

## YOGA VOLUNTEER TRAINING (YVT) COURSE (FOR VLEs)

| Unit No | Unit Name                            | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Content Details                                                                                                                                                                | Filename                                                                                                                                                |
|---------|--------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1       | YOGA VOLUNTEER TRAINING (YVT) COURSE | <p><b>Ministry of Ayush and Morarji Desai National Institute of Yoga</b> have initiated the CYP – Yoga Volunteer Training (YVT) Course at national and international level. The YVT course aims to disseminate the knowledge of Yoga among the general public, for improvement of their health and well-being.</p> <p><b>FEATURES:</b></p> <p>A <b>digital course</b> to improve health and well-being and to develop positive outlook. Especially relevant during COVID-19 pandemic</p> <p><b>High-quality online instructive videos</b> of CYP, designed to enable the common people to learn <b>Yoga at home</b></p> <p>Endorsement as a Yoga Volunteer from the country's apex body for Yoga certification - <b>Yoga Certification Board (YCB)</b>, at a nominal fee</p> | <ol style="list-style-type: none"> <li>1. YOGA APPRECIATION PROGRAMME</li> <li>2. COMMON YOGA PROTOCOL (CYP) – INTRODUCTION PROGRAMME</li> <li>3. CYP- YOGA SADHANA</li> </ol> | <a href="https://youtube.com/playlist?list=PLahJnc63iatLwDYuglPkwdxZBEmcP-tvB">https://youtube.com/playlist?list=PLahJnc63iatLwDYuglPkwdxZBEmcP-tvB</a> |