

B- Registration Certificate



सोसाइटी के नवीनीकरण का प्रमाण पत्र

नवीनीकरण संख्या : RENEW0921003576

एतद्वारा प्रमाणित किया जाता है कि सुर्वोदय सेवा समिति, Village- Dahariya near ITI, Post- Manpur Pashchim Haldwari Nainital Uttarakhand 263139 को दिये गये रजिस्ट्रीकरण प्रमाण पत्र संख्या : UK06608122020005424 दिनांक 27-OCT-2004 को दिनांक : 26-OCT-2024 तक के लिए नवीनीकृत किया गया है। रु. 6500/- की नवीनीकरण फीस सम्यक रूप से प्राप्त हो गयी है।

दिनांक : 08-SEP-2021

For Uttarakhand State Society (R)

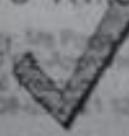
Manoj Joshi

सोसाइटी-रजिस्ट्रार

उत्तराखण्ड

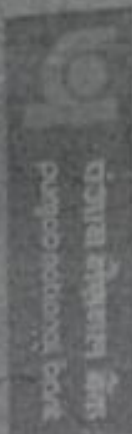
Signature valid

Digitally signed by the Registrar
Reason: SOCIETY
Location: Nainital
Date and Time: 08-SEP-2021 12:26:57



B. address proof

→ Tanakpur (Champanawat)



TANAKPUR (Champanawat) Branch
RTGS/NEFT IFS Code: PUNB0692100

DD M M Y Y Y Y

DD MONTH OR BEARER

₹ RUPPEES

Conceded

Account No. 6921000100027048

SAVING A/C 6921000100027048

HAK

SURYODAYA SEWA SAMITHI, NAVJEET JOSHI SO DEVI DUTTI JOSHI

253810 2520213511

Harjan Singh

Navyoga Institute of Yoga and Naturopathy
(Suryodaya Seva Samithi (R))
Navyoga Gram NH-125
Tanakpur (Champanawat)

B. address Proof

MANDATE FORM

ELECTRONIC CLEARING SERVICE (CREDIT CLEARING/REAL TIME GROSS SETTLEMENT (RTGS) FACILITY FOR RECEIVING PAYMENTS,

address

A. DETAIL OF ACCOUNT HOLDER:-

NAME OF ACCOUNT HOLDER	SURYODAYA SEWA SAMITI
COMPLETE CONTACT ADDRESS	Navyoga gram, 125, National Highway , Tanakpur(Champawat)-262309
TELEPHONE NUMBER/FAX/EMAIL	+91-8979809343

B. BANK ACCOUNT DETAILS:-

BANK NAME	PUNJAB NATIONAL BANK
BRANCH NAME WITH COMPLETE ADDRESS, TELEPHONE NUMBER AND EMAIL	TANAKPUR (Champawat) 05943-265002
WHETHER THE BRANCH IS COMPUTERISED	YES
WHETHER THE BRANCH IS RTGS ENABLED? IF YES, THEN WHAT IS THE BRANCH'S IFCS CODE	YES IFSC CODE: PUNB0692100
IS THE BRANCH ALSO NEFT ENABLED?	YES
TYPE OF BANK ACCOUNT (SB/CURRENT/CASJ/CREDIT)	SAVINGS
COMPLETE BANK ACCOUNT NUMBER (LATEST)	6921000100027048
MICR CODE OF BANK	262024351

DATE OF EFFECT:-

I hereby declare that the particulars given above are correct and complete. If the transaction is delayed or not effected at all for reasons of incomplete or incorrect information I would not hold the user Institution responsible. I have read the option invitation letter and agree to discharge responsibility expected of me as a participant under the scheme.



Manoj Joshi
Signature of Customer

Date: 16 October, 2023

Certified that the particulars furnished above are correct as per our records.

(Bank's Stamp)

(.....)

Manoj Joshi
Signature of Customer

Date:

Signature of Customer

1. Please attach a photocopy of cheque along with the verification obtained from the bank.
2. In case your Bank Branch is presently not "RTGS enabled", the upon its up gradation to "RTGS Enabled" branch, please submit the information again in the above proforma to the Department at earliest.


Manoj Joshi

Navyoga Gram, NH-125
Tanakpur (Champawat)

C- Documentary proof year of establishment
15-01-2005

रजि० नं०- 02756HA

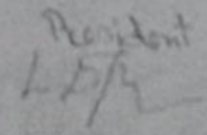
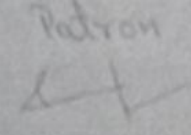
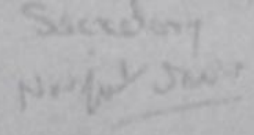
सं०- 541170486

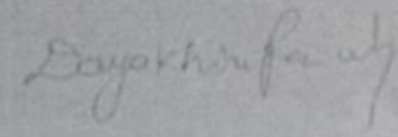
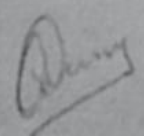
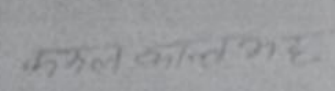
 **सूर्योदय सेवा समिति रजि०**
ग्राम - डहरिया, पो० - मानपुर पश्चिम, हल्द्वानी (नैनीताल)

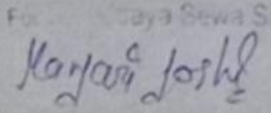
दिनांक 15-01-2005

To WHOM IT MAY CONCERN

This is inform that in order to organize various activities, education programs, run Courses and training programmes etc. of naturopathy, yoga and other AYUSH programs, the office bearers of "Suryodaya Seva Samiti" had unanimously decided to use the name "NAVYOGA INSTITUTE OF YOGA AND NATUROPATHY" which is affiliated to "Suryodaya Seva Samiti".

President 
Patron 
Secretary 

Member 
Member 
Member 

For Secretary

Authorized Signatory

अध्यक्ष / कोषाध्यक्ष / सचिव
सूर्योदय सेवा समिति (रजि०)
हल्द्वानी (नैनीताल)

Navyoga Institute of Yoga and Naturopathy
(Suryodaya Seva Samiti (R))
Navyoga Gram, NH-125
Tanakpur (Champawat)

E-organogram

Organogram:

नवयोग योग एवं प्राकृतिक चिकित्सा संस्थान
(सूर्योदय सेवा समिति से संबद्ध)

प्राकृतिक चिकित्सा एवं योग विभाग

For Suryodaya Sewa Samiti (R)

Margaret Joshi

Authorized Signatory

Navyoga Institute of Yoga and Naturopathy
(Suryodaya Sewa Samiti (R))
Navyoga Gram, NH-125
Tanakpur (Champawat)

E- Policy document aim & objective

नवयोग योग एवं प्राकृतिक चिकित्सा संस्थान (सूर्योदय सेवा समिति से संबद्ध)

Aim and Objectives:

1. To promote and provide a platform for all to interact and exchange ideas on yoga, Nada Yoga, Naturopathy and other Ayush related aspects of health and wellbeing.
2. To promote AYUSH methods, Yoga, Naturopathy, Nada yoga, music, and natural farming, save Environment.
3. To introduce the youth of the country to moral health, prosperity, and Indian culture.
4. To promote the healthy family concept and GURU SHISHYA PARAMPARA besides Sanatan culture.
5. To provide opportunities for research work, research institutes, and projects in the disciplines of Yoga Naturopathy, Alternative Medicine, etc.
6. To build and collaborate with Gurukul system of schools, universities, and colleges.
7. To inculcate the feeling of patriotism, unity, and fellow feeling.
8. Academic works like the publication of Indian literature, Naturopathy, Yoga.

Vision and Mission:

While yoga is a diverse and ancient practice with various interpretations and approaches, there isn't a universally agreed-upon "official" vision and mission statement for yoga. However, many people associate with the vision and mission of yoga as a personal entity.

Vision of the Institute/Samiti:

Attainment of holistic well-being, encompassing physical, mental, and spiritual harmony with practical and theoretical approach for overall wellbeing through NADA Yoga, naturopathy and allied AYUSH systems. We envision a world where individuals are connected to their true selves, others, and the universe, fostering a sense of inner peace and contentment.

Mission of the Institute/Samiti:

The mission is to involve and guide individuals on a journey of self-discovery, self-improvement, and self-realization through holistic approach through NADA Yoga, naturopathy and allied AYUSH systems. To promote physical health, mental clarity, emotional balance, and spiritual growth. To encourage the cultivation of mindfulness, compassion, and a sense of interconnectedness with all living beings.

LOGO:



For Suryodaya Sewa Samiti (R)

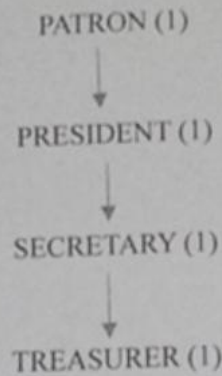
Kanyani Joshi

Authorised Signatory

Navyoga Institute of Yoga and Naturopathy
(Suryodaya Sewa Samiti (R))
Navyoga Gram, NH-125
Tanjore, (Champawat)

F- Organisational Structure

ORGANIZATION STRUCTURE OF SURYODAYA SEVA SAMITI



Member (1) Member (2) Member (3) Member (4) Member (5)

“NAVYOGA INSTITUTE OF YOGA AND NATUROPATHY”

(Affiliated to “SURYODAYA SEVA SAMITI” (Regd.))

Director

(Duties and responsibilities: to chair meetings, observe and monitor the administrative and financial matters)



Principal

(Duties and responsibilities: day to day functioning, academic administration and financial matters)



Vice-Principal

(Duties and responsibilities: Assisting the Principal in day-to-day functioning, academic administration and financial matters)



Faculty

(Duties and responsibilities: teaching, time-table, theory and practical classes, examination, evaluation and other duties assigned from time to time)



Staff

(Duties and responsibilities: day to day functioning of administration and financial matters)

For Suryodaya Sewa Samiti (R)

Kanjari Joshi

Navyoga Institute of Yoga and Naturopathy
(Suryodaya Sewa Samiti (R))
Navyoga Gram, NH-125
Tanakpur (Champawat)

G. Detail of 1st Yoga Course conducted by Institution
5 February 2005

नवयोग योग एवं प्राकृतिक चिकित्सा संस्थान
(सूर्योदय सेवा समिति से संबद्ध)

योग सर्टिफिकेट कोर्स

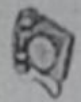
अवधि - 3 महीने
पाठ्यक्रम: कोई आयु सीमा नहीं, न्यूनतम 10वीं पास या समकक्ष
पाठ्यक्रम परिणाम: स्वस्थ जीवन शैली के लिए योग का महत्व और
बुनियादी ज्ञान
कक्षाएं - 5 फरवरी 2005 से शुरुआत होती
कक्षाएं - 30 अप्रैल 2005 तक आयोजित की जाएंगी
सप्ताह (शनिवार और रविवार) पर कक्षाएं
कुल घंटे - 50 घंटे

Yog Certificate Course

Duration - 3 Months
Eligibility: No age limit, Minimum 10th pass or equivalent
Course Outcome- Importance and basic knowledge of Yog for Healthy Lifestyle
Classes will start from - 5 February 2005
Classes shall be held till - 30 April 2005
Classes scheduled on weekends (Saturday and Sundays)
Total hours - 50 hours

कक्षाएं: संसदीय भवन, पीलीभीत रोड, टनकपुर, चंपावत, उत्तरांचल-262309 पर आयोजित की जाएगी।

Classes will be held at Navyog Research Center, MANGAL-ACHARANAM, Pilibhit Road, Tanakpur, Champawat, Uttaranchal-262309.



अधिक जानकारी के लिए / For more information: 05943-265274

अध्यक्ष / प्रोफेसर / सचिव
सूर्योदय सेवा समिति (रजि०)
दरभंगा (नेपाल)

For Suryodaya Sewa Samiti (R)
Kanjari Joshi
Authorised Signatory

Navyoga Institute of Yoga and Naturopathy
(Suryodaya Sewa Samiti (R))
Navyoga Gram, NH-125
Tanakpur (Champawat)

Document lease deed

①

FRONT-2018-12-19-21-09-40-00

भारतीय गैर न्यायिक
भारत INDIA

रु. 500

FIVE HUNDRED
RUPEES

पाँच सौ रुपये

Rs. 500

INDIA NON JUDICIAL

उत्तराखण्ड UTTARAKHAND

किरायानामा (लेजिड) 908414



मासिक किराया - 500 रु
वार्षिक किराया 6000
शुल्क 610

प्रथम पक्ष द्वितीय पक्ष

यह कि हम देवीदत्त जोषी इस कायस्त पुत्र श्री मनीष जोषी ग्राम मनिहारगोठ टनकपुर तहसील श्री पूर्वांचली जिला चम्पावत बु स्वामी ग्राम प्रथम पक्ष कहलयेगा एवं सुरेन्द्र सेवा समिति ग्राम उहरिया विचर जदि 010 अदि पत्रलय मानपुर पश्चिमी हल्द्वानी जिला नैनीताल किरायेदार श्री द्वितीय पक्ष द्वारा श्री अध्यात्म श्री लीलाधर पाठ्य पुत्र श्री भोजादत्त पाठ्य ग्राम उहरिया पत्रालय मानपुर पश्चिमी हल्द्वानी किरायेदार श्री द्वितीय पक्ष कहलयेगा के मध्य यह किरायानामा (लेजिड) मान्यत निष्पादित कर देते है।

यह कि प्रथम पक्ष देवीदत्त जोषी ग्राम मनिहारगोठ के खाता नं 40 के बिल नं 14/4 अ.मि. मध्य भूमिका किरायेदार मासिक व काबिज है। खेत नं 14/4 अ.मि. मध्य 0252 हे. भूमि न्या. अ.सि. कलेक्ट/ उप निवाधिकारी पूर्वांचली (टनकपुर) के तार सं 08/2015-16 धारा 143 जेड. ए.एल. डार. एवर दि. 24-04-16 के अनुसार प्रथम पक्ष देवीदत्त जोषी के नाम गैर न्यायिक दस्तावेज के गफ है।

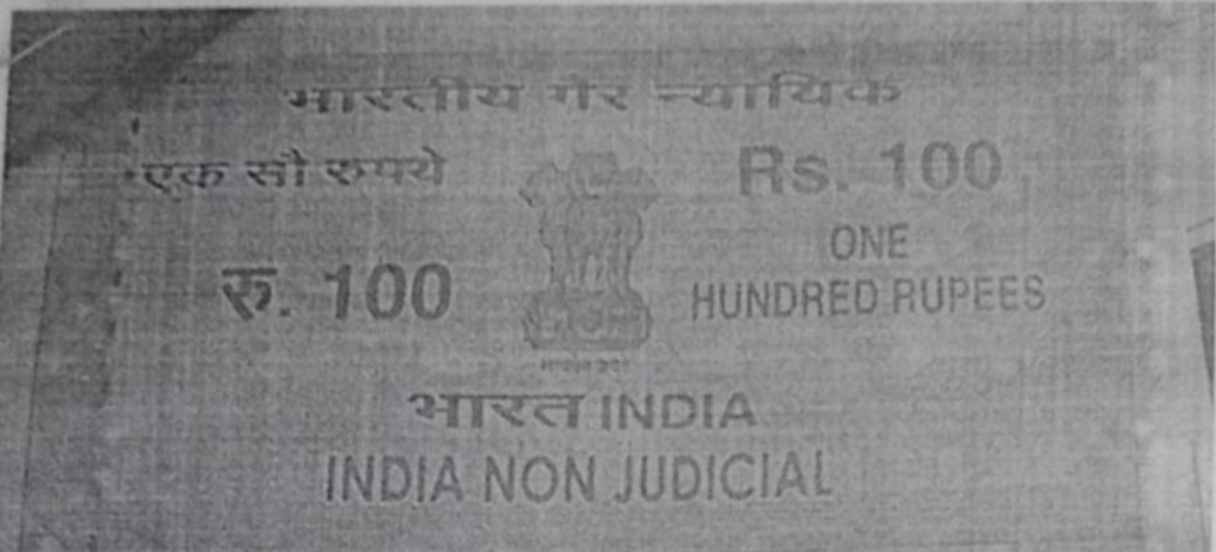


Manoj Joshi
Authorised Signatory

Navyoga Institute of Yoga and Naturopathy
(Suryodaya Sewa Samiti (R)
Navyoga Gram, NH-125
Tanakpur (Champawat)

12/20/2018

PHOTO-2018-12-19-21-04-15.jpg



उत्तराखण्ड UTTARAKHAND

M 7548

- (1) यह कि द्वितीय पक्ष सुर्योदय सेवा समिति के उक्त गैर कृषिक भूमि को योग एवं प्राकृतिक चिकित्सा (अस्पताल) हेतु दि. 6-09-2016 से दि. 5-09-2031 तक 15 वर्ष के लिये 500-00 रु (पाँच सौ रुपये) प्रतिमाह किराये पर ले लिया है। प्रथम पक्ष ने उक्त 0.252 हे० गैर कृषिक भूमिका कब्जा द्वितीय पक्ष को दे दिया है।
- (2) यह कि द्वितीय पक्ष प्रत्येक वित्तीय वर्ष का किराया हर वित्तीय वर्ष में प्रथम पक्ष को अदा करता रहेगा।
- (3) यह कि द्वितीय पक्ष अपनी आवश्यकतानुसार उक्त भूमि में निर्माण कार्य करा सकता है।
- (4) यह कि द्वितीय पक्ष/संस्था उक्त परिसर में अपने हार्ड-वेयर से बिजली, पानी का कनेक्शन ले सकेगा तथा विलेज का भुगतान भी द्वितीय पक्ष ही करेगा।
- (5) उक्त भूमि से सम्बन्धित अन्य टैक्सों का भुगतान भी द्वितीय पक्ष ही करेगा।
- (6) यह कि संस्था अपने सशोधित स्मृति पत्र में दिये गये उद्देश्यों के अनुसार ही कार्य करेगी। उक्त भूमि को अपने और से किसी अन्य को किराये पर नहीं देगी।
- (7) यह कि 15 वर्ष पूर्ण होने उपरान्त दोनों पक्षों को आपसी सहमति से खीज बढ़ाई जा सकेगी। अन्यथा द्वितीय पक्ष किरायेदार (लीज होल्डर) भूमि को खाली कर कब्जा प्रथम पक्ष/श्र स्वामी को देगा।
- (8) यह कि 15 वर्ष तक किराये में कोई वृद्धि नहीं होगी।

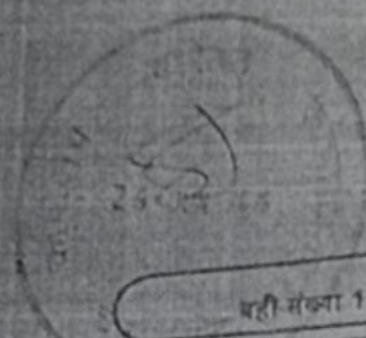


Handwritten signature: Maryam Joshi
 For Suryodaya Sewa Samiti (R)
 Maryam Joshi
 Authorised Signatory

Naryoga Institute of Yoga and Naturopathy
 (Suryodaya Sewa Samiti (R)
 Naryoga Gram NH-125
 T. (Chail, Jwat)

PHOTO-2016-12-19-21-04-15.jpg

Stamp Rs. 100/-
Shree M. N. Ram
S/O M. N. Ram
Adn. Moon



पही संख्या 1 रजिस्ट्रीकरण संख्या 702 दिनांक 06/09/2016

लक्ष्य Lease Not exceeding 30 years	नजराना रु० 0.00
रजिस्ट्रेशन शुल्क रु० 100.00	औसत वार्षिक किरावा रु० 0.00
इतिमि रजिस्ट्रेशन शुल्क रु० 10.00	कुल वार्षिक रु० 710.00
इलेक्ट्रॉनिक प्रोसेसिंग शुल्क रु० 100.00	गैर वार्षिक रु० 1.00

श्रीमती सुबोदय सेवा समिति ग्राम इहरिया पञ्चालय मानपुर पश्चिमी हनुदानी द्वारा अखण्ड सुबोदय सेवा समिति श्री जीनाथर पाण्डेय पत्नी श्री भोला दत्त पाण्डेय निवासी इहरिया पञ्चालय मानपुर पश्चिमी हनुदानी ने आज दिनांक 06 Sep 2016 समय मध्य 2PM व 3PM को कार्यालय उपनिबन्धक सम्भावत में प्रस्तुत किया।

सुबोदय सेवा समिति ग्राम इहरिया पञ्चालय मानपुर पश्चिमी हनुदानी द्वारा अखण्ड सुबोदय

उपनिबन्धक सम्भावत 06-Sep-2016

इस लेख पत्र का निष्पादन विवेक में लिखित तथ्यों को सुन व समझकर श्री देवी दत्त जोशी पुत्र श्री मनीराम जोशी निवासी मनीहारगोठ टनकपुर 1 ने नजराना मुबलिय रु० 0.00 इस्तेमालानुसार पाकर निष्पादन स्वीकार किया। इस लेखपत्र का निष्पादन द्वितीय पक्ष श्रीमती सुबोदय सेवा समिति ग्राम इहरिया पञ्चालय मानपुर पश्चिमी हनुदानी द्वारा अखण्ड सुबोदय सेवा समिति श्री जीनाथर पाण्डेय पत्नी श्री भोला दत्त पाण्डेय निवासी इहरिया पञ्चालय मानपुर पश्चिमी हनुदानी ने भी स्वीकार किया। जिनकी पहचान श्री अमर नाथ वर्मा पुत्र श्री प्रेम लाल वर्मा निवासी नागनाथ बाई सम्भावत तथा श्री राजेंद्र गहलोटी पुत्र श्री दुर्गा दत्त निवासी गोरल चौक सम्भावत ने की।



उपनिबन्धक सम्भावत 06-Sep-2016



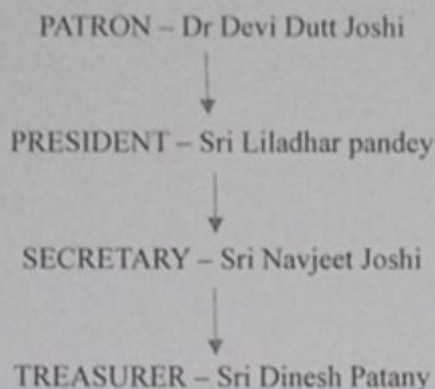
For Suryodaya Sewa Samiti (R)

Authorised Signatory

Navyoga Institute of Yoga and Naturopathy
(Suryodaya Sewa Samiti (R))
Navyoga Gram, NH-125
Tanakpur (Champawat)

○ - Details of management

MANGMENT OF SURYODAYA SEVA SAMITI



“NAVYOGA INSTITUTE OF YOGA AND NATUROPATHY”
(Affiliated to “SURYODAYA SEVA SAMITI” (Regd.) .)

Director – Yogacharya Manjari Joshi

(Duties and responsibilities: to chair meetings, observe and monitor the administrative and financial matters)



Principal- Sri Navneet Joshi

(Duties and responsibilities: day to day functioning, academic administration and financial matters)



Vice-Principal – Yogacharya Navjeet Joshi

(Duties and responsibilities: Assisting the Principal in day-to-day functioning, academic administration and financial matters)



Coordinator – Yogacharya parsuram

(Duties and responsibilities: teaching, time-table, theory and practical classes, examination, evaluation and other duties assigned from time to time)



Liberian – Chandra Mohan Joshi

(Duties and responsibilities: day to day functioning of Library)

For Suryodaya Seva Samiti (R)

Manjari Joshi

Authorised Signatory

Navyoga Institute of Yoga and Naturopathy
(Suryodaya Seva Samiti (R))
Navyoga Gram, NH-125
Tenakpur (Champawat)

P 4 a - Feedback & Compliant



प. नं० 02756/11A

सूर्योदय सेवा समिति (पंजीकृत)

ग्राम - इटावा, पो-मानपुर पश्चिम, रुह्यानी (निरीताल)
भावा कार्यलय - नरयोग केंद्र, टनकपुर (चम्पारण)

सहायक
नि० देवीदत्त जोशी
फोन - 9897774132

अध्यक्ष
लीलाधर पाण्डे
फोन - 9419776406

सचिव
नयजीत जोशी
फोन - 8979869343

कोषाध्यक्ष
दा किशन पाण्डे
फोन - 9761005045

प्रां. 86 दिनांक 15-11-2014
Staff (office staff, cleaning staff, mess staff, security)

(Duties and responsibilities: day to day functioning of administration and financial matters)

Minutes of the meeting held on at

Following members were present:

L.P.H.
Daya Kishorey
Nishit Joshi
Arun

Following was resolved:

1. In order to promote yoga and naturopathy, SURYODAYA SEVA SAMITI" unanimously agreed to run 3 months course in yoga and naturopathy. The classes will be held on all Saturdays and Sundays.
2. Name of the course will be "Certificate course in Yoga"
3. Feedback cum complaint box will be installed in the administrative office.
4. Internal complaints committee will be constituted having 5 members (3 females and 2 males)
5. The ICC committee shall look into the grievances of staff and faculty.
 - a. Director (1)
 - b. Nominee from a reputed NGO/Institute (1 male and 1 female)
 - c. Staff (2)
6. A 5-member proctorial committee shall be constituted with the following members
 - a. Proctor (1)
 - b. Faculty members (2)
 - c. Staff (2)

Daya Kishorey
Munawar Joshi
Authorised Signatory

अध्यक्ष / कोषाध्यक्ष / सचिव
सूर्योदय सेवा समिति (सचि०)
रुह्यानी (निरीताल)

Navyogya Institute of Yoga and Naturopathy
(Suryodaya Seva Samiti (R))
Navroda Gram, NH-125
Tanjorepur (Chattisgarh)

R.

Policy regarding Conducted assessment, evaluation and declaration of results

GENERAL

1. Principal/In-charge will be responsible for the implementation of Suryodaya sewa samiti (may be read as "Samiti" henceforth) policies and procedures related to assessment, evaluation and results of the students.
2. The principal/in-charge will convey to the staff and Samiti, the specific policies and procedures that will guide assessment, evaluation and reporting of student learning in the institute in accordance with extant policies.
3. A detailed marks card that communicates student progress will be provided a minimum of one time per batch or two times per semester as the case may be. This detailed marks card will include the following information: a. Individual student achievement in relation to learning outcomes b. Individual student performance in relation to the skills/items c. Attendance d. Theory and practical marks and grades.

GRADING AND REPORT CARDS

The primary purpose of grades and report cards is to communicate student achievement on theoretical and practical aspects of knowledge, understanding and application. Grading and reporting will be conducted in an equitable and transparent manner. Grades will be based solely upon individual learning and will accurately reflect achievement of the outcomes as defined by the Samiti and/or individual program plan. As such, individual student achievement will be measured against defined curriculum outcomes rather than compared to other students or measures of individual academic growth. Behaviours during internships, assignments, group activities, hands on practice and theory classes are assessed in the Learner Profile and are not considered as part of grades. Report card grades will reflect a summary of evidence collected from practical, viva and theory exams. Report cards will be distributed in duly signed and sealed hard copies by predetermined deadlines as directed by the samiti.

For Suryodaya Sewa Samiti (R)

Manjari Joshi

Authorised Signatory

Navyoga Institute of Yoga and Naturopathy
(Suryodaya Sewa Samiti (R))
Navyoga Gram, NH-125
Tanakpur (Champawat)

03

S-

Policy document regarding retention and accounting of student's records

PURPOSE: Document Retention and Records Management principles are designed to promote sensible storage and management of institute's records. The institute and samiti is committed to managing its records in a way that preserves institutional knowledge, enriches our historical understanding, supports the institutes functions, recognizes environmental consciousness, and fulfils the access, performance audits and physical verifications as and when conducted.

SCOPE: This policy applies to all institute's records in all forms, including without limitation, paper and electronic files.

POLICY STATEMENT: Institutes' records management is designed to create sensible management of the institute's academic and administrative/operational records within a system that considers the academic, operational, historic, and research value of records. The Records Retention Schedule is not intended to be comprehensive but systematic and retainable. Institute recognizes that certain records are unique to each department, and encourages departments to develop department-specific retention schedules to assist with the efficient management of records.

Records created or received during the normal course of college business are the property of the institute and considered its own resources.

Retention Schedule: The retention periods specified are intended to be consistent with applicable legal, regulatory, accreditation, and other standards, including administrative and best practices. The Retention Schedule is not meant to be comprehensive of all records held by RISD, and includes the records required to be held by institute pursuant to law, as well as records that are commonly used by departments/centers.

For Suryodaya Sewa Samiti (R)

Manoj Joshi

Authorized Signatory

Navyoga Institute of Yoga and Naturopathy
(Suryodaya Sewa Samiti (R))
Navyoga Gram, NH-125
Tanakpur (Champawat)

नवयोग योग एवं प्राकृतिक चिकित्सा संस्थान (सूर्योदय सेवा समिति में संबद्ध)

योग सर्टिफिकेट कोर्स

अवधि - 1 महीने

राज्य - कोर्स के अंतर्गत योग, प्रयोग 10वीं पास या समकक्ष परीक्षाओं परिसर - स्वयं सहायता समिति के लिए योग के महत्व और सुविधाएँ उपलब्ध

प्रारंभ - 5 फरवरी 2005 में प्रारंभ होगी

समाप्त - 20 अप्रैल 2005 तक आयोजित की जाएगी

संस्थागत (सुविधाएँ और अधिकार) पर अधिकार

कुल घंटे - 50 घंटे

Yog Certificate Course

Duration - 1 Month

Eligibility: No age limit, Minimum 10th pass or equivalent
Course Outcome- Importance and basic knowledge of Yog for Healthy Lifestyle

Classes will start from - 5 February 2005

Classes shall be held till - 30 April 2005

Classes scheduled on weekends (Saturday and Sundays)

Total hours - 50 hours

कक्षाएँ सूर्योदय सेवा समिति के लिए, एन.एच-125, चम्पावत, उत्तरांचल-262109 पर आयोजित की जाएगी।

Classes will be held at Navyoga Research Centre, MANGALACHARANAM, Nishit Road, Tanakpur, Champawat, Uttaranchal-262109

अधिक जानकारी के लिए / For more information



05943-265274

Handwritten signature
Navyoga Institute

जन्म / योग / योग / योग
सूर्योदय सेवा समिति (सि.सि.)
चम्पावती (उत्तरांचल)

Navyoga Institute of Yoga and Naturopathy
(Suryodaya Sewa Samiti (R))
Navyoga Gram, NH-125
Tanakpur (Champawat)



खाता विवरण/ACCOUNT PARTICULARS

Toll Free-18001802222/18001032222, Tollim-01128046277
 Branch Manager (Champanat)
 Kharakda Sava Sagar (R)
 NH-125 (R)
 Kharakda Sava Sagar (R)

Mode of Operation : JOINTLY
 Customer No. : KGE004266
 Account No. : 692100100027048 IRE
 MR SURYODAYA SEMA SAWITI
 Account Open Date : 29-05-2015
 JOINT HOLDER : 1. MR NAVJEET JOSHI 50 DEVE BUTT
 2. MR BINESH PATNI S/O BIKAR SINGH
 MANGLACHARNAM NH 125 TANAKPUR
 CHAMPANAT

TANAKPUR DT-UDHAMSINGH NAGAR
 INDIA Pin: 261209
 Registration Registered at Sl.No. : 1529176425
 Date of Issue : 02-05-2020
 Depositor is insured by DICGC upto a limit of Rs. 5 Lakhs

प्राधिकारी अधिकारी / प्रबंधक / Authorised Officer
 कम्प्यूटर द्वारा सृजित विवरणों पर किसी अधिकारी द्वारा
 कल्पित/आधार करने की आवश्यकता नहीं है। कृपया अपने
 पासपुक/चिपकी पर हस्ताक्षरित (मिडुअल) प्रिण्टआउट सही
 Computer generated entries shown in the statement
 account do not require any authentication/initial for
 official. Please do not accept any manual entry.
 Computer generated Pass Book/Statement of account

This is your Aadhar Number with SB Account. Print and keep verified copy of Aadhar Card and Mobile Number.

नवपाण योग एवं प्राकृतिक चिकित्सा संस्थान (सूर्योदय सेवा समिति राज.)

पाठ्यक्रम

कुल अवधि: 3 महीने (50 घंटे)

अभ्यास		लिखित
घटकर्म	कपाल भक्ति, कुंजल, उल नीति, सूत्र नीति	योग का परिचय
योगिक सूक्ष्म व्यापाम	उच्चारण स्थल/विशुद्धि चक्र क्रिया, स्मरण शक्ति क्रिया, बुद्धि तथा धृति शक्ति क्रिया, वल स्थल क्रिया, कटि शक्ति क्रिया, इजल दौड़ व्यापाम	योग का परिचय, परिभाषा, उद्देश्य, भावियाँ, उत्पत्ति और इतिहास
		योग परम्परायें
		हठ योग, भक्ति योग, ज्ञान योग, नाद योग और मंत्र योग
सूर्यनमस्कार		योगिक प्रयोगों का परिचय
योगासन	ताडासन, तिर्धक ताडासन, वृक्षासन, पाद हस्तासन, अर्ध चक्रासन, त्रिकोण आसन, दंडासन, वक्रासन, वज्रासन, उष्ट्रासन, शशाङ्कासन, उलान पादासन, अर्ध हलासन, पवनमुक्तासन, भुजंगासन, शवासन	पातंजल योग सूत्र, भगवत गीता, हठ योग प्रदीपिका, शेरण्ड संहिता का मूल परिचय
		योग की मूल अवधारणाएँ: मिलाहार, त्रिगुण, स्वस्थ जीवन।
		नाद ध्यान
प्राणायाम	योगिक श्वासन, अनुलोम-विलोम, शीतली, भामरी ध्यान	नाद ध्यान योग का परिचय और महत्व
ध्यान	नाद ध्यान	मानव शरीर संरचना एवं योगाभ्यास
		कंकाल तंत्र, मोसपेयीय तंत्र, अंतःसावी तंत्र, श्वसन तंत्र और पाचन तंत्र।

Handwritten signature and text in Hindi, including 'योग' and 'शरीर'.

Handwritten text at the bottom right, including 'Navya' and 'Champana'.

Navyoga Institute of yoga and Naturopathy (Suryodaya Seva Samiti Reg.)

Syllabus

Total Duration : 3 Months (50 Hours)

Practice		Theory
Shatkarma	Kapal Bhati, Kujjal, Jal Neti, Sutra Neti	Introduction of Yoga Introduction, Definitions, Aim, Objectives and Misconception, Origin and History of Yoga Schools of Yoga Hatha Yoga, Bhakti Yoga, Gyan Yoga, Naad Yoga and Mantra Yoga Introduction to Yogic Texts
Yogic Sukshma Vyayama	uecharan seshala/vishuddhi chakra kriya, smarana shakti kriya, buddhi tarha dharti shakti kriya, vaksh seshal kriya, kati shakti kriya, Injan daud vyayama	Basic introduction to Patanjali Yoga Sutra, Bhagavad Gita, Hatha Yoga Pradipika, Gheranda Samhita Naad Meditation Introduction and importance of Naad Dhyana
Surya Namaskara	Tadasana, Tiryaka Tadasana, Virikshasana, Pada Hastasana, Ardha Chakrasana, Trikonasana, Dandanasana, Vakrasana, Vajrasana, Ustrasana, Shalabhasana, Urdha Padmasana, Ardha Halasana, Pawanmuktasana, Bhujangasana, Shavasana	Human body structure and yoga practice
Pranayam	Yogic breathing, Anulom-Vilom, Sheetali, Bitumari	Skeletal system, muscular system, endocrine system, respiratory system and digestive system.
Meditation	Naad Meditation	

For Suryodaya Seva Samiti (R)
Porhan-Joshi

Navyoga Institute of Yoga and Naturopathy
(Suryodaya Seva Samiti (R))
NAVYOGA INSTITUTE OF YOGA AND NATUROPATHY
TANJAVUR (CAMPARAI)

Time Table
2005

February		5/2/2005	6/2/2005	12/2/2005	13/2/2005	19/2/2005	20/2/2005	26/2/2005	27/2/2005
Faculty	Practicle	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey
	Theory	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi
March		5/3/2005	6/3/2005	12/3/2005	13/3/2005	19/3/2005	20/3/2005	26/3/2005	27/3/2005
Faculty	Practicle	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey
	Theory	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi
April		2/4/2005	3/4/2005	9/4/2005	10/4/2005	16/4/2005	17/4/2005	30/4/2005	
Faculty	Practicle	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey	Shri Lliadhar Pandey	
	Theory	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi	Dr. Navdeep Joshi	

For S. Ryodaya's Sem 3 Samit (R)
Kanjan Joshi
 2/4/2005

Navdeep Joshi
 114-125
 (10/4/2005)