

# MAHAYOGI GORAKHNATH

## MAHARISHI PATANJALI YOG SANSTHAN BHARATVARSH

S.R ACT, 1860 U.P. GOVERNMENT (REG. NO. 04308/2018-2019) C.R.ACT, 1957 GOVT. OF INDIA (REG. NO. 14401/2018)  
|| CERTIFIED BY UNIVERSAL YOGA ALLIANCE, ID- UYA0064 || LIFE TIME MEMBER OF WORLD YOGA ALLIANCE, ID- 148 ||

This organization is certified under sections 12A and 80G

Head Office- Agaganj, Tikri, Ayodhya, Uttar Pradesh-224195

Email: [mgmpysb@gmail.com](mailto:mgmpysb@gmail.com)

Website: [www.mgmpysb.org](http://www.mgmpysb.org)



# Mahayogi School Yoga Programs



[mgmpysb@gmail.com](mailto:mgmpysb@gmail.com)

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# 1. About Organization

## Introduction to Organization

Mahayogi Gorakhnath Maharishi Patanjali Yog Sansthan is established under **S.R. Act 1861** with **Registration No.- 4308/2018-2019** of **Government of Uttar Pradesh (workspace- All India)** and **C.R. Act, 1957 of Government of India** with **Diary No.- 14401/2018**. Also, the organization has been registered under **sections 12A and 80G**. The organization is a lifetime member of the World Yoga Alliance, **School Id- 148**, and a registered Yoga school from Universal Yoga Alliance, **School Id UYA0064**.

The organization is working pan India with its 20,000+ Yoga Teachers, Yoga Therapist, Dieticians, Nutritionists, and Doctors, also are expanding overseas. The headquarters of the **Organization is at Agaganj - Tikari-Ayodhya (U.P)-224195, India**.

The organization is providing diploma and certification courses and services in form of workshops, seminars, and webinars to corporates, societies, educational organizations, and individuals with 100% quality assurance. So far, the **organization has branches in every state and city of India, in the form of Virtual and Physical Centres**. The centers are certified and registered on our portal so anyone can search and get benefited through them.

## Mission & Vision

Our mission is to empower students and teachers with yoga-inspired exercises to promote lifetime wellness. Our vision is to make yoga available in all schools so that students and teachers develop body-mind awareness and the ability to nurture their own well-being. Every district and every school is different. There are many moving parts to consider. Schools can be a frenetic place. Since we have had the opportunity to work in many school districts in the country and around the world, we are familiar with some of the challenges that many schools are facing today. We usually suggest calling to set up an appointment for a free 45-minute consultation (as suggested above) so we can LISTEN and hear what your specific needs and challenges are and how we might be able to help address them. We have worked with both large and small school districts, urban and rural, high-poverty, and well-to-do schools. We have found that stress is no respecter of persons. We may just be stressed for different reasons. We have met plenty of well-paid, stressed-out teachers. Yoga tends to be an "equal opportunity," since being able to breathe is the only prerequisite. If we are unable to help you, we may be able to recommend someone who is more uniquely suited to your situation.

**All donation is exempted from Income Tax under section 80 - G**



# Fee Structure

**First Format** - Weekly two sessions within the school timing (**Minimum 8 sessions in 1 month, 48 sessions in 6 months, 96 sessions in 12 months**)

Number of students	Offline fee/ session	Online fee/ session
1 - 25	₹ 1300	₹ 1100
26 - 51	₹ 1600	₹ 1400
52 - 79	₹ 1800	₹ 1600
80 - 120	₹ 2000	₹ 1800

**Second Format** - Daily sessions for fully interested students which can be conducted before/after the school timing (Minimum 10 students).

Class of students	Offline fee/ month per Student	Online fee/ month per Student
1st - 3rd	₹ 600	₹ 400
4th - 7th	₹ 800	₹ 600
8th - 12th	₹ 1000	₹ 800

**Third Format** - We can provide **fully customized sessions**, workshops, and certification courses based on locality, requirements, and the number of interested students.

**Note** - We also provide health camps, doctor consultations, diet charts, and cultural programs on demand from time to time as we have 20,000 + volunteers across the country to serve in your all branches with the same quality.



# केन्द्रीय माध्यमिक शिक्षा बोर्ड ( शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन )

**CENTRAL BOARD OF SECONDARY EDUCATION**  
(An Autonomous Organisation under the Ministry of Education, Govt. of India)

CBSE/DIR./SE&T/YOGA/2021

06.09.2021

## NOTIFICATION

**Sub: Launching of Student Handbook for Yoga (Skill Subject) for Class XI & XII and Capacity Building program for Teacher**

**National Education Policy 2020** (NEP) has brought about a monumental change in our education system. Health and education are strongly interconnected. Healthy individuals are more likely to have better education outcomes. **Yoga** is a perfect addition to school curriculum as it can help children to keep their minds calm and grow holistically by establishing healthy habits at an early age, and maintain a healthy body with a sound mind.

**CBSE under the careful guidance of Ministry of Education** shall be organizing the launch of textbook for Yoga (Skill Subject) for Class XI & XII for the teaching 'Yoga' in **collaboration with Beauty and Wellness Sector Skill Council** as per the details mentioned below:

TOPIC	DATE & TIMINGS	LINK FOR REGISTRATION
Online Capacity Building Programme for Teachers on 'Yoga'	21 <sup>st</sup> September 2021 (Tuesday) 10.30 AM to 12.30 PM	<a href="https://forms.gle/BzedMzSB3PSZwuQq7">https://forms.gle/BzedMzSB3PSZwuQq7</a> 

**Please note that:**

- There is no fee for attending the programme
- The School offering the Skill Subject 'Yoga' in classes XI & XII must nominate their teachers for this programme. However teachers from other schools can also participate.
- The invitation link for the webinar shall be emailed to the selected teachers on the email ID provided at the time of registration.

For more queries and feedback, the schools may contact **Deputy Secretary, Department of Skill Education, CBSE** at [dsdk.cbse@gmail.com](mailto:dsdk.cbse@gmail.com)

*Biswajit Saha*

**Dr Biswajit Saha**  
Director (Skill Education and Training)



'शिक्षा सदन', 17, राऊज एवेन्यू, इंस्टीट्यूशनल एरिया, नई दिल्ली-110002  
'ShikshaSadan', 17, Rouse Avenue, Institutional Area, New Delhi - 110002



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# केन्द्रीय माध्यमिक शिक्षा बोर्ड

( शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन )

## CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation under the Ministry of Education, Govt. of India)



CBSE/DIR (ACAD)/2021

Date: May 27, 2021

Circular No. Acad-35 /2021

All the Heads of Schools affiliated to CBSE

**Subject: Observing International Day of Yoga (IDY) on 21.06.2021 – reg.**

The 7<sup>th</sup> International Day of Yoga (IDY) will be celebrated on 21<sup>st</sup> June 2021. It has been tried and tested that practicing Yoga helps in the development of stronger physical and mental well-being. The simple Yoga Kriyas help in regaining the sense of control and enables mind and body provide tools for better management of anxiety due to situation beyond control.

Due to the pandemic situation, all schools are advised to organise the 7<sup>th</sup> International Day of Yoga virtually on 21 June 2021 for its students.

**Following online events may be organized to celebrate the IDY 2021:**

1. Online Quiz Competition on Yoga
2. Online Yoga workshops for Parents, Teachers and Students
3. A 15 days Yoga Training Program for Parents, Teachers and Students through a Qualified Yoga Trainer for the promotion of health and well-being. The program may be scheduled in such a way that it culminates on 21 June 2021

Schools are also advised to visit the Ministry of Ayush website [www.ayush.gov.in](http://www.ayush.gov.in) for further details about the International Day of Yoga 2021 including Common Yoga Protocol and Guidelines for Physical and Psychological Well-being during COVID-19.

Schools may create an 'International Day of Yoga 2021 link' at its website's homepage and may upload the information and pictures about the celebration.

Dr Joseph Emmanuel  
Director (Academics)

Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed JeetSingh Marg, New Delhi-16.



'शिक्षा सदन', 17 राऊज एवेन्यू, इंस्टीट्यूशनल एरिया, नई दिल्ली-110002  
'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002



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# केन्द्रीय माध्यमिक शिक्षा बोर्ड

( शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन )

## CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation under the Ministry of Education, Govt. of India)



2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida 201309
3. The Secretary School Education, Special Project Director SSA/ Directorate of Education/Director (SCERT) – Govt. of NCT of Delhi.
4. The Secretary School Education, Special Project Director-SSA / Directorate of Education/Director SCERT – UT Chandigarh.
5. The Secretary School Education, Special Project Director-SSA/Director of Education/Director (SCERT), Govt. of Sikkim, Gangtok.
6. The Secretary School Education, Special Project Director-SSA/Director of Education/Director (SCERT), Govt. of Arunachal Pradesh, Itanagar.
7. The Secretary School Education, Special Project Director-SSA/Director of Education/Director (SCERT), Govt. of A&N Islands, Port Blair.
8. Director Schools, IAF Educational Cultural Society Air Headquarters (RKP) West Block-VI, R. K. Puram New Delhi – 110066
9. The Principal Director, Director of Naval Education (Navy Education Society) H.Q. MOD (NAVY) West Block-V, II Floor, R.K. Puram New Delhi – 110066
10. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
12. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
13. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
14. All Heads/ In-Charges, COEs of the Board with request to disseminate the information
15. All Joint Secretary/Deputy Secretary/Assistant Secretary, CBSE
16. In charge IT Unit with the request to put this circular on the CBSE Academic website
17. The Head Public Relations Unit, CBSE
18. DS to Chairman, CBSE
19. SPS to Secretary, Director (IT), Director (Academics), Controller of Examinations, Director (SE&T) and Director (PE), CBSE

**Director (Academics)**



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीट्यूशनल एरिया, नई दिल्ली-110002  
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**GOVERNMENT OF INDIA  
MINISTRY OF AYUSH  
LOK SABHA  
UNSTARRED QUESTION NO.-3252  
ANSWERED ON 17/12/2021**

**INTEGRATION OF AYUSH KNOWLEDGE IN THE SCHOOL CURRICULUM**

**3252: SHRIMATI SUMALATHA AMBAREESH:  
SHRI D.K. SURESH:**

Will the Minister of **AYUSH** be pleased to state:

- (a) whether the Government has any proposal to integrate AYUSH knowledge in the school curriculum right from the primary education itself; and
- (b) if so, the details thereof and the steps taken in this regard?

**ANSWER  
THE MINISTER OF AYUSH  
(SARBANANDA SONOWAL)**

DPAF

(a) to (b) As informed by Ministry of Education, Education is a subject in the Concurrent list and majority of schools in the country are under the administrative control of the States/UTs Government. The administrative matters relating to schools, teachers, students, curriculum etc of Govt. and other schools in the States and UTs are decided by them as per the policy and norms of the States/UTs.

Further, NEP vide para 4.27 has mentioned that "knowledge from ancient India and its contributions to modern India and its successes and challenges, and a clear sense of India's future aspirations with regard to education, health, environment, etc." shall be part of syllabus. A National Steering Committee has been formed for this purpose. One of the themes for the focus groups that will give inputs to this committee is -Health and Well-being, sports, Yoga and fitness.

Further, as per recommendation of NEP, 2020 the Department of School Education & Literacy, Ministry of Education, Government of India has constituted a Joint Task Force for early childhood care and education with various Department/Ministry to discuss about ensuring continuity of curriculum and pedagogy from pre-primary school to primary school.

Accordingly, a team of experts from National Institute of Ayurveda (NIA), a deemed to be university Under De-novo Category, has drafted an outline of syllabus based on Ayurveda and Yoga for School Children from 1<sup>st</sup> to 10/12<sup>th</sup> Standard including Nursery, LKG and UKG levels, which has been sent to Department of School Education and Literacy, Ministry of Education, Government of India.

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# Our Tie-Ups

Dr. V. K. Mishra Principal at Vivekananda Shishu Kunj (an autonomous organization under Vidya Bharti, India) NTPC Ambedkarnagar

Discussion about our Yoga Project implementation in All india Aditya Birla Group.. Indogulf

DAV School Principal Mr. S. K. Srivastava will implement Yoga Project on stress management, Mental health, Physical Health and spirituality for 1st to 12th standard students.  
Congratulations 🎉🎉

Principal DAV Public School Asopor Tanda Ambedkarnagar

School Yoga Program implementation in Sri Anant Smarak Inter College Khapradeeh State Haidarganj Ayodhya with Principal Mr. Dhananjay Singh

Sri Ram Public School Basti with Director and Principal implementing our School Yoga Program

Saraswati Shishu Mandir (an autonomous organization of Vidya Bharti) Basti Principal incharge Mr. Satendra ji

Mahayogi School Yoga Program implementation in RAV Public School Itifateganj Ambedkarnagar with Mr. Vikas Verma Manager and Mohd. Yasin Principal and secretary, CBSE Board Ambedkarnagar zone

Goswami Public School Mahson Basti Director Bipin Kumar Goswami founder Mr. R. D. Goswami

Principal Mr. J. D. Yadav Dawn Vasco Public School Basti



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