

YOGA VOLUNTEER TRAINING (YVT) COURSE (FOR VLEs)

Unit No	Unit Name	Description	Content Details	Filename
1	YOGA VOLUNTEER TRAINING (YVT) COURSE	Ministry of Ayush and Morarji Desai National Institute of Yoga 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. FEATURES: A digital course to improve health and well-being and to develop positive outlook. Especially relevant during COVID-19 pandemic High-quality online instructive videos of CYP, designed to enable the common people to learn Yoga at home Endorsement as a Yoga Volunteer from the country's apex body for Yoga certification - Yoga Certification Board (YCB), at a nominal fee	1. YOGA APPRECIATION PROGRAMME 2. COMMON YOGA PROTOCOL (CYP) – INTRODUCTION PROGRAMME 3. CYP- YOGA SADHANA	https://youtube.com/playlist?list=PLahJnc63iatLwDYugIPkwdxZBEmcP-tvB