Press Release

Foundation Course in Yoga Science for Wellness &

Certification Course in Yoga for Protocol Instructor

offered by

Morarji Desai National Institute of Yoga &

Heartfulness Education Trust

Hyderabad, 7 November 2019: Morarji Desai National Institute of Yoga (MDNIY), functioning under the Ministry of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy) of the Government of India, and Heartfulness Education Trust have conducted the first Foundation Course in Yoga Science for Wellness at Kanha Shanti Vanam from 1 to 7 November 2019.

Earlier this year, on the 7 August, Heartfulness Institute and Morarji Desai National Institute of Yoga (MDNIY) had joined hands, to conduct joint courses in Yoga. The MoU was signed by Kamlesh D. Patel (Daaji), Heartfulness Guide, and Dr I.V. Basavaraddi, Director, Morarji Desai National Institute of Yoga, and Advisor on Yoga and Naturopathy to the Ministry of AYUSH.

Students who are interested in pursuing a career in Yoga now have access to the prestigious MDNIY curriculum as well as Heartfulness training in the pristine campus of Kanha Shanti Vanam near Hyderabad, the only ashram in India to have been awarded a platinum green status by ICGB.

Daaji said, “For many decades, Heartfulness has been promoting our ancient traditions of Yoga to the general public, both within India and to the rest of the world. It gives us pleasure in making the voice louder by joining hands with many organisations inspired to promote wellness through Yoga. We will closely work with AYUSH and Morarji Desai National Institute of Yoga in their efforts to promote the magnificent tradition and benefits of Yoga to many more people. With this collective effort we aim to make the art of Yoga easily available to all, irrespective of their background, profession or culture.”

During his recent visit to Kanha Shanti Vanam, Dr Basavaraddi said: “India has been blessed with traditions that help one lead a better life. Our attempt is to once again open up these wonderful practices of Yoga and meditation, not only to Indians but also to all citizens of the world. It is only possible when reputed institutes like Heartfulness come forth to partner with us in this journey. The signing of this MOU signifies the importance of bringing Yoga, meditation and spirituality to all. I am excited to see the numerous people who will benefit through this course.”

The establishment of the Morarji Desai National Institute of Yoga is based on a Government of India initiative to revive the heritage of Yoga by spreading the practice and philosophy to all parts of the country and taking it worldwide through the International Day of Yoga. The functioning of the Institute is under the Ministry of AYUSH and the Ministry of Health and Family Welfare, India. The Institute is mandated to promote Yoga philosophy and facilitate training and advanced research on the subject.

An ongoing series of programs has been announced from December onwards and for the year 2020. The first month-long fully residential Certification Course in Yoga for Protocol Instructors (CCYPI) will start on the 1st of December 2019 at Kanha Shanti Vanam, Hyderabad, with double certification from MIDNY and HET.

About Heartfulness Meditation:

Heartfulness ([www.heartfulness.org](http://www.heartfulness.org/)) is a Raja Yoga system of meditation, which is also known as Sahaj Marg. It originated at the turn of the 20th century and was formalised with the founding of Shri Ram Chandra Mission in 1945 in India. Heartfulness offers a set of meditative practices for self-development, leading to inner calm and stillness in our fast-paced world. The easily adopted practices are appropriate for people from all walks of life, cultures, religious beliefs and economic status, over the age of fifteen.

With over a million practitioners worldwide, Heartfulness Meditation is available at thousands of schools and colleges, and over 100,000 professionals are meditating in corporations, non-governmental and government bodies worldwide. More than 5,000 Heartfulness Centres are supported by thousands of certified volunteer trainers in over 130 countries.

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