



INDIAN SCHOOL MUSCAT
PO Box: 2470, Ruwi, P.C. 112
Sultanate of Oman



ISM/PRN/050/2021-22

June 6, 2021

CIRCULAR –
COMMON YOGA PROTOCOL PROGRAMME ORGANIZED BY THE EMBASSY OF INDIA

Dear Students,

Greetings from Indian School Muscat!

The Embassy of India, Muscat is organising “**Common Yoga Protocol Programme**” (CYP) Yoga Volunteer Training Programme (VVT) at national and international level initiated by the Yoga Certification Board, Ministry of AYUSH, India, which is in connection with the **International Day of Yoga (IDY) 2021**. The Ministry of Ayush has proposed “**Be with Yoga, Be at Home**” as the main theme for this year, encouraging individuals to observe the day by doing yoga at home with family.

Participation in CYP offers the opportunity to the participants to obtain a “Yoga Volunteer” certificate from the Yoga Certification Board, which is India’s apex body for certification in the field of yoga. The Yoga Volunteer Training Course consists of 4 stages, as below :

Stage	Practices	Days	Hours
I	Yoga Appreciation Programme	4 days	3 Hours(45 mins daily)
II	CYP – Introduction Programme	12 days	18 Hours (90 mins daily)
III	CYP –Yoga Sadhana	6 days	9 Hours (90 mins daily)
IV	CYP – Self Practice, Assessment & Certification	2 days	6 Hours
Total		24 Days	36 Hours

The above mentioned course is at 4 levels, commencing with the module of Yoga Appreciation Programme which is of 4 days with daily practice of 45 minutes and then move to the second level, the CYP-Introduction Programme which will be for 12 days with daily practice of 1.5 hours. Reaching the third level, the CYP-Yoga Sadhana will be for 6 days with daily practice of 1.5 hours. The final level includes a 2-day (6 hours daily) CYP-Self Practice, Assessment & Certification.

A flow chart and procedures in this regard is attached herewith for your kind perusal.

The courses are offered free of cost. However a nominal processing fee of Rs.100/- is involved to provide the “Yoga volunteer Training certificate.”

Participating yoga individuals in the CYP programme on IDY 2021 will be acknowledged and shall be awarded as a “Yoga Volunteer.”

An “IDY Handbook” has been developed by the Ministry of AYUSH keeping in mind the current pandemic situation – lending focus predominantly on mobilization activities in the online/virtual mode'. The same is available on the yoga portal of MoAYUSH on the following location https://yoga.ayush.gov.in/public/assets/IDY_ebook.pdf This also includes the videos prepared by Ministry of AYUSH In English, Hindi and 14 other Indian languages on Common Yoga Protocol.

For further details please visit the website of YCB : <https://yogacertificationboard.nic.inn>

Practicing Yoga fosters good holistic health and cultivates cheerfulness.

Dear children, please participate with much enthusiasm and win prizes. All the best.

With warm regards,



Dr Rajeev Kumar Chauhan
Principal

