



Ministry of AYUSH

## Central Council for Research in Yoga & Naturopathy (CCRYN)

Ministry of AYUSH, Government of India



### A One-day Training Programme/Workshop on Spirometry

Code: CCRYN/CRIYN/JHA/SPIRO/01

CCRYN which aims to undertake cutting-edge scientific research, training and education in Yoga and Naturopathy has established state of art research laboratories at Central Institute for Research in Yoga and Naturopathy (CRIYNs). The Molecular Biology, Clinical Biochemistry, Neurophysiology and Microbiology research laboratories present at CRIYN, Jhajjar have RT-PCR, UV-Spectrophotometer, ELISA plate reader, Flow Cytometer, Metagenomics/Microarray setup, Transfection system, Fluorometer, Biochemistry Analyzer, functional Near-Infrared Spectroscopy, Trans-cranial Doppler, Bio-Impedance Analyzer, Gel-imaging system, Cell Imaging System, Inverted Microscope, Cardio-pulmonary Exercise Testing, Spirometry, Biosafety Cabinet, etc.

To generate research talent pool esp. in Yoga & Naturopathy, CRIYN, Jhajjar will undertake periodic workshops in the field of Life Sciences time to time. In continuation, the CRIYN is organizing second one-day training programme on Spirometry on 28.04.2026 (10:30-16:00 hrs.). Spirometry is a vital diagnostic tool that measures lung function, helping to monitor respiratory conditions, and assess overall lung health. **The programme will include basic principles and steps involved in the Spirometry, practical demonstration of Spirometry data capture, data visualization and interpretation, later followed by a yoga-meditation session, and institute's tour of yoga/naturopathy treatment facilities.**

**Education Qualifications:** Pursuing or completed UG/PG/PhD (in any branch of Yoga/Naturopathy/Science/Technology/Pharmacy)

**Workshop Venue:** CRIYN, Deverkhana village, Jhajjar, Haryana (near AIIMS Jhajjar)  
<https://maps.app.goo.gl/2iXbBPmJXCxEWPPP8>

**Course fees:** ₹2000/participant (including GST, printed certificate, lunch, tea and snacks); non-refundable and non-transferrable under any circumstances.

Bank Details: Bank Holder Name:	Director, CCRYN
Bank Name:	State Bank of India
Bank A/c No.:	35643799976
IFSC Code:	SBIN0010651
Branch Name:	SBI CCRAS New Delhi

**Seats:** 10 (first come-first service policy)

#### Salient features of the workshop

- Priority to practical session and tutorials will be provided by professionals
- Hands-on training on Spirometry
- Professional skill development, networking and certification
- Group discussions/interactive sessions
- Limited seats for maximum learning & same-day certification
- Enrolment process is completely online including the workshop fee payment

**Coordinator:** Dr Mohit Nirwan, Research Officer (Life Sciences), CCRYN-CRIYN, Jhajjar  
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