



Shri Ambika Yoga Kutir

Recognized Yoga Institute by AYUSH Ministry, Government of India

AYUSH Ministry, Government of India, (QCI) certified courses

Press note

Information for press conference: AYUSH, Govt. of India accredited "Yoga School" and other activities:

Last two years has been very important for Shri Ambika Yoga Kutir. Year 2015-2016 was celebrated as the golden jubilee of the organization and the year 2016-2017 as the centenary year of the founder of the organization Hathayogi Shri Nikam Guruji. In this year, several public utility initiatives for Yoga Naturopathy have been started by the organization.

Yoga School:

The Ministry of AYUSH, Government of India through Quality Council of India (QCI), Called an application for recognizing "Yoga School". The complete information about the organization was given. Audit 1 was conducted on 14 January, 2017. During this audit authority from Govt. of India checked the facility available in the organization for conducting QCI certified Yoga courses. Audit 2 was conducted on 29 April, 2017. During Audit 2, Training methodology of the organization was inspected against the required quality and teaching manuals for the management of the organization (on the ISO standard). The list of trainers, their experience and the training system was inspected during Audit 2. Audit reports were submitted to AYUSH Ministry through QCI. Shri Ambika Yoga Kutir received approval from AYUSH Ministry, Govt. of India as recognized "Yoga School" from 29 April 2017 (Certificate No. QCI/TQC/YS000006). Only

the selected Yoga training institutes have been approved by the AYUSH Ministry as "Yoga Schools" in entire India. Among them, Shri Ambika Yoga Kutir is one of them. This is an honor for the city of Thane. Getting this Government recognition during birth centenary of Param Pujya Hathayogi Nikam Guruji's is a great honor to Guruji's selfless yoga work.

As Shri Ambika Yoga Kutur has received Government recognition, it has been decided to conduct Yoga Professional Courses every year. Following two Yoga professional courses of AYUSH Ministry, Govt. of India under QCI control will be offered at Shri Ambika Yoga Kutur.

1. Yoga Instructor Level 1 (This is the 200 hrs study course)
2. Yoga Teacher Level 2 (This is 350 hrs study course)

QCI has designed the Yoga Professional Certification Scheme by adopting the principles and requirements laid down in the international standard, ISO 17024:2012, 'General Requirements for Bodies Operating Certification of Persons'. AYUSH Mantralaya has made this certificate universally recognized and hence the yoga will spread worldwide and skilled jobs will be available in the yoga sector.

Plan of "Yoga Medical Practices"

The important thing is that during last year, the AYUSH Ministry (Maharashtra) gave the responsibility of making the plan for "Yoga Medical Practices" to Shri Ambika Yoga Kutri. Accordingly, the organization has prepared a plan and submitted it to AYUSH Ministry of Maharashtra State. In the last year, the institution got the opportunity to guide yoga through "7 Maharashtra Health Camp" organized by AYUSH Department. This will speed up yoga campaign.

Health Yoga Camp:

Yoga Naturopathy Research Department, established by the institute last year, submitted a research paper on Yoga and Disease Remedy at various State and All India Yoga Naturopathy Conventions during workshop. During workshop many sessions were conducted. Many yoga camps were organized for rural area. It is necessary to have scientific ability to bring about the health benefits of Yogabhyas and to bring change in life style. For this, Shri Ambika Yoga Kutir has decided to

enter proper registration of the experience of the seekers (sadhak) attending various Yoga courses of SAYK and to reach the masses in the presence of the experts from AYUSH Ministry.

Rajur Project - On the occasion of the centenary year of Respected Hathayogi Nikam Guru, necessary steps were taken to fulfill Guruji's dream of establishing "Yoga Naturopathy and Herbal Project". The president of the organization, Adv. Mr. Manohar Deshmukh, has started establishing this project on 8 acres of land which is donated by him. This project is located in Kelungane village, Taluka Akola, District Ahmednagar. This project is in line with the nature and its construction is done in a typical manner using clay brick. There is no doubt that this project will be an ideal yoga, naturopathy and herbal center in the universe.

About Shri Ambika Yoga Kutir:

Shri Ambika Yoga Kutir Sanstha was established in 1965 by Param pujya Hathayogi Shri Nikam Guruji. For the past 52 years, the organization has been continuously doing the job of yoga training, offering free and social service. The headquarter of the institute is located in Thane and now 91 branches of the institute are also operating in Mumbai, Maharashtra and abroad. Millions of people from all strata of society have benefitted from this work by around 2500 trained dedicated volunteer staff in the institute. The organization organizes all the three yoga classes free of cost from all branches, and receives around 30000 seekers (sadhak) every year. Inquisitive seekers are being trained at the Thane headquarter every year for advanced study and the pranayama classes and yoga teacher's examinations are held every year. From this, trained volunteer activists are ready to serve society.

June 21 "World Yoga Day"

The Yoga Activity has got a new direction since the Honorable Prime Minister started to celebrate June 21 as "World Yoga Day". The honorable Prime Minister of India had desired to spread India's traditional knowledge worldwide with credible systems with specific reference to Yoga which should provide India leadership in assuring quality of Yoga practices across the world. The Ministry of AYUSH in pursuance of the above and in the wake of declaration of International Day of Yoga in 2015 identified the Quality Council of India (QCI) to develop a Voluntary Scheme for Evaluation and Certification of Yoga Professionals. Recognized Yoga Schools have the responsibility to make more trained teachers

with proper skills and competence. Because of this teachers coming through completion of 1 week or 1 month Yoga course will be minimized. The needy people will be benefited by the service of trained people. The image of ancient yoga will be bright and the faith of the common people will be strengthened.

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