



सत्यमेव जयते  
Ministry of Ayush  
Government of India



# वार्षिक रिपोर्ट Annual Report 2022-23

मोरारजी देसाई राष्ट्रीय योग संस्थान  
आयुष मंत्रालय, भारत सरकार

**Morarji Desai National Institute of Yoga**  
Ministry of Ayush, Government of India





# CONTENTS

00

Preface

iii

01

Organisation

1

02

Teaching  
Departments

11

03

Out Patient  
Department (OPD)

33

04

Yoga  
Research

39

05

WHOCC  
AND BIS

47

06

Communication  
&  
Documentation

53

07

Report on the  
Accounts for the  
year 2022-23

72



## PREFACE

Yoga is associated with the culture and spiritual heritage of India. People all around the world, transcending nationalities, and cultures have recognized the immense benefits of Yoga. Many renowned Yoga Gurus have contributed to the promotion and expansion of this traditional wisdom. Yogic practices are stepping stones to a healthy and disease-free life, creating physical and mental well-being. Yoga is more of a way of life rather than a mere system of exercises or a bunch of techniques. It is a state of mind, an orientation of the psycho-physical being. Yoga is a science and art of transforming individual care into universal care.

In modern times, many scientific works have proved the efficacy of Yoga in psychosomatic disorders. Not only the Yoga institutions but other institutes of medicines and sciences have worked for the scientific validation of Yoga. The scientific work on the utility of Yoga has created much faith among the masses for its application to lifestyle disorders.

Morarji Desai National Institute of Yoga (MDNIY) was established to act as a Centre of Excellence in the field of Yoga. The basic objective of this Institute is to develop, promote and propagate the science and art of Yoga. It also provides and promotes facilities for Yoga education, training, therapy, and research to fulfil the above objectives. As the demand for the system of Yoga is increasing rapidly at the global level, the Institute is striving hard to fulfil the current need and demands of people from every corner.

MDNIY has taken several initiatives during the year under report to achieve the objectives of the Institute and to cater to the present needs and demands. Under Yoga Educational Programme, M.Sc. (Yoga) of two years duration for B.Sc. (Yoga) students or a Science/Medical/Para-Medical/Physiotherapy Graduation level degree with One-year Diploma in Yoga Science; B.Sc. (Yoga) for 10+2 Students of 3-years duration for 12th class of 10+2 pattern of CBSE or equivalent in any Science stream; Post Graduate Diploma in Yoga Therapy for Medicos and Para Medicos (PGDYTMP) for any Medical/Para-Medical/Physiotherapy (minimum 4 years or more) Graduate; Diploma in Yoga Science (D.Y.Sc.) of one-year duration for Graduates; Certificate Course for Yoga Therapy Assistant (CCYTA) of Six months duration; Certificate Course in Yoga for Wellness Instructor (CCYWI) of Six months duration and Certificate Course in Yoga for Protocol Instructor (CCPWI) of three months duration are being conducted by the Institute.

Besides the Foundation Course in Yoga Science for Wellness of one-month duration (50Hrs.), in-house Yoga Training and Therapy programs are also running successfully. The institute operates Yoga Therapy and Research Centres in Govt. / Tertiary Hospitals, Preventive Health Care Units of Yoga in CGHS. Additionally, the Online Summer Yoga Camps conducted by D.Y.Sc. students in different parts of NCT Delhi have received a favourable response.

The Institute supports regular Yoga Training programmes in many RWAs, Government Departments/Institutions including, Parliament and Rashtrapati Bhavan. The Institute consistently receives numerous requests to send its trained Yoga Instructors to provide Yoga training to various organizations on a payment basis. This clearly indicates the public's keen interest in receiving



## Annual Report 2022-23

quality Yoga training and therapy for healthy living, a service the Institute excels in providing.

The Institute conducts webinars every Friday, featuring eminent professionals/individuals who have achieved milestones in their respective fields. These sessions aim to orient the students and practitioners of the Institute along with friends on social media.

The Institute plays a leading role in the observation of International Day of Yoga (IDY). MDNIY coordinated the compilation and design of Common Yoga Protocol (CYP), which has emerged as one of the most influential developments in yoga practice in recent years, and is now globally recognized as an ideal beginners' program.

Yoga Break at Workplace, the Yoga protocol was developed by the institute. A research trail has been conducted in six metro cities to find its efficacy. On the basis of research findings, a monograph has been prepared. The protocol has been hugely appreciated and has been met with an overwhelmingly positive reception on the social media platforms, generating millions of views.

A brief report on the activities and achievements of the MDNIY along with the Audit Report for the year 2022-23, is presented here.

**(Vikram Singh)**  
Director

# CHAPTER-1

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# Organisation







**M**orarji Desai National Institute of Yoga (MDNIY) is an autonomous organisation registered under the Societies Registration Act, 1860, and functioning under the Ministry of Ayush, Govt. of India. MDNIY came into existence on 01.04.1998 by upgrading the erstwhile Central Research Institute for Yoga (CRIY) which was established in the year 1976.

### 1.1 AIM

The aim of the Institute is to promote a deeper understanding of Yoga philosophy and practices based on ancient Yoga Traditions for holistic health and well-being of all.

### 1.2 OBJECTIVES

The objectives of the Institute are:

1. To act as a Centre of Excellence in Yoga;
2. To develop, promote, and propagate the philosophy, science and art of Yoga; and
3. To provide and promote facilities for Yoga education, training, therapy and research.

### VISION

Health, Happiness and Harmony for all through Yoga

### MISSION

To provide the best of Yoga education, training, therapy and research facilities to the aspirants, researchers and practitioners of Yoga to meet the aspirations of the present times.

### LOCATION

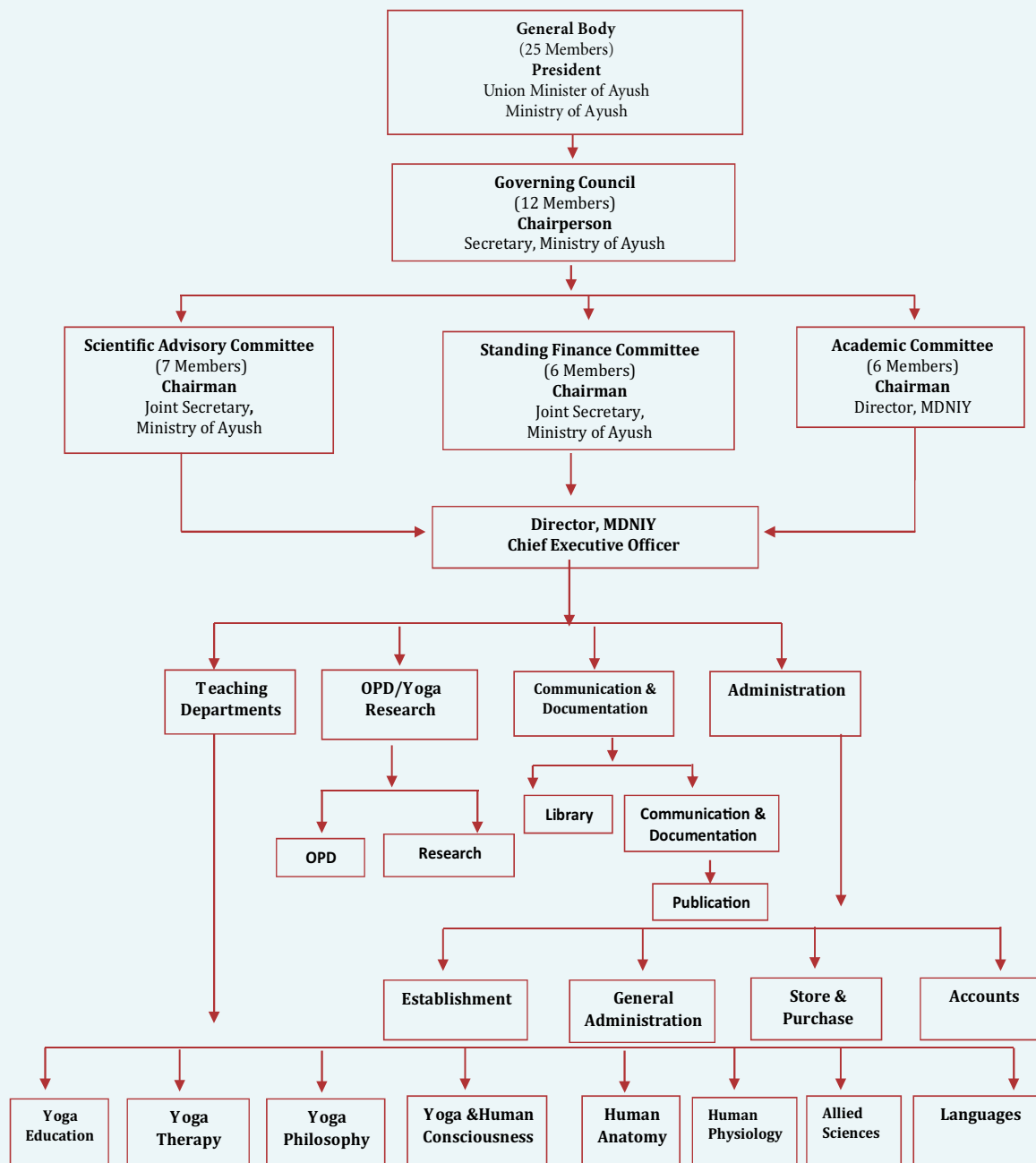
The Institute is situated at 68, Ashok Road, opposite to Gurudwara Bangla Sahib besides Gole Dak Khana, New Delhi. It is approximately 20 kms from Indira Gandhi International Airport; about 2 kms from New Delhi Railway Station and 8 kms from Inter State Bus Terminus (I.S.B.T.).

### 1.3 CHARTER OF FUNCTIONS

- a) To undertake, promote, guide and coordinate research activities in various aspects of Yoga, particularly its preventive, promotional and curative potential;
- b) To standardize the methods and curricula for Yoga education, training and therapy;
- c) To provide and promote facilities for training in the field of Yoga;
- d) To promote Yoga at the national and international levels by organizing conferences and workshops and popularizing it through various media channels;
- e) To compile information and propagate the existing knowledge about Yoga;
- f) to document scientific discoveries in the field of Yoga;
- g) To coordinate and integrate the concepts followed by various schools of Yoga.



1.4 ORGANIZATIONAL CHART OF MDNIY



## 1.5 THE MANAGEMENT

The Institute is fully funded by the Ministry of Ayush, Govt. of India. The Authorities and the Office Bearers of the Institute are:

The President, The General Body, The Governing Council, The Director and such other Committees, Authorities and Officers as may be appointed by the President, General Body, e.g. Standing Finance Committee, Scientific Advisory Committee, Academic Committee, etc.

The Union Minister of Ayush is the President of the General Body of the Institute. The Secretary, Ministry of Ayush, Govt. of India is the Chairperson of the Governing Council. The Director of the Institute is the Chief Executive Officer and “Head of the Department” of the Institute and shall exercise the powers of “Head of the Department” and inter-alia, discharging the duties as mentioned in the bye-laws of the Institute.

## 1.6 STAFF STRENGTH

The total number of employees at MDNIY as of March 31, 2023 is as follows:

Group (i)	Sanctioned Strength (ii)	Posted Strength (iii)	Gen (iv)	SC (v)	ST (vi)	OBC (vii)	Total (8) (iv+v+vi+vii)
Group 'A'	25	15	10	01	--	04	15
Group 'B'	18	16	08	05	01	02	16
Group 'C'	32	13	07	05	01	--	13
<b>Total:</b>	<b>75</b>	<b>44</b>	<b>25</b>	<b>11</b>	<b>02</b>	<b>06</b>	<b>44</b>

## Appointments during the year

S. No.	Name of Professor	Appointment date
1.	Dr. Suman Rathore. Asst. Professor (English)	13.04.2022
2.	Dr. Shubham Kirar Suryawanshi. Asst. Professor (Human Consciousness)	12.12.2022

## Retirement/Relieved during the year

- Shri Yogi Udai, Assistant Research Officer superannuated on 31.07.2022.
- Shri Amarnath Jha, Caretaker superannuated on 31.12.2022.
- Sh. Vijender Choudhary, MTS, superannuated on 31.01.2023.
- Shri Vishal Kumar Sinha, Deputy Director (Finance & Admin) relieved from MDNIY on 10.03.2023 on completion of tenure on deputation.

### 1.7 ADMINISTRATION

Hindi Fortnight was organized from 14 to 28 September, 2022 at **Morarji Desai National Institute of Yoga**, 68 Ashok Marg, New Delhi, in which various competitions were organized every day. Professor Chandradev Singh Yadav, Head, Department of Hindi, Jamia Millia Islamia, Delhi, was the Chief Guest of the Hindi Diwas function at the Institute. The inauguration ceremony of Hindi Pakhwada was presided over by Director, MDNIY. On this occasion, the message from the Hon'ble Home Minister, Government of India and the Hon'ble Secretary, Ministry of Ayush, Government of India were shared. The institute saw enthusiastic participation from officers and employees in embracing the official language.

Keeping in mind the important role that Hindi cinema has played in the promotion of Hindi language, a screening of the film 'Shatranj Ke Khiladi,' based on the story of Hindi writer and novelist Munshi Premchand and directed by Satyajit Ray, was arranged for the students of the institute on September 16, 2022. Various competitions were also organized starting from September 19, 2022. This included Hindi debate competition on the topic 'Hindi as a link language binds the whole of India in one thread' held on September 19, 2022 for the students.

Hindi essay competition on the topic 'Role of Hindi language, literature and Hindi literatures in the Indian Independence Movement' held on September 21, 2022 and poetry recitation competition was organized on September 22, 2022.

Apart from this, various competitions for the officers and employees of the institute such as poetry-recitation competition (September 22, 2022), Hindi note and draft writing competition (September 23, 2022), Hindi grammar and official language knowledge related quiz competition (September 26, 2022), Typing Competition (September 27, 2022), Translation and Dictation Competition (September 27, 2022) were also organized.

During the Hindi fortnight, a workshop on Official Language was also organized for the officers and employees of the Institute on September 20, 2022, in which the retired General Manager of Official Language and Human Resources from National Small Industries Corporation Limited and currently working as Official Language Consultant in Delhi Development Authority Mr. Bhoj Prakash, delivered a lecture on the rules related to the official language to the officers and employees. The workshop also conveyed practical knowledge pertaining to Hindi note writing.

#### Standing Finance Committee

The 46th, 47th, 48th meeting of Standing Finance Committee meetings were held on 25.05.2022, 21.11.2022 and 24.03.2023 respectively, presided over by the Joint Secretary, Ministry of Ayush.

#### Governing Council (GC)

The 27th meeting of the Governing Council took place on 22.12.2022.

### Integrity Pledge

Director MDNIY, officials, and staff of the institute participated in the Integrity Pledge on the occasion of Vigilance Awareness Week on October 26, 2022.

### Vigilance Awareness Week-2022

The institute observed Vigilance Awareness Week 2022 from 31<sup>st</sup> October to 06<sup>th</sup> November, 2022 and Dr. Sunil S Ramteke, Chief Vigilance Officer, MDNIY graced the occasion. While highlighting the significance of the week he said, “Vigilance starts from self and it is the key toward transparent democratic system”. During the address, Director, MDNIY emphasized the simple components of vigilance, which are of utmost importance in day-to-day official activities of Institute.

### Following activities were conducted:

- Integrity Pledge
- A campaign on “Public Interest Disclosure and Protection of Informers (PIDPI)”-Display of PIDPI posters given by CVC.
- Lecture on Vigilance Awareness Week for the employees of MDNIY.
- Poster Competition on PIDPI for students.
- Quiz Competition on Service Rules for employees.
- Screening of a movie on Vigilance & PIDPI Awareness.

### Constitution Day

Director, MDNIY and the entire fraternity of the institute celebrated Constitution Day or Samvidhan Diwas on November 26, 2022 by reading aloud the Preamble of the Constitution.

### 1.8 NABH Accreditation

The Institute has a National Accreditation Board for Hospital (NABH) accredited Yoga Therapy OPD, which works on all working days from 08:00 AM to 04:30 PM.

### 1.9 Memorandum of Understanding

- A MoU was signed between MDNIY, New Delhi and Central Government Health Scheme (CGHS), New Delhi on 09th February, 2023. The process of deputation of Yoga Instructors to CGHS Dispensaries is in progress.
- A Memorandum of Understanding (MoU) was signed between MDNIY, New Delhi and Mahabodhi International Meditation Centre on 14th March, 2023. The MoU aims to strengthen the academic activities related to education, training and promotion of Yoga.
- A Memorandum of Understanding (MoU) was signed between MDNIY, New Delhi and Manav Rachna International Institute of Research and Studies, Faridabad,

Haryana on 20th March, 2023. The MoU aims to strengthen the academic activities related to education, training and promotion of Yoga.

### 1.10 Some Important Participation of the Director, MDNIY

1. Invited as a Guest Speaker in Global Ayush investment & innovation Summit (GAIIS) organized by Ministry of Ayush at Mahatma Mandir, Gandhinagar, Gujarat from 20-22 April, 2022.
2. Visited Dibrugarh, Assam on 27th April, 2022 for organizing an event to celebrate 50th day countdown programme to International Day of Yoga-2022.
3. Director, MDNIY visited Hyderabad, Telangana from 25-27 May, 2022 for celebration of Yog Utsav, 25th day countdown to International Day of Yoga-2022.
4. Invited as a Chief Guest in “Yoga Ratna Ceremony” organized by Shwaasa Yoga Centre, Bengaluru on 11.06.2022.
5. Visited Mysuru, Karnataka from 17-21 June, 2022 for organizing the main event of International Yoga Day-2022 at Mysuru Palace.
6. Invited as a Guest of Honor in International Festival of Yoga and Meditation organized by Mahabodhi International Meditation Centre, Leh, from 22-24 June, 2022.
7. Invited as a Chief Guest & as a resource person to deliver lectures in inaugural function of CME programme at Mangalore University from 30th June to 01st July, 2022.
8. Attended Yogathon, 2022 meeting as an organizer, organized by Department of Youth Empowerment and Sports, Government of Karnataka on 12-13 November, 2022.
9. Invited to attend Seminar Cum Foundation of Yoga for well-being by Career Point University, Hamirpur, Himachal Pradesh from 02-04 December, 2022.
10. Invited to attend 26th National Youth Festival-2023 at Hubballi-Dharwad and also organized Yogathon programme conducted by the Government of Karnataka, across the state in collaboration with the MDNIY from 12-16 January, 2023.
11. Attended Yoga workshop organized by BLDE Deemed to be University, Bijapur on 30th January, 2023.
12. Invited to deliver a lecture at International Yoga Institute of Research and Training (Academy of Yoga Consciousness affiliated to Andhra University), Bhimli Centre Campus by Yoga Consciousness Trust on 04.02.2023.

13. Invited as a Guest of Honor by Srinivas University, Mangalore, at the inauguration of the World Conference on Contribution of Indian Knowledge and Sanskrit to Humanity on 24.02.2023.
14. Attended Chintan Shivir organized by Ministry of Ayush at Kaziranga National Park, Guwahati, Assam from 27-28 February, 2023.
15. Invited as a Chief Guest to the countdown programme to IDY 2023 organized by the Parmarth Niketan Ashram, Rishikesh in the valedictory function of the Chakradhar Mahotsav organized by NaadAura 'musical odyssey (NAMO) organization, Rishikesh on 17.03.2023.

### 1.11 Visit of Delegates

1. A delegation consisting of 40 Youth of Indian Origin, visited the MDNIY on 03<sup>rd</sup> January, 2023.
2. A delegation consisting of 40 Youth of Indian Origin, visited the MDNIY on 05<sup>th</sup> January, 2023.
3. A delegation consisting of 27 Civil servants from Maldives visited the MDNIY on 18<sup>th</sup> January, 2023.
4. A delegation consisting of 30 Civil servants from Arunachal Pradesh visited the Institute on 19<sup>th</sup> January, 2023.
5. A group of 200 Officers Cadets/Youth from friendly foreign countries visited MDNIY on 24<sup>th</sup> January, 2023.
6. A delegation, of 40 Youth of Indian Origin, visited the MDNIY under the 'Know India Programme' on 06<sup>th</sup> February, 2023.
7. An Educational Excursion of 45 Staff and Students of Mahapurusha Srimanta Sankaradeva Viswavidyalaya, Assam at the Morarji Desai National Institute of Yoga (MDNIY) was scheduled on 03<sup>rd</sup> March, 2023.
8. A delegation consisting of 40 civil servants from Republic of Maldives visited the Institute on 17<sup>th</sup> May, 2022.
9. A delegation of 40 civil servants from Republic of Maldives visited the Institute on 28<sup>th</sup> June, 2022.
10. A delegation comprising 40 civil servants of Bangladesh visited the Institute on 30<sup>th</sup> August, 2022.

11. 40 Diaspora Youth of Indian Origin from different countries visited the Institute under the 'Know India Programme' on 27<sup>th</sup> August, 2022.
12. A delegation consisting of 39 Civil servants from Maldives visited the Institute on 21<sup>st</sup> September, 2022.
13. A delegation comprising 40 Diaspora Youth of Indian Origin visited the Institute on 10<sup>th</sup> October, 2022.
14. A delegation of 40 Civil Servants of Bangladesh, visited the Morarji Desai National Institute of Yoga (MDNIY) on 19<sup>th</sup> October, 2022.
15. A delegation consisting of 40 Youth of Indian Origin, visited the Institute on 03<sup>rd</sup> November, 2022.
16. MDNIY also conducted 2nd JWG meeting between officials of the Federal Ministry of Health, Germany and Ministry of Ayush on 15<sup>th</sup> November, 2022.
17. A delegation of 30 senior officers from Jammu & Kashmir visited the Morarji Desai National Institute of Yoga on 08<sup>th</sup> December, 2022.
18. A delegation consisting of 27 Civil servants from Maldives visited the MDNIY on 21<sup>st</sup> December, 2022.



## CHAPTER-2

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# TEACHING DEPARTMENTS





## 2.1 TEACHING DEPARTMENTS

### 2.1.1 YOGA EDUCATION DEPARTMENT

The Yoga Education Department of MDNIY offers the below mentioned programs: M.Sc. (Yoga), Post Graduate Diploma in Yoga Therapy for Medicos and Paramedicos (PGDYTMP), B.Sc. (Yoga), Diploma in Yoga Science for Graduates (D.Y.Sc.), Certificate Course for Yoga Therapy Assistant (CCYTA), Certificate Course in Yoga for Wellness Instructor (CCYWI), Certificate Course in Yoga for Protocol Instructor (CCYPI) and Foundation Course in Yoga Science for Wellness (FCYScW). The aim of the Department is to impart knowledge, skills and techniques of Yoga and enable students to become institutionally qualified Yoga professionals. The Department is committed to offering comprehensive knowledge of ancient classical Yoga texts, Yoga Philosophy, and other Theistic Indian Philosophies in Yoga programs of Diploma, PG Diploma, Under Graduate and Post Graduate Programs. Moreover, the Department often conduct various webinars and seminars for a better understanding of Yoga.

### 2.1.2 YOGA THERAPY DEPARTMENT

The Yoga Therapy Department of the Institute oversees the following activities: **Teaching:** To provide instruction on Yoga therapy and its application in addressing a wide range of diseases & disorders to the students enrolled in MSc Yoga, PGDYTMP, B.Sc. Yoga and D.Y.Sc. for Graduate programs.

- a) **Yoga Therapy:** The Institute operates a Yoga Therapy OPD on its premises, offering OPD consultations and Yoga Therapy sessions to the public through various programmes.

### 2.1.3 YOGA PHILOSOPHY DEPARTMENT

The Department of Yoga Philosophy deals with the Philosophical aspects of Yoga discipline in the academic arena and its practical applicability in day-to-day life. The department is committed to offer subjects such as Yoga Philosophy, Samkhya Philosophy and others Theistic Indian Philosophies in Under Graduate and Post Graduate Programs. The department has also interdisciplinary activities while offering classical texts to students in teaching especially in Sanskrit Department. The Department also encourages Theoretical research in Indian Systems of Philosophy and Ancient Vedic Literature.

The Department is actively engaged in various academic activities that are beneficial for the students of M.Sc. (Yoga), B.Sc. (Yoga), Post Graduate Diploma in Yoga Therapy for Medicos and Paramedicos (PGDYTMP), Diploma in Yoga Science (D.Y.Sc.). Moreover, the department conducts various webinars and seminars for a better understanding of Yoga.

### 2.1.4 YOGA & HUMAN CONSCIOUSNESS DEPARTMENT

The Department of Yoga & Human Consciousness is actively engaged in Teaching (UG & PG) and research activities. The aim of the department is to teach the traditional and western aspects of

consciousness to students of graduation, post-graduation and diploma courses. The department is also equipped with Psychology Laboratory which helps to teaching practical aspects of the curriculum and research activities. The lab is furnished with a wide range of standardized psychological tests, questionnaires, inventories, intelligence tests, personality assessments and various apparatus. It has also procured various scientific instruments and tests for conducting experiments in Psychology which are being used to conduct laboratory sessions for undergraduate (B.Sc.) and postgraduate (M.Sc.) courses as well as for research on psychological variables. The inventory of instruments include: Tachistoscope Apparatus (Electronic), Stroop Effect Test, Muller-Lyer Apparatus, Mirror Drawing Apparatus (and Digital), Memory Drum Apparatus (Digital) and Human Maze Learning Apparatus. These pieces of equipment' are used to conduct various experiments including those related to Reaction Time, Visual perception, Eye hand coordination & Transfer of Learning, Maze Learning, Cognitive functioning, among others. Students not only learn about the concepts and theories of Yoga, consciousness and Psychology but also engage in experiments based on these theories. In the academic year 2022-23, department procured some advanced cognitive tests such as Trail making test, CANTAB, Wisconsin Card Sorting Test and Iowa Gambling Task Test to upgrade the laboratory for further research and academic excellence. The institute aims to develop the department into a leading academic and research unit in the field of study in Human Consciousness studies.

### 2.1.5 HUMAN ANATOMY DEPARTMENT

The department of Human Anatomy is actively engaged in teaching the students of M.Sc. (Yoga), B.Sc. (Yoga), Post Graduate Diploma in Yoga Therapy for Medicos (PGDYTMP), and Diploma in Yoga Science (DYSc.).

Biomechanics and Kinesiology have also been introduced in the curriculum with the objective to help students realize the importance of Biomechanics and Kinesiology in Yoga practices that help understand safe and stable physical alignment in Yoga postures along with the general biomechanics concepts and principles that influence human movement.

The theoretical aspects are taught during the lecture hours, while practical classes are taken in the well-equipped Anatomy Lab featuring demonstration on Human Skeleton, Joint Models, Charts, equipments, and more. The Laboratory is well equipped with comprehensive inventory, including a human skeleton, upper and lower limb joint models, spine model, models of different systems of human body, models of different organs and more, facilitating an in-depth understanding of the subject. The laboratory has been systematically upgraded in phases to enhance its capabilities. Additionally, the laboratory actively engages in interdisciplinary research with Yoga at its core.

### 2.1.6 HUMAN PHYSIOLOGY DEPARTMENT

The Department of Human Physiology is actively engaged in teaching students pursuing M.Sc. (Yoga), B.Sc. (Yoga), Post Graduate Diploma in Yoga Therapy for Medicos and Para Medicos (PGDYTMP), Diploma in Yoga Science (DYSc) for graduate.

Human Physiology is a laboratory based subject. Practical, hands-on training, and demonstration are also provided to students during classes. The existing Human Anatomy and Physiology lab has been upgraded. Procurement of basic instruments for student practicals including major equipments like a microscope, spirometer, handgrip dynamometer, back and leg muscle strength dynamometer, Bio – impedance analyzer / body composition analyser, Physiological data recording system has been completed. Additionally, , two beds are available for practical demonstration and teaching.

Human Physiology department actively engages in applied scientific research in collaboration with other departments within this institute. This department has successfully completed one minor research project. It has also provided guidance to one PGDYTMP student and three M.Sc. (Yoga) students in completing their dissertation research. Furthermore, the department has published 04 research papers and communicated 03 research manuscripts to peer reviewed indexed journals for publication.

### 2.1.7 DEPARTMENT OF ALLIED SCIENCES

Department of Allied Sciences, MDNIY is dedicated to teaching allied sciences subjects to Yoga students, practitioners, sadhaks and followers. The department has a fully equipped Biochemistry Laboratory with modern instruments for practical use by students pursuing undergraduate and post-graduate degree courses, as well as the Post Graduate Diploma in Yoga Therapy for Medicos and Paramedics (PGDYTMP), along with various other short-term courses. Additionally, the department's faculty delivers lectures in various short-term courses and workshops.

In the field of Biochemistry, students delve into the chemical changes that occur within an organism during processes such as digestion, absorption, excretion, growth and multiplication. This study involves both qualitative and quantitative analysis of body fluids, which are significant in clinical biochemistry. Clinical biochemistry plays a crucial role in aiding clinicians in disease diagnosis, treatment, and prevention of the disease as well as drug monitoring, tissue and organ transplantation, forensic investigations and more. Various biological fluids including blood, plasma, serum, urine, cerebrospinal fluid (CSF), ascetic fluid, pleural fluid, faeces, calculi, and tissues are subject to chemical tests and assays..

The Biochemistry Laboratory of the Department consist of advanced equipments such as Analytical Weighing Balance, pH meter, Vortex mixer, micro-centrifuge, Water Distillation Unit, Incubator, Oven, Centrifuge, Hot Water Bath, Refrigerator, Calorimeter, Paper chromatography apparatus, Thin layer Chromatography apparatus, Urinometer, Urinalysis material, Semi-auto-analyser, Immuno-analyser, Hand-held Blood analyser, Dual Beam UV-Vis Spectrophotometer, Multi-mode microplate reader.

Biochemistry Laboratory is upgraded with basic and advanced instruments for hands-on-training of the students. The laboratory has Multimode microplate reader, Spectrophotometer, Semi-autoanalyser to conduct basic research in the field of Yoga Research.

### PAPER PRESENTATIONS (Conferences, Seminars & Workshops)

1. “Effect of Arham Dhyana Yoga on Physical Efficiency Indices among adolescent school girls” Ruchi Jain, Nayan Jain, Kautuk Kishore, Khushbu Jain (Corresponding author) presented in 4th International Conference on Yoga, Yajna and Ayurveda, Haridwar from 12th to 14th December 2022.
2. “Efficacy of a Virtual, Video-Based, Regular Yoga Programme on Recovery of Stress in Patients Recovered from COVID-19: A Randomized Control Trial” Ishwar V. Basavaraddi, Piyush Ranjan, Sudip K Datta, Satish K Gupta, Khushbu Jain, Nandini Rawat, Munnoo Khan, Anup Mishra, Ravi K Tyagi, Sahil Khokhar, Aishwarya L Singh Research in Yoga at AIIMS on 21st June 2022.

### INVITED TALK

1. Dr Khushbu Jain, Assistant Professor (Biochemistry) delivered a lecture on “Yogic Diet for Health and Wellness” in a Seminar cum Workshop on Yoga for Health and Wellbeing organized by the Career Point University, Hamirpur, Himachal Pradesh on 02nd December 2022 in collaboration with Morarji Desai National Institute of Yoga, Ministry of Ayush, Govt. of India.
2. Dr Khushbu Jain, Assistant Professor (Biochemistry) delivered a lecture on “Yogic Diet for Health and Humanity” in the International Conference on Yoga, ‘Nutrition and Health’ organized by the Faculty of Allied Health Sciences, Manav Rachna International Institute of Research & Studies on 21st June 2022.

### 2.1.8 DEPARTMENT OF LANGUAGES

The Department of Languages focuses on language and communication skills, comprising three languages:

- 1) Sanskrit
- 2) Hindi
- 3) English

The department actively engages in teaching students pursuing M.Sc. (Yoga), B.Sc. (Yoga), Post Graduate Diploma in Yoga Therapy for Medicos (PGDYTMP), and Diploma in Yoga Science (D.Y.Sc). Additionally, the department conducts various webinars and seminars for a better understanding of Yoga.

### 2.2 Yoga Education Programmes

#### 2.2.1 M.Sc. (Yoga)

Morarji Desai National Institute of Yoga has started M.Sc. (Yoga) Course with affiliation from Guru Gobind Singh Indraprastha University, New Delhi, starting from the academic session 2019-20 with a total intake capacity of 15 students. For the academic session 2022-23 the total

intake capacity was 30 students, wherein total 27 students enrolled for the course.

This is a regular, non-residential and full-time course of two years duration, divided into four semesters. The eligibility criterion for this course include having a B.Sc. (Yoga) degree with minimum 50% marks from a recognized University or Institute of national repute. Alternatively, a Science/Medical/Para-Medical/Physiotherapy graduation level degree with One Year Diploma in Yoga Science is also accepted. The graduation level degree should have a minimum 50% marks from a recognized University or Institute of national repute. Additionally, candidates should be medically fit.

The course aims at imparting the knowledge, skills and techniques of Yoga to enable students to become institutionally qualified Yoga Professionals and Yoga therapist. Classes are held daily from 7.00 am to 3.00 pm on all working days (Monday to Friday).

The teaching faculty of the Institute including the Director, Senior Medical Officer, Assistant Professors, Dietician and Yoga Instructors conducts the classes in addition to the guest faculty engaged in different subjects of the course.

### **2.2.2 B.Sc. (Yoga)**

The Institute is running B.Sc.(Yoga) course with affiliation from Guru Gobind Singh Indraprastha University, New Delhi, starting from the academic session 2012-13 with an intake of 60 students per batch. It is a regular, non-residential and full-time course with a duration of three years, comprising six semesters. However, the intake and eligibility criteria were changed from the academic session 2019-2020 with an intake capacity of 30 students per batch. The eligibility criteria require candidates to have passed in 12th class of the 10+2 pattern of CBSE or equivalent in any science stream with a minimum aggregate of 50% marks in any four subjects including English (core/elective/functional) provided that candidate has passed in each subject. Candidate should not be more than 21 years of age with relaxation in the age limit as per university norms.

The course aims to impart knowledge, skills, and techniques of Yoga to enable students to become institutionally qualified Yoga Professionals. Classes are conducted daily from 7.00 am to 3.00 pm on all working days (Monday to Friday).

The 9th batch of B.Sc. (Yoga) was successfully completed in the 2020-2023 academic year. The 10th & 11th batch of B.Sc. (Yoga) were started in years of 2021 and 2022, respectively.

### **2.2.3 Post Graduate Diploma in Yoga Therapy for Medicos (PGDYTMP)**

Morarji Desai National Institute of Yoga has started the Post Graduate Diploma in Yoga Therapy for Medicos and Paramedicos (PGDYTMP) Course with affiliation from Guru Gobind Singh Indraprastha University, New Delhi, starting from the academic session 2019-20. The course has a total intake capacity of 20 students in a batch. It is a regular, non-residential and full time course of one year duration consisting of two semesters. The eligibility criteria for this course include any Medical/ Para- Medical /Physiotherapy ( with a minimum 4 years or more) graduate with a

minimum 50% marks from a recognized University or Institutions approved by regulatory bodies or Institutes declared as Institutes of National Importance by an Act of Parliament.

The course aims is to orient Medical and Para-medical Graduates to Integrate Yoga Therapy into their practice. Classes are conducted daily from 7.00 am to 3.00 pm on all working days (Monday to Friday).

A total of 03 students completed the course during the session 2021-2022, with an additional two students admitted to the course for the session 2022-23.

### 2.2.4 DIPLOMA IN YOGA SCIENCE (D.Y.Sc.) OF ONE YEAR FOR GRADUATES

Diploma in Yoga Science for Graduates (D.Y.Sc.) is a full time, regular, non-residential course of one year duration comprising two semesters.

The teaching faculty of the Institute which includes the Director, Assistant Professors and Yoga Instructors take the classes in addition to the guest faculty engaged in various subjects of the course.

The First Semester Examination of D.Y.Sc. 2022-23 were held in the month of January, 2023. Total 73 students have appeared in the Sem.-I Final Examination. 72 students have successfully completed Semester - I of D.Y.Sc. 2022-23.

#### 2.2.4.1 Summer Yoga camps conducted by the Students of D.Y.Sc.

The Institute conducts Summer Yoga Camps from 21st May to 21st June, 2022 immediately before the final examinations of the 2nd Semester of DYSc. every year. In 2022, the Summer Yoga Camps were conducted by the students of Diploma in Yoga Science (2021- 22) at various locations in Delhi & NCR. A total of 2,346 people were benefited by these Yoga Camps.

**Details of these Camps are given below:**

S. No.	Address for Online Yoga Camp	No. of Participants
1	Ashoka Park, NFC, New Delhi	15
2	Park Opposite Purba Kali Bari Mandir, J&K Pocket, Dilshad Garden, Delhi	20
3	Yuvashakti Model School, Mangal Bazar Road, Sec-3, New Delhi -85	82
4	Swarna Jayanti Park, Indirapuram, Gaziabad, U.P.	30
5	Govt. Girls Sr. Sec. School, East Gokalpur Loni Road, Delhi-94, School ID 1104400	50
6	Club House Shalimar City Main Wazirabad Road Sahibabad Ghaziabad, U.P.	25
7	Talkatora Garden, Rashtrapati Bhawan, President's Estate, New Delhi, Delhi-110004	30



8	Swami Dayanand School, Old Rajendra Nagar, Delhi	25
9	29, Defence Colony Market, New Delhi-110024	30
10	Sukhdev Vihar, Near Mashighar Church, South Delhi -110025	45
11	Indira Gandhi Mahila Park, Trilok Puri, Delhi-110091	20
12	Sunriseville School, Sector 25, Jal Vayu Vihar, Noida, Uttar Pradesh 201301	30
13	Mangalam Red Light, Delhi	48
14	Government Sarvodaya Kanya Vidyalaya, Rohini Sector-1, New Delhi	83
15	Cloud 9, Appartement, Vaishali, Ghaziabad-201010, U.P.	18
16	Sector 46, Gurugram, Haryana-122002	50
17	DDA Park Krishan Kunj Extension Part-1, Krishan Kunj, Laxmi Nagar, Delhi-110092	15
18	Saheed Rajguru College of Applied Science for Women, Delhi	43
19	Veer Savarkar MCD Hospital, Near Mukhiya Market, Karawal Nagar, Delhi-110094	34
20	H7M8+57V, Behind Sundial Park, Near Sarai Kale Khan, New Delhi-110006	28
21	Little Flower Public School, Shivaji Park Babarpur, Shadhra Delhi-110032	60
22	Tihar Jail, Delhi	20
23	WZ-46 Raj Nagar, Palam Colony, New Delhi	30
24	RWA Office, Kamal Vihar, Burari, New Delhi	30
25	Club House Shalimar City Main Wazirabad Road Sahibabad Ghaziabad	30
26	L- Block, Nivedita Kunj, Sector-10 R.K Puram, New Delhi	20
27	Bharthal Dwarka Sector-26 New Delhi-110077	20
28	Rohini, Sector-18, Utsav Apartments, New Delhi	20
29	Gandhi Bhawan, University of Delhi, Delhi-110007	30
30	Sec-15 Park Kakrola Mod, New Delhi	20
31	Police Station, Vivek Vihar, Opposite Petrol Pump, Delhi	20
32	Ground L-18, Shri Niwas Puri, New Delhi	20
33	Swami Vivekanand Old Rajender Nagar School, Delhi	40
34	Jaitpur (Badarpur) Park, New Delhi	20
35	Lalita Park, Laxmi Nagar, Delhi	20
36	Budhpur, North West Delhi-110036	20

37	Sanjay Jheel Park, Laxmi Bai Nagar, New Delhi	40
38	Vandana Park Near by AVB Public School IP Extension Patparganj Delhi-110092	18
39	Community Centre (Grih Kalyan Kendra) Lodhi Road, Complex New Delhi-110003	30
40	ESI Dispensary Mangol Puri, O-Block, Mangol Puri, New Delhi-110083, Near Mangol Puri Water Tank	25
41	Rajkiya Sarvodaya Bal/Kanya Vidhyalay West Vinod Nagar, Delhi-110091	23
42	Ram Park, East Jyoti Nagar, Near Bhagat Ji Sweets (Jyoti Nursing Home), Durga Puri Extension, Delhi-110093	35
43	Pushpanjali Public School Bijwasan, New Delhi	12
44	Rani Public School Sant Nagar Burari, New Delhi	60
45	Delhi International School Edge Sector-18A, Dwarka, New Delhi	18
46	Vaishali Park, Delhi	11
47	RWA B-Block Surya Nagar Ghaziabad, Nearest Metro Station Dilshad Garden Metro Station	25
48	Sarthak Prayas NGO, Tagore Garden, Delhi	25
49	A Block Shastri Nagar, Bandar Wala Park, Delhi-110052	50
50	Holy Convent School, J3F3+6P8, Uttam Nagar, Hostal Vihar, Om Vihar, Nawada, Delhi-110059	30
51	Shop No. 28, Udyog Nagar, Mangolpuri, New Delhi, Delhi-110041	20
52	B-114 Jeevan Park, Som Bazar Road, Near Sunil Dairy MARVEL GYM Delhi-110059	25
53	Patiala House Court, New Delhi	30
54	Delhi International School Edge Sec-18 Dwarka, Delhi	28
55	Coronation Park, Shanti Swaroop Tyagi Marg, Model Town, Delhi-110033	55
56	Gyan Kunj, Priyadarshini Vihar, Guru Angad Nagar West, Laxmi Nagar, Delhi-110092	90
57	DPMI, B- 20, New Ashok Nagar, Opp. Holiday Inn Hotel, New Delhi-110096	35
58	Baal Sahyog (Social Welfare Organisation) L-block, Cannaught Place, Delhi-110001	30
59	Lovely Public Senior Secondary School, Priyadarshini Vihar, Laxmi Nagar, Delhi-110092	20

60	Nagesh Garden, Gopinath Bazar Delhi Cantt-10	30
61	Plot No. 304, Sector 28, Gurugram & Plot No. 2, Kishan Kunj, DLF phase 4 Gurgaon	25
62	Shanti Swaroop Tyagi Marg, Model Town, Delhi-110033	35
63	Mayur Vihar Phase-II Pocket-F, Delhi	30
64	Rajkiya Sarvodaya Vidyalaya Police Line Kingsway Camp, New Delhi	20
65	9, Bank Enclave, Laxmi Nagar, Delhi-110092	20
66	G.H.P. School, Loni Road, Shahdara Delhi-93	10
67	G. B. S. S. School No.1, Model Town-3, Delhi	0
68	Hans Raj College, Mahatma Hans Raj Marg, Malkaganj, Delhi-110007	20
69	Shri Mahavirji Mandir, W Block, Greater Kailash I, Greater Kailash, New Delhi-110048	20
70	Talkatora Garden, Rashtrapati Bhawan, President Estate, New Delhi-110004	30
71	I-124, Savera NGO, Prem Nagar, 2nd Kirari, Delhi -86	35
72	The Vyayamshala Gym Near Nangloi Stand, Najafgarh New Delhi-110043	15
73	Reman Public School, Rohini Sector-3, New Delhi	25
74	Bal Sahyog Orphan Age Connaught Place, L-Block, Delhi-110001, Central Delhi	25
75	Sanjay Lake Near Pandav Nagar, Delhi -110091	15
76	A Block, Vikaspuri, New Delhi	25
77	B-110, South Ganesh Nagar Near, Mother Dairy, Delhi	25
78	Park Near Police Colony, Chankya Puri, New Delhi-110021	15
<b>Total No. of Participants</b>		<b>2346</b>

### 2.2.5 Certificate Course in Yoga for Wellness Instructor (CCYWI)

Certificate Course in Yoga for Wellness Instructor (CCYWI) is six months regular, full-time, non-residential one semester (24 credits) course. The course is designed to impart the knowledge, skills and techniques of Yoga to enable the participants to become an institutionally qualified skilled Yoga Professionals and teach Yoga for wellness. Moreover, the aim of the course is to impart classical, scientific Yoga education, training and also to produce Wellness Yoga Instructors to promote health. The course is focused to impart basic knowledge about Yoga, its basis and applications for wellness principles in daily life.

The main objective is to produce the master trainers in Yoga for imparting Yoga education and training Yoga for wellness. Each batch has intake capacity of 30 participants and reservations

of seats as per the Govt. guidelines.

Sl. No.	Course Name	April 2022 to March 2023
01	Certificate Course in Yoga for Wellness Instructor (CCYWI) (Lateral Entry) (Three months duration)	81
02	Certificate Course in Yoga for Wellness Instructor (CCYWI) (Six months duration)	207
<b>TOTAL</b>		<b>288</b>

### 2.2.6 Certificate Course in Yoga for Protocol Instructor (CCYPI)

Certificate Course in Yoga for Protocol Instructor (CCYPI) is a three-months, regular, full-time, non-residential course. The main objective of the course is to produce certified Yoga professionals (Yoga Protocol Instructor) who can teach the basics of Yoga/Common Yoga Protocol developed by the Ministry of Ayush to celebrate the International Day of Yoga and work towards prevent diseases and promoting health. Trained and certified Protocol Instructors can conduct Yoga practice/classes in parks, societies, RWAs etc. Each batch has the intake capacity of 30 participants and 15% seats over and above the total seats are reserved for foreign candidates.

Sl. No.	Course Name	Apr. to June. 22	July to Sep. 22	Oct. to Dec. 22	Jan. to March 23	Total
1.	Certificate Course in Yoga for Protocol Instructor (CCYPI) for three months duration	89	78	105	121	
<b>Total</b>						<b>393</b>

### 2.2.7 FOUNDATION COURSE IN YOGA SCIENCE FOR WELLNESS (FCYScW)

The statement of students admitted in Foundation Course in Yoga Science for Wellness (FCYScW) from April 2022 to March, 2023.

S. No.	Month	Total No. of Sadhakas participated in FCYScW
1.	April, 2022	155
2.	May, 2022	164
3.	June, 2022	228
4.	July, 2022	277
5.	August, 2022	222
6.	September, 2022	212
7.	October, 2022	175
8.	November, 2022	138

9.	December, 2022	150
10.	January, 2023	121
11.	February, 2023	136
12.	March, 2023	162
<b>Total</b>		<b>2140</b>

### 2.2.8 Seminar and Workshops

**Workshop on 'Four Yogas: An Introduction'** -A workshop on 'Four Yogas: An Introduction' was conducted by Swami Anupamananda, Secretary, Ramkrishna Mission Ashram, Chandigarh on 19th September,2022 for the students and staff members of MDNIY.

**National Workshop on Patanjala Yoga Sutra: The Core of Yoga Philosophy and Practices-** A three day National Workshop on "Patanjala Yoga Sutra: The Core of Yoga Philosophy and Practices" was organised by Morarji Desai National Institute of Yoga, Ministry of Ayush, Govt. of India in association with Inter University Center for Yogic Sciences ,UGC from 14th-16th October, 2022 in hybrid mode.

Prof. Avinash Chandra Pandey, Director, Inter-University Accelerator Centre, New Delhi graced the inaugural session on 14th October,2022 as the Chief Guest wherein he stated that the ultimate goal of Yoga is to reach the ultimate level of spiritual growth of self-realization. He further explained the yogic view of consciousness and elaborated on Bell's theorem in the theory of quantum mechanics. In the presidential remarks, Dr. Ishwar V. Basavaraddi, Director, MDNIY highlighted the importance of an in-depth understanding of yoga.

Prof. Omnath Bimali, Head, Sanskrit Department, University of Delhi, Delhi; Prof. Ramnath Jha, Professor, SSIS & Director, UGC, HRDC, JNU, New Delhi and Prof. Girishwar Misra, Former Vice Chancellor, MGAHV, Wardha, Maharashtra, were the resource persons of the workshop.

This workshop was coordinated by Dr. Arpit Kumar Dubey, Assistant Professor, Sanskrit, MDNIY and co-coordinated by Dr. Vandana Singh, Assistant Professor, Hindi; Dr. Pawan Kumar, Assistant Professor, Yoga Education and Ms. Neetu Sharma, Consultant (Technical Yoga), MDNIY .

#### **Seminar -cum- Workshop on "Foundation of Yoga for Health and Wellbeing" Organized by Career Point University in Collaboration with Morarji Desai National Institute of Yoga -**

Career Point University in Collaboration with Morarji Desai National Institute of Yoga organized a three-days (2nd-4th December, 2022) Seminar-cum-Workshop entitled 'Foundation of Yoga for Health and Wellbeing' to create awareness among the participants and local community about the traditional yoga and naturopathy practices. The main objective of the seminar was not only to train yoga practitioners but also to dispel the myths and misconceptions associated with yogic practices. The right way of practicing yoga was also taught to the participants. The scheduled day-to-day activities included:

### Day-1

The technical session commenced with the lectures of experts from MDNIY:

The technical session started with the enlightening lecture by Director, MDNIY entitled “Foundation of Yoga for Health and Wellbeing” followed by an interactive session with the audience.

Dr. Arpit Kumar Dubey delivered a lecture on the Topic “The Yoga of the Bhagavadgita for Health Happiness & Harmony”; Dr. Khushbu Jain, Assistant Professor, MDNIY, discussed the “Yogic Diet for health and well-being”. At the end of the session, Dr. S. P. Pathak, Assistant Professor, Himachal Pradesh University, Shimla gave a talk on the Topic “Conceptual Understanding of Asana & Pranayama in Hatha Yoga” followed by a lunch break. The day ended with a mesmerizing Cultural Programme.

### Day 2

Day 2, started with a lecture by Ms. Sobika Rao, Assistant Professor, MDNIY on the Topic “Introduction to Yogasana Mechanics”. After that Mr. Tanuj Yadav, Yoga Instructor, and Ms. Neetu, Yoga Instructor took a practical session of Yogasana. Followed by a practical session on “Pranayama, Meditation & Yoga Nidra” conducted by Ms. Amrita Sharma, Yoga Instructor. The second day of the workshop concluded with an insightful lecture by Ms. Neetu Sharma, Consultant Technical Yoga on the Topic “General Guidelines for Yoga practitioners”.

### Day 3

On the last day i.e., 4th December 2022, of the seminar cum workshop started with a practical session of Yogasana by Mr. Shubham Arya Yoga Instructor, and Mr. Lalit Gangwal, Yoga Instructor. In succession Mr. Amit Sharma, Yoga Instructor concluded the workshop with a lecture on “Prana and Pranayama while taking a session on Yoga Nidra.

Subsequently, a Valedictory Session was held, during which Dr. Sunil Sharma, former member of the HP Education Regulatory Commission delivered a note on the benefits of yogic lifestyle.

### 2.2.9 Friday Webinar

Morarji Desai National Institute of Yoga conducts a webinar, popularly known as Friday Webinar, by inviting eminent experts from the field of Yoga, Health and Allied Sciences. These webinars are coordinated by Dr. Vandana Singh, Assistant Professor, Hindi, MDNIY (till 1.03.2023) and Dr. Suman Rathore, Assistant Professor, English, MDNIY. The topic of lectures and names of invited experts during the time period are mentioned as under:

Sl. No.	Speaker	Topic of Lecture	Date
1.	Acharya Anita Founder, Sarvaha Foundation, Delhi	Soham Kriya Meditation for Positive Mind	1st April, 2022
2.	Prof. Upendra Chowduri (Varishtha Acharya) School of Sanskrit and Indic Studies, JNU, New Delhi	Analysis of Yoga: Vedic and Buddhist Perspectives	8th April, 2022
3.	Dr. S.K. Singh Clinical Health Physician; Metabolic Gastro Physician and Clinical Health Psychologist, Delhi	Autoimmune Disease and Yoga	15th April, 2022
4.	Dr. Waseem Fatima Dept. of Clinical Nutrition, Faculty Applied Medical Science, Northern Border University, Kingdom of Saudi Arabia	Myths of Weight Management	22nd April, 2022
5.	Dr. K.P. Mishra Scientist 'F', DIPAS, DRDO, Delhi	Role of Traditional Medicine in Prevention of Dengue Infection	29th April, 2022
6.	Dr. Manoj Vimal Diabetologist; Family Physician; Health Planning Specialist and Director, My Care Clinic, Delhi	Health Planning in Post Covid Times	6th May, 2022
7.	Dr. Sandip Mukherjee Associate Professor, Department of Physiology, Serampore College, West Bengal	Lean Diabetes Mellitus: An Unexplored Emerging Entity	13th May, 2022
8.	Dr. S.A.S Naqvi Director and Scientist 'F' Ministry of Earth Science, New Delhi	Necessity of Good Health to Participate in Antarctic Expedition	20th May, 2022

9.	Dr. Ajeet Tiwari Ayurvedic Medical Officer Basantpur, Almora & Coordinator Nasha Mukta Bharat Abhiyan (Govt. of India), Dist.- Almora	Prevention of Life Style Disease- Role of Ayurveda	27th May, 2022
10.	Dr. Mantu Saha Additional Director, DIPAS, DRDO, Delhi	Applied Yogic Science for Preventive & Promotive Measure	03rd June, 2022
11.	Ms. Sunita Bhalla Founder and CEO, Gems of Yoga Centre, Dubai, UAE	Yoga to Boost the Immune System	10th June, 2022
12.	Dr. Ritu Sharma Dean, Faculty of Liberal Studies School of Liberal Studies Pandit Deendayal Energy University, Gandhinagar, Gujarat	Yoga Psychology : Bridging the gap between Body and Mind	17th June, 2022
13.	Dr. Sai Sailesh Kumar Goothy Associate Professor Department of Physiology R.D. Gardi Medical College, Ujjain, M.P.	Physiology of Yoga	24th June, 2022
14.	Dr. Vandana Shrivastav Associate Professor and Head of the Department, Department of Ayurveda and Holistic Health Dev Sanskriti Vishwavidyalaya, Haridwar	Holistic Health Management Through Ayurveda	1st July, 2022
15.	Dr. (Prof.) Rajesh Taneja Senior Consultant and Advisor Urology, Andrology and Robotic Surgery Indraprasatha Apollo Hospitals New Delhi	Diet and Disease	8th July, 2022
16.	Sh. Amresh Kumar Tiwary Editor-in-Chief and Publisher, Double Helical Health Magazine	Improving Lifestyle through Yoga	15th July, 2022



17.	Dr. Yamini Bhusan Tripathi Former Head, Department of Medicinal Chemistry and Former Dean, Faculty of Ayurveda Institute of Medical Sciences, Banaras Hindu University, Varanasi	Scientific Basis of Integrated Use of Health Practices	22th July,2022
18.	Dr. Omlata Bhagat Additional Professor Department of Physiology, All India Institute of Medical Sciences, Jodhpur	Physiological Effects and Therapeutic Potential of Yogic Breathing	29th July, 2022
19.	Dr. Nibu R. Krishna Associate Professor and HoD, Department of Yogic Sciences, LNIPE, Gwalior, M.P.	Sports Psychology & Yogic Science	5th August, 2022
20.	Dr. Saroj Yadav Former Dean (Academic) and Project Coordinator AEP?NPEP NCERT, New Delhi	Yoga for Personality Development	12th August, 2022
21.	Dr. Ghazala Javed RO(U)- Scientist IV, Incharge Drug Standardisation Research Unit, Central Council for Research in Unani Medicine New Delhi	Taking Care of Mental Health during Adversity	19th August, 2022
22.	Dr. Jay Prakash Narayan Associate Professor and Head Department of Sanskrit Jamia Millia Islamia New Delhi	Relevance of Ayurveda and Yoga in Current Scenario	26th August, 2022
23.	Dr. Sarika Singh School of Allied Health Sciences and Management, Delhi Pharmaceutical Sciences and Research University, New Delhi	Yoga and Nutrition	2nd September, 2022
24.	Dr. Lalita Verma Associate Professor Lady Irwin College University of Delhi, Delhi	Womens' Health and Nutrition	9th September, 2022

25.	Dr. Satyendra Singh Yoga Guru and Founder Utkarsh Yoga Mission	Antarang And Bahirang Yoga	16th September, 2022
26.	Prof. (Dr.) Kommi Kalpana Professor, Manav Rachna International Institute of Research Studies, Faridabad	Mainstreaming of Millets for Nutrition and its Health Benefit	23rd September, 2022
27.	Dr. Neena Bhatia Professor, Lady Irwin College, University of Delhi Former Senior Specialist (Joint Advisor) WCD vertical, NITI Aayog, Govt. of India	Healthy Lifestyle and Diet	30th September, 2022
28.	Prof. (Dr.) Divya Sanghi Head, Dept. Of Nutrition and Dietetics, FAHS, Manav Rachna International Institute of Research and Studies, Faridabad, Haryana	Nutrition and Immunity	7th October, 2022
29.	Dr. Ruchi Gautam Chief Counselor & Associate Professor, Psychological Counselling Cell, Sharda University, Uttar Pradesh	Positive Practices to improve Mental Health	14th October, 2022
30.	Dr. Prashant Gupta Associate Professor, Department of Kaumarbhritya, All India Institute of Ayurveda, Delhi	Covid-19 and Ayurveda	21st October, 2022
31.	Dr. Meera K. Bhojani Associate Professor, Department of KriyaSharir, All India Institute of Ayurveda, Delhi	An Overview of Prakritis of Ayurveda	28nd October, 2022

32.	Dr. Ruchi Jain Naturopath, Alternate Therapist & Research Evangelist, Arham Dhyana Yoga	Dincharya and Ritucharya : Key to Good Health	4th November, 2022
33.	Dr. Bharat Shah Director, Nisargopachar Kendra, Vinoba Ashram Gotri, Vadodara, Gujarat	Role of Naturopathy in Integrative Medicine	11th November, 2022
34.	Dr. Babu Joseph Senior Yoga and Naturopathy Physician and Former Director National Institute of Naturopathy, Ministry of Ayush, Govt. of India	Relevance of Naturopathy Today	18th November, 2022
35.	Dr. Swadesh Bhushan Sharma (MD ay Medicine) Former Senior Medical Officer UP State Ayurvedic Hospital, Bulandshehar, UP	Role of Ayurveda in dealing with Seasonal Changes	25th November, 2022
36.	Dr. Santosh Kumar Shukla Professor School of Sanskrit and Indic Studies, Jawaharlal Nehru University, New Delhi	The Holistic Vision of Bhagvadgita for Self Management	2nd December, 2022
37.	Ms. Sujata Vithalrao Cowlagi Director Pragya Yoga and Wellness Singapore	Yoga and Pregnancy	9th December, 2022
38.	Dr. Alka Gupta Founder-Director AGATH Healthcare & Wellness Thailand	An Integrative Yogic Perspective on Stomach Disorders	16th December, 2022
39.	Mr. Akash Vishwakarma Clinical Psychologist (RCI) Student Counsellor, Wellness Centre, Indian Institute of Technology- Roorkee, Uttarakhand	Substance Abuse: Health Related Issues	23rd December, 2022

40.	Dr. Saraswati Kala Professor and Dean, School of Humanities and Social Science, SGRRU, Dehradun, Uttarakhand	Importance of Alternative Therapy in Daily Life	30th December, 2022
41.	Mr. Chetan Upadhyaya Founder Secretary Satya Foundation	Stress Management through Music, Yoga and Natural Lifestyle	6th January, 2023
42.	Prof. (Dr.) Mayank Shukla Professor, Allied Health Sciences, Sharda University, U.P.	Holistic Health through Therapeutic Self-Reflection	13th January, 2023
43.	डॉ. साधना दौनेरिया अध्यक्ष, योगविभाग, बरकतुल्ला विश्वविद्यालय, भोपाल, मध्यप्रदेश	योगदर्शन और समग्र जीवन	20th January, 2023
44.	Dr. Aashish Phadke Ayurveda and Yoga Consultant & Hon. Deputy Director, KHS - MRC, Vileparle, Mumbai, Maharashtra	Yoga Techniques and their Clinical Application	27th January, 2023
45.	Prof. Surendra Kumar Head and Dean Department of Yogic Science, Gurukula Kangri, Deemed to be University, Haridwar, UK	Role of Yoga Sutras in Prevention of Mental Disorders	3rd February, 2023
46.	Dr. Geeta Kadayaprath Senior Director- Surgical Oncology (Breast) Max Super Speciality Hospital, Delhi	Breast Cancer Awareness	10th February, 2023
47.	Dr. Ramanujam Meganathan Professor, English, Department of Education in Languages, NCERT, New Delhi	Languages for Life	17th February, 2023
48.	Dr. Indranil Manna Associate Professor Head, Dept. of Physiology Midnapore College (Autonomous) Midnapore-721101, West Bengal, India	Role of Yoga in Maintenance of Health and Fitness	24th February, 2023

49.	Dr. Gautam Goswami Scientist G, Technology Information, Forecasting and Assessment Council (TIFAC), Dept. of Science & Technology, Govt. of India, New Delhi-110016	Technology Vision 2047 for India	03rd March,2023
50.	Dr. Nisha Joshi Head, Department of Yoga Shree Jain Shwetamber Professional Academy Collage, Indore , M.P.	योग के क्षेत्र में नारी की महती भूमिका	10th March, 2023
51.	Prof. (Dr.) Neeru Nathani Professor & Former Head, Dept. of Swasthavritta and Yoga, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi	Significance of Ashtanga Yoga in the Promotion of Health and Prevention of Disease in the Present era	17th March, 2023
52.	Dr. Sheetal Yadav Assistant Professor, Department of Hospital Management Delhi Pharmaceutical Sciences and Research University, Govt. of NCT, Delhi	Tele-Yoga: Current Scenario and Future Prospects	24th March, 2023
53.	Dr. Sohini Paul Assistant Professor of Physiology Faculty of Health and Wellness Sri Sri University Cuttack, Odisha	Yoga through the lens of Physiology and Biomechanics'	31st March, 2023

### Sports and Cultural Events

1. To spread the message of 'Save the Soil' Movement initiated by Esha Foundation, an awareness session for students was organised on 6<sup>th</sup> May, 2022.
2. Students of MDNIY participated in the mass Yoga demo session conducted at the Football Ground, GGSIPU, Dwarka Campus on 14<sup>th</sup> May, 2022 to mark 100 Days Countdown to International Day of Yoga (IDY) 2022 which was jointly organised by GGSIPU and MDNIY.

## Annual Report 2022-23

3. Various Sports and Cultural Competitions like Badminton, Yogasana Competition, Chess, Singing Competition, Speech Competition, Debate Competition, Essay Competition, Rangoli Making, Dance Competition were organised on 19<sup>th</sup> and 20<sup>th</sup> May, 2022 for the students of M.Sc.(Yoga), B.Sc.(Yoga), PGDYTMP, DYSc.
4. Diwali Celebration program 'Jyoti Parva-2022' was organised on 21.10.2022 under Pancham Swar for the students and staff members of MDNIY.
5. A cricket Match was organised for the student of M.Sc.(Yoga), B.Sc.(Yoga), PGDYTMP, DYSc at Talkatora Cricket Ground on 28<sup>th</sup> November, 2022.

### 2.2.10 Faculty of the Month Program

In this lecture series, Director, MDNIY nominated a faculty member for each month to deliver a lecture on a topic related to Yoga, Health and other relevant subjects. This initiative was started in August, 2021. In the year-2022, the lists of lectures delivered are as below-

29.04.2022	Dr. Indu Sharma Assistant Professor (YE)	Personality Development through Yoga
31.05.2022	Dr. Pawan Kumar Assistant Professor (YE)	Role of Yoga in Today's Time
30.06.2022	Dr. S. Lakshami Kandhan Assistant Professor, (Yoga Therapy)	Yoga for Smart Phone Users (Text Neck Syndrome)
29.07.2022	Dr. Arpit K. Dubey Assistant Professor (Sanskrit)	The Yoga of Bhagavad Gita
31.08.2022	Dr. Suman Rathore Assistant Professor (English)	The Art of Conversation

## CHAPTER-3

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# OUT PATIENT DEPARTMENT (OPD)







### 3.0 YOGA THERAPY PROGRAMMES

The details of regular Yoga Therapy Programmes during the year are as follows:

#### Health Promotion Programme (HPP) (OFFLINE)

Month	Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23	Total
Total No. of Participants	70	60	72	65	53	52	46	42	26	13	29	41	569

#### Health Promotion Programme (HPP) (ONLINE)

Month	Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23	Total
Total No. of Participants	43	36	16	27	29	23	21	29	19	3	21	15	282

#### Health Promotion Programme (HPP) (ONLINE)

Month	Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23	Total
Total No. of Participants	32	39	42	52	63	87	54	71	72	65	80	41	698

### 3.1 Individual Yoga Therapy Programme (IYT) (OFFLINE)

Month	Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23	Total
No. of Patients	24	20	19	36	45	43	36	26	17	14	21	25	326
No. of Yoga Therapy Sessions	125	116	120	206	201	296	186	260	260	156	195	163	2284

### 3.2 YOGA THERAPY CENTRES IN AYUSH/ ALLOPATHY HOSPITALS

With a broader view of integrating the system of Yoga in the mainstream medical care, the Institute has started the following Yoga Therapy Centres in the following Hospitals/ Institutes, after obtaining the approval from the competent authority:

- Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Dhaka Colony, Kingsway Camp, Delhi – 110 009.
- Institute of Human Behavior and Allied Sciences, Jhilmil, Dilshad Garden, Delhi – 110095.

- c. National Institute of Tuberculosis and Respiratory Diseases, Sri Aurobindo Marg, New Delhi – 110 030.
- d. Vallabhbhai Patel Chest Institute, University of Delhi, North Campus, Delhi – 110 007

The response of the public for these Centres is quite satisfactory. The details of the patients treated and the patient days are as under:

Sl. No	Name of the Hospital	TOTAL NO. OF NEWLY REGISTERED PATIENTS TREATED AT YOGA TRAINING & THERAPY CENTRES (2022-23)												
		Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23	Total
1	National Institute of Tuberculosis and Respiratory Diseases, Sri Aurobindo Marg, New Delhi-110030	77	20	61	43	48	45	17	74	34	47	43	47	<b>556</b>
2	Vallabhbhai Patel Chest Institute, University of Delhi, Delhi	41	28	85	105	55	33	72	65	78	29	63	58	<b>712</b>
3	Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Kingsway Camp, Delhi -09	28	30	37	0	57	10	43	30	32	47	334	147	<b>795</b>
4	Institute of Human Behavior & Allied Sciences, Dilshad Garden, Jhilmil, Shahdra, Delhi.	394	399	572	588	629	653	399	293	288	292	247	278	5032
	<b>Total</b>	<b>540</b>	<b>477</b>	<b>755</b>	<b>736</b>	<b>789</b>	<b>741</b>	<b>531</b>	<b>462</b>	<b>432</b>	<b>415</b>	<b>687</b>	<b>530</b>	<b>7095</b>

Sl. No	Name of the Hospital	TOTAL NO. OF ATTENDANCE OF PATIENTS TREATED AT YOGA TRAINING & THERAPY CENTRES (2022-23)												
		Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Jan-23	Feb-23	Mar-23	Total
1	National Institute of Tuberculosis and Respiratory Diseases, Sri Aurobindo Marg, New Delhi-110030	864	656	502	524	401	524	395	422	429	467	490	568	<b>6242</b>

2	Vallabhbai Patel Chest Institute, University of Delhi, Delhi	222	213	248	468	262	353	232	206	308	291	196	175	<b>3174</b>
3	Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Kingsway Camp, Delhi -09	1114	1381	1547	0	227	110	1732	1404	462	418	972	331	<b>9698</b>
4	Institute of Human Behavior & Allied Sciences, Dilshad Garden, Jhilmil, Shahdra, Delhi	770	831	949	701	753	804	612	411	418	409	367	396	7421
<b>Total</b>		<b>2970</b>	<b>3081</b>	<b>3246</b>	<b>1693</b>	<b>1643</b>	<b>1791</b>	<b>2971</b>	<b>2443</b>	<b>432</b>	<b>1585</b>	<b>2025</b>	<b>1470</b>	<b>26535</b>

### 3.3 PROJECTS

1. Prison Headquartes Central Jail, Tihar desired to provide Yoga training and to conduct some short term Yoga Training Courses/programmes of various duration for the inmates of Delhi Jails. These courses will not only keep them physically and mentally fit but also help them in their reformation, rehabilitation and re-integration. In this regard MDNIY signed an MoU with the Prison Headquartes, Central Jail, Tihar and imparted training and conducted Foundation Course in Yoga Science for Wellness (FCYScW) for the inmates of Tihar Central Jail from May, 2022 to January, 2023. In the project around 1833 inmates had undergone the Foundation Course in Yoga Science for Wellness.
2. MDNIY provided technical support (Yoga experts and demonstrators) to conduct Live Interactive Session on Yoga for the general public under the name of “Yoga Shakti” which is coordinated by the Central Institute of Educational Training (CIET), NCERT since April, 2022. The response to this initiative is quite encouraging.
3. As a part of Azadi ka Amrit Mahotsav, the Institute intended to train 1.50 lakh people with Yoga Volunteer Training Programme of 36 hours across the country to train the masses and create awareness about Yoga among the public. Applications were invited to conduct the said programme. Accordingly, 30 organisations were identified to conduct the programme which is in progress.

#### TRAINING

1. Deputed 01 Yoga Instructor to Institution for blind, Lajpat Nagar from January, 2023 under the programme “Yoga Promotion through RWAs/ NGOs/ Govt. Organizations”.
2. Deputed 01 Yoga Instructor to RWA Society, Sarojini Nagar, from April 2022 under the programme “Yoga Promotion through RWAs/ NGOs/ Govt. Organizations” in which around 30-35 candidates were being benefitted every month.
3. Deputed 04 Yoga Instructors to Guru Gobind Singh Indraprastha University from May 2022 to June 2022.
4. Deputed 02 Yoga Instructors to Guru Gobind Singh Indraprastha University from October 2022.



## CHAPTER-4

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# YOGA RESEARCH





## Research Study:

### 4.1 (a) Scientific Research Study (Completed)/on going:

1. A project entitled “A comparative study on the effects of Suryanamaskar on body composition and certain physiological parameters of Yoga professional and non-Yoga professional of MDNIY: A Pilot study.” has already been completed by the institute. Report prepared and submitted. Manuscript is under communication.
2. A project entitled “Effects of Yogic practice on physical fitness and its correlation with cognitive performance in Indian paramilitary force personnel” was approved by the Institute. This project has been started. First phase of data collection has been completed.
3. Effect of Nabho Mudra & Chaitanya Kendra Preksha on psycho-biochemical parameters in hypothyroidism patients: a randomized controlled trial. (CTRI No.: CTRI/2023/06/053550) Principal Investigator: Dr. Khushbu Jain Asstt. Prof. (Biochemistry), MDNIY. – On going project.
4. Effect of Yoga Prana Vidya Training on Psycho-Biochemical Parameters of Cognitive Performance Among Participants (Ongoing) (CTRI no. CTRI/2023/03/051083). Principal Investigator: Dr. I.V. Basavaraddi, Director and Dr. Khushbu Jain Asstt. Prof. (Biochemistry), MDNIY. – On going project.
5. A project entitled “ Temporal & Immediate Effects of Bhramari Pranayama on Autonomic and Cardio-Respiratory Functions & Mental Health of Healthy Adults: A Randomized Controlled Trial "Principal Investigator: Dr. Khushbu Jain Asstt. Prof. (Biochemistry), MDNIY. – On going project.
6. A Research Proposal entitled " Effects of Yogic Practices on Menstrual Problems in college going girls' Principal Investigator: Dr. Khushbu Jain, Asstt. Prof. (Biochemistry), MDNIY. – On going project.

### 4.2 Research Publication:

1. Batra S, Pal R. Immediate effects of pranayama on cardiovascular parameters of hypertensive patients. *Current Medicine Research and Practice* 2022; 12(6):270-273.
2. Arya S, Pal R, Jain K, Badoni S, Kaushik J, Gond PK, Basavaraddi IV. Effects of 6 month-yoga training on mental health of Indian jail inmates. *Yoga Mimamsa* 2022; 54:62-9.
3. Pal R, Rai P, Rao S, Basavaraddi IV. Effects of Short-term Intensive Yoga Program on Yoga Instructors or Therapist. *Asian Pacific Journal of Health Sciences* 2022; 9(4S): 216-219. DOI: 10.21276/ apjhs.2022. 9.4S.41.
4. Mohan S, Pal R. Effect of yogic practices on thyroid hormones: A review. *BLDE*

University Journal of Health Sciences. 2022. DOI: 10.4103/bjhs.bjhs\_23\_21. aop 1-7.

5. Bandana Sairem, Khushbu Jain (Corresponding Author). Yogic practices for Dyslipidemia in Type 2 Diabetes mellitus: A Systematic review of randomized controlled trials. BLDE University Journal of Health Sciences. July 2023
6. Rakesh Sarwal, Rajinder K. Dhamija, Khushbu Jain, Ishwar V. Basavaraddi, Efficacy of Pranayama in Preventing COVID-19 in Exposed Healthcare Professionals: A Quasi-Randomized Clinical Trial. (2022), Journal of Ayurvedic and Integrative Medicine. 2022 May 6; 100586

### 4.3 Dissertation Research by M.Sc. (Yoga) 2nd Year 3rd Semester Students

1. Effect Of Nabho Mudra On Well-Being And Salivary Lipid Profile Of Adolescents: A Pilot Study by Yazurved Sharma.
2. Comparative Study Of Bhakti Yoga In Narad Bhakti Sutra, And Shrimad Bhagvat Gita by Suruchi Mishra.
3. Impact Of Yogic Practices On Gastroesophageal Reflux Disease: A Review by Samriti Bhalla.
4. Psycho-Physiological Effects Of Short-Term Meditation by Minkush Pal.
5. Effect Of Yoga On Menstrual Disorder: A Systematic Review by Radhika Tomar.
6. A Review Study On Philosophy And Practice Of Karma Yoga In The Context Of Bhagwad Gita In Reference To Positive Psychology by Rahul Jha.
7. Traditional Chandrayana Vrata And Its Impact On Health: A Review Of Literature by Muruli M.R.
8. A study on the words “Yoga” and “Yukta” and its various meaning in the context of Bhagavadgita and in the light of Gudarthdipika (commentary on Bhagavadgita) by Sanskriti Arora.
9. Effects of Yogic Practices on Chemotherapy induced side effects in females with Breast Cancer : A Review by Gopal Sharma.
10. Effect of Yoga on sleep disorders: A systematic review by Paramveer Dhillon
11. Impact of quality of sleep on quality of life among college and university students: A Systematic Review by Smriti Tyagi.
12. The efficacy of Yogic Practices on core muscle strength in adults: A Review by Ujjwal Saxena.



13. Effect of meditation on occupational stress : A Systematic Review by Vibha Pal
14. Role of Yogic Practices in the management of constipation: A Systematic Review by Deeksha Tripathi.
15. "Concept of samadhi in patanjali Yoga Sutra and Yogopanishads: A Comparative study" by Sagar.
16. Psychological- Physiological effects of Bandha and Hastha Mudra: A Review by Pratima Verma.
17. Effects of Yogic Mudras on Pscho-Biochemical parameters : A Systematic Review by Urvashi Tyagi.

#### 4.4 Dissertation Research by M.Sc. (Yoga) 2nd Year 4th Semester Students

1. The Efficacy of Yoga Practices on Text neck syndrome in Smartphone users – A pilot study by Gyanander Singh.
2. Comparative study on Samadhi in the view of Vedanta (Yoga Vasistha) and Yoga (Yogasutra with VivaranaTika) by Mansi Singh.
3. A Systematic review on the effects of Yoga on sleep quality in women with sleep disorder by Khushi Singh.
4. Efficacy of Yog-Nidra on Stress, Anxiety and Aggression Levels in school going children by Chanchal Vijay.
5. Impact of Yoga on perceived stress and pain level in young working females with primary dysmenorrhea by Priya Srivastava.
6. Effect of Yoga-Nidra on occupational stress among corporate sector employees by Sulbha.
7. Effect of Bindu Trataka on Cognitive Performance of Adolescents by Akanksha Barthwal.
8. Physiological and Psychological effect of Yogic Practices on Adolescent Polycystic Ovarian Syndrome: A Pilot Study by Dishani Lodh.
9. Effect of Yoga break ( Y-break) protocol at workplace on the stress related psycho-biological parameters of working professionals – a randomized control trial by Tanmay Gaur.
10. Effect of Yogic Practices for pediatric and adolescents' obesity – A Review by Sampathirao Hathakeswara Rao.
11. The Effect of Pranayama (As per Trishikhabrahamana Upanishad) on sleep quality in adults by Prakhar Tyagi.

12. Effect of Yogic Practices on women affected by stress Urinary Incontinence - A Pilot study by Samiksha Nehra.
13. Impact of Suryanamaskara on Human Body: A Review by Varun Nautiyal.
14. A study the effect of Mahamrityunjay Mantra on memory and concentration in Yoga Practitioners by Km Mona Devi.
15. Effect of Cyclic Meditation on Healthy and Non-Healthy Individuals: A Systematic Review by Dharna Singh.
16. Impact of Contemplative Meditation on Mobile and Internet Dependency in College Students Sachin Chaturvedi by Sachin Chaturvedi.
17. Effect of Smaran ShaktiVikasak Kriya on Memory of College Students by Kajal Tyagi.

### 4.5 Dissertation Research by B.Sc. (Yoga) 4th Semester Students

1. Effect of Yoga on Management of Pediatric Obesity: A Systematic Review by Vinci.
2. Effect of Yoga on Management of Migraine: A Systematic Review by Sapna Rawat.
3. Effect of Yogic Practices on Postural Deformities of Spine: A Systematic Review by Bhushan Singh.
4. Effect of Yogic Practices on Insomnia and Its Induced Health Disorders: A Systematic Review by Vivek Joshi.
5. A Comparative study on the Immediate Effect of Gayatri Mantra and Shanti Mantra on Physiological Variables of Yoga Students by Lancy.
6. Effect of Pranayama on Lung Function: A Review by Ramya Madan.
7. Effect of Meditation (MSRT) mind sound resonance technique with certain Psycho-Physiological Parameters on Healthy Individuals- A Review by Bhawna.
8. Effect of Surya Namaskar with Mantra Chanting on certain Psycho-Physiological Parameters of Healthy Individuals- A Review by Tamanna Bhairali.
9. Effect of Pranayama in Health: A Narrative Review by Vaibhav Gupta.
10. The Ham Bija Mantra Meditation effect on Vishuddhi Chakra for Positive Mental Health Parameters in adults by Vibhati Bhandari.
11. Immediate effect of Mahamrityunjaya Mantra on Physiological Variables of Yoga Students by Tanwangi.
12. Human Excellence through Yama and Niyama According to Patanjala Yogasutra: A Analytical Study by Sushma.

13. The Effect of Yoga on Hypertension: A Research Review by Muskan Kapoor.
14. Effect of Yogic practices on Type 2 Diabetes Mellitus: A Research Review by Kumari Richa Gupta Kalwar.

#### 4.3 Dissertation Research submitted by PGDYTMP Student

1. Efficacy of yogic practices in three phases of Menopause and its associated health issues: A narrative review - submitted by Dr. Divya Divakaran D.A.
2. Immediate effects of pranayama: a review- submitted by Ms. Toshi Bana.
3. Efficacy of yoga practices in improving gait and balance in older community – a pilot study. - submitted by Ms. Akansha Ayri.



# CHAPTER-5

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# WHOCC AND BIS





## 5.0. WHO Collaborating Centre in Traditional Medicine (Yoga)

### 5.1. Annual report on the agreed work plan

Annual Report (04-2022 to 03-2023) of WHO Collaborating Centre – IND - 118

#### **Activity 1: Development of evidence-based Yoga modules and their validation for management of Non-communicable Diseases including management of stress.**

Evidence-based Yoga training modules for the management of non-communicable Diseases have been prepared. A total of five Yoga protocols have been prepared as follows: (1) Bronchial Asthma (2) Cancer (3) Stroke (4) Hypertension (5) Diabetes Mellitus. These yoga protocols were finalized on the basis of reviews and comments from experts obtained through a Survey (Google Forms).

Each NCDS Yoga module booklet consists of 40 pages (approximately). The target populations / audiences are Yoga teachers, Yoga therapists and Yoga professionals.

After review and approval by the experts, the modules will be distributed in both PDF and printed formats. Following this, they will be made available on the WHO website/WHO CC & MDNIY Website.

#### **Activity 2: Developing Video training materials in Basic Yoga training, and Advanced Yoga training.**

This training module is prepared to contribute to WHO's efforts in promoting evidence-based Yoga practice for managing non-communicable diseases and to promote well-being of oneself and the society at large. This training module is intended to offer member states an opportunity to acquire the relevant skill and knowledge on Yoga. The developed video training materials may assist WHO' activities to build capacity on Yoga among Member States. It's a part of WHO CC ToR 1 activity. In the preparatory process of developing the video training material, syllabi are being prepared and it will now be sent to experts and the WHOCC Responsible officer. The syllabi also propose to conduct Yoga video courses through online mediums. The syllabi will be finalized after consultation with Yoga experts and WHOCC Responsible officer.

#### **Activity 3: Meta-Analysis on Yoga research in NCD's management and health promotion.**

In view of conducting a systematic literature review on research in Yoga, with a focus on non-communicable diseases like cardiovascular diseases, obesity, diabetes etc. research papers published in indexed, peer reviewed journals were identified. An outline of literature review has been prepared based on the research articles that were screened, and a total of approximately 438 research papers (January 2022-December 2022) were collected.

#### **Activity 4: Supporting WHO's endeavors in developing benchmarks for training in Yoga.**

In View of supporting WHO's endeavors in developing benchmarks for training in Yoga, Director,

MDNIY has been assisting WHO in drafting benchmarks for training in Yoga.

WHO's promotion of Digital health and telemedicine programme to reach maximum population and to promote Yoga as one of the component of physical activity Under this, MDNIY, being a WHO CC, with support of Ministry of Ayush developed mYoga - a mobile app “Common Yoga Protocol for General Wellness” that offers Yoga learning Modules and Practice sessions for global audience. MDNIY, as a WHOCC played pivotal role to facilitate in the preparation mYoga App. WHO mYoga App would be one of the most useful global public health entities of Ministry of Ayush.

The Prime Minister of India, Shri Narendra Modi launched ‘WHO M-Yoga’ App while addressing on the occasion of 7th International Day of Yoga (June 21 2021). The Prime Minister expressed the hope that M-Yoga app will help in spreading Yoga world over and will contribute to the efforts of ‘One World, One Health.’

In this line, MDNIY, WHOCC to take the mYoga program forward, international informal working group for “Yoga for Mental Health and Resilience” formed with the following Terms of reference:

1. To develop and implement the Yoga protocol for Mental Health and Resilience with detailed technical information which will be used to develop a digital program.
2. To develop mYoga Hand Book for Mental Health and Resilience with detailed Technical Information on Yogic practices ,instructions and advises, do's and don'ts, precautions as per the most authentic textbooks of Yoga.

### **5.2 Bureau of Indian Standards, MDNIY**

Bureau of Indian Standards (BIS), the National Standards Body of India, establishes Indian Standards in relation to any article or process and amends, revises or cancels the standards so established as may be necessary, by a process of consultation involving consumers, manufacturers, Government and regulatory bodies, technologists, scientists and testing laboratories through duly constituted committees.

#### **Ayush Ministry-Bureau of Indian Standards**

Under its aegis, Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa-rigpa and Homoeopathy Ministry (Ayush Ministry) works on the Standardization in the field of Ayush systems including Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa rigpa and Homoeopathy. Both traditional and modern aspects of products and services of these systems are covered.

The standardization work related to Ayush systems in the domains of herbal/ herbo-mineral ingredients; diagnostics, clinical aspects & research; dietary supplements, food products & nutraceuticals; therapeutic & detoxification procedures; health & wellness services requirements,



etc. are being carried out through the respective Sectional Committees/ Subcommittees/ Working Groups/ Panels, as per requirement and guidance of the Ayush Division Council.

**A) Published Indian Standards**

As of now, Yoga Sectional committee, Ayush Department has published the following Indian Standards specially in the field of Yoga:

- IS 17873:2022 Cotton Yoga Mat- Specification
- IS 17874(Part1):2022 Glossary of Yoga Terminology Standardized Terminology for commonly used terms related to Yoga
- IS 17913:2022 Yoga Centre- Service Requirements

**B) Under Publication Stage**

- The Stainless Steel Neti Pot- Specification is under Publication Department of BIS.

**C) Under Preliminary Stage**

- The following two standards are under Preliminary Stage for the formulation of Indian Standard.
- Draft Indian Standard- Sutra Neti- Specification
- Draft Indian Standard - Vastra Dhauti- Specification

**D) Under Development- Indian Standards**

- Draft of Common Yoga Protocol- Yoga Practices
- Draft of Yoga T-Shirt -Specification
- Draft of Yoga Lower- Specification

E) Apart from above mentioned published standards, Number of subjects are being taken up for the formulation of new Indian Standards as well, following are the few subjects which are enlisted hereunder:-

Besides, committee has also identified the need of formulation of Indian standards on other subjects such as Jute Yoga Mat- Specification, Rubber Sutra Neti and Glossary of Terminologies of Various Yoga Texts etc.

**F) Sectional Committee Meeting, FAD26**

- Twelfth Sectional committee meeting held on 28th June 2022 wherein major decision was taken to finalize the Stainless-Steel Jal Neti Poti. Committee also decided to send the finalized document to publication after editing and proof reading before the gazette notification.

- Furthermore, committee also decided to seek the comments on newly identified subjects for formulation of new Indian standards. Moreover, committee appraised by Member Secretary for published Indian Standards in the field of yoga.
- G) Ayush Divisional Council Meeting, Ayush Department**
- The Director General, BIS, as a Chairperson of Standards Advisory Committee (SAC), Bureau of Indian Standards has approved the establishment of the Ayush Standardization department in the BIS. A newly Ayush Division Council's first meeting was held on 27 December, 2022 under the Chairmanship of Padamshree Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, Government of India.
- H) Service Sector Department SSD 05 – Health, Fitness and Sports Services Sectional Committee**
- Number of Technical meeting has been attended in service sector department which deal with the Yoga Center - Requirements Indian Standard.
  - Fifth Sectional Committee meeting of SSD 05-Health, Fitness & Sports Service was held on 10th June 22.
  - Sixth Sectional Committee meeting of SSD 05-Health, Fitness & Sports Service was held on 21st October 22
  - Seventh Sectional Committee meeting of SSD 05-Health, Fitness & Sports Service was held on 24th March 23.
- I) Panel Meetings**
- FAD 26/ Panel III, conducted Third Panel meeting on 2nd November 22 in order to finalize the drafts for the formulation of Indian Standards of Sutra Neti and Vastra Dhauti.

## CHAPTER-6

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# COMMUNICATION & DOCUMENTATION





## 6.0 Eighth International Day of Yoga, 2022

The Ministry of Ayush and the Government of Karnataka organized the main event of 8<sup>th</sup> edition of the International Day of Yoga (IDY) 2022 at Mysuru Palace, Mysuru. Hon'ble Prime Minister of India Shri Narendra Modi Ji led the Mass Yoga demonstration at Mysuru Palace along with over 15,000 participants, which also included over 200 physically challenged children, 100 orphaned child, 15 transgenders, HIV-positive people, and ASHA workers.

Shri Thaawarchand Gehlot, Hon'ble Governor of Karnataka, Shri Basavaraj S Bommai, Hon'ble Chief Minister of Karnataka, Union Minister for Ayush, Ports, Shipping & Waterways Shri Sarbananda Sonowal, officials of Ministry of Ayush and Government of Karnataka and other dignitaries also took part in the Mass Yoga demonstration.

On this occasion, Prime Minister Shri Narendra Modi emphasized that this year's theme aptly portrays how Yoga served humanity in alleviating suffering during COVID-19 pandemic. Today Yoga is becoming a basis for global cooperation and is providing a belief of a healthy life to mankind. He added that we see that Yoga has come out of the households and has spread all over the world and this is a picture of spiritual realization, and that of natural and shared human consciousness, especially in the last two years of an unprecedented pandemic.

The Prime Minister said that today is the time to realize the infinite possibilities associated with yoga. Today our youth are coming in large numbers with new ideas in the field of yoga. Ministry of Ayush's Startup Yoga Challenge is bringing together new ideas and innovation which is inspiring this generation.

Addressing the gathering, Union Minister for Ayush, Ports, Shipping & Waterways Shri Sarbananda Sonowal said that it is Prime Minister's vision to bring world peace and harmony by focusing on the health and well-being of individuals, communities, nations, and the world as a whole. He said that Yoga has brought the world together, reshaping the global values, and is bringing different healthcare systems closer.

This year International Day of Yoga 2022 saw many new initiatives, the 'Guardian Ring' program, which is collaborative exercise between 79 countries and United Nations organisations along with Indian Missions abroad to illustrate Yoga's unifying power that surpasses national boundaries. Integrating the Azadi Ka Amrit Mahotsav with celebrations of 8<sup>th</sup> IDY, Mass Yoga demonstrations were organised at 75 iconic locations across the country under the leadership of 75 Union Ministers.

The Morarji Desai National Institute of Yoga (MDNIY) played an integral role in the celebration of the 8<sup>th</sup> International Day of Yoga 2022. Under the guidance of the Director, MDNIY, a dedicated team provided comprehensive technical support and led the demonstration of the Common Yoga Protocol.

### 6.1 PM visits MDNIY stall at Yoga Exhibition

Hon'ble Prime Minister of India Shri Narendra Modi Ji inaugurated the digital Yoga exhibition at Dasara Ground, Mysuru, Karnataka on 21<sup>st</sup> June 2022 in the presence of Hon'ble Governor Shri Thaawarchand Gehlot Ji, Chief Minister Shri Basavaraj Bommai Ji and Hon'ble Union Minister

for Ayush and Ports, Shipping & Waterways Shri Sarbanand Sonowal Ji, after the mass Yoga demonstration at the Mysuru Palace.

The Prime Minister also watched the Live demonstration of Yoga fusion performed by students from MDNIY which was one of the major attractions during the exhibition. MDNIY sent a full-fledged team to the mega show that showcased how to do Yoga postures correctly. Thousands of visitors thronged the stalls put up by the Institute on all days of the vibrant exhibition and applauded all the products that were on display.

The unique digital exhibition brought forth advanced technologies that portrayed the history and wisdom of Yoga. Also, there was an interactive feature that challenged visitors to perform Yoga postures correctly using Kinect, the posture recognition technology. A unique concept called - 'Heal in India and Heal by India' wall - was also curated to showcase career opportunities in Yoga training institutions, and research.

Both Digital and Static Exhibition were organized to showcase the latest interactive technologies and present the grandeur of Yoga, Ayush systems and Yoga start-ups. The one of its kind exhibition attracted the visitors' attention by promoting Yoga with the help of the latest technologies, including augmented reality (AR).

### 6.2 One-of-a kind Programme 'Guardian Ring for Yoga'

The 8<sup>th</sup> edition of the IDY-2022 witnessed an innovative program 'Guardian Ring' that weaved together the digital feed of IDY programmes organized by Indian Mission abroad. Participants from different countries around the world, starting with Japan in the east, marched along the movement of the sun towards the west of the globe. "The Guardian Ring" underlined the "One Sun, One Earth" concept that showcased the "Integrating power of Yoga."

In line with this year's theme of 'Yoga for Humanity', the programme showcased people of different nationalities coming together to celebrate Yoga at the crack of the dawn. The historic programme further took India's message of 'Vasudaiva Kutumbakam' showcasing the unification power of India's Yoga tradition. From Australia to New York, from Africa to Latin America, spanning continents and time zones, the 'Guardian Ring' event, saw the streaming of all events being organized by Indian missions abroad, across 16 time zones. Around 80 countries participated in the unique 'Relay' programme.

### 6.3 IDY Celebrations @75 Locations on 21<sup>st</sup> June 2022

Integrating the Azadi Ka Amrit Mahotsav with celebrations of 8<sup>th</sup> IDY, Mass Yoga demonstrations were organised at 75 iconic locations across the country under the leadership of 75 respective Hon'ble Union Ministers. MDNIY provided technical supports in all these iconic locations.

### 6.4 IDY-2022 celebrations at 100 prominent places in Delhi

The 8<sup>th</sup> IDY-2022 was celebrated with the theme 'Yoga for Humanity' on 21<sup>st</sup> June 2022. To make Yoga a mass movement across the national capital, the Ministry of Ayush allocated 100 prominent places in collaboration with DDA, NDMC, and various Yoga Institutions to organise Common Yoga Protocol (CYP) at several locations across Delhi. MDNIY provided technical supports in all these places.

**6.5 75 Days Countdown to International Day of Yoga-2022**

On the occasion of the World Health Day (7<sup>th</sup> April, 2022), the Ministry of Ayush organized a Yoga Utsav at the iconic 15 August ground in Lal Quila (Red Fort). The event kick started the 75 days countdown to the International Day of Yoga (IDY). The event was graced by the Honourable Speaker of Lok Sabha, Shri Om Birla Ji as the Chief Guest. The event saw active participation from many Union Ministers, Members of Parliament, Ambassadors of various countries, Yoga gurus, senior officials and volunteers as they performed Common Yoga Protocol (CYP).

The Union Minister of Ports, Shipping & Waterways and Ayush, Sh. Sarbananda Sonowal; Tourism, Culture & Development of Northeastern Region (DoNER), Sh. G Kishan Reddy; the Union Minister of Labour and Employment, Forest & Climate Change, Sh. Bhupender Yadav; the Minister of State for External Affairs and Culture, Smt. Meenakshi Lekhi; the Union Minister of State for Education and External Affairs, Sh. Rajkumar Ranjan Singh; the Union Minister of State for Labour & Employment and Petroleum & Natural Gas, Sh. Rameswar Teli; the Minister of State for Ports, Shipping & Waterways, Sh. Shantanu Thakur were present.

Among Members of Parliament, who attended the event, were Sh. Jagadambika Pal, Sh. Rajendra Agarwal, Ms. Sunita Duggal, Sh. Mangala Suresh Angari, Sh. C Lalanthanga, Phangnon Konyak, Sh. Topon Kumar Gogoi, Sh. Rajdeep Roy and Sh. Horen Singh Bey.

Many dignitaries and officials from Embassies & High Commissions of many countries like Sweden, Hungary, Vietnam, Madagascar, Trinidad & Tobago, Venezuela, Togo, Peru, Kyrgyzstan, Zimbabwe participated in the Yoga Utsav ensuring global presence at this ceremonial event to begin the 75 days countdown to the 8th International Day of Yoga this year. The International Day of Yoga is performed all over the world on June 21 every year. More than 3,000 Yoga sadhaks performed the Common Yoga Protocol under the ambience of Red Fort.

**6.6 50 Days Countdown to International Day of Yoga-2022**

The Ministry of Ayush, Government of India, with active support from the Government of Assam, organized a Yoga Utsav at the iconic holy site of Shivdol at Sivasagar in Assam to mark the 50 days countdown to International Day of Yoga, 2022 on 2<sup>nd</sup> May 2022. The event was organized by Morarji Desai National Institute of Yoga, Ministry of Ayush; saw the participation of more than 10,000 yoga enthusiasts from all the North Eastern States of India.

The Utsav simultaneously took place at seven historic locations in the Sivasagar district in Assam which included Thora Dol, Rudrasagar Dol, Ronghar, Tolatol Ghar, Kareng Ghar & Joydol. All the places were of historic importance, within the periphery of Sivasagar town. The event was aimed at creating awareness about the various dimensions of Yoga and its ability to enrich human lives. The Utsav theme was 'Make Yoga a part of Your Life' and was attended by dignitaries, students, and government officials.

The Chief Minister of Assam, Dr. Himanta Biswa Sarma; the Union Minister of Ayush and Ports, Shipping & Waterways Shri Sarbananda Sonowal; the MoS for Ayush and WCD Dr. Munjpara Mahendrabhai Kalubhai, the Union Minister of State for Petroleum & Gas and Labour, Sh. Rameswar Teli along with the State Health Minister of Assam, Sh. Keshab Mahanta, the

Health Minister of Sikkim, Dr. M K Sharma, the Health Minister of Arunachal Pradesh, Sh. Alo Libang, the Health Minister of Nagaland, S. Pangnyu Phom attended the event.

Apart from the ministers, the Members of Parliament from Assam, Nagaland, and Arunachal and Senior officials from Central and all North Eastern States including eminent dignitaries & experts, Yoga enthusiasts, and students participated in this Utsav. The demonstration of the Common Yoga Protocol was done by a team of MDNIY led by its Director MDNIY at the holy premises at Sivadol in Shivsagar

### 6.7 25 Days Countdown to International Day of Yoga-2022

Thousands of people from all walks of life joined the Yoga Utsav at Lal Bahadur Shastri Stadium, Hyderabad to mark the 25 days countdown to International Day of Yoga on 27<sup>th</sup> May, 2022. The event was organized by the Ministry of Ayush, Government of India with active support from the Government of Telangana. The Honourable Governor of Telangana, Dr. Tamilsai Soundararajan, graced the occasion as the Chief Guest, along with the Union Minister for Ayush and Ports, Shipping & Waterways, Shri. Sarbananda Sonowal; the Union Minister for Tourism, Culture & DoNER, G Kishan Reddy; the Union Minister of State for Women & Child Development and Ayush, Dr. Munjpara Mahendrabhai Kalubhai.

CYP was performed at the Utsav by many celebrities from the world of sports, cinema, and culture including Mr. Dil Raju, Indian Film Producer; Ms. Mithali Raj, Former Indian Women Cricket Captain; Mr. Manchu Vishnu, Indian Film Actor; Padmashri Awardees, Sh. Chintla Venkat Reddy, Mohammad Abdul Waheed; Smt. Padmaja Reddy and Dr. Ananda Shankar Jayant; Ms. Naina Jaswal Indian Table tennis Player; Ms. Lavanya Tripathy, Indian Film Actress, Mr. Pragyant Ojha, Indian Cricket Player; and Mr. R Satwik Sairaj, Indian Table Badminton Player.

After the addresses, a live demonstration of the Common Yoga Protocol was performed by the experts of Morarji Desai National Institute of Yoga under the leadership of Director MDNIY, wherein more than 10,000 Yoga enthusiasts performed the Common Yoga Protocol at the stadium.

### 6.8 Yoga Mahotsav 2023

Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, Government of India organized Yoga Mahotsav-2023 an event to commemorate 100 days' to IDY-2023 from 13-15 March, 2023 at the Talkatora Stadium, followed by Post-Mahotsav Yoga Workshops at MDNIY. The event was witness the auspicious presence of Union Ministers, eminent dignitaries, revered, leading Yoga Gurus, experts and scientists of Yoga, allied science & Yoga enthusiasts.

Shri Sarbananda Sonowal, Hon'ble Union Minister for Ayush and Ports, Shipping & Waterways inaugurated the Yoga Mahotsav-2023 on March 13, 2023. The Hon'ble Union Minister of Ayush also launched a one-minute video on "Yoga @ Workplace -Yoga in Chair".

Inauguration ceremony of the event was also attended by Shri G. Kishan Reddy, Union Minister of Culture, Tourism, and DoNER, Shri N. Biren Singh, Chief Minister, Manipur, Smt. Meenakshi Lekhi, Union Minister of State for External Affairs and Culture and Dr. Munjpara Mahendrabhai, Union Minister of State for Ayush and Women and Child Development. Vaidya Rajesh Kotecha,



Secretary, Ministry of Ayush and other officials of Government of India.

The event also witnessed the presence of Dr. H.R. Nagendra, Chancellor, SVYASA University, Bengaluru, Munishree Kamal Kumar, Terapanth Samaj, Rajasthan and international athlete Ms. Hima Das.

The second day witnessed a knowledge-filled Vice Chancellors cum eminent experts' summit. The summit was chaired by Ven. Bhikkhu Sanghasena, Founder President and Spiritual Director, Mahabodhi International Meditation Centre - MIMC, Ladakh and the topic was 'IDY- A Reflection on its Past and Opportunity for Future'. The summit saw the participations of Somdev Satanshu, Vice Chancellor, Gurukul Kangri Vishwavidyalaya, Haridwar; Dr. Sanjeev Sharma, CPU, Hamirpur Himachal Pradesh; Shri. Mulai Muhilan, Commissioner, Youth empowerment and Sports Department, Government of Karnataka and Ekta Boudierlique, Heartfulness Institute.

The three-day Yoga Mahotsav 2023 featured a range of programs and activities which included talks/discourses by Yoga gurus, a Vice Chancellors Summit where heads of leading institutes shared their experiences, States/UTs Ayush Summit, Yoga Fusion/Demonstration, Yoga rhythmic performances, competitions like Quiz/Elocution/Poster presentation, and 'Y' Break & CYP were also performed.

### Countdown Events - 2022

Charting a new path to health and wellness with the power of Yoga, MDNIY organised a Mass Yoga Demonstration Campaign '100 days, 100 cities, and 100 organisations' from 13<sup>th</sup> March, 2022 to 21<sup>st</sup> June, 2022 across the globe at 100 places in collaboration with 100 organisations. Various themes of yoga were incorporated into every event.

Sl. No.	Day	Date	Institutions/Organizations	Cities
20	81	01.04.2022	Saudi Yoga Committee Saudi Arabia	Jeddah
21	80	02.04.2022	National Institute of Homeopathy Kolkata	Kolkata, West Bengal
22	79	03.04.2022	National Institute of Siddha Chennai	Mumbai, Maharashtra
23	78	04.04.2022	North Eastern Institute of Ayurveda and Homoeopathy (NEIAH), Mawdiangdiang, Shillong, Meghalaya	Shillong
24	77	05.04.2022	National Institute of Siddha G.S.T. Road, Tambaram Sanatorium, Chennai	Chennai
25	76	06.04.2022	Japan Yoga Therapy Society Japan	Tokyo

26	75	07.04.2022	Department of Yoga Studies, Shimla University, Shimla	Shimla, H.P.
			Morarji Desai National Institute of Yoga, New Delhi.	Delhi
27	74	08.04.2022	Universal Yoga Consciousness, Ollur, Kerala	Kerala
28	73	09.04.2022	Indira Gandhi National Tribal University, Amarkantak, Madhya Pradesh	Amarkantak, M.P.
29	72	10.04.2022	Sri Vedavyasa Yoga Pratishtan, Mysore	Mysuru, Karnataka
30	71	11.04.2022	Yoga Vidya Dham, Opposite HPT College, College Road, Nasik	Nasik
31	70	12.04.2022	Modish Services Pvt. Ltd. 27, Guru Jambheshwar Nagar, Vaishali Nagar, Jaipur, Rajasthan	Hanumangarh (Rajasthan)
32	69	13.04.2022	Janardan Swami Yogabhaysi Mandal Janardan Swami Marg, Near Ram Nagar Square, Nagpur, Maharashtra	Nagpur, Maharashtra
33	68	14.04.2022	Vivekananda Pratishtan Parishad, Vivekananda Yogashram, Khureji, Delhi	Meerut, Uttar Pradesh
34	67	15.04.2022	Directorate of Lighthouses & Lightships, Chennai, Tamil Nadu	Mahabalipuram
35	66	16.04.2022	Divine Values School and Latin American Centre for Vedic Studies, Cuenca, Ecuador	Ecuador
36	65	17.04.2022	Ambika Yoga Kutir, Sadichha Tower, Azad Nagar, Thane West, Maharashtra	Thane, Maharashtra
37	64	18.04.2022	Department of Yoga education Dr. Harisingh Gour Vishwavidyalaya, Sagar, Madhya Pradesh	Sagar, M.P.
38	63	19.04.2022	Government College of Yoga Education & Health, Sector 23, Near Chandigarh Traffic Park, Chandigarh	Rock Garden Chandigarh
39	62	20.04.2022	Nav Yoga International Institute of Yoga and Naturopathy Sciences, New Delhi	Tanakpur, Utrakhand

40	61	21.04.2022	Department of Yogic Science and Naturopathy, Mahapurusha Srimanta Sankaradeva Vishwavidyalaya, Nagaon, Assam	Nagaon, Assam
41	60	22.04.2022	Om Sterling Global University HISAR, Haryana	Hisar, Haryana
42	59	23.04.2022	Mahabodhi International Meditation Centre, P.O. Box No 22, Leh, Ladakh	Leh, Ladakh
43	58	24.04.2022	Arham Dhyana Yog Kendra, 48 C, Gautam Nagar, Road No. 3, Kalakhet, Mandsaur, Madhya Pradesh	Mathura, U.P.
44	57	25.04.2022	BLDE University, Vijayapura, Karnataka	Vijayapura, Karnataka
45	56	26.04.2022	Croatia Yoga Federation Zagreb, Croatia	Zagreb, Croatia
46	55	27.04.2022	Dev Sanskriti Vishwa Vidyalaya, Shantikunj, Haridwar	Haridwar, Uttrakhand
47	54	28.04.2022	Meenakshi Academy of Higher Education & Research (MAHER), Chennai	Chennai
48	53	29.04.2022	Centurion University of Technology & Management, Jatni, Bhubaneswar, Odisha	Bhubaneswar, Odisha
49	52	30.04.2022	Kaivalyadhama, Lonavla, Maharashtra	Agra, Uttar Pradesh
50	51	01.05.2022	Krishnamacharya Yoga Mandiram, Chennai, Tamil Nadu	Tiruchirapalli, Tamil Nadu
51	50	02.05.2022	District Administration, Sivasagar District, Sivasagar, Assam	Sivasagar, Assam
52	49	03.05.2022	Maharishi Mahesh Yogi Vedic Vishwavidyalaya, Brahmsthan Karaundi, Umariyapan, Katni, Madhya Pradesh	Karaundi, M.P.
53	48	04.05.2022	Atal Bihari Vajpayee Vishwavidyalaya, Bilaspur, Chattisgarh	Bilaspur, Chattisgarh
54	47	05.05.2022	Acharya Tulsi International Preksha Meditation Center Ladnun, Rajasthan	Ladnun, Rajasthan

55	46	06.05.2022	The Associated Chambers of Commerce and Industry of India, New Delhi	Neemrana, Alwar, Rajasthan
56	45	07.05.2022	Sree Ramakrishna College of Naturopathy & Yogic Sciences, Koodaithooki, Kulasekharam, Kanyakumari Dist. Tamil Nadu	Kanyakumari, Tamil Nadu
57	44	08.05.2022	Swami Rama Himalayan University, Doiwala, Uttarakhand	Kedarnath Temple Rudraprayag, Uttarakhand
58	43	09.05.2022	Gurukul Kangri (Deemed to be University), Jwalapur, Haridwar	Ahmadabad, Gujrat
59	42	10.05.2022	Gujarat State Yog Board Block 19, 3rd Floor, Jivraj Mehta Bhavan, Sector 10A, Gandhinagar, Gujarat	Udaipur, Rajasthan
60	41	11.05.2022	New Age Yoga Institute, Mumbai, Maharashtra and Maitri Yoga, Udaipur, Rajasthan	Vishakhapatnam, Andhra Pradesh
61	40	12.05.2022	Nature Cure Hospital, Beach Road, Vishakhapatnam, Andhra Pradesh	NIT, Papum Pare, Arunachal Pradesh
62	39	13.05.2022	National Institute of Technology, Arunachal Pradesh	Puri Odisha
63	38	14.05.2022	Sri Sri University, Cuttack, Odisha	Hampi, Karnataka
64	37	15.05.2022	Shwaasa Yoga Center, Bengaluru, Karnataka	Ludhiana, Punjab
65	36	16.05.2022	PQMS Quality Services Pvt. Ltd. 4th Floor, SCO-21, Feroze Gandhi Market, Ludhiana	Ludhiana, Punjab
66	35	17.05.2022	Manushi Institute of Yoga Chidambaram, Tamil Nadu	Chidambaram, Tamil Nadu
67	34	18.05.2022	Pragya Yoga & Wellness Arcadia Road, Singapore	Singapore
68	33	19.05.2022	Bharatiya Yog Sansthan Yogashram, New Delhi	Kurukshetra, Haryana
69	32	20.05.2022	Uttam School for Girls, B Block, Captain Suri Marg, Shastri Nagar, Ghaziabad, Uttar Pradesh	Ghaziabad, Uttar Pradesh

70	31	21.05.2022	Government of Sikkim	Gangtok, Sikkim
71	30	22.05.2022	Yoga Vidya Niketan, Navi Mumbai, Maharashtra	Vashi, Mumbai
72	29	23.05.2022	Ramakrishna Ashram, Belur Math, Kolkata	Howrah, West Bengal
73	28	24.05.2022	Barkatullah University Bhopal, Madhya Pradesh	Bhimbteka, Rock Shelter, Raisen, M.P.
74	27	25.05.2022	Aligarh Muslim University, Aligarh, Uttar Pradesh	Aligarh, Uttar Pradesh
75	26	26.05.2022	Vivek Srishti Trust, Yoga Sadhana Kendra, Ayodhya, Uttar Pradesh	Ayodhya, U.P.
76	25	27.05.2022	Ministry of Culture, Hyderabad	Hyderabad
77	24	28.05.2022	Shaktya e.V Bremen, Germany	Germany
78	23	29.05.2022	University of Science & Technology of Meghalaya	Meghalaya
79	22	30.05.2022	SM Yoga Research Institute, Vrindavan Uttar Pradesh	Darbhanga, Bihar
80	21	31.05.2022	Haryana Yog Aayog, Hisar, Haryana	Rakhi Garhi Stadium, Hisar, Haryana
81	20	01.06.2022	Bharat Swabhiman Trust, Haridwar, Uttarakhand	Vishal Prakruthi Resorts Oppo Air Force Academy Dundigal, Telangana
82	19	02.06.2022	Nagaland State Ayush Mission Society, Nagaland	Kohima, Nagaland
83	18	03.06.2022	Sustainable Centre of Development and Culture Manipur	Manipur
84	17	04.06.2022	Isha Foundation Coimbatore, Tamil Nadu	Coimbatore
85	16	05.06.2022	Directorate of Ayush, J&K	Srinagar
86	15	06.06.2022	Ayush TV Bangalore, Karnataka	Pattadakal, Baglkot
87	14	07.06.2022	Indian Coast Guard Air Station, Daman	Indian Coast Guard Air Station, Daman
88	13	08.06.2022	Art of Living, Vengaluru, Karnataka	Jamshedpur, Jharkhand
89	12	09.06.2022	Degree Collage of Physical Education, Amaravati, Maharashtra	Amaravati, Maharashtra

## Annual Report 2022-23

90	11	10.06.2022	SE TransStadia Pvt. Ltd. Mumbai, Maharashtra	Dholavira Kutch, Gujarat
91	10	11.06.2022	Lukulish Yoga University Ahemdabad, Gujarat	Bhavnagar, Gujarat
92	09	12.06.2022	The Yoga Institute, Mumbai, Maharashtra	Raipur, Chhattisgarh
93	08	13.06.2022	Sri Balaji Vidyapeeth Puducherry	Gandhi Thidal, Promenade Beach Puducherry
94	07	14.06.2022	Shri Rajchandra Mission Ashram, Mohangarh, Dharampur, Valsad, Gujarat	Rajiv Gandhi Stadium, Aizawl, Mizoram
95	06	15.06.2022	The Institute of Teaching and Research in Ayurveda, Jamnagar, Gujarat	Kirti Mandir Porbandar, Gujarat
96	05	16.06.2022	National Institute of Sports, Patiala, Punjab	Patiala, Punjab
97	04	17.06.2022	The Confederation of Indian Industries (CII), New Delhi	Goa
98	03	18.06.2022	Seethalakshmi Ramaswami College, Tiruchirapalli, Tamil Nadu	Tiruchirapalli, Tamil Nadu
			Nalanda University, Bihar	Nalanda
99	02	19.06.2022	Directorate of Ayush J&K	Gole Gujral Talab Tillo, Jammu
			Patanjali Yogpeeth	Ahemdabad, Gujrat
100	01	20.06.2022	Hertfulness Institute, Hyderabad Telangana	Hyderabad

## Countdown Events 2023

Sl. No.	Day	Date	Institutions/ Organizations	City	Iconic Place
01	100	13.03.2023	Morarji Desai National Institute of Yoga, Ministry of Ayush, Government of India, 68, Ashoka Road, New Delhi	New Delhi	Delhi
02	99	14.03.2023	Alva's Education Foundation, Moodabidri, Karnataka	Moodabidri	Karnataka

03	98	15.03.2023	Institute of Yoga and Nutrition Science 2nd Floor, Siddha Point, SJ Road, Opp: Marwari Maternity War, GUWAHATI	Guwahati	Assam
04	97	16.03.2023	Swami Vivekanandha Naturopathy & Yoga, Medical College, Sankari Taluk, Salem District	Salem	Tamil Nadu
05	96	17.03.2023	Parmarth Niketan Ashram, Rishikesh, Uttarakhand	Rishikesh	Uttarakhand
06	95	18.03.2023	National Institute of Ayurveda, Jaipur	Jaipur	Rajasthan
07	94	19.03.2023	Yoga Vidya Dham, Opposite HPT College, College Road, Nasik	Nasik	Maharashtra
08	93	20.03.2023	Manav Rachna International Institute of Research & Studies, Faridabad, Haryana	Faridabad	Haryana
09	92	21.03.2023	Mokshayatan Yogashram Saharanpur	Saharanpur	Uttar Pradesh
10	91	22.03.2023	Gujarat State Yog Board Gandhinagar, Gujarat	Ahmadabad	Gujarat
11	90	23.03.2023	Shri Guru Ram Rai University, Dehradun, Uttarakhand	Dehradun	Uttarakhand
12	89	24.03.2023	Ananda Yoga Foundation Nizam Colony, Pudukkottai Tamil Nadu	Pudukottai	Tamil Nadu
13	88	25.03.2023	Narchinthanaiyattam Nagar Valasaravakkam, Chennai	Valasara vakkam, Chennai	Tamil Nadu
14	87	26.03.2023	Siddaganga Mutt and SGS International Yoga Foundation College and Research Centre	Bangalore	Karnataka
15	86	27.03.2023	Chhatrapati Sahuji Maharaj University Kanpur, Uttar Pradesh	Kanpur	Uttar Pradesh

16	85	28.03.2023	JSS Institute of Naturopathy & Yogic Sciences, Navakkarai, Palghat Road, Coimbatore	Coimbatore	Tamil Nadu
17	84	29.03.2023	Career Point University, Palampur, Himachal Pradesh	Hamirpur,	Himachal Pradesh
18	83	30.03.2023	Government College of Physical Education, Kerala	Kozhikode	Kerala
19	82	31.03.2023	Seethalakshmi Ramaswami College, Tamil Nadu	Rockfort Temple, Tiruchirapalli	Tamil Nadu

### 6.9 Inter-ministerial Preparatory Meeting for IDY-2022

An Inter-Ministerial Committee meeting to discuss the celebration of International Day of Yoga (IDY)- 2022 was held on 06.04.2022 at Vigyan Bhawan, New Delhi. The meeting was chaired by the Hon'ble Union Minister of Ayush, Shri Sarbananda Sonowal. The meeting was also graced by Shri. G. Kishan Reddy, Hon'ble Union Minister for Tourism, Culture & DoNER; Dr. Munjpara Mahendrabhai Kalubhai, Hon'ble Union Minister of State for Ayush & Women & Child Development; and Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush; The meeting was also attended by Shri D. Senthil, Joint Secretary, MoA, Puyje Swami Childanand Saraswati Ji, Shri Vikram Singh, Director, Ministry of Ayush and Yoga gurus & masters of leading Yoga institutions.

Several representatives and senior officials from various Government Ministries of India also attended the meeting and gave suggestions to enhance the outreach. The meeting was organized with an aim of making IDY successful with the cooperation of all the ministries to underline the potential of Yoga in public health globally.

### 6.10 Launch of the Common Yoga Protocol booklet and a film on IDY-2022

Hon'ble Ayush Minister, Shri Sarbanand Sonowal ji addressed media persons in a press conference in New Delhi and launched the Common Yoga Protocol booklet and a film on IDY on 17<sup>th</sup> June 2022. The Minister said that the upcoming IDY won't just mark a day in the calendar of cultural events, but it will also mark a revolution in the way we perceive and approach health and well-being. "We aim to accelerate the adoption of the traditional practice and remind the world of its benefits for mind, body, and soul," he added.

Besides the Hon'ble Minister, Vaidya Rajesh Kotecha, Secretary for Ayush, Govt of India; Ms. Kavita Garg, Joint Secretary to the Ministry of Ayush, Govt. of India, and Director MDNIY were also present in the press conference.

### 6.11 Finance Minister lauds MDNIY Team

Hon'ble Union Finance Minister Smt. Nirmala Sitharaman joined at the iconic Jantar Mantar in Delhi along with thousands of other participants for the celebration of IDY-2022 on June, 21.



Addressing the participants, the Minister said, “Yoga is much evolved, mind and body unifying exercise. It is one of the biggest assets of India. Over the millennia, it has been practiced by those who were aware of its virtues and has remained intact. There has been no corrosion to its inherent teachings. The way it has been practiced also stays intact.”

The Minister highlighted several benefits of doing Yoga in everyday life while joining the celebrations at Jantar Mantar. She further stated that the efforts of the Government of India at the United Nations have been able to provide the much needed recognition to Yoga as a global knowledge asset.

The flawless show was organized by the students of MDNIY, wherein thousands of Delhites participated in the CYP session enthusiastically. The Minister further took to twitter and appreciated the MDNIY team. “Thanking young enthusiastic instructors and practitioners from the MDNIY for the smooth conduct of the IDY at the iconic Jantar Mantar,” she tweeted.

### 6.12 MDNIY plays vital role in Yogathon-2022

A new record was created in Karnataka, when more than six lakh Yoga enthusiasts from all walks of life participated in the -- 'Yogathon-22 Health and Happiness' – held at multiple locations across the state on January 15<sup>th</sup>, 2023.

The mega event was inaugurated by the Hon'ble Governor of Karnataka Dr. Thawarchand Gehlot. The grand event with the theme, “Har Ghar Yoga” was held at Sri Kanteerava Stadium in Bengaluru. The event was also graced by Dr. Narayana Gowda, Hon'ble Minister of Youth Empowerment and Sports, Sericulture Department , Government of Karnataka.

The Yogathon is a part of the five-day 26<sup>th</sup> National Youth Festival 2023, which was inaugurated by the Hon'ble Prime Minister of India Shri Narendra Modi ji in Hubballi Dharwad, Karnataka on January 12<sup>th</sup>, 2023.

Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, was proudly associated as a knowledge partner of the event and played a significant role in fulfilling the vision of the programme.

Director, MDNIY, led the Yoga session as the Master of the Ceremony, wherein thousands of Yoga enthusiasts practiced the Common Yoga Protocol.

### 6.13 CYP at Chintan Shivir Surajkund, Haryana

Director MDNIY along with a team led the Common Yoga Protocol session (CYP) in the two-day Chintan Shivir of the Chief Ministers, Deputy Chief Ministers, and Home Ministers of various states and UTs at Surajkund, Haryana on 28<sup>th</sup> October, 2022. The Yoga session was also attended by Home Secretaries, Director Generals of Police (DGPs) of the States, and Director Generals of Central Armed Police Forces (CAPFs) and Central Police Organisations (CPOs).

### 6.14 Special Yoga Session for Chief Secretaries in Delhi

Director, MDNIY led the practice of Common Yoga Protocol wherein, Secretary of Ministry of Home Affairs, Government of India, DGPs/IGPs and heads of the Central Armed Police Forces and Central Police Organisation participated in the early morning Yoga session on January 21<sup>st</sup> 2023 at the National Agriculture Science Complex, Pusa, New Delhi. More than 70 senior police officers from States and Union Territories, who were in the National Capital for the Annual Conference performed the Common Yoga Protocol with much fervour and enthusiasm.

### 6.15 MDNIY conducts refreshing Yoga drill for G20 delegates at Agra

A wellness morning routine with an early morning Yoga session was organised by MDNIY for the G20 delegates, to showcase the unifying power of India's Yoga tradition, at the Taj Convention Agra Uttar Pradesh on 11<sup>th</sup> and 12<sup>th</sup> February, 2023. The two-day G20 EMPOWER Inception meeting was held in Agra. The delegates performed Yoga under the guidance of MDNIY Instructors Shri Rahul Singh Chauhan, Shri Dalip Kumar, Shri Tanuj Yadav and Yoga Interns of MDNIY Ms. Shruti, Ms. Laxmi Yadav, and Sh. Rakesh Singh Rautela, provided the technical support and demonstrated the Common Yoga Protocol.

### 6.16 MDNIY Participates at Global Ayush Investment and Innovation Summit

To develop India as the hub for traditional medicine practices, which will guide the world towards attaining improved health and lifestyle, a Global Ayush Investment and Innovation Summit was held at Gandhinagar, Gujarat on 20<sup>th</sup>-22<sup>nd</sup> April, 2022, a first of its kind attempt by the Indian Government to seek investments into the sector that has been rapidly expanding.

Hon'ble Prime Minister, Shri Narendra Modi Ji inaugurated the Global Ayush Investment & Innovation Summit at Mahatma Mandir in Gandhinagar, Gujarat on 22<sup>nd</sup> April, 2022. The inaugural session for the Summit witnessed the presence of the Prime Minister of Mauritius, Shri Pravind Kumar Jugnauth Ji, WHO Director-General, Dr. Tedros Adhanom Ghebreyesus Ji, Dr. Mansukh Mandaviya Ji, Union Minister of Health & Family Welfare, Union Minister for Ayush, Shri Sarbananda Sonowal Ji, Chief Minister of Gujarat, Shri Bhupendra Patel Ji, Dr. Munjpara Mahendra Kalubhai Ji, Minister of State for Ayush and many prominent Ambassadors, foreign dignitaries, investors, industry experts, and other important stakeholders.

During the first day, Morarji Desai National Institute of Yoga organized a plenary session on "Globalization of Yoga Certification" wherein Director, MDNIY acted as a moderator to the Plenary Session on the theme Globalization of Yoga Certification.

The Institute stole the limelight during the cultural program that was organized in the evening with students showcasing their talent through the Yoga -music fusion event.

With a fast-growing corporate sector and the hectic lifestyles of employees, Morarji Desai National Institute of Yoga organised Y-Break (Yoga Break) at various seminar halls as it has become imperative to create awareness and promote the benefits of regular yoga practice at the workplace.

The Institute also organised various therapy sessions and fusion programs at the MDNIY stall at Exhibition Hall. Several attendees enjoyed free yoga consultancy at the Exhibition at Global Ayush Summit 2022.

### 6.17 Gandhi Jayanti Celebrations

MDNIY celebrated Gandhi Jayanti by paying tributes to the Father of the Nation Mahatma Gandhi on 2<sup>nd</sup> October, 2022 by holding different activities to highlight Gandhian principles.

The occasion was graced by spiritual leaders from different faiths and religions on one platform- Dr. Vikramaditya (Hindu); Molana Afroz Mujtaba (Muslim); Sardar Sukhviner Singh (Sikh), Sushil S Lall Pastar Sishashram(Christian); Dr. Ruchi Jain who highlighted the importance of truth and non-violence. The religious leaders highlighted that all religions teach humanity, love, brotherhood, service, and charity. Truth, non-violence, love, compassion, kindness, sacrifice, purity, morality, honesty, and conscientiousness are the essence of all religions.

MDNIY carried out a cleanliness drive in and around the Campus premises; wherein students and staff of the Institute led by the Director MDNIY actively contributed to reinforce the idea of Swachhta.

### 6.18 MDNIY @ International Trade Fair-2022

The 41<sup>st</sup> India International Trade Fair began with a lot of fanfare on 14<sup>th</sup> November, 2022 and ended on 27<sup>th</sup> November 2022 with more than 2,000 exhibitors taking part at Pragati Maidan, New Delhi.

Shri Sarbananda Sonowal, Hon'ble Union Minister, Ministry of Ayush and Ports, Shipping & Waterways inaugurated the Ayush Pavilion and visited the stall of MDNIY at the India International the Trade Fair on 18<sup>th</sup> November, 2022 wherein Director, MDNIY felicitated the Hon'ble Minister with a bouquet and a shawl.

At the International Trade Fair, the students of MDNIY also mesmerized the people by performing various arts of Yoga; Yoga Fusion Program, Y-Break @ Workplace, and Yoga Therapy Consultancy.

### 6.19 9<sup>th</sup> World Ayurveda Congress & Arogya Expo- 2022

The 9<sup>th</sup> World Ayurveda Congress and Arogya Expo have opened another window to a healthier future. The expo was held from 8 - 11 December 2022 at Kala Academy, Panjim, Goa raised the expectations of the stakeholders of Ayurveda practitioners, and enthusiasts.

It was a historic and proud moment for Morarji Desai National Yoga because the Hon'ble Prime Minister, Shri Narendra Modi Ji watched the Live demonstration of the Yoga Fusion Programme performed by the students of MDNIY at Ayush Pavilion at the 9th World Ayurveda Congress & Arogya Expo at Kala Academy, Panjim, Goa.

### 6.20 MDNIY Celebrated Ayurveda Day

As part of Ayurveda Day celebrations, MDNIY conducted a lecture on 'Dinacharya (Daily Regimen)-According to Ayurveda' by Dr. Ambika Dhiman, Ayurveda Expert on 21<sup>st</sup> October, 2022. Md. Taiyab Alam, Communication & Documentation Officer, MDNIY welcomed the Guest and briefed the students and staff about Ayurveda Day 2022.

During her lecture, Dr. Ambika Dhiman underlined the wisdom that lies in Ayurveda practices for the nourishment of both body and mind.

### 6.21 Bharat Parv 2023: People throng MDNIY stall

As a part of the Republic Day celebrations, the Ministry of Tourism organised a 6-day Mega event at the historic Red Fort lawns from 26 to 31 January, 2023. The event was inaugurated by the Union Minister for Culture, Tourism and DoNER Shri GK Reddy on 27<sup>th</sup> January, 2023. The theme of the festival was “The Incredible Festivals of India”. MDNIY sent a full-fledged Yoga team to the Parv. Students of MDNIY displayed Yoga performances including the Yoga Fusion Program and entertained the visitors. Young visitors including school going children also practiced Yoga with experts. Many people were given personal Yoga therapy by experts. This lively venue attracted a large number of people who were left mesmerised by their performance.

### 6.22 Eminent personalities share dais for Mahakaruna Diwas celebration at MDNIY

MDNIY in association with Mahabodhi International Meditation Centre - MIMC, Ladakh successfully organised Mahakaruna Diwas on February 17, 2023. The event witnessed the auspicious presence of Venerable Bhikkhu Sanghasena, Founder President & Spiritual Director, MIMC. The Chief Guest of the event, Padama Shri D.R. Kaarthikeyan, former CBI Director and Director General, National Human Rights Organisation. The event was also graced by Dr. Priya Ranjan Trivedi, Founder Chancellor, The Global Open University, Nagaland; Acharya Pratishta, Director, Bharat Yoga Mokshayatan; Dr. Ravindra Panth, Director, IBC, New Delhi; Shri Anil Kumar Jain, Executive Director, Projects, MIMC; Maj Gen Yash Mor (retd) and Shri. PP Wangchuk, Senior editor, Hindustan Times. The audience was enthralled by scintillating performances presented by the Ladakh's Shangri-La team. Around 400 Yoga enthusiasts were present at the event.

### 6.23 MDNIY team's mesmerising performance at Ayur Yoga Expo

Ayur Yoga Expo was organized from 24 to 27 February, 2023 at Deendayal Hastkala Sankul, Varanasi. The team of Morarji Desai National Yoga Institute, also participated in the event. The MDNIY team showcased workshops, IEC content, and Yoga Fusion program at the expo.

#### 6.24 Yoga Sessions at LBSNAA

MDNIY provided Yoga training and conducted various programs at Lal Bahadur Shastri National Academy of Administration (LBSNAA), Mussoorie for the 97 Foundation Course. Mr. Harshit Manav & Mrs. Kanchan Kumar were deputed from the institute. The motive of the course was to incorporate the basics of holistic health into the emerging civil servants of the nation. Total 488 officer trainees attended the regular Yoga sessions to uplift their physical, mental, and spiritual health.

#### 6.25 Workshop on fire safety and prevention measures at MDNIY

To inculcate a sense of fire safety and to minimize losses due to fire outbreaks, a workshop on “Awareness of fire safety and fire prevention measures” was organized for the staff of MDNIY on 19<sup>th</sup> July 2022. The workshop escalated the significance of emergency preparedness. The extinguishing demo was also conducted at a safe distance by the Fire Safety Officers. Overall, the workshop was informative. The Officer and staff acknowledged the safety systems in the building, fire prevention, and the use of fire extinguishers.

## Annual Financial Statements and Audit Report

### Separate Audit Report of the Comptroller & Auditor General of India on the accounts of Morarji Desai National Institute of Yoga for the year ended 31 March 2023

We have audited the attached Balance Sheet of Morarji Desai National Institute of Yoga, New Delhi (Institute) as at 31 March 2023, the Income & Expenditure Account and Receipts & Payments Account for the year ended on that date under Section 20(1) of the Comptroller & Auditor General's (Duties, Powers & Conditions of Service) Act, 1971. The audit has been entrusted for the period up to 2025-26. These financial statements are the responsibility of the Institute's management. Our responsibility is to express an opinion on these financial statements based on our audit

2. This Separate Audit Report contains the comments of the Comptroller & Auditor General of India (CAG) on the accounting treatment only with regard to classification, conformity with the best accounting practices, accounting standards and disclosure norms etc. Audit observations on financial transactions with regard to compliance with the Law, Rules & Regulations (Propriety and Regularity) and efficiency-cum-performance aspects, etc., if any, are reported through Inspection Report/CAG's Audit Reports separately.

3. We have conducted our audit in accordance with auditing standards generally accepted in India. These standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatements. An audit includes examining on a test basis, evidences supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall presentation of financial statements. We believe that our audit provides a reasonable basis for our opinion.

4. Based on our audit, we report that:

- i) We have obtained all the information and explanations, which to the best of our knowledge and belief were necessary for the purpose of our audit,
- ii) The Balance Sheet, Income & Expenditure Account and Receipts & Payments Account dealt with by this report have been drawn up in the format prescribed by the Government of India, Ministry of Finance,
- iii) In our opinion, proper books of accounts and other relevant records have been maintained by the Institute, in so far as it appears from our examination of such books.
- iv) We further report that:

#### A. Income & Expenditure Accounts

A.1 The Institute received grant of 1.50 crore for Yoga Certification Board (YCB) and shown as expenditure under Schedule 22 - Expenditure on Grants/Subsidies after release of such amount to YCB. The details of actual expenditure till the year end was not available with the Institute.

**B. General**

B.1 As per letter no. DIT (Exemptions)/96-97/N-456/96/740 dated 20.09.1996, Institute has been exempted from Income Tax. However, the amount of 2.83 lakh and 42.55 lakh has been shown under the head 'TDS recoverable year 2011-12' in Schedule 11 (Current Assets, Loans, Advances etc.) and TDS Exemption Claim in Schedule 11 (Current Assets, Loans, Advances etc.) of CP Fund, respectively. This needs to be reconciled with the Income Tax Department. Similar observation was issued to the Institute on accounts of Institute for the year 2020-21 and 2021- 22. However, no remedial action has been taken by the Institute.

B.2 Provision for retirement benefits were not made on actuarial basis as required under Accounting Standard 15 of ICAI.

B.3 The Receipts and Payments Account does not show previous year entries side by side on the right side of the column but placed in subsequent pages. The Institute should follow the Uniform Format of Accounts while preparing the Annual Accounts and this needs to be rectified. Similar observation was issued to the Institute through a Management Letter on the accounts of the Institute for the year 2021-22, however, no remedial action has been taken by the Institute.

**C. Grant in Aid**

During the year 2022-23, Institute had received Grant-in-aid of 74.00 crore (Capital 50.00 crore & Revenue 24.00 crore) from ministry and interest earned during the year is 1.06 crore. The closing balance was 3.84 crore as on 31.03.2022. Out of total amount of 78.90 crore, 25.10 (Capital 1.10 crore & Revenue \* 24 crore) has been utilized by the Institute and 3.21 crore has been refunded by the institute leaving unspent balance of 50.59 crore.

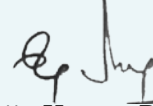
**D. Management Letter**

Deficiencies which have not been included in the Audit Report have been brought to the notice of management of Institute through a management letter issued separately for remedial/corrective action.

- v. Subject to our observations in the preceding paragraphs, we report that the Balance Sheet, Income and Expenditure Account and Receipts and Payments Account dealt by this report are in agreement with the books of accounts.
- vi. In our opinion and to the best of our information and according to the explanations given to us, the said financial statements read together with the Accounting Policies and Notes on Accounts, and subject to the significant matters stated above and other matters mentioned in Annexure to this Audit Report give a true and fair view in conformity with accounting principles generally accepted in India.

- a. In so far as it relates to the Balance Sheet, of the state of affairs of the Morarji Desai National Institute of Yoga as at 31 March 2023 and
- b. In so far as it relates to Income & Expenditure Account of the surplus for the year ended on that date.

For and on behalf of C &AG of India



(Rajiv Kumar Pandey)  
Director General of Audit  
(Central Expenditure)

Place : New Delhi

Date : 23.10.2023

### Annexure

#### 1. Adequacy of Internal audit system

- a) No Internal Audit Wing is established in the Institute.
- b) The Internal audit of the MDNIY was conducted up to 2017-18 by the Pr. PAO, Ministry of H&FW.

#### 2. Adequacy of Internal Control System

The internal control system is inadequate due to:

- a) Risk assessment and Management Information System which are necessary for smooth functioning of the Institute were not in place in the Institute.
- b) 21 Audit Paras for the period 2009-18 were outstanding as on 31.03.2023

#### 3. System of physical verification of Assets

- a) The physical verification of Fixed Assets including audio visual assets has not been conducted for the year 2022-23 and was conducted up to 31.03.2022.
- b) The Physical verification of library books/books and publications was conducted up to 31.03.2021.

#### 4. System of physical verification of inventory

The physical verification of stationery and other consumable was conducted upto 31.03.2022

#### 4. System of physical verification of inventory The physical verification of stationery and other consumable was conducted up to 31.03.2022.

#### 5. Regularity in payment of dues

As per accounts, no payments for over six months in respect of statutory dues were outstanding as on 31.03.2023



## MORARJI DESAI NATIONAL INSTITUTE OF YOGA

(Ministry of Ayush, Govt of India)

68, Ashok Road, New Delhi-110 001

### BALANCE SHEET AS ON 31ST MARCH 2023

(Amount - Rs.)

<u>CORPUS/CAPITAL FUND AND LIABILITIES</u>	Schedule	Current Year (2022-23)	Previous Year (2021-22)
Corpus/Capital Fund	1	220,515,459.00	228,111,185.00
Reserves And Surplus	2	-	-
Earmarked/ Endowment Funds	3	7,975,594.00	11,854,751.00
Secured Loans And Borrowings	4	-	-
Unsecured Loans And Borrowings	5	-	-
Deferred Credit Liabilities	6	-	-
Current Liabilities And Provision	7	506,292,856.00	14,776,685.00
<b>Total</b>		<b>734,783,909.00</b>	<b>254,742,621.00</b>
<b><u>Assets</u></b>			
Fixed Assets	8	68,490,502.00	67,221,495.00
Investments - From Earmarked / Endowment Funds	9	126,300,000.00	100,072.00
Investments - Others	10	-	-
Current Assets, Loans, Advances Etc.	11	539,993,407.00	187,421,054.00
Miscellaneous Expenditure			
(To the extent not written off or adjusted)			
<b>Total</b>		<b>734,783,909.00</b>	<b>254,742,621.00</b>
Significant Accounting Policies	24		
Contingent Liabilities And Notes On Accounts	25		

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

(Ministry of Ayush, Govt of India)

68, Ashok Road, New Delhi-110 001

**INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31.03.2023**

(Amount - Rs.)

<b>INCOME</b>	<b>Schedule</b>	<b>2022-23</b>	<b>2021-22</b>
Income from Sales/Services	12	11,141,373.00	14,607,958.00
Grants/Subsidies	13	240,000,000.00	177,010,273.00
Fees/Subscription	14	4,060,668.00	4,844,350.00
"Income from Investments (Income on Invest. from Earmarked/ Endow. Funds transferred to Funds)"	15	2,196,050.00	-
Income from Royalty, Publications etc	16	-	-
Interest Earned	17	596,952.00	738,159.00
Other Income	18	36,172.00	17,620.00
Increase/(Decrease) in stock in Finished goods and works in progress	19	-	-
<b>TOTAL (A)</b>		<b>258,031,215.00</b>	<b>197,218,360.00</b>
<b>EXPENDITURE</b>			
Establishment Expenses	20	71,130,547.00	78,544,708.00
Other Administrative Expenses etc	21	158,396,395.00	74,074,982.00
Expenditure on Grants, Subsidies etc	22	15,000,000.00	15,306,250.00
Interest	23	-	-
Depreciation (Net Total at the year end-corresponding to Schedule 8)			
<b>TOTAL (B)</b>		<b>244,526,942.00</b>	<b>167,925,940.00</b>
Balance being excess of Income over Expenditure (A-B)		13,504,273.00	29,292,420.00
Transfer to Special Reserve /Building Fund		13,504,273.00	29,292,420.00
Transfer to/from General Reseave		-	-
<b>"Balance Being Surplus/(Defecit) Carried To</b>		<b>-</b>	<b>-</b>
Significant Accounting Policies	24		
Contingent Liabilities And Notes On Accounts	25		

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi



## MORARJI DESAI NATIONAL INSTITUTE OF YOGA

(Ministry of Ayush, Govt of India)

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SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023

(Amount - Rs.)

SCHEDULES 1 - CORPUS/ CAPITAL FUND:	Current Year ( 2022-23)		Previous Year (2021-22)	
<b>a) Building Fund</b>				
Balance as at the beginning of the year	225,609,533.00		193,169,089.00	
Add: Amt. Trf out of grant from Income & Expenditure (Plan) for construction pf building / purchase of Assets	500,000,000.00		29,274,834.00	
	13504274			
Add: Unadjusted Balance of Previous year as per audit ovservation Fixed Assets (building) trf to Fixed Assets Fund	521,100,000.00	218,013,807.00	3,165,610.00	225,609,533.00
<b>b) Fixed Assets Fund</b>				
Balance as at the beginning of the year	-			
Add: Amt. Trf out of grant from Income & Expenditure (Plan) for purchase of Assets during the year	-	2,501,652.00	18,591.00	2,501,652.00
Add: Transferred from Building Fund a/c				
Add: Add back Depreciation account ed till date on the assets written off during the year				
Less: Assets written off/Disposal off on book value				
Less: Depreciation on fixed assets accounted during the year				
<b>BALANCE AS AT THE YEAR END</b>		<b>220,515,459.00</b>		<b>228,111,185.00</b>

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

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SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023

(Amount - Rs.)

SCHEDULES 2 - RESERVES AND SURPLUS	Current Year ( 2022-23)		Previous Year (2021-22)	
<b>1. Capital Reserve :</b>				
As per Last Account	-		-	
Addition during the year	-		-	
Less: Deductions during the year	-	-	-	-
<b>2. Revaluation Reserve :</b>				
As per Last Account	-		-	
Addition during the year	-		-	
Less: Deductions during the year	-	-	-	-
<b>3. Special Reserve :</b>				
As per Last Account	-		-	
Addition during the year	-		-	
Less: Deductions during the year	-	-	-	-
<b>4. General Reserve :</b>				
As per Last Account	-		-	
Addition during the year	-		-	
Less: Deductions during the year	-	-	-	-
<b>TOTAL</b>		-		-

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi

**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

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SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023

(Amount - Rs.)

SCHEDULE 3 - EARMARKED/ ENDOWMENT FUNDS	Current Year ( 2022-23)		Previous Year (2021-22)	
<b>a) Gratuity &amp; Leave Encashment Fund</b>				
<b>i) Provision for Gratuity and leave Encashment</b>				
As per last balance sheet	11,687,404.00		7,297,519.00	
Add: Provision for Gratuity and Leave encashment as per actuarial valuation less provision already exists	-		17,649,909.00	
Less: Adjusted against dure from MHFW	3,879,157.00	7,808,247.00	13,260,024.00	11,687,404.00
<b>b) WHO Project Fund</b>				
As per last balance sheet	167,347.00		167,347.00	
Add: Fund received during the year	-			
Less: Fund utilised during the year	-	<b>167,347.00</b>		<b>167,347.00</b>
<b>NET BALANCE AS AT THE YEAR END</b>		<b>7,975,594.00</b>		<b>11,854,751.00</b>

(Anshuman Kumar Jha)  
Accounts Officer(Md. Taiyab Alam)  
I/C Dy. Director (F&A)(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

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SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023

(Amount - Rs.)

<b>SCHEDULE 4 - SECURED LOANS AND BORROWINGS</b>	<b>Current Year ( 2022-23)</b>		<b>Previous Year (2021-22)</b>	
1 Central Government		-		-
2 State Government (Specify)		-		-
3 Financial Institutions		-		-
a) Term Loans		-	-	-
b) Interest accrued and due		-	-	-
4 Banks		-		-
5 Other Institutions and Agencies		-		-
6 Debentures and Bonds		-		-
7 Others (Specify)		-		-
<b>NET BALANCE AS AT THE YEAR END</b>		-		-

<b>SCHEDULE 5 - UNSECURED LOANS AND BORROWINGS</b>	<b>2022-23</b>		<b>2021-22</b>	
1 Central Government		-		-
2. State Government (Specify)		-		-
3. Financial Institutions		-		-
4 Banks		-	-	-
a) Term Loans		-	-	-
b) Other Loans (specify)		-		-
5 Other Institutions and Agencies		-		-
6 Debentures and Bonds		-		-
7 Others (Specify)		-		-
<b>NET BALANCE AS AT THE YEAR END</b>		-		-

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

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68, Ashok Road, New Delhi-110 001

SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023

(Amount - Rs.)

SCHEDULE 6 - DEFERRED CREDIT LIABILITIES	Current Year ( 2022-23)		Previous Year (2021-22)	
	a) Acceptances secured by hypothecation of capital equipment	-		-
b) Others	-		-	
<b>TOTAL</b>	-		-	

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi



## MORARJI DESAI NATIONAL INSTITUTE OF YOGA

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68, Ashok Road, New Delhi-110 001

SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023

(Amount - Rs.)

SCHEDULE 7 - CURRENT LIABILITIES AND PROVISIONS		Current Year (2022-23)		Previous Year (2021-22)	
<b>1</b>	<b>Pay and Allowances (Salary Payable)</b>		-		74,297.00
			6,500.00		
<b>2</b>	<b>Security Deposit (Library)</b>			-	6,500.00
<b>3</b>	<b>Security Deposit as Liability</b>				
	As per last balance sheet	236,500.00		146,500.00	
Add:	Received during the year	355000		100000	
Less:	Refunded back during the year	31000	560,500.00	10000	236,500.00
<b>4</b>	<b>Earnest Money</b>				
	As per last balance sheet	291,000.00		442,000.00	
Add:	Received during the year	85,000.00		105,000.00	
Less:	Refunded back during the year	50,000.00	326,000.00	256,000.00	291,000.00
<b>5</b>	<b>Caution Money of Students</b>				
	As per last balance sheet	32,000.00	-	32,000.00	-
Add:	Received during the year			-	
Less:	Refunded back during the year	2500	29,500.00	-	32,000.00
<b>6</b>	<b>Misc. Receipt/Payments</b>		-		300.00
<b>7</b>	<b>Sundry Creditors</b>				
	As per last balance sheet	15,368.00		14,668.00	
Add:	Received during the year	187,884,270.00		63,108,871.00	
Less:	Paid during the year	187,847,430.00	52,208.00	63,108,171.00	15,368.00
<b>8</b>	<b>Claim Payable</b>		849,586.00		762,410.00
<b>9</b>	<b>Interest on GIA refundable</b>		10,647,470.00		4,775,002.00
<b>10</b>	<b>Unspent GIA</b>		489,000,000.00		8,000,000.00
<b>11</b>	<b>Provisions for Liability</b>		4,821,092.00		583,308.00
<b>TOTAL</b>			<b>506,292,856.00</b>		<b>14,776,685.00</b>

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**  
(Ministry of Ayush, Govt of India)  
68, Ashok Road, New Delhi-110 001

**SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2022**

(Amount - Rs.)

<b>SCHEDULE 8 - FIXED ASSETS</b>										
	Rate of Depreciation As per Income Tax Act	Opening Balance as on 01.04.2022	Additions During 01.04.2022 to 30.09.2022	Additions During 01.10.2022 to 31.03.2023	Assets Transferred to other Head	Deperation on Opening Balance and acquired upto 30.09.2022 at Full Rate	Depreciation on Assets Acquired on after 30.09.2022 at half rate	Total Deprecia- tion	Closing Balance as on 31.03.2023	Closing Balance as on 31.03.2022
<b>A FIXED ASSETS</b>										
1 Land	-	4,105,200.00				-	-	-	4,105,200.00	4,105,200.00
2 Building	10%									
Building in Possession	-	42,108,510.00				4,210,851.00	-	4,210,851.00	37,897,659.00	42108510
3 Computer & Peripherals*	40%									
All in One PC (HP)	40%	-	3,699,950.00			1,479,980.00	-	1,479,980.00	2,219,970.00	-
Computer ALL in One Acer	40%	215,923.00				86,369.00	-	86,369.00	129,554.00	215,923.00
Computer & Peripherals*	40%	369,533.00	1,649,960.00			807,797.00	-	807,797.00	1,211,696.00	369,533.00
Laptop Hp	40%	162,874.00	-			65,150.00	-	65,150.00	97,724.00	162,874.00
Webcam (i8)	40%	4,460.00				1,784.00	-	1,784.00	2,676.00	4,460.00
Wifi Router	40%	1,199.00				480.00	-	480.00	719.00	1,199.00
4 Furniture & Fixture	10%	-				-	-	-	-	0
Canteen Furniture	10%	131,915.00				13,192.00	-	13,192.00	118,723.00	131,915.00
Modular Workstation	10%	1,159,330.00				115,933.00	-	115,933.00	1,043,397.00	1,159,330.00
Chairs ( Module With Arms)	10%	266,000.00				26,600.00	-	26,600.00	239,400.00	266,000.00
Chairs ( Auditorium)	10%	203,319.00				20,332.00	-	20,332.00	182,987.00	203,319.00
Executive Chairs	10%	193,268.00				19,327.00	-	19,327.00	173,941.00	193,268.00
Executive Table	10%	135,948.00				13,595.00	-	13,595.00	122,353.00	135,948.00
Furniture & Fixtures	10%	3,997,959.00				399,796.00	-	399,796.00	3,598,163.00	3,997,959.00
Meditation Foldable Chair	10%	-				-	5,546.00	5,546.00	105,374.00	-
Steel Almirah	10%	131,507.00				13,151.00	-	13,151.00	118,356.00	131,507.00
Visitors Chair	10%	47,880.00				4,788.00	-	4,788.00	43,092.00	47,880.00
Wooden Tables	10%	31,635.00				3,164.00	-	3,164.00	28,471.00	31,635.00

(Amount - Rs.)

SCHEDULE 8 - FIXED ASSETS										
	Rate of Depreciation As per Income Tax Act	Opening Balance as on 01.04.2022	Additions During 01.04.2022 to 30.09.2022	Additions During 01.10.2022 to 31.03.2023	Assets Transferred to other Head	Deperation on Opening Balance and acquired upto 30.09.2022 at Full Rate	Depreciation on Assets Acquired on after 30.09.2022 at half rate	Total Depreciation	Closing Balance as on 31.03.2023	Closing Balance as on 31.03.2022
<b>5</b>	<b>Laboratory Equipment</b>	-	-	-	-	-	-	-	-	-
	Anthropometer	44,506.00	-	-	-	6,676.00	-	6,676.00	37,830.00	44,506.00
	BIO Well GDV Camera	-	526,400.00	-	-	-	39,480.00	39,480.00	486,920.00	-
	Body Composition Analyser	446,507.00	-	-	-	66,976.00	-	66,976.00	379,531.00	446,507.00
	Digital Goniometer	-	225,792.00	-	-	-	16,934.00	16,934.00	208,858.00	-
	Digital Inclonometer	-	439,040.00	-	-	-	32,928.00	32,928.00	406,112.00	-
	Goniometer	18,491.00	-	-	-	2,774.00	-	2,774.00	15,717.00	18,491.00
	Handgrip Dynamometer	49,021.00	-	-	-	7,353.00	-	7,353.00	41,668.00	49,021.00
	Handheld blood analyser	972,085.00	-	-	-	145,813.00	-	145,813.00	826,272.00	972,085.00
	Laboratory Equipments	948,410.00	3,654,500.00	-	-	690,437.00	-	690,437.00	3,912,473.00	948,410.00
	Measuring Tape for lab	648.00	-	-	-	97.00	-	97.00	551.00	648.00
	Muscle Strenthh Dynamometer	82,538.00	-	-	-	12,381.00	-	12,381.00	70,157.00	82,538.00
	Physiological Data Recording system	142,824.00	-	-	-	21,424.00	-	21,424.00	121,400.00	142,824.00
	Skin Fold Calliper	43,395.00	-	-	-	6,509.00	-	6,509.00	36,886.00	43,395.00
	<b>Spirometyer</b>	23,146.00	-	-	-	3,472.00	-	3,472.00	19,674.00	23,146.00
	Stadiometer	38,842.00	-	-	-	5,826.00	-	5,826.00	33,016.00	38,842.00
	Multi Parameter Monitor	124,713.00	-	-	-	18,707.00	-	18,707.00	106,006.00	124,713.00
<b>6</b>	<b>Plant Machinery and Equipment</b>	-	-	-	-	-	-	-	-	-
	Photocopy Machine (Brother)	-	239,990.00	-	-	-	17,999.00	17,999.00	221,991.00	-
	Biometric Attendance	43,660.00	-	-	-	6,549.00	-	6,549.00	37,111.00	43,660.00
	Blower	3,223.00	-	-	-	483.00	-	483.00	2,740.00	3,223.00
	Digital Camera	23,461.00	-	-	-	3,519.00	-	3,519.00	19,942.00	23,461.00
	Epabx machine	148,424.00	-	-	-	22,264.00	-	22,264.00	126,160.00	148,424.00
	Gardening Equipments	50,658.00	-	-	-	7,599.00	-	7,599.00	43,059.00	50,658.00
	HP Laserjet Printer	153,125.00	-	-	-	22,969.00	-	22,969.00	130,156.00	153,125.00

(Amount - Rs.)

SCHEDULE 8 - FIXED ASSETS										
	Rate of Depreciation As per Income Tax Act	Opening Balance as on 01.04.2022	Additions During 01.04.2022 to 30.09.2022	Additions During 01.10.2022 to 31.03.2023	Assets Transferred to other Head	Deperation on Opening Balance and acquired upto 30.09.2022 at Full Rate	Depreciation on Assets Acquired on after 30.09.2022 at half rate	Total Depreciation	Closing Balance as on 31.03.2023	Closing Balance as on 31.03.2022
Led Printer	15%	21,610.00				3,242.00	-	3,242.00	18,368.00	21,610.00
Medical Equipment	15%	29,839.00				4,476.00	-	4,476.00	25,363.00	29,839.00
Office Equipment	15%	1,188,448.00				178,267.00	-	178,267.00	1,010,181.00	1,188,448.00
LED Smart TV	15%	142,694.00				21,404.00	-	21,404.00	121,290.00	142,694.00
<b>Plan Machinery and Eqp</b>	15%	1,135,218.00				170,283.00	-	170,283.00	964,935.00	1,135,218.00
Smart Tv	15%	1,447,093.00				217,064.00	-	217,064.00	1,230,029.00	1,447,093.00
TV stand	15%	90,025.00				13,504.00	-	13,504.00	76,521.00	90,025.00
UPS	15%	268,220.00	253,000.00			78,183.00	-	78,183.00	443,037.00	268,220.00
<b>7 Studio for Online Class</b>	10%	-				-	-	-	-	-
<b>Studio Setup</b>	40%	2,792,200.00				418,830.00	-	418,830.00	2,373,370.00	2,792,200.00
<b>video Switcher</b>		<b>368,182.00</b>				<b>55,227.00</b>	-	<b>55,227.00</b>	<b>312,955.00</b>	<b>368,182.00</b>
PTZ Camera	15%	211,751.00				31,763.00	-	31,763.00	179,988.00	211,751.00
<b>8 Electrical Installation</b>	10%	96,552.00				9,655.00	-	9,655.00	86,897.00	96,552.00
<b>9 Library Books</b>		<b>287,265.00</b>	<b>800.00</b>	<b>232,678.00</b>		<b>115,226.00</b>	<b>46,536.00</b>	<b>161,762.00</b>	<b>358,981.00</b>	<b>287,265.00</b>
Motor Vehcles										
<b>Mini Bus</b>		<b>2,478,641.00</b>	-			<b>371,796.00</b>	-	<b>371,796.00</b>	<b>2,106,845.00</b>	<b>2,478,641.00</b>
<b>TATA NEXON CAR</b>		-	<b>496,940.00</b>			<b>74,541.00</b>	-	<b>74,541.00</b>	<b>422,399.00</b>	-
<b>Other Fixed Assets</b>		<b>39,619.00</b>	-	-		<b>3,962.00</b>	-	<b>3,962.00</b>	<b>35,657.00</b>	<b>39,619.00</b>
<b>TOTAL (A)</b>		<b>67,221,494.00</b>	<b>9,755,150.00</b>	<b>1,774,820.00</b>		<b>10,101,540.00</b>	<b>159,423.00</b>	<b>10,260,963.00</b>	<b>68,490,502.00</b>	<b>67,221,494.00</b>

(Anshuman Kumar Jha)  
Accountant(Md. Taiyab Alam)  
I/C Dy.Director (F&A)(Dr. I. V. Basavaraddi)  
DirectorDate: 24.06.2023  
Place: New Delhi

**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

(Ministry of Ayush, Govt of India)

68, Ashok Road, New Delhi-110 001

SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023

(Amount - Rs.)

<b>SCHEDULE 9 - INVESTMENTS FROM EAR-MAEKED/ENDOWMENT FUNDS</b>	<b>Current Year</b>		<b>Previous Year</b>	
a FDR with BOB		126,300,000.00		100,072.00
<b>TOTAL</b>		<b>126,300,000.00</b>		<b>100,072.00</b>

<b>SCHEDULE 10 - INVESTMENTS - OTHERS</b>	<b>Current Year</b>		<b>Previous Year</b>	
1 In Government Securities		-		-
2 Other Approved Securities		-		-
3 Shares		-		-
4 Debentures and Bonds		-		-
5 Subsidies and Joint Ventures		-		-
6 Others (to be specified)		-		-
<b>TOTAL</b>		<b>-</b>		<b>-</b>

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi

**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

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SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023

(Amount - Rs.)

SCHEDULE 11 - CURRENT ASSETS, LOANS, ADVANCES ETC		2022-23	2021-22
<b>A.</b>	<b><u>CURRENT ASSETS</u></b>		
a)	Security Deposit as Asset	515,112.00	515,112.00
b)	Prepaid Library Journal Subscription	39,883	-
c)	Cash In hand	4,086	-
d)	<u>Cash at Bank</u>		-
	PNB, Sansad Marg	19,897,398.00	21,487,076.00
	BoB, A/c No 26030100006213	502,748,129.00	158,585,228.00
	SBI CNA ACCOUNT	-	
e)	Bank/Postal Instrument		
	Postal Orders	416.00	356.00
f)	TDS Recoverable Year 2011-12	282,878.00	43,091.00
g)	Accrued Interest on FD	1,971,862.00	-
h)	Card Receipts	43,027.00	43,023.00
i)	<b>MDNIY Employees CPF</b>	<b>229,729.00</b>	<b>229,729.00</b>
<b>TOTAL (A)</b>		<b>525,732,520.00</b>	<b>180,903,615.00</b>

(Anshuman Kumar Jha)  
Accounts Officer(Md. Taiyab Alam)  
I/C Dy. Director (F&A)(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

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SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023

(Amount - Rs.)

SCHEDULE 11 - CURRENT ASSETS, LOANS, ADVANCES ETC		2022-23	2021-22
<b>a)</b>	<b>Loans &amp; Advances</b>		
<b>i)</b>	Official Advances	461,644	
	Contingent Advance	507,353.00	640,315.00
<b>ii)</b>	Personal Advances		
	LTC Advances	215,030	8,100
	Advance to Outsiders	11,827,906	4,327,906
	Advance To HSCC A/c (Plan)	114,516.00	114,516.00
	Advance To L & DO A/c (Plan)	831,025.00	831,025.00
	TDS Exemption Claim	103,137.00	123,837.00
	Advance to NFDC	200,276.00	471,740.00
<b>TOTAL (B)</b>		<b>14,260,887.00</b>	<b>6,517,439.00</b>
<b>TOTAL (A+B)</b>		<b>539,993,407.00</b>	<b>187,421,054.00</b>

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi

**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**  
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SCHEDULES FORMING PART OF INCOME & EXPENDITURE FOR  
THE YEAR ENDED 31.03.2023

(Amount - Rs.)

SCHEDULE 12 - INCOME FROM SALES/SERVICE		2022-23	2021-22
1	Sale of Prospectus/Reg. Form etc	255,830.00	481,417.00
2	Sale of Tender Papers	3,000.00	-
3	Registration Charges	9,255,743.00	14,072,281.00
4	Publications	900.00	8,748.00
5	Yoga Articles charges	19,005.00	20,612.00
6	Library membership fee	35,795.00	2,650.00
7	Misc. Income	1,571,100.00	-
8	Yoga Uniform Charges		22,250.00
9	Liability Written off	-	-
<b>TOTAL</b>		<b>11,141,373.00</b>	<b>14,607,958.00</b>

SCHEDULE 13 - GRANTS/SUBSIDIES		2022-23		2021-22	
(Irrevocable Grants & Subsidies Received)					
	GIA under champion sector scheme			6,021,220.00	
Less:	Expenditure Incurred			6,010,947.00	10,273.00
	Grant-in-Aid received from M/O H&FW	240,000,000.00	-	-	177,000,000.00
	Grant-in-Aid received from M/O H&FW			220,500,000.00	-
Less:	Unspent Grant Transferred to Liability Account/refunded		240,000,000.00	43,500,000.00	-
<b>TOTAL</b>			<b>240,000,000.00</b>		<b>177,010,273.00</b>

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
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Director

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**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

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**SCHEDULES FORMING PART OF INCOME & EXPENDITURE FOR  
THE YEAR ENDED 31.03.2023**

(Amount - Rs.)

<b>SCHEDULE 14 - FEES/SUBSCRIPTION</b>	<b>2022-23</b>	<b>2021-22</b>
1 Application Fees	106,200.00	18,000.00
2 Examination Fees	128,000.00	67,750.00
3 B. Sc. (Yoga Science)	1,135,070.00	1,356,000.00
4 Diploma Fees	2,597,398.00	2,994,250.00
5 Medical and lab fee receipts	3,900.00	11,350.00
6 MSc (Yoga)	90,100.00	397,000.00
<b>TOTAL</b>	<b>4,060,668.00</b>	<b>4,844,350.00</b>
Note : Accounting Policies towards each item are to be disclosed		

<b>SCHEDULE 15 - INCOME FROM INVESTMENTS</b>	<b>2022-23</b>	<b>2021-22</b>
(Income on Invest. From earmarked/endowment funds transferred to Funds)		-
1) Interest		-
a) On Govt. Securities (FD)	2,196,050	-
b) Other Bonds/Debentures		-
2) Dividends		-
a) On Shares		-
b) On Mutual Fund Securities		-
3) Rents		-
4) Others (Specify)		-
<b>TOTAL</b>		-
<b>TRANSFERRED TO EARMARKED / EN-DOWMENT FUNDS</b>	<b>2,196,050</b>	

(Anshuman Kumar Jha)  
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(Md. Taiyab Alam)  
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Director

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**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**  
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 SCHEDULES FORMING PART OF INCOME & EXPENDITURE FOR  
 THE YEAR ENDED 31.03.2023

(Amount - Rs.)

<b>SCHEDULE 16 - INCOME FROM ROYALTY ETC</b>	<b>2022-23</b>		<b>2021-22</b>	
1) Income from Royalty				-
				-
				-
<b>TOTAL</b>				-

<b>SCHEDULE 17 - INTEREST EARNED</b>	<b>2022-23</b>		<b>2021-21</b>	
1 Interest on SB A/c Deposit		-		619,696.00
2 Interest on Personal Loan		596,952.00		112,971.00
3 Interest on FD		-		5,492.00
<b>TOTAL</b>		<b>596,952.00</b>		<b>738,159.00</b>
Note: Tax Deducted at source to be indicated				

(Anshuman Kumar Jha)  
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(Dr. I. V. Basavaraddi)  
Director

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**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**  
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SCHEDULES FORMING PART OF INCOME & EXPENDITURE FOR  
THE YEAR ENDED 31.03.2023

(Amount - Rs.)

SCHEDULE 18 - OTHER INCOME		2022-23		2021-22	
1	RTI Receipts	72.00		34.00	
2	Consultancy Charges	-		-	
3	Licence Fee	36,100.00		-	
<b>TOTAL</b>		<b>36,172.00</b>		<b>34.00</b>	

SCHEDULE 19 - INCREASE/(DECREASE) IN STOCK OF FINISHED GOODS & WORK IN PROGRESS		2022-23		2021-22	
a)	Closing Stock	-			
	Finished Goods	-			-
	Work In Progress	-			-
b)	Less: Opening Stock	-			
	Finished Goods	-			-
	Work In Progress	-			-
<b>NET INCREASE/(DECREASE) [a-b]</b>					

SCHEDULE 22 - EXPENDITURE ON GRANTS, SUBSIDIES		2022-23		2021-22	
1	Grants refunded to M/o HFW				-
2	Grant-in-aids Released to YCB (Annexure-A)	15,000,000.00		15,000,000.00	-
3	Subsidy to MDNIY Canteen	-		150,000.00	-
4	GIA released for Yogini Awards	-		156,250.00	
<b>TOTAL</b>		<b>15,000,000.00</b>	<b>-</b>	<b>15,306,250.00</b>	<b>-</b>

SCHEDULE 23 - INTEREST		2022-23		2021-22	
a)	On Fixed Loans				-
b)	On Other Loans (including bank Charges)				-
c)	Others (Specify)				-
<b>TOTAL</b>					

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

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**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**  
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SCHEDULES FORMING PART OF INCOME & EXPENDITURE FOR  
THE YEAR ENDED 31.03.2023

(Amount - Rs.)

<b>SCHEDULE 20 - ESTABLISHMENT EXPENSES</b>		<b>2022-23</b>	<b>2021-22</b>
1	Pay & Allowances, contribution to NPS and CP Fund	65,610,952.00	59,361,130.00
2	Gratuity	3,179,971.00	14,142,232.00
3	Leave Encashment	744,379.00	3,507,677.00
4	LTC Expenses	526,500.00	545,095.00
5	Children Education Allowance	710,710.00	432,000.00
6	Honorarium	322,223.00	484,920.00
7	Leave Salary Contribution	17,700.00	-
8	Reimbursement of News paper Bill		60,000.00
9	Reimbursement of Telephone Charges		11,654.00
<b>TOTAL</b>		<b>71,130,547.00</b>	<b>78,544,708.00</b>

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023  
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## MORARJI DESAI NATIONAL INSTITUTE OF YOGA

(Ministry of Ayush, Govt of India)  
68, Ashok Road, New Delhi-110 001

(Amount - Rs.)

SCHEDULE 21 - OTHER ADMINISTRATION EXPENSES ETC		2022-23	2021-22
1	Freight & Cartage	5,938.00	9,595.00
2	Water and Electricity	8,302,866.00	3,074,720.00
3	Repair & Matin. (Build)	379,792.00	1,793,334.00
4	Advt. & Publicity	1,700,000.00	1,000,000.00
5	Postage and Telegram	1,503.00	9,785.00
6	Printing and Stationery (including certificates)	1,822,588.00	1,032,363.00
7	Telephone Expense	102,152.00	106,533.00
8	Medical Expenses	7,106,724.00	2,448,724.00
9	Domestic TA/DA, conveyance Exp. and Domestic Air Travel	1,312,485.00	450,586.00
10	Audit Fees/Professional fee	596,040.00	603,043.00
11	AMC Charges	227,286.00	144,568.00
12	Bank Charges	44,378.00	76,570.00
13	Newspaper & Periodicals, Journals	96,161.00	220,815.00
14	Hiring charges of Vehicle for Director	-	418,490.00
15	Meeting & Refreshment Expenses	695,925.00	135,892.00
16	Security Service Charges	5,070,352.00	4,398,939.00
17	Translation Charges	-	37,444.00
18	Bsc Yoga Sc., Dysc and Prize money to students	-	54,066.00
19	Sitting Charges	159,500.00	57,000.00
20	Course Exp(FCY)	454,170.00	-
21	Lease line charges for Internet (MTNL)	1,245,992.00	1,520,943.00
22	Hostel Stipend	300,000.00	275,000.00
23	Refund of caution money	407,500.00	652,500.00
24	Scholarship & Fellowship	-	32,000.00
25	Contractual Remuneration & Wages	39,370,934.00	27,133,088.00
26	IT Expenses	444,381.00	630,870.00
27	Yoga Mahotsav Exp	10,272,170.00	-
28	Arogya Mela Expenses, Yoga Mahotsav, Fusion and other programmes	1,620,341.00	4,665,280.00
29	Consumables	-	42,094.00
30	YCB EXP.	90,800.00	906,167.00

31	Workshop/Seminars Expenses/Yoga Fusion Programmes	347,877.00	282,105.00
32	Honorarium	244,198.00	745,551.00
33	Swachhta Action Plan Exp.	2,743,908.00	3,305,754.00
34	Photography Charges	90,014.00	386,187.00
35	CME Exp./Monthly orientation Lecture exp.	71,000.00	61,500.00
36	Research Project Exp	805,347.00	2,629,617.00
37	Waste Disposal charges	-	22,500.00
38	Office Expenses	139,170.00	298,743.00
39	WHO-CC EXP.(PLAN)	1,355,820.00	3,844,591.00
40	Hindi Pakhwara Expenses/Rajbhasha	441,018.00	67,442.00
41	Sports Activities Expenses	48,147.00	-
42	Vehicle Insurance	58,729.00	-
43	Depreciation	10,260,963.00	2,953,709.00
44	NABH	35,400.00	76,733.00
45	IDY 2022	56,604,067.00	-
46	Laboratory Consumables	1,178,242.00	151,408.00
47	Property Tax	1,697,747.00	1,697,747.00
48	IDY 2021	-	4,946,321.00
49	Fuel/POL	58,730.00	-
50	University Charges	347,740.00	674,665.00
51	YCB Accreditation Fee	38,300.00	-
	<b>Total</b>	<b>158,396,395.00</b>	<b>74,074,982.00</b>

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi

**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

(Ministry of Ayush, Govt of India)

68, Ashok Road, New Delhi-110 001

SCHEDULES FORMING PART OF THE ACCOUNTS FOR THE PERIOD ENDED 31.03.2023

**SCHEDULE 24 - SIGNIFICANT ACCOUNTING POLICIES**

**1 ACCOUNTING CONVENTION**

The financial Statement are prepared on the basis of accrual basis of accounting. Both grants received and expenses incurred during the year has been recorded on receipt. Unspent Grant if any is being transferred to Grant refunadable.

**2 FIXED ASSETS**

5.1 Fixed Assets are stated at cost of acquisition inclusive of inward freight, Insurance, duties and taxes and incidental and direct expenses related to acquisition. In respect of projects involving construction, related pre-operational expenses (including interest on loans for specific project prior to its completion), form part of the value of the assets capitalized.

5.2 Fixed Assets received by way of non-monetary grant, (other than towards the Corpus Fund), are capitalized at values stated, by corresponding credit to Capital Researves.

5.3 Fixed Assets transferrred by HSCC as per completion letter has been accounted in FY 2020-21 and depreciation as per respective rates has also been charged. Dep. Upto the year 2019-20 has been ttransferred to Reserve/Fund and Dep. For the Current Year has been posted in Income and Expenditure account as allowable under Income tax Act 1961.

**3 DEPRECIATION**

3.1 Depreciation including building is provided on WDV method as per rates specified in the Income Tax Act, 1961.

3.2 In respect of additions to/ deductions from fixed assets during the year, depreciation has been provided as allowable under income tax Act 1961.

**4 GOVERNMENT GRANT/SUBSIDIES**

4.1 Government grants of the nature of contribution towards capital cost of settig up projects are treated as Capital Reserves

4.2 Grants in respect of specific fixed assets acquired are shown as a deduction from the cost of the related assets

4.3 Government grants/subsidy are accounted on realization basis.

## 5 RETIREMENT BENEFITS

5.1 Payment of retirement Gratuity and Leave encashment has been made on actual basis..

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023  
Place: New Delhi



## MORARJI DESAI NATIONAL INSTITUTE OF YOGA

(Ministry of Ayush, Govt of India)

68, Ashok Road, New Delhi-110 001

SCHEDULES FORMING PART OF THE ACCOUNTS FOR THE PERIOD ENDED 31.03.2023

### SCHEDULE 25 - CONTINGENT LIABILITIES AND NOTES ON ACCOUNTS

#### 1 CONTINGENT LIABILITIES

- 1.1 Claims against the Entity not acknowledged as debts - ...Nil. (previous year Rs Nil.).Unclaimed funds from more than five yers has been recognised as misc. income.
- 1.2 Claims against the Entity not acknowledged as debts - ...Nil. (previous year Rs Nil.).Unclaimed funds from more than five yers has been recognised as misc. income.

#### 2 CAPITAL COMMITMENTS

Estimated value of contracts remaining to be executed on capital account and not provided for (net of advances) Rs Nil (Previous Year Rs...Nil)

#### 3 LEASE OBLIGATION

Future obligation for rentals under finance lease arrangements for plant and machinery amount to Rs...Nil. (Previous Year Rs...Nil)

#### 4 CURRENT ASSETS, LOANS AND ADVANCES

In the opinion of the Management, the current assets, loans and advances have a value on re-a-lization in the ordinary course of business, equal atleast to the aggregate amount shown in the Balance Sheet

#### 5 FIXED ASSETS

Upto FY 2013-14, Depreciation has been adjusted with fixed assets reserve fund maintained. During the current year Depreciation has not been adjusted with fixed assets reserve fund and charged to profit and loss account.

#### 6 INVESTMENT

As per Schedules.

#### 7 CURRENT LIABILITIES

As per Schedules.

#### 8 Corresponding figures for the previous year have been regrouped/rearranged, when ever necessary

9 Schedules 1 to 25 are annexed to and form an integral part of Balance Sheet as at 31.03.2023 and the Income & Expenditure Account for the year ended on that date.

(Anshuman Kumar Jha)  
Accounts Officer

(Vishal Kumar Sinha)  
Deputy Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi





**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

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**3 LEASE OBLIGATION**

Future obligation for rentals under finance lease arrangements for plant and machinery amount to Rs...Nil. (Previous Year Rs...Nil)

**4 CURRENT ASSETS, LOANS AND ADVANCES**

In the opinion of the Management, the current assets, loans and advances have a value on realization in the ordinary course of business, equal atleast to the aggregate amount shown in the Balance Sheet

**5 FIXED ASSETS**

Upto FY 2013-14, Depreciation has been adjusted with fixed assets reserve fund maintained. During the current year Depreciation has not been adjusted with fixed assets reserve fund and charged to profit and loss account.

**6 INVESTMENT**

As per Schedules.

**7 Current Liabilities**

As per Schedules.

**8** Corresponding figures for the previous year have been regrouped/rearranged, whenever necessary

**9** Schedules 1 to 25 are annexed to and form an integral part of Balance Sheet as at 31.03.2023 and the Income & Expenditure Account for the year ended on that date.

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**  
Ministry of Ayush, Government of India ,68, Ashok Road, New Delhi 110001

**Receipts and Payments**

1-Apr-2021 to 31-Mar-2022

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
<b>Opening Balance</b>		<b>145031662.87</b>	<b>Capital Account</b>		9957983.00
Bank Accounts	<b>145031326.87</b>		Earmarked/Endowment Funds	9957983.00	
BOBA/CNO 26030100006213	124730795.70		Gratuity & Leave Encashment Fund	9957983.00	
Punjab National Bank A/c	20300531.17		Provision for Gratuity A/c	6214790.00	
Cash-in-Hand	336.00		Provision for Leave Encashment A/C	3743193.00	
Postal Order	336.00		<b>Current Liabilities</b>		<b>183314794.00</b>
<b>Current Liabilities</b>		<b>776190.00</b>	BENEVOLENT FUND	60.00	
CGEGIS	60.00		CGHS SUBSCRIPTION PAYABLE	3900.00	
CGHS SUBSCRIPTION PAYABLE	650.00		CPF PAYABLE	6157632.00	
GIA From RAV for CME	9980.00		CSIR (RELIEF FUND)	30.00	
GSLI PAYABLE	110127.00		FAREWELL FUND	300.00	
HONORARIUM PAYABLE	16720.00		GIA From RAV for CME	207198.00	
LICENCE FEE PAYABLE	596.00		GRANT-IN-AID FOR PM YOGA AWARD	1246821.00	
PAY AND ALLOW. PAYABLE	540.00		GSF PAYABLE	439385.00	
REMUNERATION PAYABLE	37000.00		GSLI PAYABLE	131317.00	
Sundry Creditors	395517.00		HONORARIUM PAYABLE	1659753.00	
M/S AQUA HILL SERVICES	18850.00		NPL CLUB	60.00	
M/S CENTRAL NEWS AGENCY	3779.00		NPL WELFARE FUND	30.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
M/S VODACOM TECHNOLOGIES PV LT	105444.00		NPS PAYABLE	7215611.00	
Sainik Security Services A/c	267444.00		PAY AND ALLOW. PAYABLE	39944713.00	
EMD DEPOSIT WITH US	105000.00		P.M. CARES FUND (COVID-19)	5000.00	
M/S AGB ENTERPRISES (EMD)	80000.00		P.M. National Relief Fund	5500.00	
M/S AKAAR INDRAPRASTHA (EMD)	10000.00		REMUNERATION PAYABLE	12647863.00	
M/S G.S. ENTERPRISES (Emd)	15000.00		RGIS	360.00	
Security Deposit with Us	100000.00		SAJJAN SINGH A/C PAYABLE	19600.00	
M/S ADISON EQUIPMENT COMPANY (PER. SECURITY)	25000.00		TDS CONTRACTOR (194C)	648107.00	
M/S VERTEX MEDIA TECHNOLOGY (PER. SECU)	75000.00		TDS on Salary(192)	4970359.00	
<b>Current Assets</b>		<b>2522924.00</b>	TDS Outsider A/c(194J)	1137024.00	
RECEIVABLE FROM UGC	1500000.00		UNSPENT Gia REFUNDABLE	43500000.00	
Loans & Advances (Asset)	1009548.11		Sundry Creditors	63108171.00	
Adv. to Smt. Seema Sagar, Y.I.	4475.00		DR. INDU SHARMA (A/C PAYABLE)	44523.00	
House Building Advance to Dr. I.V.Basavaraddi	624800.00		DR. I.V. BASAVARADDI (PAYABLE)	10598.00	
LTC Advance	4078.00		DR LAKSHMI KANDHAN (A/C PAYABLE)	2508.00	
Official Advances	365079.00		DY. DIRECTOR (HORT.)	199870.00	
Advance to Aman Tiwari	65572.00		KANAK KUMARI SINHA	36809.00	
ADVANCE TO DR VANDANA SINGH	17440.00		K. DOREN SINGH (A/c PAYABLE)	25874.00	
ADVANCE TO MD. TAIYAB ALAM	7610.00		MD. TAIYAB ALAM (A/C PAYABLE)	34244.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
ADVANCE TO MS. GUNJAN	60669.00		M/S AASHIRWAD SALES	2300.00	
ADVANCE TO NEETU SHARMA (C.YOGA)	3160.00		M/S ABC TRADERS	29176.00	
Advance to Sh. Vijender Choudhury	4392.00		M/S ABSOLUTE	17500.00	
ADV TO NAND KISHORE	37190.00		M/S ADHYATMA SADHANA	66300.00	
ADV TO SH DEVINDER SINGH	28193.00		MS/ ADISON EQUIPMENT COMPANY	1050903.00	
Adv. to Sh Ravikant Tyagi	383.00		M/S ADITYA DIGITALSOLUTION	696.00	
ADV TO SUBHASH CHAND	52185.00		M/S ADVENTS EVENTS & RESEARCH	881976.00	
CONTINGENT ADVANCE NON PLAN	25279.00		M/S A.G.B. ENTERPRISES	1574788.00	
Adv. to Mrs. NAVEENA MISHRA	150.00		M/s AIRTEL MOBILE SERVICE 9818091337	8381.00	
ADV. TO RAVINDER YADAV	25129.00		M/S AJAY SALES	5587.00	
CONTINGENT ADVANCE (PLAN)	63006.00		M/S AKAAR INDRAPRASTHA	976710.00	
ADVANCE TO RAHUL SINGH CHAUHAN (Y.I)	3006.00		M/S AKINIK PUBLICATIONS, DELHI	81000.00	
ADV TO RAMESWAR PAL (ASSTT PROF.)	60000.00		M/S ALISHA ENTERPRISES	949.00	
Personal Advances	11116.11		M/S ANJALI ENTERPRISES	16402.00	
Advance on Other A/c	2830.11		M/S APEX BIOMEDS PVT. LTD	500.00	
TA/DA Advance A/c	8286.00		M/S AQUA HILL SERVICES	97730.00	
CARD RECEIPTS	13375.89		M/S ARORA IT SOLUTIONS PVT. LTD	122656.00	
CARD RECEIPTS	13375.89		M/S ARORA TOURIST COMPANY	95370.00	
<b>Indirect Incomes</b>		<b>251707258.32</b>	M/S ARTIC INTERIOR	390285.00	
ADVANCED YOGA SADHANA	379250.00		M/S ASHOK TRAVELS AND TOURS	362312.00	

Receipts	AMOUNT (INR)	Payments	AMOUNT (INR)
Application Fee From Candidates	18000.00	M/S ASHWANI DIXIT	4500.00
CCYTA REG FEES	692000.00	M/S A SQUARE EVENTS & EXHIBITIONS	191400.00
CCYWI (REG FEES)	2981824.00	M/S BG SYSTEMS	64042.00
DYSc 2021-22 ADMISSION FEES	2994750.00	M/S BHARAT PRAKASHAN	7000.00
Exam Fees A/c	67750.00	M/S BHAVESHWAR ENTERPRISES	2785.00
GENERAL CLASS REG FEES	862964.00	M/S BHUMI TELEFILMS	232000.00
Interest on Loan	112971.00	M/S BISHT ENTERPRISES	1450.00
Interest on SB A/c	5394698.00	M/S BRIGHT SOLUTION	4292.00
Interest Received on Fdr	9000.00	M/S CENTRAL NEWS AGENCY	47111.00
Library Books Overdue Charges	650.00	M/S COLOR BUSINESS CENTER	44080.00
Library Membership Fee	2000.00	M/S CONCEPT OFFICE SOLUTION	16300.00
Medical Fee A/c	11350.00	M/S COZY FACTORY	125231.00
Misc. Income A/c	25000.00	M/S DEEGOV SOLUTIONS	3997.00
M.Sc YOGA ADMISSION FEES	397000.00	M/S DIGISOFT	19022.00
PROSPECTUS CHARGES	94167.00	M/S D.K PRINTWORLD PVT LTD	18563.00
REG FEES CCYPI	4437199.00	M/S DOT-SPOT PRODUCTION	309748.00
REGISTRATION FEE (FCY)	4655223.32	M/S DURIAN INDUSTRIES LTD	177502.00
REGISTRATION FORM CHARGES	31750.00	M/S DYNAMIC LABELS PACKAGING	160.00
RTI Receipt A/c	34.00	M/S ELITE TRADING COMPANY	134825.00
Workshop Receipts	8500.00	M/S EMPIRAL ENTERPRISES	304000.00

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
YCB REGISTRATION FEES	440560.00		M/S ETA LAB TECHNOLOGY	17257.00	
YCB VOLUNTEER FEES	159100.00		M/S GA DIGITAL WEB WORD PVT LTD	14131268.00	
YOGA ARTICLES CHARGES	23300.00		M/S GARIMA PUBLISHERS & DISTRI.	4620.00	
YOGA PUBLICATION CHARGES	8748.00		M/s GOOD YEAR SECURITY SERVICE	3359256.00	
YOGA UNIFORM CHARGES	22250.00		M/S GOSWAMI BROTHERS	5000.00	
Grant-in Aid Received	226521220.00		M/S GOVIND TRADERS	203640.00	
GIA UNDER CHAMPION SECTOR SCHEME	6021220.00		M/S GOYAL ENTERPRISES	2842.00	
GRANT-IN-AID FROM MoH&FW A/c	220500000.00		M/S GOYAL PHOTO NEWS	213866.00	
B.Sc.(Yoga Sciences)	1356000.00		M/S HSK & ASSOCIATES	5900.00	
B.Sc. (Yoga Sc.) - Admission Fees	1356000.00		M/S IDEAL ENTERPRISES	18386.00	
<b>Indirect Expenses</b>		<b>710066.70</b>	M/S IMMUNOCONCEPT INDIA PVT. LTD	869505.00	
Other Administrative Exp.	485457.70		M/S IMPRESSION SERVICES PVT LTD	66700.00	
AMC Charges A/c	18931.00		M/S INDIAN ASSOCIATION OF YOGA	1000.00	
CAUTION MONEY DYSc 2019-20	5000.00		M/S INFOCREATIONS TECHNOLOGIES PVTL LTD	66999.00	
Conveyance Expenses A/c	277.00		M/S ITDC	948360.00	
Domestic Travelling Expenses	14604.00		M/S JAINEX INFOSYS	99066.00	
Electricity Charges A/c	408951.00		M/S JASBIR ENTERPRISES	1114.00	
Honorarium (DYSc.)	2000.00		M/S J.P. ENTERPRISES	2396.00	
Medical Reimbursement A/c	2550.00		M/S J.S. SERVICES	1077.00	
Repair & Maint. (Gen.) A/c	8000.00		M/S KAMLESHWAR SINGH	23520.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
Sitting Charges A/c	20000.00		M/S KANHIYA TRADING COMPANY	8955.00	
Water Charges A/c	3127.00		M/S KAVISH ENTERPRISES	529.00	
YOGA FUSION PROGRAMMES	2000.00		M/S KEWAL KRISHNAN	28000.00	
Office Expenses	17.70		M/S KITAB GHAR	7699.00	
Bank Charges A/c	17.70		M/S K.K. FURNITURE	1288145.00	
Establishment Expenses	216609.00		M/S K.P. EASHWAR PUBLISHING & COMM.	177187.00	
Pay and Allowances	216609.00		M/S KRISHNA ENTERPRISE	69515.00	
Swachta Action Plan Exp.	8000.00		M/S KRISHNA TRADING CO.	6300.00	
Swachhta Action Plan Exp.	8000.00		M/S KRITIKA ENTERPRISES	12500.00	
			M/S LAKSH TRADING COMPANY	1094.00	
			M/S LEELA TAXI SERVICE P LTD	15043.00	
			M/S LITTLE MORE ADS	24864.00	
			M/S LSR ENTERPRISES	69930.00	
			M/S MAHADEV ENTERPRISES	98000.00	
			M/S MAHAKALI ENTERPRISES	3950.00	
			M/S MAHALAXMI STATIONERY MART	19980.00	
			M/S MAYRA ENTERPRISES	1008.00	
			M/S M D COMPUTER NX	23000.00	
			M/S MEDICARE PRODUCTS INC.	5800.00	
			M/S MG ENTERPRISES	81300.00	
			M/S M.H. ENTERPRISES	1000.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			M/S MITTAL MEDICAL STORES	299.00	
			M/S MOTILAL BANARSIDASS PUB. ND	23490.00	
			M/S MRC VISUAL TECHNOLOGIES	18400.00	
			M/S M.V & CO.	46493.00	
			M/S NAND KISHORE	4440.00	
			M/S NATIONAL INSURANCE CO. LTD	60972.00	
			M/S NET PACK RIBBON CORPORATION	16000.00	
			M/S NET PROPHETS CYBERWORKS PVT. LTD	11499.00	
			M/S NEXTGEN	8000.00	
			M/s NIC SI	6523955.00	
			M/S NIKHIL OFFSET	89863.00	
			M/S NILIMS ENTERTAINMENT	175495.00	
			MS/ NISCO INDIA	19990.00	
			M/S NOEL 91 ENTERPRISES	300.00	
			M/S OEM TRADERS	26518.00	
			M/S OMM SHREE TRADERS	299667.00	
			M/S OSCAR DIAGNOSTIC SER.PVT LTD	23308.00	
			M/S PANCHTATVA ADVERTISING	225134.00	
			M/S PARAMJEET TOUR & TRAVELS	63561.00	
			M/S PARK NETWORK PVT. LTD	18983.00	
			M/S PEECOCK EVENTS & EXHIBITIONS PV LTD	1193558.00	



Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			M/S PND GLOBAL	2892.00	
			M/S POOJA COMPUTER	10280.00	
			M/S PRASAR BHARATI	854025.00	
			M/S PRATIBIMB	228520.00	
			M/S PREMIER GLOBAL INC.	20498.00	
			M/s PRINTECH SOLUTION	3500.00	
			M/S PRINT PUBLICATIONS PVT.LTD	2500.00	
			M/S PRISHA ENTERPRISES	347960.00	
			M/S PURVI ENTERPRISES	220.00	
			M/S QUALITY COUNCIL OF INDIA	35400.00	
			M/S QUALITY RESEARCH & ANAL. LAB PVT. LTD	7670.00	
			M/S RAJ KAMAL PRAKASHAN P LTD	6089.00	
			M/S R.D. ENGINEER & CONSULTANT	353898.00	
			M/S RED FLOWER PUBLICATION PVT. LTD	38500.00	
			M/S RIDHI SIDHI TRADERS	2125.00	
			M/S RMK ENTERPRISES	16000.00	
			M/S R R GUPTA & SONS	2108959.00	
			M/S R.S. TECHNOLOGY	21990.00	
			M/S SAHITYA AMRIT	700.00	
			M/S SANJAY KUMAR	1806.00	
			M/S SATWA SCHOOL OF YOGA	2688.00	
			M/S SCIENTIFIC CENTRE	18649.00	
			M/S SCIENTIFIC SOLUTION	142426.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			M/S SHAKTI MARKETING ASSOCIATES	150808.00	
			M/S SHERIN ENTERPRISES	125000.00	
			M/S SHIVA ELECTRICALS AND AUTOMATION	18725.00	
			M/S SHOP IN GEM	4480.00	
			M/S SHREE SHYAM ENTERPRISES	1450.00	
			M/S SHREE VARDHMAAN SURGICARE P LT	4445.00	
			M/s SHUBH LAXMI ENTERPIRSES	149801.00	
			M/S SIDDHI DIAGNOSTICS	6293.00	
			M/S SIGMA ALDRICH CHEMICALS PVT. LTD	10366.00	
			M/S SIMSS ENTERPRISES	1699.00	
			M/S SJD SURGICOT PVT. LTD	475.00	
			M/S SML ISUZU LTD	2618640.00	
			M/S S.N. HEALTH TRAILS	528.00	
			M/S SOFTLINK ASIA PVT LTD	18270.00	
			M/S SPANNER OFFICE SYSTEMS	8500.00	
			M/S S R ENTERPRISES	43711.00	
			M/S STUDIO PRINTCOM	83270.00	
			M/S SUBODH KUMAR RAI	410174.00	
			M/S SUPER ADS	5828135.00	
			M/S SVT ENTERPRISES	30860.00	
			M/S THAKUR CATERERS	365516.00	
			M/S THANIGAI MURUGAN RESTAURANTS	15345.00	
			M/S TIMEWATCH INFOCOM PVT. LTD	47200.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			M/S TRIVEDI BROTHERS.	928.00	
			M/S T.V. REPAIR CENTRE	4500.00	
			M/S VANI PRAKASHAN	17222.00	
			M/S VELOCIS SYSTEMS PVT LTD	636165.00	
			M/S VERTEX MEDIA TECHNOLOGY	2465360.00	
			M/S VIBA PRESS PVT. LTD	201940.00	
			M/S VITRAG INDUSTRIES	7831.00	
			M/S VODACOM TECHNOLOGIES PV LT	364098.00	
			M/S V SUTRA MANAGEMENT	90480.00	
			M/S WOLTERS KLUWER IND. PVT LTD	43083.00	
			M/S YADAV GARDEN TOOLS	24898.00	
			M/S YWCA OF DELHI	49662.00	
			MTNL	1618548.00	
			NDMC NEW DELHI	3262418.00	
			RAMESWAR PAL (A/C PAYABLE)	5774.00	
			RIGHT TO INFORMATION REPORTER	4750.00	
			R.M. BAGAI (ADVOCATE)	65250.00	
			Sainik Security Services A/c	1232568.00	
			SMS WATER GRACE BMW LTD	22500.00	
			THE DELHI COOPERATIVE URBAN SOCIETY	136430.00	
			THE DIRECTOR, JNTBGRI	850.00	
			THE MEDPLAN CONSERVATORY SOCEITY	1600.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			VARSHA PHALE MUKHERJEE (A/C PAYABLE)	879.00	
			EMD DEPOSIT WITH US	256000.00	
			Aditya Digital Solution (EMD)	5000.00	
			Dophin Printo-Graphics (EMD)	10000.00	
			M/S AGB ENTERPRISES (EMD)	116000.00	
			M/S G.S. ENTERPRISES (Emd)	30000.00	
			M/S PRATIBIMB (EMD)	15000.00	
			M/s R.D. ENTERPRISES CONSULTANT (EMD)	80000.00	
			Security Deposit with Us	10000.00	
			Central Warehousing Corp. (Perf. Security)	10000.00	
			<b>Current Assets</b>		<b>1418365.00</b>
			Premium on GSAI A/c	34326.00	
			Loans & Advances (Asset)	1384039.00	
			Adv. to Smt. Seema Sagar, Y.I.	25000.00	
			LTC Advance	239552.00	
			WEBTEL ELECTROSOFT PVT. LTD.	24200.00	
			Official Advances	1095287.00	
			Advance to Aman Tiwari	197002.00	
			ADVANCE TO DR VANDANA SINGH	20000.00	
			ADVANCE TO KHUSHBU JAIN	1600.00	
			ADVANCE TO MD. TAIYAB ALAM	20000.00	
			ADVANCE TO MS. GUNJAN	180150.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			ADVANCE TO NEETU SHARMA (C.YOGA)	5000.00	
			Advance to Sh. Vijender Choudhury	7000.00	
			ADV TO NAND KISHORE	48780.00	
			ADV TO SH DEVINDER SINGH	56100.00	
			Adv. to Sh Ravikant Tyagi	53900.00	
			ADV TO SUBHASH CHAND	62900.00	
			CONTINGENT ADVANCE NON PLAN	78050.00	
			Adv. to Mrs. NAVEENA MISHRA	800.00	
			ADV. TO RAVINDER YADAV	77250.00	
			CONTINGENT ADVANCE (PLAN)	364805.00	
			ADVANCE TO RAHUL SINGH CHAUHAN (Y.I)	304805.00	
			ADV TO RAMESWAR PAL (ASSTT PROF.)	60000.00	
			<b>Indirect Incomes</b>		<b>214339.00</b>
			ADVANCED YOGA SADHANA	23750.00	
			CCYWI (REG FEES)	48368.00	
			DYSc 2021-22 ADMISSION FEES	500.00	
			Misc. Income A/c	25000.00	
			REG FEES CCYPI	47071.00	
			REGISTRATION FEE (FCY)	35250.00	
			YCB REGISTRATION FEES	13200.00	
			YCB VOLUNTEER FEES	21200.00	
			<b>Indirect Expenses</b>		<b>25769960.16</b>

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			CAUTION MONEY DYSc 2020-21	425000.00	
			CAUTION MONEY M.Sc (2019-21)	15000.00	
			Other Administrative Exp.	8602687.16	
			ADVERTISEMENT EXPENSES	1000000.00	
			Audit Fees A/c	102880.00	
			B.Sc. (Yoga Science) Expense	2566.00	
			CAUTION MONEY DYSc 2017-18	2500.00	
			CAUTION MONEY DYSc 2019-20	180000.00	
			CAUTION MONEY OF DYSc 2016-17	5000.00	
			CAUTION MONEY OF DYSc 2018-19	15000.00	
			CONSUMABLES	3915.00	
			Conveyance Expenses A/c	16126.00	
			Domestic Travelling Expenses	222975.00	
			Fellowship/Scholarship A/c	32000.00	
			Hindi Pakhwara Expenses	52900.00	
			Hostel Stipened-B.Sc. (Y.S.)	275000.00	
			Laboratory Consumables	2913.00	
			Medical Reimbursement A/c	1996019.00	
			Meeting & Refreshment Expns.	2022.00	
			NABH EXPENSES	21333.00	
			NSDL CHARGES	6168.00	
			OFFICE EXPENSES	114778.00	
			Photography Charges	12448.00	
			PRIZE MONEY TO DYSC STUDENTS	60500.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			PROPERTY TAX	1697747.00	
			REFUND OF CAUTION MONEY B.Sc (2016-19)	10000.00	
			Repair & Maint. (Gen.) A/c	71009.00	
			Sitting Charges A/c	77000.00	
			UNIVERSITY CHARGES	674665.00	
			YOGA FUSION PROGRAMMES	6000.00	
			Office Expenses	117404.16	
			Bank Charges A/c	76588.16	
			Freight & Cartage A/c	3216.00	
			I.T. Expenses A/c	14323.00	
			Postage Expenses A/c	9785.00	
			PRINTING/STATIONERY/ CERTIFICATES	13492.00	
			Other Charges	864302.00	
			Specific Fund	864302.00	
			AIIMS PROJECT	9684.00	
			REFUND OF CAUTION MONEY B.Sc (YS) 2017-20	5000.00	
			WHO-CC	849618.00	
			AROGYA MELA /EVENT ETC	449217.00	
			AROGYA Mela Expenses	237267.00	
			Yoga Mahotsav - 2022	211950.00	
			YCB EXPENSES AGAINST GIA	508300.00	
			YOGA CERTIFICATION BOARD (YCB)	508300.00	
			Establishment Expenses	1105084.00	
			Children Education Allowance A/c	432000.00	

## Annual Report 2022-23

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			LTC Expenses	97538.00	
			Pay and Allowances	503892.00	
			REIMBURSEMENT OF NEWS PAPER BILL	60000.00	
			REIMBURS. OF TELPHONE EXPENSES	11654.00	
			EXPENDITURE ON GRANTS	15156250.00	
			GIA TO YCB	15000000.00	
			M/S VINDHYA SHIKSHA PRACHAR SAMITI	156250.00	
			Other Admin. Expenses	404339.00	
			Foreign Delegation Expense (Plan)	6472.00	
			INDIAN RED CROSS SOCIETY	397867.00	
			Research Projects MDNIY	4521.00	
			Research Projects	4521.00	
			Swachta Action Plan Exp.	57079.00	
			Swachhta Action Plan Exp.	57079.00	
			<b>Closing Balance</b>		<b>180072660.73</b>
			<b>Bank Accounts</b>	<b>180072304.73</b>	
			BOB A/C NO 26030100006213	158585228.36	
			Punjab National Bank A/c	21487076.37	
			Cash-in-Hand	356.00	
			Postal Order	356.00	
<b>Total</b>		<b>400748101.89</b>	<b>Total</b>		<b>400748101.89</b>

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023  
Place: New Delhi



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

(Ministry of AYUSH, Govt of India)

68, Ashok Road, New Delhi-110 001

## Receipts and Payments Account (From 1-Apr-2022 to 31-Mar-2023)

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
Opening Balance		180072660.73	Capital Account		36436756.00
Bank Accounts	180072304.73		M/S CONVER- GENCE ENERGY SERV LTD	496940.00	
BOB A/C NO 26030100006213	158585228.36		Earmarked/Endow- ment Funds	3839816.00	
Punjab National Bank A/c	21487076.37		Corpus/Capital Fund	32100000.00	
Cash-in-Hand	356.00		Current Liabilities		290632874.00
Postal Order	356.00		Caution Money of DYSc.2015-16	2500.00	
Capital Account		500000000.00	CGEGIS	1320.00	
Corpus/Capital Fund /GIA Capital	500000000.00		CGHS SUBSCRIP- TION PAYABLE	8450.00	
Current Liabilities		93636380.00	CPF PAYABLE	9127298.00	
GIA FOR IDY 2022 MAIN EVENT(THO- MAS COOK)	92072606.00		GPF SUBSCRIPTION PAYABLE	132000.00	
GSLI PAYABLE	163910.00		GSF PAYABLE	368486.00	
HONORARIUM PAYABLE	6000.00		GSLI PAYABLE	182430.00	
Sundry Creditors	953864.00		HONORARIUM PAYABLE	968442.00	
M/s AIRTEL MOBILE SERVICE 9818091337	1002.00		INTEREST RE- CEIVED ON GIA REFUNDABLE	4775002.00	
M/S FRIENDS SUR- GICALS DIVISION	54500.00		NPS PAYABLE	6521763.00	
M/S PARAMJEET TOUR & TRAVELS	4193.00		PAY AND ALLOW. PAYABLE	42550638.00	
M/S PRISHA EN- TERPRISES	280000.00		PROVISION FOR AUDIT FEE	127050.00	
M/S YOGA JIVA- NA SATSANGHA, ICYER	30240.00		REMUNERATION PAYABLE	19875473.00	
NDMC NEW DELHI	566205.00		TDS CONTRACTOR (194C)	2951127.00	
PHOOL CHAND (A/C PAYABLE)	17724.00		TDS on Salary(192)	5899375.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
EMD DEPOSIT WITH US	85000.00		TDS Outsider A/c(194J)	1213090.00	
M/S HRA EWASTE RECYCLER (EMD)	10000.00		Unspent GIA for IFY 2021	8000000.00	
M/S PEECOCK EVENTS & EXH (EMD)	20000.00		Sundry Creditors	187847430.00	
M/S SAINIK SECURITY SERVICE (EMD)	50000.00		ANSHUMAN KUMAR JHA (A/c PAYABLE)	536.00	
M/S TRANSSTADIA (Emd)	5000.00		Crescent Stationers	14229.00	
Security Deposit with Us	355000.00		DEPUTY COMMISSIONER CUM CHAIRMAN, DDMA	3806155.00	
M/S EXPRESSION 360 SERVICES (PERF SECURITY)	40000.00		DR. GURU DEO (YT) A/C PAYABLE	4240.00	
M/S SAM INTERNATIONAL (PER. SECURITY)	15000.00		DR. I.N. ACHARYA (A/C PAYABLE)	7646.00	
M/s SE TRANSTADIA (PERF. SECURITY)	300000.00		DR. INDU SHARMA (A/C PAYABLE)	62110.00	
Investments		100072.00	DR LAKSHMI KANDHAN (A/C PAYABLE)	6552.00	
FDR with PNB A/c	100072.00		K. DOREN SINGH (A/c PAYABLE)	11648.00	
Current Assets		993219.71	M/S AASHIRWAD SALES	2225.00	
Loans & Advances (Asset)	993219.71		M/S ADVENTS EVENTS & RESEARCH	243600.00	
ADV To Kul Bahadur	3438.00		M/S AGATH HEALTH CARE CO LTD THAILAND	137050.00	
LTC Advance	11187.00		M/S A.G.B. ENTERPRISES	139188.00	
National Film Development Corporation	271463.71		M/S AJAY SALES	58540.00	
Official Advances	707131.00		M/S A.K. ENTERPRISES	7000.00	
Indirect Incomes		267342583.20	M/S ALFA BIOMEDICAL CO.	1339.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
Application Fee From Candidates	106200.00		M/S ALIGHARH MUSLIM UNIVERSITY	150000.00	
CAUTION MONEY FOR LIBRARY MEMBERSHIP	12500.00		M/S ALVA EDUCATION FOUNDATION, KARNATAKA	150000.00	
CCYTA REG FEES	153733.00		M/S APEX BIOMEDS PVT. LTD	2750.00	
CCYWI (REG FEES)	1320050.00		M/S AQUA HILL SERVICES	85550.00	
DYSc 2022-23 ADMISSION FEES	2626198.20		M/S ARORA TOURIST COMPANY	224013.00	
Exam Fees A/c	128500.00		M/S ARORA TRAVELS	128793.00	
GENERAL CLASS REG FEES	1451981.00		M/S ART OF LIVING, BANGALORE	149270.00	
Interest on SB A/c	11244422.00		M/S ARYA PUBLISHING CO.	5063.00	
Interest Received on Fdr	5098.00		M/S ASHOK TRAVELS AND TOURS	1438444.00	
Library Books Overdue Charges	1795.00		M/S ASSOCHAM, JAI SINGH ROAD, ND	150000.00	
Library Membership Fee	21500.00		M/s ATAL BIHARI VAJAPAYEE UNI, CHATTIS	150000.00	
Medical Fee A/c	3900.00		M/S AYUSH TV KAMADHENU TELEFILMS PVT LTD	150000.00	
Misc. Income A/c	96000.00		M/S BAJAJ & CO.	31647.00	
M.Sc YOGA ADMISSION FEES	90100.00		M/S BARKATULLAH UNIVERSITY, BHOPAL	145957.00	
PGDYT ADMISSION FEES	5000.00		M/S BECIL	17497751.00	
PROSPECTUS CHARGES	121500.00		M/S BGM INTERNATIONAL	4998.00	
REG. FEE (CERTIFICATE COURSE FOR PARAMILITRY)	1040000.00		M/S BG SYSTEMS	129764.00	
REG FEES CCYPI	1323367.00		M/S BHAGWAN SHRI ASSOCIATES	4232.00	
REGISTRATION FEE AT SAI STADIA	100764.00		M/S BHARAT SWABHIMAN TRUST, SECUNDERABAD	150000.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
REGISTRATION FEE (FCY)	3877494.00		M/S BHARTIYA YOGA SANSTHAN, DELHI	150000.00	
REGISTRATION FEE (PRAN HEALDING)	100500.00		M/S BORRAMIC ELECTRIC & HARDWARE	2599.00	
REGISTRATION FORM CHARGES	134330.00		M/S BVM MEDI-TECH PVT. LTD	1996333.00	
RTI Receipt A/c	72.00		M/S CENTRAL HINDI DIRECTORATE	4760.00	
Sale of Scrappe Materials	1475100.00		M/S CENTRAL NEWS AGENCY	46754.00	
TENDER FEE	3000.00		M/S CENTRAL SANSKRIT UNIVERSITY	8797.00	
YCB REGISTRATION FEES	481654.00		M/S CENTURION UNIVERSITY, ODISHA	150000.00	
YCB VOLUNTEER FEES	262250.00		M/S CEVIOUS TECHNOLOGIES P LTD	12744.00	
YOGA ARTICLES CHARGES	19605.00		M/S CHASE AVAIN COMMUNICATION PVT. LTD	174000.00	
YOGA PUBLICATION CHARGES	900.00		M/S CHAUKAMBHA ORIENTALIA	61208.00	
Grant-in Aid Received	24000000.00		M/S COLOR BUSINESS CENTER	89680.00	
B.Sc.(Yoga Sciences)	1135070.00		M/S CONFEDERATION OF INDIAN INDUSTRY	150000.00	
Indirect Expenses		237759.09	M/S DAYA PRINTERS	47096.00	
CAUTION MONEY DYSc 2020-21	10000.00		M/S DEV SANKRITI UNIVERSITY, HARIDWAR	132147.00	
CAUTION MONEY DYSc 2021-22	15000.00		M/S DIGISOFT	19022.00	
Other Administrative Exp.	208759.09		M/S DIPAS, DELHI	25880.00	
Domestic Travelling Expenses	24349.00		M/S DIRECTORATE OF AYUSH, IMPHAL	150000.00	
Electricity Charges A/c	180367.00		M/S DIRECTORATE OF AYUSH, J&K	150000.00	
Office Expenses	3043.09		M/S DIRECTORATE OF AYUSH, MIZORAM	100000.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
Bank Charges A/c	3043.09		M/S D.K PRINT-WORLD PVT LTD	5063.00	
AROGYA MELA / EVENT ETC	1000.00		M/S DR HARI SINGH GOUR CEN. UNI. SAGAR, MP	150000.00	
YOGA FUSION PROGRAMMES	1000.00		M/S ELITE TRADING COMPANY	93900.00	
Swachta Action Plan Exp.	4000.00		M/S E MUDHRA LIMITED	195783.00	
Swachhta Action Plan Exp.	4000.00		M/S EXPRESSION 360 SERVICES PVT. LTD	3193609.00	
			M/S FINANCE OFFICER, HP, SUMMER HILL	150000.00	
			M/S FRIENDS PUBLICATIONS (IND)	3731.00	
			M/S FRIENDS SURGICALS DIVISION	109000.00	
			M/S GA DIGITAL WEB WORD PVT LTD	17996144.00	
			M/S GAYATRI PARIWAR TRUST	148374.00	
			M/S GEM OFFICE SOLUTION	26742.00	
			M/S GENTECH MARKETING & DISTRIBUTION PV LTD	3611210.00	
			M/S GITA PRESS (HO)	5200.00	
			M/S GLOBAL MARKETING CO.	347760.00	
			M/s GOOD YEAR SECURITY SERVICE	1224591.00	
			M/S GOVER COLLEGE OF YE & HEALTH, CHANDI	150000.00	
			M/S GOYAL PHOTO NEWS	112242.00	
			M/S GUJARAT STATE YOGA BOARD, GANDHI NAGAR	150000.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			MS. GUNJAN SACHDEV (A/C PAYABLE)	11834.00	
			M/S GURUKUL KANGRI UNIVERSITY, HARIDWAR	150000.00	
			M/S HARSH INDUSTRIES	401000.00	
			M/S HIND DIGITAL PVT LTD	20880.00	
			M/S HOTEL SAMRAT	61787.00	
			M/S HOTEL SPB 87	4918.00	
			M/S H.S. ENTERPRISES	253000.00	
			M/S HSK & ASSOCIATES	86400.00	
			M/S IMMUNOCONCEPT INDIA PVT. LTD	276465.00	
			M/S INDIAN ASSOCIATION OF YOGA	1000.00	
			M/S INDIRA GANDHI NAT UNI, MP	150000.00	
			M/S INSTITUTE OF ADVANCED CAREERS	34915.00	
			M/S INTERNATIONAL YOUTH HOSTEL	282600.00	
			M/S IRVIN ROAD SERVICE STATION	35968.00	
			M/S ITDC	116970.00	
			M/S JAINEX INFO-SYS	181704.00	
			M/S JSS INSTITUTE OF NAT. & YOGIC, COINBATORE	129385.00	
			M/S KAIVALYADHAM SMYM SAMITI, PUNE	150000.00	
			M/S KAMLESHWAR SINGH	19600.00	
			M/S KITAB MAHAL PUBLISHERS	2813.00	
			M/S K.N. FIRE SAFETY SERVICE	4872.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			M/s KRISHNAM-ACHARYA, CHENNAI	150000.00	
			M/S KRISH SURGICALS	10200.00	
			M/S K.R. MAURYA ELECTRONICS	5407.00	
			M/S LAKULISH YOGA UNIVERSITY, AJM, GUJARAT	131219.00	
			M/S LEARNING SPIRAL PVT LTD	10791.00	
			M/S LITTLE MORE ADS	137984.00	
			M/S LSR ENTERPRISES	68688.00	
			M/S MAHABODHI INTERNATIONAL MED, LADHAKH	150000.00	
			M/S MAHER GENERAL	150000.00	
			MS. MANJOT KAUR (PAYABLE )	2520.00	
			M/S MEDHAVI TRENDZ	5494.00	
			M//S MEGHA COMFORTS	41400.00	
			M/S MILLENNIUM ENTERPRISES	19502.00	
			M/S MITTAL FILE MANUFACTURING	116950.00	
			M/S MODSHIELD PESTCON	73165.00	
			M/S MOKSHAYATAN YOGA SANSTHAN, SHARANPUR	150000.00	
			M/S MOTILAL BANARSIDASS PUB. ND	61616.00	
			M/S M.V & CO.	54542.00	
			M/S NAADAURA MUSICAL ODYSSEY	42000.00	
			M/S NAMO INDIA	188500.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			M/S NATIONAL AYUSH MISSION, DIRC. NAGALAND	150000.00	
			M/S NATIONAL INSTITUTE OF HOMEOPATHY, KOLKATA	54689.00	
			M/S NATIONAL INSTITUTE OF NATUROPATHY, PUNE	150000.00	
			M/S NATIONAL INSURANCE CO. LTD	58729.00	
			M/S NATURE CURE HOSPITAL VISHAKHAPATNAM	100000.00	
			M/S NET PROPHETS CYBERWORKS PVT. LTD	13346.00	
			M/S NEW AGE YOGA INSTITUTE, MUMBAI	43782.00	
			M/S NIKHIL OFFSET	93666.00	
			M/S OM ARHAM SOCIAL WELFARE FOUNDATION, MANDSAUR	150000.00	
			M/S OMM SHREE TRADERS	100227.00	
			M/S OM STERLING GLOBAL UNIVERSITY, HARYANA	150000.00	
			M/S OSCAR DIAGNOSTIC SER. PVT LTD	29362.00	
			M/S PANCHTATVA ADVERTISING	401360.00	
			M/S PANTHERMAX	7056.00	
			M/S PARAMJEET TOUR & TRAVELS	151317.00	
			M/S PARAVIDYA RESEARCH FOUNDATION	15000.00	





Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			M/S PARMARTH NIKETAN, RISHIKESH	150000.00	
			M/S PARWATI ENTERPRISES	125050.00	
			M/S PEECOCK EVENTS & EXHIBITIONS PV LTD	2086552.00	
			M/S PERFECT SOLUTIONS	2547.00	
			M/S PQMS QUALITY SERVICES P LT, LUDHIANA	75251.00	
			M/S PRASAD PSYCHO CORPORATION	10692.00	
			M/S PRATIBIMB	506920.00	
			M/S PREKSHA FOUNDATION, LADNUN	92886.00	
			M/S PRINT PUBLICATIONS PVT.LTD	2500.00	
			M/S PRISHA ENTERPRISES	280000.00	
			M/S PUBLICATION DIVISION	1060.00	
			M/S QUALITY COUNCIL OF INDIA	35400.00	
			M/S RAINBOW ADVERTISING	17400.00	
			MS/ RAJPAL & SONS DELHI	8044.00	
			M/S RAMAKRISHNA MISSION ASHRAM, JHARKHAND	150000.00	
			M/S RAMAKRISHNA MISSION VIVEK. UNIVERSITY, WB	150000.00	
			M/S RAMSONS LOGISTICS	80771.00	
			M/S RECKON MARKETING SERVICES	106200.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			M/S RED FLOWER PUBLICATION PVT. LTD	41000.00	
			M/S R.K ENTERPRISES	4245.00	
			M/S R R GUPTA & SONS	2283857.00	
			M/S R.S. ENTERPRISES	39022.00	
			M/S RUCHI FASHIONS	453561.00	
			M/S SAHITYA AMRIT	700.00	
			M/S SANKAT MOCHAN YOGA RESE. VRINDAVAN	150000.00	
			M/S SANT HIRADAM MEDICAL COLLEGE, BHOPAL	111802.00	
			M/S SARVESH SECURITY SERVICES PVT. LTD	1969540.00	
			M/S SATS PAY & PLAY SCHEME	43600.00	
			M/S SATWA SCHOOL OF YOGA	111520.00	
			M/S SATYAM PUBLISHING HOUSE	25008.00	
			M/S SDM COLLEGE OF NATUROPATHY, KARNATAKA	150000.00	
			M/S SEETHA-LAKSHMI RAMASWAMI COLLEGE	150000.00	
			M/S SETU PRAKASHAN PVT LTD	1200.00	
			M/S SHANKAR ENTERPRISES	2000.00	
			M/S SHIVALIK PRAKASHAN	9935.00	
			M/S SHIWANG ENTERPRISES	161756.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			M/S SHOOLINI UNIVERSITY, HP	150000.00	
			M/S SHOURYA ENTERPRISES	32214.00	
			M/S SHREE HANUMAN VYAYAM PRASARAK, AMRAVATI	150000.00	
			M/S SHREE KRISHNA ENTERPRISES	1500.00	
			M/S SHREE MANOHAR ENTERPRISES	3500.00	
			M/S SHREE RAMAKRISHNA MISSION, TAMIL NADU	150000.00	
			M/S SKRSPM SRI VEDAVYASA, MYSURU	136000.00	
			M/S SLEEN INDIA BIZ VENTURE P LTD	7080.00	
			M/S SNAPRABBIT INDIA PVT LTD.	13880.00	
			M/S SOFTLINK ASIA PVT LTD	18586.00	
			M/S SONY OFFICE SOLUTIONS	1362.00	
			M/S SRI BALAJI VIDYAPEETH, PUDUCHERRY	150000.00	
			M/S SRI JANARDAN SWAMI YOGABHYASI MANDAL, NAGPUR	37500.00	
			M/S SRI RAJCHANDRA MISSION, GUJARAT	150000.00	
			M/S SRI SRI UNIVERSITY CUTTACK, ODISHA	150000.00	
			M/S STUDIO PRINTCOM	461900.00	
			M/S SUBODH KUMAR RAI	41889.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			M/S SUNDERBHAI PHOOL CHAND JI ADARSH, MP	140500.00	
			M/S SUPER ADS	1392000.00	
			M/S SURYA FOUNDATION	150000.00	
			M/S SURYODAYA SEVA SAMITI, UK	150000.00	
			M/S S.V. ENTERPRISES	7250.00	
			M/S SWAMI RAMA HIMALAYAN UNIV. DEHRADUN	126978.00	
			M/S TEG CORPORATION	239990.00	
			M/S THAKUR CATERERS	419021.00	
			M/S THE ASHOK A UNIT OF ITDC	114780.00	
			M/S THE BLDE KARNATKA	330000.00	
			M/S THE MAHAPURUSHA SRIMANTA, ASSAM	150000.00	
			M/S THE PRAGYA YOGA & WELLNES, SINGAPORE	150000.00	
			M/s THE YOGA INSTITUTE, MUMBAI	150000.00	
			M/S THOMAS COOK INDIA LTD	90231154.00	
			M/S THOUGHTSOL INFOTECH PVT LTD	1248960.00	
			M/S TRANS STADIA PVT LTD, AHMEDABAD	150000.00	
			M/S TRIVEDI BROTHERS.	19044.00	
			M/S UDUPI ENTERPRISES	4608.00	
			M/S UINVOLVE PVT. LTD	205900.00	
			M/S UNITY ENTERPRISES	91500.00	



Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			M/S UNIVERSAL YOGA CONS., KERALA	150000.00	
			M/S UTTAM SCHOOL FOR GIRLS, GHZ	123986.00	
			M/S VANSH ENTERPRISES	4544.00	
			M/S V.C. TRADING COMPANY	4900.00	
			M/S VELOCIS SYSTEMS PVT LTD	46203.00	
			M/S VERTEX HOSPITALITY CO. P LTD	809647.00	
			M/S VIBA PRESS PVT. LTD	337074.00	
			M/S VIDEO PRODUCTION HOUSE	1985920.00	
			M/S V. INFOSYS SOLUTION	3699950.00	
			M/S VISHWA YUVA KENDRA	339994.00	
			M/S VIVEKANANDA PRATISHTHAN PARISHAD, KHUREJI DELHI	150000.00	
			M/S VIVEK SHRISHTI TRUST, SADHANALAYA	149150.00	
			M/S VODACOM TECHNOLOGIES PV LT	21332.00	
			M/S WINTEX APPAREL LTD	90125.00	
			M/S WOLTERS KLUWER IND. PVT LTD	41430.00	
			M/S YOGA JIVANA SATSANGHA, ICYER	30240.00	
			M/S YOGA VIDYA DHAM, NASIK	143294.00	
			M/S YOGA VIDYA NIKETAM, MUMBAI	103222.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			M/S YWCA OF DELHI	47723.00	
			M/S Z & I TRADING COMPANY	9000.00	
			MTNL	1347676.00	
			NAND KISHORE (PAYABLE)	16739.00	
			NDMC NEW DELHI	6999122.00	
			PHOOL CHAND (A/C PAYABLE)	50646.00	
			Premanand Canteen Contractor	175633.00	
			RAHUL SINGH CHAUHAN (ACC PAYABLE)	37152.00	
			RAVINDAR KUMAR YADAV (ACC. PAYABLE)	3319.00	
			R.M. BAGAI (ADVOCATE)	263430.00	
			SAHAKAR BHARATI, ASSAM	196000.00	
			Sainik Security Services A/c	1690282.00	
			SH. SANJEEV YADAV (ADVOCATE)	23760.00	
			SH. YOGI UDAI (A/C PAYABLE)	5846.00	
			SMS WATER GRACE BMW LTD	17661.00	
			THE MEDPLAN CONSERVATORY SOCEITY	1600.00	
			VARSHA PHALE MUKHERJEE (A/C PAYABLE)	1663.00	
			VINAY KUMAR BHARATI (PAYABLE)	2770.00	
			EMD DEPOSIT WITH US	50000.00	
			M/S SAINIK SECURITY SERVICE (EMD)	50000.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			Security Deposit with Us	31000.00	
			INDIAN PEST CONTROL CO. (Performance Sec.)	6000.00	
			M/S ADISON EQUIPMENT COMPANY (PER. SECURITY)	25000.00	
			Fixed Assets		
			Library Books A/c	800.00	800.00
			Investments		
			FDR with BOB	126300000.00	126300000.00
			Current Assets		
			ADVANCE TO DOREN SINGH	120000.00	31049158.00
			Loans & Advances (Asset)	30929158.00	
			ADVANCE TO M/SE TRANSSTADIA	2352000.00	
			Advance to Outsiders A/c	13511704.00	
			Advance to Sh. Vinay Kr. Bharti, Y.I. Gr.A	242460.00	
			ADV To Kul Bahadur	20500.00	
			LTC Advance	610887.00	
			National Film Development Corporation	11381679.00	
			WEBTEL ELECTRO-SOFT PVT. LTD.	24950.00	
			Official Advances	2784978.00	
			Indirect Incomes		
			CCYWI (REG FEES)	98000.00	890350.00
			DYSc 2022-23 AD-MISSION FEES	28800.00	
			Exam Fees A/c	500.00	
			REG FEES CCYPI	99250.00	
			REGISTRATION FEE (FCY)	105750.00	
			REGISTRATION FEE (PRAN HEALDING)	7250.00	
			YCB VOLUNTEER FEES	550800.00	

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			Indirect Expenses		
			CAUTION MONEY DYSc 2020-21	5000.00	34422707.58
			CAUTION MONEY DYSc 2021-22	375000.00	
			CAUTION MONEY M.Sc (2019-21)	20000.00	
			Fcywsc Share Exp.	450000.00	
			GIA TO YCB	15000000.00	
			IDY - 2022 EXPENS- ES	157449.00	
			Other Administrative Exp.	12708204.58	
			B.Sc. (Yoga Science) Expense	4170.00	
			CAUTION MONEY DYSc 2017-18	7500.00	
			CAUTION MONEY DYSc 2019-20	15000.00	
			CAUTION MONEY OF DYSc 2018-19	10000.00	
			Conveyance Expenses A/c	26950.00	
			Domestic Travelling Expenses	615351.00	
			Fuel Charges	4350.00	
			Laboratory Consum- ables	1301.00	
			Medical Reimburse- ment A/c	6864264.00	
			Meeting & Refresh- ment Expns.	119538.00	
			OFFICE EXPENSES	51381.00	
			PROPERTY TAX	1697747.00	
			Repair & Maint. (Gen.) A/c	35946.00	
			Sitting Charges A/c	159500.00	
			SPORTS ACTIVITY EXPENSES	16500.00	
			UNIVERSITY CHARGES	347740.00	
			YCB ACCREDITA- TION FEES	38300.00	



Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			Office Expenses	66899.58	
			Bank Charges A/c	47421.58	
			Freight & Cartage A/c	2155.00	
			PRINTING/STATIONERY/CERTIFICATES	17323.00	
			Other Charges	42274.00	
			Specific Fund	42274.00	
			AIIMS PROJECT	42274.00	
			AROGYA MELA / EVENT ETC	2116745.00	
			AROGYA Mela Expenses	586872.00	
			SEMINARS & CONFERENCE	123062.00	
			YOGA FUSION PROGRAMMES	44000.00	
			Yoga Mahotsav - 2022	98400.00	
			YOGA MAHOTSAV 2023	1264411.00	
			RAJBHASHA HINDI EXP	345858.00	
			Hindi Pakhwara Expenses	66891.00	
			Hindi Rajbhasha (Plan)	278967.00	
			REMUNERATION TO CONTRACT STAFF	30090.00	
			Remuneration (BIS STAFF)	30090.00	
			YCB EXPENSES AGAINST GIA	90800.00	
			YOGA CERTIFICATION BOARD (YCB)	90800.00	
			Establishment Expenses	5491248.00	
			Children Education Allowance A/c	526500.00	
			Honorarium to Staff	107080.00	
			Leave Encashment A/c	3179971.00	

## Annual Report 2022-23

Receipts	AMOUNT (INR)		Payments	AMOUNT (INR)	
			Leave Salary Contribution	110764.00	
			LTC Expenses	262115.00	
			Pay and Allowances	1031011.00	
			Pension Contribution	211459.00	
			Premium on GSAI A/c	26536.00	
			REIMBURSEMENT OF NEWS PAPER BILL	17700.00	
			REIMBURS. OF TELEPHONE EXPENSES	18112.00	
			IDY 2022 EXP	171462.00	
			25 Days to IDY (LBS HYDERABAD) EXP	154172.00	
			PREPARATORY MEETING FOR IDY 2022 EXP	17290.00	
			Swachta Action Plan Exp.	44344.00	
			Swachhta Action Plan Exp.	44344.00	
			Closing Balance		
			Bank Accounts	522645527.15	522650029.15
			BOB A/C NO 26030100006213	502748129.25	
			Punjab National Bank A/c	19897397.90	
			Cash-in-Hand	4502.00	
			Cash A/c	4086.00	
			Postal Order	416.00	
Total		1042382674.73	Total		1042382674.73

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023  
Place: New Delhi

## MORARJI DESAI NATIONAL INSTITUTE OF YOGA

(Ministry of Ayush, Govt. of India)  
68, Ashok Road, New Delhi-110 001

### BALANCE SHEET OF MDNIY EMPLOYEES CP FUND AS ON 31.03.2023

(Amount - Rs.)

CORPUS/CAPITAL FUND AND LIABILITIES	Schedule	Current Year (2022-23)	Previous Year (2021-22)
CORPUS/CAPITAL FUND	1	39,036,638.00	44,913,416.00
RESERVES AND SURPLUS	2	401,435.00	-74,447.72
EARMARKED/ ENDOWMENT FUNDS	3	-	-
SECURED LOANS AND BORROWINGS	4	-	-
UNSECURED LOANS AND BORROWINGS	5	-	-
DEFERRED CREDIT LIABILITIES	6	-	-
CURRENT LIABILITIES AND PROVISION	7	-	-
<b>TOTAL</b>		<b>39,438,073.00</b>	<b>44,838,968.28</b>
<b>ASSETS</b>			-
FIXED ASSETS	8	-	-
INVESTMENTS - FROM EARMARKED / EN- DOWMENT FUNDS	9	23,667,680.00	34,490,437.00
INVESTMENTS - OTHERS	10	-	-
CURRENT ASSETS, LOANS, ADVANCES ETC.	11	15,770,393.00	10,348,531.28
<b>TOTAL</b>		<b>39,438,073.00</b>	<b>44,838,968.28</b>
SIGNIFICANT ACCOUNTING POLICIES	24		
CONTINGENT LIABILITIES AND NOTES ON ACCOUNTS	25		
		-	-

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi



**INCOME AND EXPENDITURE ACCOUNT OF MDNIY CP FUND FOR THE YEAR ENDED 31.03.2023**

INCOME	Schedule	Current Year (2022-23)	Previous Year (2021-22)
Income from Sales/Services	12	-	-
Grants/Subsidies	13	-	-
Fees/Subscription	14	-	-
"Income from Investments (Income on Invest. from Earmarked/ Endow. Funds transferred to Funds)"	15	-	-
Income from Royalty, Publications etc	16	-	-
Interest Earned	17	2,537,846.00	1,711,059.00
Other Income	18	-	-
Increase/(Decrease) in stock in Finished goods and works in progress	19	-	-
<b>TOTAL (A)</b>		<b>2,537,846.00</b>	<b>1,711,059.00</b>
<b>EXPENDITURE</b>			
Establishment Expenses	20	-	-
Other Administrative Expenses etc	21	109.00	240.72
Expenditure on Grants, Subsidies etc	22	-	-
Interest	23	2061854.00	3,025,317.00
Depreciation (Net Total at the year end-corresponding to Schedule 8)			
<b>TOTAL (B)</b>		<b>2,061,963.00</b>	<b>3,025,557.72</b>
<b>Balance being excess of Income over Expenditure (A-B)</b>		<b>475,883.00</b>	<b>-1,314,498.72</b>
Transfer to Special Reserve (Specify each)			-
Transfer to/from General Reserve		475,883.00	1,314,498.72
<b>BALANCE BEING SURPLUS/(DEFECIT) CARRIED TO CORPUS/CAPITAL FUND</b>	24	-	-
SIGNIFICANT ACCOUNTING POLICIES CONTINGENT LIABILITIES AND NOTES ON ACCOUNTS	25		

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023  
Place: New Delhi

## MORARJI DESAI NATIONAL INSTITUTE OF YOGA

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### SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023

SCHEDULES 1 - CORPUS/ CAPITAL FUND:	Current Year ( 2022-23)		Previous Year (2021-22)	
<b>a) Members Own Deposit</b>				
Balance as at the beginning of the year	25,441,582.00		38,461,648.00	
Add: Received during the year	2879600.00		3,578,200.00	
Add: Interest for the current year	1541477.00		1,711,672.00	
Less: Final payment during the year:	7703883.00	22,158,776.00	18,309,938.00	25,441,582.00
<b>b) Employer's Contribution</b>				
Balance as at the beginning of the year	19,471,834.00		22,381,195.00	
Add: Received during the year	1200000.00		2,190,800.00	
Add: Interest for the current year	1145311.00		1,313,645.00	
Less: Final payment during the year	4939283.00	16,877,862.00	6,413,806.00	19,471,834.00
<b>BALANCE AS AT THE YEAR END</b>		<b>39,036,638.00</b>		<b>44,913,416.00</b>
<b>SCHEDULES 2 - RESERVES AND SURPLUS</b>				
1. Capital Reserve :				
2 Revaluation Reserve :				
3. Special Reserve :				
4. General Reserve :				
As per Last Account	- 74,448.00		1,240,051.00	
Addition during the year	475,883.00		-	
Less: Deductions during the year	-	401,435.00	1,314,498.72	-74447.72
<b>TOTAL</b>		<b>401,435.00</b>		<b>-74,447.72</b>

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

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**SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023**

SCHEDULE 3 - EARMARKED/ ENDOWMENT FUNDS a) Sundry Fund	Current Year (2022-23)		Previous Year (2021-22)	
As per last balance sheet	-		-	
Add: Amt. trf. Out of prov. For leave Encashment (NP)	-		-	
Less: Transferred to Income & Expenditure a/c	-	-	-	-
<b>NET BALANCE AS AT THE EAR END</b>		-		-

**Notes**

- 1) Disclosures shall be made under relevant heads based on conditions attaching to the grants
- 2) Funds received from the Central/State Governments are to shown as separate Funds and not to be mixed up with any other Funds

SCHEDULE 4 - SECURED LOANS AND BORROWINGS	Current Year (2022-23)		Previous Year (2021-22)	
1 Central Government		-		-
2 State Government (Specify)		-		-
3 Financial Institutions		-		-
4 Banks		-		-
- Interest accrued and due		-		-
5 Others (Specify)		-		-
<b>TOTAL</b>		-		-

**Note: Amounts due within one year**

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

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Director

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Place: New Delhi

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SCHEDULE 5 - UNSECURED LOANS AND BORROWINGS	Current Year (2022-23)		Previous Year (2021-22)	
1 Central Government	-		-	
2 State Government (Specify)	-		-	
3 Financial Institutions	-		-	
4 Banks	-		-	
5 Other Institutions and Agencies	-		-	
6 Debentures and Bonds	-		-	
7 Others (Specify)	-		-	
<b>TOTAL</b>	-		-	

SCHEDULE 6 - DEFERRED CREDIT LIABILITIES	Current Year (2022-23)		Previous Year (2021-22)	
a) Acceptances secured by hypothecation of capital equipment and other assets	-		-	
b) Others	-		-	
<b>TOTAL</b>	-		-	

**Note: Amounts due within one years**

SCHEDULE 7 - CURRENT LIABILITIES AND PROVISIONS	Current Year (2022-23)		Previous Year (2021-22)	
<b>Sundry Creditors</b>				
a) Ex. Members Own Deposit	-		-	
b) MDNIY	-		-	
Others	-		-	
<b>TOTAL</b>	-		-	

(Anshuman Kumar Jha)  
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(Md. Taiyab Alam)  
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(Dr. I. V. Basavaraddi)  
Director

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Place: New Delhi



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

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**SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023**

**SCHEDULE 8 - FIXED ASSETS**

(Amount - Rs.)

DESCRIPTION	GROSS BLOCK				DESCRIPTION				NET BLOCK	
	Cost/valuation as at beginning of the year	Additions during the year	Deductions during the year	Cost/valuation as at end of the year	As at the Beginning of the year	On Additions during the year	On Deductions during the year	Total up to the Year - end	Current Year - end	As at previous Year - end
<b>A. fixed Assets</b>										
1 Land										
2 Buildings										
3 Plant Machinery & Equipment	-	-	-	-	-	-	-	-	-	-
4 Vehicles	-	-	-	-	-	-	-	-	-	-
5 Furniture, Fixtures	-	-	-	-	-	-	-	-	-	-
6 Office Equipment	-	-	-	-	-	-	-	-	-	-
7 Computer/Peripherals	-	-	-	-	-	-	-	-	-	-
8 Electric Installations	-	-	-	-	-	-	-	-	-	-
9 Other Fixed Assets	-	-	-	-	-	-	-	-	-	-
<b>TOTAL OF CURRENT YEAR</b>	-	-	-	-	-	-	-	-	-	-
<b>PREVIOUS YEAR (A)</b>	-	-	-	-	-	-	-	-	-	-

(Note to be given as to cost of assets on hire purchase basis included above)

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi





## MORARJI DESAI NATIONAL INSTITUTE OF YOGA

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### SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023

(Amount - Rs.)

SCHEDULE 9 - INVESTMENTS FROM EARMARKED/ENDOWMENT FUNDS	Current Year 2022-23		Previous Year (2021-22)
a FDR with SBI	-		11,090,232.00
FDR with Bank of Baroda	21,995,801.00		21,728,326.00
Mutual Funds with SBI	1,671,879.00	23,667,680.00	1,671,879.00
<b>TOTAL</b>		<b>23,667,680.00</b>	<b>34,490,437</b>

SCHEDULE 10 - INVESTMENTS - OTHERS	Current Year 2022-23		Previous Year 2021-22
1 In Government Securities	-		-
2 Other Approved Securities	-		-
3 Shares	-		-
4 Debentures and Bonds	-		-
5 Subsidiaries and Joint Ventures	-		-
<b>TOTAL</b>		-	-

SCHEDULE 11 - CURRENT ASSETS, LOANS, ADVANCES ETC	Current Year 2022-23		Previous Year 2021-22
a) Advance to Members	1,367,952.00		1,470,716.00
b) Accrued Interest on FDR	2,547,234.00		1,788,024.00
c) TDS Exemption claim	4,255,236.00		4,148,006.00
d) Cash in Hand	-		-
e) <b>Bank Balances:</b>			
Bank of Baroda A/C No. 26030100006374	946,686.00		106,071.00
SBI a/c no. 10569547791	1,078,010.00		824,284.00
SBI a/c No.67165856251	5,575,275.00		2,011,430.28
<b>TOTAL</b>		<b>15,770,393.00</b>	<b>10,348,531.28</b>

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

(Ministry of Ayush, Govt of India)  
68, Ashok Road, New Delhi-110 001

**SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023**

(Amount - Rs.)

<b>SCHEDULE 12 - INCOME FROM SALES/SERVICE</b>		<b>Current Year (2022-23)</b>	<b>Previous Year (2021-22)</b>
a)	Income from Sale and Services	-	-
	<b>TOTAL</b>	-	-

<b>SCHEDULE 13 - GRANTS/SUBSIDIES</b>		<b>Current Year (2022-23)</b>	<b>Previous Year (2021-22)</b>
(Irrevocable Grants & Subsidies Received)			
	B/F Unspent Grants of Previous year	-	-
Add:	Grant-in-Aid received from M/O H&FW Govt. of India	-	-
Add:	Transferred from Sundry Fund (Plan)	-	-
Add:	Transferred from Sundry Fund (Non-Plan)	-	-
Less:	Trf to Fixed Assets Fund	-	-
Less:	Transferred to Sundry Fund (Plan)		
Less:	Trf to MHFW Grant Carry & B/F (Plan)	-	-
Less:	Trf to MHFW Grant Carry & B/F (Non-Plan)	-	-
	<b>TOTAL</b>	-	-

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi

**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

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**SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023**

(Amount - Rs.)

<b>SCHEDULE 14 - FEES/SUBSCRIPTION</b>		<b>Current Year (2022-23)</b>	<b>Previous Year (2021-22)</b>
1)	Tuition Fees	-	-
2)	Reg Charges	-	-
3)	Examination Fees DTS	-	-
<b>TOTAL</b>		-	-
Note : Accounting Policies towards each item are to be disclosed			

<b>SCHEDULE 15 - INCOME FROM INVESTMENTS</b> (Income on Invest. From earmarked/endowment funds transferred to Funds)		<b>Current Year (2022-23)</b>	<b>Previous Year (2021-22)</b>
1)	Interest		
	a) On Govt. Securities	-	-
	b) Other Bonds/Debentures	-	-
2)	Dividends		
	a) On Shares	-	-
	b) On Mutual Fund Securities	-	-
<b>TOTAL</b>		-	-
<b>TRANSFERRED TO EARMARKED / ENDOWMENT FUNDS</b>		-	-

<b>SCHEDULE 16 - INCOME FROM ROYALTY, PUBLICATION ETC</b>		<b>Current Year (2022-23)</b>	<b>Previous Year (2021-22)</b>
1)	Income from Royalty	-	-
2)	Income from Publication	-	-
<b>TOTAL</b>		-	-

(Anshuman Kumar Jha)  
Accounts Officer(Md. Taiyab Alam)  
I/C Dy. Director (F&A)(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

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**SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023**

(Amount - Rs.)

<b>SCHEDULE 17 - INTEREST EARNED</b>		<b>Current Year (2022-23)</b>	<b>Previous Year (2021-22)</b>
1)	Interest on Investment	1,322,607.00	1,579,799.00
2)	Dividend on Mutual Funds	-	-
3)	Interest on SB A/c Deposit	1,215,239.00	131,260.00
4)	Others Interest	-	-
<b>TOTAL</b>		<b>2,537,846.00</b>	<b>1,711,059.00</b>

Note: Tax Deducted at source to be indicated

<b>SCHEDULE 18 - OTHER INCOME</b>		<b>Current Year (2022-23)</b>	<b>Previous Year (2021-22)</b>
1	Members Own Subs. Adjustment A/c	-	-
2	Miscellaneous Income	-	-
<b>TOTAL</b>		<b>-</b>	<b>-</b>

<b>SCHEDULE 19 - INCREASE/(DECREASE) IN STOCK OF FINISHED GOODS &amp; WORK IN PROGRESS</b>		<b>Current Year (2022-23)</b>	<b>Previous Year (2021-22)</b>
a)	Closing Stock		
	Finished Goods	-	-
	Work In Progress		
b)	Less: Opening Stock		
	Finished Goods	-	-
	Work In Progress	-	-
<b>NET INCREASE/(DECREASE) [a-b]</b>		<b>-</b>	<b>-</b>

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy. Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**

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**SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.03.2023**

(Amount - Rs.)

<b><u>SCHEDULE 20 - ESTABLISHMENT EXPENSES</u></b>		<b>Current Year (2022-23)</b>	<b>Previous Year (2021-22)</b>
1)	Salaries and Wages	-	-
2)	Allowances and Bonus	-	-
<b>TOTAL</b>		<b>-</b>	<b>-</b>
<b><u>SCHEDULE 21 - OTHER ADMINISTRATION EXPENSES</u></b>		<b>Current Year (2022-23)</b>	<b>Previous Year (2021-22)</b>
1)	Bank Charges	109.00	240.72
<b>TOTAL</b>		<b>109.00</b>	<b>240.72</b>
<b><u>SCHEDULE 22 - EXPENDITURE ON GRANTS, SUBSIDIES</u></b>		<b>Current Year (2022-23)</b>	<b>Previous Year (2021-22)</b>
a)	Grants given to Institutions/Organisations	-	-
b)	Subsidies given to Institutions/Organisations	-	-
<b>TOTAL</b>		<b>-</b>	<b>-</b>
<b><u>SCHEDULE 23 - INTEREST</u></b>		<b>Current Year (2022-23)</b>	<b>Previous Year (2021-22)</b>
a)	Interest on Members Own Deposit	1,541,477.00	1,711,672.00
b)	Interest on Employers contribution to Members	1,145,311 .00	1,313,645.00
c)	Mem. Emp. Cont. adj)	-624,934 .00	-
<b>TOTAL</b>		<b>2,061,854.00</b>	<b>3,025,317.00</b>

(Anshuman Kumar Jha)  
Accounts Officer(Md. Taiyab Alam)  
I/C Dy. Director (F&A)(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023

Place: New Delhi



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**  
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68, Ashok Road, New Delhi-110 001  
**SCHEDULES FORMING PART OF THE ACCOUNTS FOR THE PERIOD**  
**ENDED 31.03.2023**

**SCHEDULE 24 - SIGNIFICANT ACCOUNTING POLICIES**

**1 ACCOUNTING CONVENTION**

The financial Statement are prepared on the basis of historical cost convetion, unless otherwise stated and on the accrual method of accounting.

**2 INVENTORY VALUATION**

2.1 Not applicable

**3 INVESTMENTS**

3.1 Investments classified as "long term investments"are carried at historical value. Provision for decline, other tha temporary, is made in carrying cost of such investments.

3.2 Investments classified as "Current" are carried at lower of cost ad fair value. Provision for Shortfall on the value of such investments is made for each investment considered individually and not on a global basis.

3.3 Cost includes acquisition expenses like brokerage, transfer stamps.

**4 EXCISE DUTY**

Not applicable.

**5 FIXED ASSETS**

Not applicable.

**6 DEPRECIATION**

Not applicable.

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy.Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023  
Place: New Delhi

**7 MISCELLANEOUS EXPENDITURE**

Not Applicable

**8 ACCOUNTING FOR SALES**

Not Applicable

**9 GOVERNMENT GRANT/SUBSIDIES**

Not Applicable

**10 FOREIGN CURRENCY TRANSACTIONS**

10.1 Not Applicable

**11 LEASE**

Not applicable

**12 RETIREMENT BENEFITS**

12.1 Payment of liability towards own subscription and employers contribution on actual basis.

**SCHEDULE 25 - CONTINGENT LIABILITIES AND NOTES ON ACCOUNTS**

**1 CONTINGENT LIABILITIES**

1.1 Unclaimed funds is being transferred to income account.

1.3 Disputed demands in respect of:

Income Tax Rs...Nil. (Previous Year Rs...Nil) Sales Tax Rs.Nil (Previous Year Rs...NIL.)

Municipal Taxes Rs...Nil (Previous Year Rs...Nil)

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy.Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

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## MORARJI DESAI NATIONAL INSTITUTE OF YOGA

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### 2 CAPITAL COMMITMENTS

Estimated value of contracts remaining to be executed on capital account and not provided for (net of advances) Rs...Nil (Previous Year Rs Nil)

### 3 LEASE OBLIGATION

Future obligation for rentals under finance lease arrangements for plant and machinery amount to Rs...Nil. (Previous Year Rs.Nil)

### 4 CURRENT ASSETS, LOANS AND ADVANCES

In the opinion of the Management, the current assets, loans and advances have a value on realization in the ordinary course of business, equal atleast to the aggregate amount shown in the Balance Sheet

### 5 TAXATION

In view of there being no taxable income under Income-tax Act, 1961, no provision for Income Tax has been considered necessary.

### 6 FOREIGN CURRENCY TRANSACTIONS

6.1 Value of Imports Calculated on CIF Basis

6.2 Expenditure in foreign currency

6.3 NIL

7 Corresponding figures for the previous year have been regrouped/rearranged, whenever necessary.

8 Schedules 1 to 25 are annexed to and form an integral part of Balance Sheet as at 31.03.2023 and the Income & Expenditure Account for the year ended on that date.

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
I/C Dy.Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023  
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**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**  
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RECEIPTS AND PAYMENTS ACCOUNT OF MDNIY EMPLOYEES' CP FUND FOR THE YEAR ENDED ON 31ST MARCH, 2023

(Amount - Rs.)

RECEIPTS	Current Year (2022-23)	Previous Year (2021-22)	PAYMENTS	Current Year (2022-23)	Previous Year (2021-22)
<b>I. Opening Balances</b>			<b>I. Expenses</b>		
BOB A/C NO. 26030100006374	106,071.00	103,725.00	Bank Charges	109.00	241.00
SBI A/C NO 10569547791	824,285.00	1,209,677.00	<b>II) Investments and Deposits made in</b>		
SBI A/C NO.67165856251	2,011,430.00	4,255,917.00	FDR with Bank of Baroda		
<b>II. Interest Received</b>			FDR with SBI	6,780,300.00	
Interest received on FDR	429,101.00	339,898.00			
Interest on SB A/c	88,085.00	131,260.00	<b>III Other Payments</b>		
Accrued Interest	292,952.00		Final Payment from Own Subscription	7,703,883.00	18,309,938.00
<b>III Investment Matured</b>			Final Payment from Employer's cont.	4,939,283.00	6,413,806.00
Fixed Deposit Matured	18,479,605.00	22,880,818.00	Advance to Members	450,000.00	480,000.00
			TDS Exemption	15,281.00	-
			Employers Contribution adjustment	3,870,000.00	-
<b>IV. Other Receipts</b>			<b>IV Closing Balance</b>		
- Employees Subscription	2,879,600.00	3,578,200.00	BOB A/C NO. 26030100006374	946,686.00	106,071.00
- Employees Refund of Advances	552,764.00	388,632.00	SBI A/C NO 10569547791	1,078,010.00	824,284.00
- Employer's Contribution	1,200,000.00	2,190,800.00			
Members Employers cont adjustment	4,494,934.00	-	SBI A/C NO.67165856251	5,575,275.00	2,011,430.00
<b>GRAND TOTAL</b>	<b>31,358,827.00</b>	<b>35,078,927.00</b>	<b>GRAND TOTAL</b>	<b>31,358,827.00</b>	<b>35,078,927.00</b>

(Anshuman Kumar Jha)  
Accounts Officer

(Md. Taiyab Alam)  
(I/C) Deputy Director (F&A)

(Dr. I. V. Basavaraddi)  
Director

Date: 24.06.2023  
Place: New Delhi





# मोरारजी देसाई राष्ट्रीय योग संस्थान

आयुष मंत्रालय, भारत सरकार

६८, अशोक रोड, नई दिल्ली - ११०००१

**Morarji Desai National Institute of Yoga**  
**Ministry of Ayush, Government of India**


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 Director Mdniy