA NIKETAN**

**102, Sai-Ishwati, Mogal Lane,  
Mahim (West), Mumbai - 400 016.**

**Mob. 81042 86169, 99205 35166 (on weekdays)**

**YOGA BHAVAN**

**Plot No. 14, Sector 9A,**

**Vashi, Navi Mumbai - 400703.**

**I. 2766 9710 (11.00 a.m. to 8.00 p.m. on weekdays)**

**II. 93216 43305 (11.00 a.m. to 7.00 p.m. on weekdays)**

## Glimpses of Yoga Teachers Training Course



Declaration of Results of 37<sup>th</sup> YTTC



Inauguration of YTTC



Inauguration of Annual Yoga Exhibition



Guests watching the Exhibits prepared by the students



Students of YTTC Demonstrating  
Shuddhi kriyas



Debate & Discussion during Yoga  
Educational Excursion

# History of YTTC

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First two YTTC Batches of Year 1978 & 1979



Students of 36<sup>th</sup> YTTC Dadar & Vashi



Yogic Science lecture at Dadar YTTC venue



## Events of YTTC



Prize Distribution



Prize Distribution



Pranayam workshop



Meditatio workshop during  
summer course



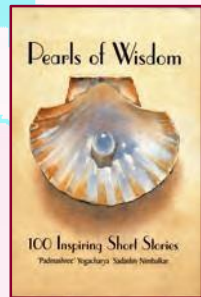
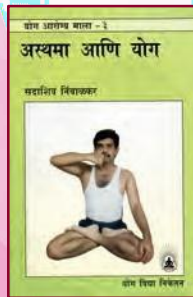
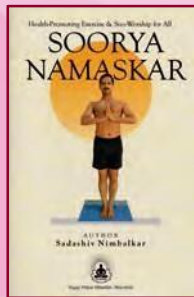
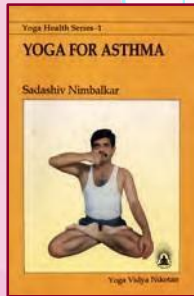
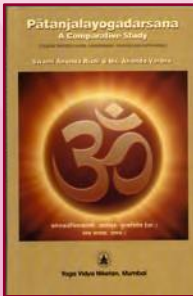
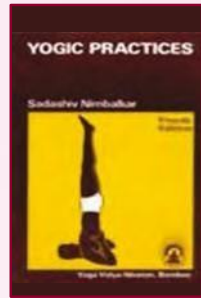
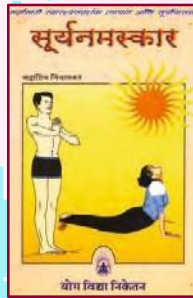
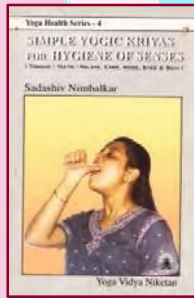
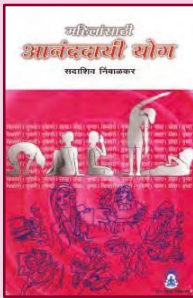
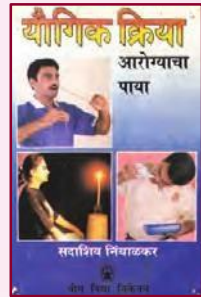
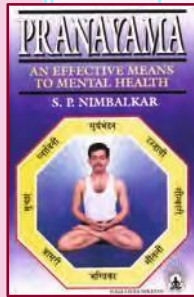
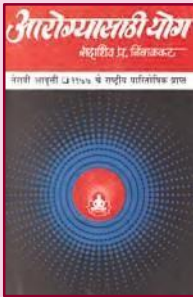
Demonstration of Gajakarni  
a rare shuddhi kriya



Entertainment during  
educational excursion

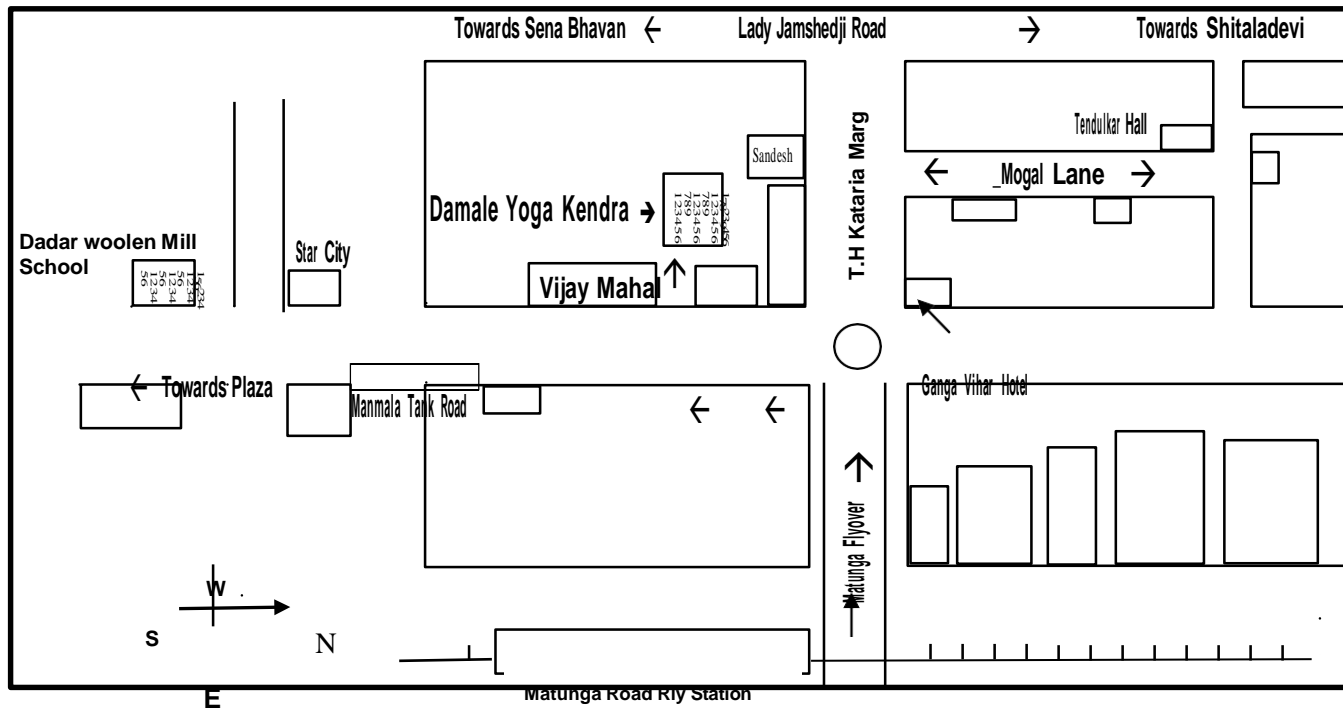


## Some of our Publications



All the Publications are available at our Dadar & Vashi Office

## Damle Yoga Kendra Location



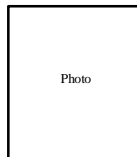
☐ for Dadar

☐ for Vashi  
Please Tick mark at appropriate Center

☐ for Online Global\*

## ADMISSION FORM

YOGA VIDYA NIKETAN  
Diploma In Yogic Education



48th Yoga Teachers' Training Course 2024-2025  
To be submitted before 1st July 2024  
at the Office of Yoga Vidya Niketan at Dadar or Vashi  
Admission : 'First Come First Serve Basis'

To be filled in Capital Letters

1) Name (Mr./Mrs./Miss) ('Surname' First)

\_\_\_\_\_

2) Birth Date \_\_\_\_\_ Age in completed years \_\_\_\_\_

Male / Female Married / Unmarried Blood Group : \_\_\_\_\_

3) Res. Address : \_\_\_\_\_

\_\_\_\_\_

E-mail : \_\_\_\_\_ Mob. : \_\_\_\_\_

4) Off. Address : \_\_\_\_\_

\_\_\_\_\_ Tel. No. : \_\_\_\_\_

5) Education Qualification : \_\_\_\_\_

**Please attach zerox Copy of a Certificate or any other proof. Also bring the original for verification please.**

6) Health Condition : \_\_\_\_\_

(Please state condition precisely e.g. Asthma, Hypertension, Diabetes, Back ache, Neck ache, Cardiac disease, Operation if any). Medical Certificate will be insisted upon if necessary.

7) Occupation : \_\_\_\_\_

**I have read the rules and regulations mentioned in the prospectus and same were clarified to me in the class. I promise to abide by all these and those which will be enforced during the course.**

Date : \_\_\_\_\_

Signature of the Applicant

\*Admissions preferably for the participants staying beyond Mumbai Metropolitan Region only.

## MORE ABOUT ME

**Family Background :**

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**Hobbies :**

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**Special Interest :**

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**Achievements (Medals, Prizes etc.) :**

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**Yogic Background: (Not a mandatory criterion for securing admission)**

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**Any additional information you wish to provide :**

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**ADDRESS SLIP**

**YOGA VIDYA NIKETAN  
48<sup>th</sup> YOGA TEACHERS' TRAINING COURSE 2024-2025**

Name in Capital letters : (Mr./Mrs./Miss) (Surname First)

\_\_\_\_\_

Res. Address : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

E-mail : \_\_\_\_\_ Mob. : \_\_\_\_\_

Information of the course received from \_\_\_\_\_

(Name the Newspaper/Centre/Friend/Teacher/Summer Course etc.)

**X**

**X**

**YOGA VIDYA NIKETAN**

Received \_\_\_\_\_ Rs. 10,000/- (RUPEES TEN THOUSAND ONLY)

\_\_\_\_\_ as enrollment fee

From Mr./Mrs./Miss \_\_\_\_\_

by Mr./Mrs./Miss \_\_\_\_\_

on behalf of **YOGA VIDYA NIKETAN**

**Cheque No. :**

**Cash**

\_\_\_\_\_  
Signature & Name of Receiver

**(To be produced while paying 1st installment)**

You are invited to the following functions :

**16th July 2024** : Inauguration - 48th Diploma in Yogic Education at  
6.00 p.m. at Dadar YTTC and 5.30 p.m. at Vashi and Global YTTC.

Attend the function with friends and family members at respective Venues.

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## **THERAPEUTIC CONSULTATION**

**SHRI VINOD JOSHI**

**At Yoga Vidya Niketan's Office at YOGA VIDYA NIKETAN**

**102, Sai-Ishwari, Mogal Lane,**

**Mahim (West), Mumbai - 400 016.**

**(Every Friday : 6.00 to 7.30 p.m.) Mob: 93245 09523 & 8104286169**



**SHRI VIJAY SAVE**

**At Yoga Bhavan, Vashi, Navi Mumbai**

**(Every Wednesday : 6.00 to 7.00 p.m.) Tel. : 2766 97 10**

**(Patients are requested to come by prior appointment  
with their medical reports)**

To,  
The Organizer,  
Diploma in Yogic Education (DYE) Yoga  
Vidya Niketan, Mumbai

Dear Sir,

I, Shri/ Smt/ Ms

have been granted admission to the DYE Course subject to the following conditions, rules and regulations. I undertake to abide by these conditions, rules and regulations as also those which will be brought into force from time to time during the course.

### **RULES AND REGULATIONS**

- **MEDIUM:** The medium of instruction and examination is **ENGLISH**. Any concession granted for admission will not be taken into account while declaring the results.
- **ATTENDANCE:** Minimum 75% attendance of the total working days is a **MUST**. The 75% attendance will also be checked at every unit test and at the end of February. Any doubt about attendance on any particular day should be clarified with the group teacher on the same day. However, 75% attendance at the end of the term (normally Students' Day or end of April) is again a must for grant of term and it qualifies the student to appear for the final examination. Permission to conduct the Summer Course will be granted only to those who appear for the Final examinations.
- The class timings on weekdays are 6:30pm to 8:30pm at Dadar, Vashi & Global Online YTTC on Sundays 8.00 am to 12.00 noon. The attendance as recorded by the group teacher is final and binding.
- Visits to Yoga Bhavan, participation in the excursion and exhibition are all compulsory. Attendance at all programmes and events is also compulsory.

**YOGIC PRACTICES:** All Yogic Practices are compulsory but have to be performed as per individual capacity, health conditions and contra indications as applicable. The examination in Yogic Practices including KRIYAS will be same and held uniformly for all. (No concession will be granted on grounds of health, age, contra indication, gender or otherwise). Shirshasan, Mayurasan, and Nauli will be compulsory for the examination.

■ **THEORY PROJECT/ASSIGNMENTS :** The project work/ assignments must be submitted by the due date. Late submission will attract minus 2 (negative two) marks per week DURING A PERIOD OF ONE MONTH FROM THE DUE DATE. The project/ assignments will not be accepted beyond one month from due date.

- ★ In terms of the above rule, if marks obtained are less than what are required, the candidate would be declared as **FAILED**. Such candidate will have to submit a fresh project/assignments on a new topic before 31<sup>st</sup> December of the same year.

However, the result in such case will be declared in the next academic year and such student will not be entitled to any merit.

■ **PRACTICAL PROJECT:** The practical project is a kind of workshop for teaching prescribed Yoga Course for a week's duration to a group of 15-20 participants. The details for this will be normally given in the second term. This is a compulsory activity.

■ **EXAMINATION:** Permission to appear for the final examination is subject to satisfying all the requisite criteria including 75% attendance criteria as described in clause 1(a) on page 4 of the prospectus and payment of Rs.500/- as examination fee.

- ★ All examinations, **MIDTERM AND FINAL**, and whether **PRACTICAL, THEORY, VIVA** or any other type are compulsory. Minimum passing marks required in **YOGIC SCIENCE**, both **PRACTICAL** and **THEORY** separately, are 50%. In all other subjects, the minimum % of passing is 40. Re- examination in the same year on account of absence of student is not possible.

- ★ In case of absence for final examination, the student will be declared as failed. Such student will be allowed to appear for the examination in the next academic year provided the student satisfies all other criteria mentioned herein and in the prospectus.



- ★ Two written examinations are conducted in one academic year, first as unit test and second as Final. No special or separate examination will be conducted on any ground.
- ★ In case a student is declared **FAILED**, such student has to appear for all examinations in which the student has been declared failed, in the subsequent academic year.
- ★ Verification of marks in final examination can be done on written request with payment of Rs. 100/- per paper within onemonth from date of declaration of result.
- **SUMMER COURSE:** It is an activity of teaching a prescribed course for a month to a group of about 40 or more participants by forming a group of 3 students. This group will have to find suitable place for conducting summer course.
- ★ A session prior to the Summer Course is held in the month of April. Full attendance for this session is compulsory. Whole hearted participation in advt., canvassing, displaying posters etc. is a must, failing which the conducting of the Summer Course by the absentee may be disallowed.
- **EXTRA ACTIVITIES:** Active participation in Yogic camps, examination, and excursion is compulsory. The success in these activities depends on punctuality, regular attendance, co-operation with colleagues and teachers as observed during the year in the class and active involvement in other institutional work.
- **CODE OF CONDUCT**
  - ★ Every student of Diploma in Yogic Education is required to appear compulsorily for all the Examinations and Tests in every subject, both Theory and Practical. No exemption shall be granted on any ground whatsoever, including possession of any qualification, whether post graduation, degree, diploma or otherwise, held or acquired or any examination already passed of any university, college, institution or school.
  - ★ Attendance for the Theory and the Practical exams at the appointed venue on the schedules dates is compulsory. However, change from the scheduled dates only in respect of the Practical exams may be considered only for valid reason at the sole discretion of the Organising Committee on such terms and conditions as the Organising Committee deems fit. Permission of the Organising Committee must be sought, as far as possible, at least one week in advance.

- ★ However, Two marks will be deducted for not appearing any practical exam on scheduled dates.
- ★ Students should maintain good behaviour and discipline, conduct themselves properly and follow instructions given by the teachers in the class.
- ★ The course is designed in such a manner that a particular mode of instruction as imparted **MUST** be followed.
- ★ Interaction with teachers and fellow students should be polite and courteous.
- ★ Any indiscipline or insubordination is not permissible and may attract suitable action against the student.
- ★ The Institution reserves the right to take suitable disciplinary action, including dismissal of the student, at any time during the course for breach of any rules, regulations and code of conduct; which is considered to be not conducive to the proper administration & conduct of the course.
- ★ No fees will be refunded in any case.
- ★ The lectures and practicals will be conducted online till social distancing is withdrawn by the Government.

**BEFORE TAKING ADMISSION, I HAVE UNDERSTOOD ALL THE RULES AND REGULATIONS. ALL DOUBTS HAVE BEEN CLARIFIED AND CLEARED. I WILL ABIDE BY ALL THE RULES AND REGULATIONS THAT ARE MENTIONED HERE, IN THE PROSPECTUS, AND THOSE WHICH WILL BE BROUGHT INTO FORCE FROM TIME TO TIME.**

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**(Student's signature)**

**Date :** \_\_\_\_\_

**Name of the student :** \_\_\_\_\_

To,  
The Organizer,  
Diploma in Yogic Education (DYE) Yoga  
Vidya Niketan, Mumbai

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  - ★ Every student of Diploma in Yogic Education is required to appear compulsorily for all the Examinations and Tests in every subject, both Theory and Practical. No exemption shall be granted on any ground whatsoever, including possession of any qualification, whether post graduation, degree, diploma or otherwise, held or acquired or any examination already passed of any university, college, institution or school.
  - ★ Attendance for the Theory and the Practical exams at the appointed venue on the schedules dates is compulsory. However, change from the scheduled dates only in respect of the Practical exams may be considered only for valid reason at the sole discretion of the Organising Committee on such terms and conditions as the Organising Committee deems fit. Permission of the Managing Committee must be sought, as far as possible, at least one week in advance.

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\_\_\_\_\_

**(Student's signature)**

**Date :** \_\_\_\_\_

**Name of the student :** \_\_\_\_\_

## LIST OF FACULTY MEMBERS AND TEACHERS AT DADAR DURING 2023-2024

NAME	QUALIFICATION	PROFESSION	FACULTY
1. Shri. Shreedhar Parab (Executive Editor, Yoga Varta)	B.A., LLB	D.G.M, R.B.I. (Retd.)	Yogic Science
2. Shri Mahesh Sinkar Organisher and Co-ordinator (Co-editor, Yoga Varta)	A.M.I.E.	Engineer M.C.G.M. (Civil)	Yogic Science Administration Co-ordinator (Dadar & Vashi) Office & Accounts
3. Shri Prabhakar Marathe (Asst. Treasurer)	B.Com. F.C.A.	Chartered Accountant	
4. Dr. Sangeeta Varty	M.S.(E.N.T.)	Medical Practitioner	Physiology & Anatomy
5. Smt. Tejal Shah	M.Com, D.B.M Dip (HR), B.Ed.	Home Maker	Education & Psychology
6. Shri. Vijay Bapat	B.Com. CA-IIB	Retired	OCM / Teacher
7. Smt. Vedavati Tulzapurkar	B.Com.	Home Maker	OCM / Teacher
8. Smt. Anita Kolhe	B.Sc. (Elect.)	Home Maker	OCM / Teacher
9. Smt. Neela Bhatia	B.Sc.	Home Maker	OCM / Teacher
10. Smt. Chhaya Joshi	B.A.	Retired	Grp Teacher, Library
11. Smt. Ashwini Dharap	M.Com., D.B.M.	Home Maker	Grp. Teacher
12. Smt. Rita Desai	B.Com.	Self Employed	Grp. Teacher
13. Smt. Anuradha Patwardhan	B.A. (Eco)	Self Employed	Grp. Teacher
14. Shri Sudhakar Mestry (Asst. Treasurer)	B.Com., L.L.B.	Business	Teacher Accounts
15. Smt. Meena Sahu	N.D.	Service	Teacher
16. Smt. Ujwala Karambelkar	B.Sc.	Service	Teacher
17. Smt. Madhura Karambelkar	F.C.A.	Chartered Accountant	Teacher
18. Shri Ashish Jana	HSC	Self employed	Teacher
19. Smt. Medha Deuskar	B.Com. CA, IIB	Service	Teacher
20. Smt. Mitali Chitre	M. Pharm	Home Maker	Teacher
21. Smt. Manisha Desai	M.A. (Hindi), B.Ed.	Home Maker	Teacher
22. Smt. Sneha Naik	B.Com.	Home Maker	Teacher
23. Shri Prashant Vanarase	B.Com. Dip. in San.Insp.	Retired	Teacher
24. Smt. Nilima Divekar	B.Com. , M.A. (Yogashastra)	Home Maker	Teacher
25. Smt Snehal Kulkarni	M.Sc. (Chem), B.Ed, M.A. (Yogashastra)	Ex Teacher	Teacher
26. Smt. Manjiri Jadhav	B.Sc.	Ex Asst Commissioner State GST	Teacher

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## LIST OF FACULTY MEMBERS AND TEACHERS AT VASHI YTTC & GLOBAL ONLINE DURING 2023- 2024

	Name	Qualification	Profession	Faculty
1	Shri Durgadas Sawant	M.Sc, D.H.E., M.A. (Yoga)	Retired	Organiser, Vashi-Global TTC, -Yogic Science
2	Smt. Neha Kerure	MSc. (Electronics), Adv Dip. in Yoga, MA.(Yogashastra)	Home Maker	Executive Organiser
3	Dr. Priya Gopalakrishnan	BDS, M. Sc. In ARD, M. A. (Psychology)	Medical Professional	Ana & Phy
4	Smt. Laxmi Chinta	B.Tech.	Corporate Trainer,	Edu & Psy
5	Smt. Parminder Bhela	B.A. Hons., Dip. in Yoga (MU)	Home Maker	Teacher
6	Smt. Manjushree Deshpande	B.A.	Home Maker	Teacher
7	Shri Madhu Nair	A.M.I.M.I.	Business	Teacher
8	Smt. Malabika Biswas	M.A.(History), MA (Yogashastra)	Teacher	Teacher
9	Shri Pradip Gholkar	B.Sc, D.C.E., Adv. Dip. in Yoga, M.A.(Yogashastra)	Self Employed	Teacher
10	Shri Vishwanath Mahajan	I.D.D.(D.Tech). M.Com., Dip in Yoga	Retired	Teacher
11	Smt. Sujatha Vairat	B.Com., M.A. (Yogashastra), M.A. (Sanskrit), Adv., Dip. In Yoga	Yoga Teacher	Teacher
12	Shri Ramanathan	B.A., M.A. (Sanskrit)	SAP Consultant	Teacher
13	Shri Sanjay Khambekar	B.Com., Dip. In I.T.	Retired	Teacher
14	Smt. Rini Dattagupta	M.A., B.Ed., Adv., Dip in Yoga	Home Maker	Teacher
15	Shri Nitin Assar	B.Sc., D.N.H.E., RAP	Self Employed	Teacher
16	Shri R. N. Sharma	Dip. (Mech. Engg.)	Retired Officer, BARC	Teacher
17	Shri Deep Chand Verma	B.Sc. GDMM	Ex Dy. Director (P&S)BARC/DPS	Teacher
18	Smt. Smita Menon	B.Com, BCA, MA Yogashastra	Transcriptionist	Teacher
20	Smt. Kamlesh Lakhera	B.Sc., M.A.(Philosophy), M.A.(Psychology). Dip in Yoga,	Home Maker	Teacher
21	Smt. Pramila Verma	B.Sc., M.A. in Yogashastra	Home Maker	Teacher
22	Smt. Nipa Jani	SY B.Com.	Home Maker	Teacher
23	Shri Santosh Shinde	Marine Engineering	Retired Marine Engineer, Principal	Teacher
24	Smt. Naga Santhi Sri.	B.Tech.(Electronics & Instru)	Yoga Teacher	Teacher
25	Ms. Meenakshi Banjan	B.Sc., MHRDM	HR Consultant	Teacher
26	Smt. Hemangini Bansod	M.Sc. in Microbiology, PGDIM	Personality Development Trainer	Teacher
27	Smt. Vandana Jaolekar	B. Com.	Home Maker	Teacher
28	Shri Atul Gore	B.E. (Civil Engg.), SMEP (IIM Ahmedabad)	Consultant	Teacher
29	Shri Kailash Borse	MSc Chemistry, PGDHRM	QC Head, HPCL.	Teacher
30	Smt. Roomas Singh	B.Tech (Mech.), M.Tech. (CAD/CAM)	Procurement Professional	Teacher
31	Smt. Swati Nigade	B.Sc. PGDCP, Dip. in Yoga, MA Yogashastra	Worked as IT Professional	Teacher
32	Shri Sahebodin Das	MA in Yogashastra	Yoga Teacher	Teacher
33	Smt. Praveena Jampana	B.Sc., DCA, Dip. in Sankhya & Yoga, M.A. (Yogashashtra),	Yoga Teacher	Teacher
34	Smt. Rajni Castelino	BSc (Stats), PGDM (Marketing), Dip.in Counselling	Counsellor, Yoga Therapist	Teacher



## YOVINI CENTRES

(Abbr : L : Only Ladies, G : Only Gents, X : Mixed batch)

- a. **Yoga Bhavan (Vashi)** : Plot No. 14, Sector 9A, Vashi, Navi Mumbai 400703, Tel : 27669710. Office Timings : Mon to Sat 4:30pm to 7:30pm. Yoga Classes : Mon to Fri 6:30am to 8:00am. (G), 6:30 to 8:00am, 8:00 to 9:30am, 9:00 to 10:30am, 11:00am to 12:30pm, 4:00 TO 5:30pm, 6:00 to 7:30pm (X), Naturopathy (OPD) : Mon to Fri. 10:30am to 12:30am (L)
- b. **Damle Yoga Kendra (Matunga Road W.R Stn.)** : Plot No. 154, Tulsiwadi, Behind Vijay Mahal, Manmala Tank Road, Near Matunga Road Stn. W.R. Mumbai 400016. Tel: 24362286. Yoga Classes : Mon to Fri, 6:00 to 7:00am, 7:00 to 8:00am, 8:15 to 9:15am, 9:25 to 10:25am, (All X), 10.30 to 11.30am (L) 3:00pm to 4:15pm, 4:30 to 5:30pm (L), 6:00 to 7:00pm (X), 7:00 to 8:00pm (X)
- c. **Shree M. D. Ahuja Trust**, St. Paul Street, Behind Fun N' Shop, (Hindmata), Dadar (E), Mumbai-400014, Tel: 8108000982, 9757400622, Time: Mon to Fri 6:30 to 7:30am.
- d. **Kamgar Kalyan Kendra (Naigaum)** : Jyotiba Phule Rd. Jn., Devarukhar Road, Naigaum, Mumbai 400014, Tel: 24168415, Time: Mon to Fri, 6:00 to 7:00pm and 7:00 to 8:00pm.
- e. **Nana Palkar Yoga Kendra (Parel)** : Rugna Seva Sadan, Opp railway Workshop Ground, Dr. Babasaheb Ambedkar Marg, Parel, Mumbai 400012, Tel : 24142302, Time: Mon to Fri, 4.45 to 5.40pm, 5.45 to 6.40pm, 6.45 to 7.45pm (X)
- f. **Leelavati Hospital Yoga Kendra (Bandra)** : Tel: 9870234681, 9423993204. Yoga Classes: Tuesday, Thursday & Friday, Time: 6:30 to 8:00am and 6:00 to 7:00pm (X)
- g. **Parle Yoga Kendra (Parle)** : Parleshwar Society Hall, Shahaji Raje Rd., Near Sun City, Vile Parle (E), Mumbai 400057, Tel: 9821249334, 9833350042, Time: Mon to Fri 6:30 to 7:30am, (X), 4:45 to 6:00pm (L)
- h. **Sanghavi Trust Bldg (Matunga Rd. W.R. Stn.)** : 6th floor, Gowardhan Baug, Manmala Tank Rd., Matunga (W), Mumbai 400016, Tel : 9969827497. Time: Mon to Fri 6:30 to 8:30am.
- i. **Masurashram Yoga Kendra (Goregaon)** : Masurashram, Pandurang wadi, Goregaon (E), Mumbai 400063, Tel: 9833032046, Time: Mon to Fri 6:00 to 7:00am (X)
- j. **Matru Madir Yoga Kendra (Goregaon)** : Matru Mandir Mahila Mandal, Jaiprakash Nagar, Goregaon (E), Mumbai 400063, Tel: 26862913, Time: Mon to Fri 6:00 to 7:00am (X)
- k. **Balkanji Bari Yoga Kendra (Ghatkopar)** : Balkanji Bari Marg, Rajawadi, Ghatkopar (E) Mumbai 400077, Tel: 9930343408, Time: Mon to Sat 6:00 to 7:00 am (X)

## ★ PRIZES AWARDED AT DADAR ★

Sr. No	AWARD NAME	FOR	DONOR
1	LATE SMT RUKMINI VITHTHAL TENDULKAR PRIZE	Standing 1 <sup>st</sup> In YTTC	Late Smt. Shubhangi Sinkar
2	LATE SMT HIRABAI KHANDERAO MHATRE PRIZE	Standing 1 <sup>st</sup> In YTTC (Female)	Mrs. Ratna Mhatre
3	GURUNATH PATKAR PRIZE	Standing 2 <sup>nd</sup> In YTTC	Mr. Gurunath Patkar
4	GURUNATH PATKAR PRIZE	Standing 3 <sup>rd</sup> In YTTC	Mr. Gurunath Patkar
5	NAYANTARA PUNEKAR PRIZE	Highest Marks In Yogic Science (Theory)	Mrs. Punekar
6	MAHESHWAR RAMCHANDRA KULKARNI PRIZE	2 <sup>nd</sup> Highest Marks In Yogic Science (Theory)	Mrs. Shakuntala Nimbalkar
7	DR KALANGUTKAR PRIZE	Highest Marks In Anatomy & Physiology	YVN
8	MAHESHWAR RAMCHANDRA KULKARNI PRIZE	Highest Marks In Education Psychology	Mrs. Shakuntala Nimbalkar
9	OMKAR PRIZE	Best All Round Performance	Mr. Anant Ashtekar
10	LATE MANDAKINI MARATHE PRIZE	Highest Marks In Lessons	Mr. P. D. Marathe
11	GHERANDA PRIZE	Best Project	Ms. Shashikala Chaurasia
12	MAHESHWAR RAMCHANDRA KULKARNI PRIZE	Highest Marks In Yogic Science Practicals	Mrs. Shakuntala Nimbalkar
13	MAHESHWAR RAMCHANDRA KULKARNI PRIZE	2 <sup>nd</sup> Highest Marks In Yogic Science Practicals	Mrs. Shakuntala Nimbalkar
14	SWAMI KUVALAYANANDA PRIZE	Best Performance Shuddhi Kriya (Male)	Ms. Shashikala Chaurasia
15	SWAMI KUVALAYANANDA PRIZE	Best Performance Shuddhi Kriya (Female)	Ms. Shashikala Chaurasia
16	YOVINI PRIZE	Best Performance in Summer Course	YVN
17	B.P. WAGH PRIZE	Best Performance Nauli Male Student	Mrs. A.C. Dalvi
18	B.P. WAGH PRIZE	Best Performance Nauli Female Student	Mrs. A.C. Dalvi
19	MUKUND BEDEKAR PRIZE	Best Performance Shirshasana Male Student	Mr. M. V. Bedekar
20	PADMASHREE SADASHIV NIMBALKAR PRIZE	Best Performance Shirshasana Female Student	Mrs. Anita Kolhe
21	PADMASHREE SADASHIV NIMBALKAR PRIZE	Best Performance Mayurasana Male Student	Mrs. Kusum Satra
22	IYER PRIZE	Best Performance Mayurasana Female Student	Mrs. Radha Ramachandran
23	PATANJALI PRIZE	100% Attendance In YTTC	Ms. Shashikala Chaurasia

## ★ PRIZES AWARDED AT VASHI ★

SN	AWARD NAME	FOR	DONER
1	Dinkar Merit Award	Mrs. Neha Kerure	1 <sup>st</sup> Rank in YTTC
2	Hemmady Annaji	Mr. Niranjan Hemmady	1 <sup>st</sup> Rank in YTTC
3	Late Smt M G Chellamma	Madhu Nair	1 <sup>st</sup> Rank in YTTC (Female)
4	Hemmady Neera	Mr. Niranjan Hemmady	2 <sup>nd</sup> Rank in YTTC
5	Kabad Appaji Rao	Mr. Niranjan Hemmady	3 <sup>rd</sup> Rank in YTTC
6	Late Smt. Varsha Tawar	Mrs. Neha Kerure	Highest in Theory (YST+AP+EP)
7	Savitridevi Varshney	Mr. Sureshchandra Varshney	Highest in Yogic Science -Theory
8	Bhaskar Barakaji Mhatre	Mrs. Meena Mhatre	Second Highest in Y. Sc.- Theory
9	Savitridevi Varshney	Mr. Sureshchandra Varshney	Highest in Anatomy & Physiology
10	Savitridevi Varshney	Mr. Sureshchandra Varshney	Highest in Education Psychology
11	Savitridevi Varshney	Mr. Sureshchandra Varshney	Highest in Yogic Science Practical
12	Late Nagesh Kashinath Gholkar	Mr. Pradeep Gholkar	Second Highest in Yogic Science Practical
13	Late Rupali Gokhale	Mrs. Sharmila Gokhale	Highest in Graded Course
14	Late Shamba Dulaba Savant	Mr. Durgadas Savant	Highest in Graded Course (Male)
15	Late Smt. Vidya Mohan Singh Bhela	Mr. Jaswinder Singh Bhela	Highest in Graded Course (Female)
16	Late Mohan Singh Bhela	Mr. Jaswinder Singh Bhela	Highest in Shuddhikriya (Male)
17	Shri. Gondavalekar Maharaj	Mrs. Sharmila Gokhale	Highest in Shuddhikriya (Female)
18	Late Ravaji S. Patil	Shri. Kesari Patil of Kesari Foundation	Best Performance in Nauli (Male)
19	Late Ravaji S. Patil	Shri. Kesari Patil of Kesari Foundation	Best Performance in Nauli (Female)
20	Late Ravaji S. Patil	Shri. Kesari Patil of Kesari Foundation	Best Performance in Shirshasana (Male)
21	Late Ravaji S. Patil	Shri. Kesari Patil of Kesari Foundation	Best Performance in Shirshasana (Female)
22	Late Ravaji S. Patil	Shri. Kesari Patil of Kesari Foundation	Best Performance in Mayurasana (Male)
23	Late Ravaji S. Patil	Shri. Kesari Patil of Kesari Foundation	Best Performance in Mayurasana (Female)
24	Late Maheshwar R. Kulkarni	Mrs. Shakuntala Nimbalkar	Highest in Lesson
25	Late Smt. Laxmibai Kashinath Gholkar	Mr. Pradeep Gholkar	Highest in Project (Theory & Practical)
26	Kabad Shantabai	Mr. Niranjan Hemmady	Highest in Theory Project
27	Late Shantabai Bedekar	Mrs. Medha Bedekar	Highest in Assignment
28	Omkar Prize	Mrs. Vidula Ashtekar	Highest in Overall Performance Second Highest in Overall Performance
29	Late Shakuntala Nimbalkar Prize	Yoga Vidya Niketan	Highest in Summer Course
30	Shreedharan Nair	Mr. Madhu Nair	Second Highest in Summer Course
31	Late Harishchandra Agast	Mr. Madhu Nair	100% YTTC Attendance

## ★ PRIZES AWARDED AT GLOBAL ONLINE ★

Sr. No	AWARD NAME	FOR	DONOR
1	Late Smt. M. G. Chellamma	1st Rank in YTTC	Madhu Nair
2	Late Smt Geeta Kishore Jampana	1st Rank (Female)	Ms. Praveena Jampana
3	Shantakumari	2ndRank in YTTC	Shantakumari
4	Mrs. Sharada & Mr. Bhumeswar Narsayya Pitla	3rdRank in YTTC	Krishna Pitla
5	Late Smt. Varsha Tawar	Highest in Theory (YST+AP+EP)	Mrs. Neha Kerure
6	Sujata Krishnan	Highest in Yogic Science - Theory	Sujata Krishnan
7	Late Shri Shyam Mohan	Second Highest in Y. Sc.- Theory	Madhu Nair
8	Late Shri Chandrashekhkar Bhiku Patil	Highest in Anatomy & Physiology	MrsPradnya Patil-Kinge
9	Vimla & Geeta devi	Highest in Education Psychology	Dr. Jaishree Prasad
10	Late Smt. Chhaya Adinath Kinge	Highest in Yogic Science Practical	Pradnya Patil Kinge
11	Late Arun Gholkar	Second Highest in Yogic Science Practical	Mr. Pradip Gholkar
12	Smt. Kamal Kashinath Kinge	Highest in Graded Course	Shri AdinathKingeKinge
13	Late Nagesh Gholkar	2nd Highest in Graded Course	Mr. Pradip Gholkar
14	Late Shri PGK Nair	Highest in Shuddhikriya (Male)	Smita Menon
15	Late Smt. Kiran Verma	Highest in Shuddhikriya (Female)	Deep Verma
16	Smt Taramati Pandurang Shinde	Best Performance in Nauli (Female)	Mr. Santosh Shinde
17	Pandurang Dadasaheb Shinde	Best Performance in Nauli (Male)	Mr. Santosh Shinde
18	Late Shri Krishna M. Pillay	Best Performance in Shirshasana (Male)	Sujatha Vairat
19	Late Adinath Kashinath Kinge	Best Performance in Shirshasana (Female)	Mrs Pradnya Kinge Kinge
20	Late Shri Sesha Banjan	Best Performance in Mayurasana (Male)	Ms. Meenakshi Banjan
21	Late Smt. M. G. Chellamma	Best Performance in Mayurasana (Female)	Madhu Nair
22	Late Shri Keshav Vinayak Deshpande	Highest in Lesson	Mrs. Manjushree Deshpande
23	YVN	Highest in Project (Practical and Theory)	YVN
24	Late Smt. Nalini Keshav Deshpande	Highest in Theory Project	Mrs. Manjushree Deshpande
25	YVN	Highest in Assignment	YVN
26	Late Shri Amitab Ghosh	Highest in Overall Performance	Malabika Biswas
27	Yoga Vidya Gharoghari	Highest in Summer Course	Deep Verma
28	Late Shri Jagmohan ShivramKhatavkar	Second Highest in Summer Course	Priyanka Khatawkar
29	Late Smt. Prabhavati Kerure	100% YTTC Attendance	Mrs. Neha Kerure

## SOME FEEDBACK ABOUT YTTC

The Teacher's Training Course conducted by Yoga Vidya Niketan is unique. Great emphasis is laid on clarity of yogic concepts through a rightly designed "Graded Course" by Padmashree Sadashiv Nimbalkar and no effort spared in imparting an immaculate understanding of techniques of yoga practices. In the process, the students recognize their own potential and the journey from being a student to being an ardent follower of yoga starts.

**Madhura Karambelkar**

Bcom, CA, Yoga Teacher, +91-98192 53385

YVN's TTC is not only a Teachers Training Course, but it's a Total Transformation Course. I have re-discovered myself and my capacities during this course. It enhanced my personality and my thought process. The entire journey throughout the year was never before experienced in any other educational system.

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The course is well-structured and covers every aspect of Yogic Science. Well trained, qualified and dedicated teachers make it more interesting and ensure that students are on the right path all the time. Scientific and lucid interpretation of Hathayogic Texts and Yoga Sutras from Patanjali Yoga Darshan is also an integral part of the curriculum, which helps in understanding the Yoga Philosophy.

**Mahesh Karambelkar**

BE (PRODUCTION), MBA (FINANCE), +91-98192 04546

I joined YVN's TTC for health reasons. Being a housewife, it was a totally new experience for me. It has given me an opportunity and the freedom to express myself. When I was called as a teacher, I felt really honoured. YVN is not only imparting knowledge of Yoga but it helps develop "Health and Peace". I am associated with YVN for last 10 years and would like to continue.

**Mrs. Anita Kolhe**

Bsc, Electronics, Yoga Teacher, +91-9987722131

I am closely associated with YVN since 1985 - from being a student of the Summer course, Diploma in Yogic Education and Diploma in Naturopathy. From 1987, I am managing the DYE course with help from senior teachers and am also a faculty member for the TTC and at the Diploma in Naturopathy and Natural Living. I have conducted many Yoga programs for students and yoga lovers including making presentations at International Yoga Conferences. It's a pleasure to be working with a team of highly talented and eminent teachers to deliver the treasure of Yoga to the society.

**Anant Ashtekar**

Retd. Civil Engineer (MCGM)

+91-9833478014, anantashtekar@yahoo.com

No. Yoga - 1080/14850-C  
Directorate of Sports and Youth  
Services, M.S., Pune - 1 Dated :  
10-11-82

To  
Shri S. P. Nimbalkar, Chairman,  
Yoga Vidya Niketan  
B-1/14 358 Municipal Tenements  
Abdul Gafar Khan Road, Worli,  
Bombay - 400 018.

Sub :- Recognition to Yoga Vidya Niketan Bombay Ref. :-

- i) Govt. letter No. PHE-2681/65241/D-XX,  
dt. 21st July 1982.
- ii) This office letter dt. 11-8-82
- iii) Your letter dt. 28th Oct. 1982.

In continuation of this office letter dated 11-8-82 it is to inform you that your institution has been recognised as special Institute for running Yoga Training Classes conducted for Teachers also.

O.C. approved by the Director

for Director of Sports and  
Y.S., M.S., Pune-1

No. Yoga - 1080/14850-C  
Pune - 1  
Dated : 11-8-82

To  
Shri S. P. Nimbalkar, Chairman,  
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B-1/14 358 Municipal Tenements  
Abdul Gafar Khan Road, Worli,  
Bombay - 400 018.

Sub :- Recognition to Yoga Vidya Niketan Bombay Ref.

:- Govt. letter No. PHE-2681/65241/D-XX, dt. 21st July 1982.

It gives me great pleasure to inform you that your institution namely Yoga Vidya Niketan, Bombay, (R.E. G.E. No. F - 3613) has been recognised by Govt. as Special Institute for running Yoga Classes in different courses such as -

- 1. Pre-preliminary Course, 2. Preliminary Course, 3. Intermediate Course,
- 4. Pre-standard Course, 5. Standard Course

This recognition is granted subject to the condition that the institution will not be entitled to grant-in-aid by Govt. for any purpose for three years in the first instance.

O.C. approved by the Director

for Director of Sports and  
Y.S., M.S., Pune-1





Yogabhavan, a four storeyed owned premises of  
Yoga Vidya Niketan at Vashi, Navi Mumbai.



**YOGA VIDYA NIKETAN**  
(Regn. No. F-3613)

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