



# मोरारजी देसाई राष्ट्रीय योग संस्थान

## कार्यक्रम

क्र. सं.	पाठ्यक्रम	अवधि	समय	योग्यता	लेने की क्षमता	शुल्क
1.	योग अध्ययन में डिप्लोमा	1 वर्ष, 2 सत्रार्थ	पूर्ण कालिक प्रभात 7.00 से 2.00 मध्याह्न सभी कार्य दिवसों पर	40 प्रतिशत प्राप्तों के साथ किसी भी विषय स्नातक उपाधि एवं आयु 35 वर्ष से कम	75 भारतीय विद्यार्थी एवं 05 विदेशी विद्यार्थी	रु. 3,000/- प्रत्येक सत्रार्थ
2.	स्वास्थ्य संवर्धन हेतु योग में आधारभूत पाठ्यक्रम	1 माह	प्रातः 7.00 से प्रातः 9.00 एवं सायं 4.00 से सायं 6.00	मैट्रिक अथवा लिखने-पढ़ने की क्षमता युक्त	50 अभ्यर्थी	रु. 200/- मात्र
3.	स्वास्थ्य संवर्धन कार्यक्रम	1 माह से 6 माह	प्रातः 6.00 से प्रातः 7.00 तक प्रातः 7.00 से प्रातः 8.00 तक सायं 4.00 से सायं 5.00 तक सायं 5.00 से सायं 6.00 तक	लिखने-पढ़ने की क्षमता से युक्त	-	रु. 100/- मात्र
4.	ध्यान कार्यक्रम	1 माह	सायं 5.00 से सायं: 6.00	लिखने-पढ़ने की क्षमता से युक्त	50 अभ्यर्थी	रु. 100/- मात्र
5.	स्वस्थ वृद्धावस्था कार्यक्रम	1 माह	प्रातः 10.30 से प्रातः 11.30	50 वर्ष से ऊपर	30 अभ्यर्थी	रु. 100/- मात्र
6.	महिलाओं के लिये योग कार्यक्रम	1 माह	प्रातः 11.30 से मध्याह्न 12.30	लिखने-पढ़ने की क्षमता युक्त	30 अभ्यर्थी	रु. 100/- मात्र
7.	बच्चों के लिये योग कार्यक्रम	2-4 सप्ताह (अक्टू. एवं मई के अवकाशों में)	सायं 4.00 से सायं 6.00	8-16 वर्ष उम्र तक के	30 अभ्यर्थी	रु. 100/- मात्र
8.	स्नाहंत योग कार्यक्रम	1 माह	प्रातः 7.00 से प्रातः 9.00 सभी शनिवार एवं रविवारों को	लिखने-पढ़ने की क्षमता से युक्त	50 अभ्यर्थी	रु. 100/- मात्र
9.	विशेष योग कार्यक्रम (मांग होने पर केवल)	1 सप्ताह	सायं 4.00 से सायं 6.00	लिखने-पढ़ने की क्षमता से युक्त	30 अभ्यर्थी	रु. 100/- मात्र
10.	स्वास्थ्य देखभाल कार्यक्रम				प्रा. 7.00 से प्रा. 8.00	पहले महीने रु. 400 /- (प्रयोगशाला परीक्षण समाहित) एवं रु. 200 /- अगले 5 महीनों तक
	श्वसनिक दमा / श्वास सम्बन्धी व्याधियाँ				प्रा. 7.00 से प्रा. 8.00	
	मधुमेह / मोटापा / अन्तः स्रावी एवं (जी. आई. टी.) व्याधियाँ				प्रा. 8.00 से प्रा. 9.00	
	उच्च रक्तचाप / हृदय-धमनीगत एवं न्यूरोलाजिकल व्याधियाँ					
	मानसिक / मनोरोग व्याधियाँ				प्रा. 10.30 से म. 11.30	
11.	योग चिकित्सा एवं अनुसंधान केन्द्र सरकारी एवं क्षेत्रीय चिकित्सालयों में				स. 4.00 से सा. 5.00	

नोट: ऊपर दिये गये पाठ्यक्रमों एवं कार्यक्रमों की अवधि, समय आदि किसी भी पूर्व सूचना के परिवर्तित किये जा सकते हैं। यद्यपि ऐसे किसी भी परिवर्तन की सूचना संस्थान की वेबसाइट पर दी जाएगी।

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# Editorial

Every human being has an intrinsic instinct for the integrated and holistic development of its physical, social, mental and spiritual domains. The ever-so-demanding of schedules and faulty lifestyles leads ailing functioning of body, mind and spirit which bring psychiatric and psychosomatic imbalances thereby reduces fervently the accomplishment of intellectual quest. But, due to the potency of Yoga for its cost effective therapy and to correct the conscience, it can be a pioneer for the harmonious development of all the potentialities of an individuals as well as the milieu. Over the years, Yoga has emerged as suitable measures for treatment and healing process of different disorders ranging beyond anticipation from simple to complex. So, Yoga is considered as the forerunner of bringing prosperity, happiness and peace to all mankind by suitably changing the behavioral pattern and attitude of people. Yoga relieves from distress to de-stress, from disease to ease. Therefore, Yoga has become more relevant and essential part of modern day living due to its practical philosophy and applicability in daily life. MDNIY making a humble effort in propagation and dissemination of this philosophy so that its genuine values can be reach up to the people in need.

To make an enlarged perspective of Yoga as well as other components of AYUSH, AROGYA International 2007, a Comprehensive International Health Fair on Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy was organized in New Delhi with the message of "Come and Discover a Healthy Life... Naturally". A large number of people get benefited themselves from various Yogic management and its execution. The Institute also participated in the Health fairs organized by the government of Rajasthan at Ajmer, Udaipur and Jaipur.

For standardization and uniformity in the field of Yoga Education, Yoga Training and Yoga Research, MDNIY intended to scrutinize of every practice, tradition, and schools of Yoga by renowned Researchers, Scientists, Yoga experts etc. On the same wavelength, the Institute is going to organize a Seminar on "Need for Standardization of Yogic Curriculum and Programmes during National Yoga Week (NYW)-2008 from 25-29 February, to strengthen the accreditation of Yoga. The National Yoga Week is a promising annual mega event from MDNIY whereas the main theme of this year's Conference is Obesity and diseases associated with it. The MDNIY is monitoring the prestigious TKDL (Yoga) project of Department of AYUSH so that the traditional knowledge of Yoga can be preserved and misappropriation of Yoga patent can be prevented.

Stress and strain are the breeding grounds of various psychiatric and neurological disorders however it can be ease to a larger extent by Yoga. So, a Seminar on 'Principles and Practice of Yoga Therapy in Mental Health and Neurosciences' was organized by NIMHANS (Bangalore) under the aegis of the 'Advanced Centre for Yoga and Research in collaboration with MDNIY.

**Sarve Bhavantu Sukhinah, Sarve Santu Niramayah  
 Sarve Bhadrani Pasyantu, Maa Kaschid dukh bhagbhavet  
 Om Shanti Shanti Shantih**

**Dr. Ishwar V. Basavaraddi**  
 Director

**AROGYA INTERNATIONAL 2007**



*(C) Hon'ble Dr. Anbumani Ramadoss, (L) Hon'ble Sh. Jai Ram Ramesh, (3<sup>rd</sup> from R) Hon'ble Ms. Panabaka Lakshmi with Ms. Anita Das & Sh. Verghese Samuel during Inaugural function of Arogya International 2007*

AROGYA International 2007, a Comprehensive International Health Fair on Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy, was organised from 26<sup>th</sup> to 29<sup>th</sup> October 2007 in Pragati Maidan, New Delhi with the message of “Come and Discover a Healthy Life.... Naturally”. The Department of AYUSH, Ministry of Health & Family Welfare, Govt. of India has organized this event in association with Ministry of Commerce, India Trade Promotion Organization (ITPO) & Pharmexcill. Dr. Anbumani Ramadoss, the Hon'ble Union Minister for Health & Family Welfare, Govt. of India had inaugurated Arogya International 2007 on 26<sup>th</sup> October. The other chief guests were Mrs. Panabaka Lakshmi, the Hon'ble Minister of State (Health & Family Welfare, Govt. of India), Sh. Jai Ram Ramesh, State Minister of Commerce, Govt. of India, Smt. Anita Das, Secretary AYUSH, Sh. Verghese Samuel, Joint Secretary AYUSH and the Director of ITPO.



*Dr. Anbumani Ramadoss Hon'ble Minister of Health & Family Welfare with Dr. Ishwar V. Basavaraddi at MDNIY's stall*

Morarji Desai National Institute of Yoga (MDNIY) has always been an integral part of such events. Like always, this time also MDNIY has prepared an inaugural performance programme. Fusion of Yogic posture, music and dance programme was performed by MDNIY's students with trained classical dancers in the backdrop of beautiful music. For the Musical chanting the Nirvāna-Satakam was selected. This ancient stotra is composed in the specific meter which is very melodious and called as Bhajanga-prayāta meter. It's chanting is associated with spirituality that calms down our mind and takes us in a mood of blissful silence and pacification.



*MDNIY Students and Kathak Dancers performing Fusion of Yoga/Dance/Music during Arogya 07*

The programme was performed in the presence of Dr. Anbumani Ramadoss, Smt. Panabaka Laxmi and other dignitaries who were present at Arogya International 07. The programme was highly appreciated by all and was repeated in all the evening sessions of the health fair and thereby enjoyed by large number of people.

In the evening session on 26<sup>th</sup> October, the Director of MDNIY, Dr. Ishwar V. Basavaraddi made a power point presentation on “Yoga for Health Care” at 'International Meet of Traditional Medicines Regulators and Industries'. Experts and specialists of diverse fields came from the various corners of the world were also present at the auspicious occasion and benefited themselves from different modes of discussions.

Apart from the other mentioned activities, staff of the Institute was deputed in the Specialty Clinics where therapeutic counsel and guidance on various diseases were given to the visitors.



*Hon'ble Dr. Anbumani Ramadoss watching Yogasana demonstration of Institute Yoga Expert Sh. Balmukund Singh and Ex-Students of MDNIY*

The visitors and patients were also advised to visit the Institute and make use of various facilities and services provided by MDNIY. Other highlights of Arogya International 07 were Live Yoga Demonstration by the students of the Institute with running commentary on beneficial aspect of Yoga throughout the day on all the four days. Mass awareness through Yoga was the key message of Yoga demonstrations.



*Dr. Ishwar V. Basavaraddi Director MDNIY with patients at Specialty Clinic during International Arogya New Delhi*

A separate stage was set up for giving Yoga Therapy Programme. The visitors were given Yoga Therapy on various diseases like Asthma, Arthritis, Backache, GIT Disorders, and Hypertension etc. CDs and Yoga calendars for the management of various disorders were the main items for propagation and sale. Multimedia facilities were made available to make visitors familiar with basic philosophy, values and practices of Yoga so that the

propagation of Yoga could easily be facilitated in the era of Information & Technology. The software was also useful to get the basic concept of Yogic practices and healthy diet. The software was quite popular among all age groups. The flex banners on various aspects of Yogasana, Pranayama, Mudras, Bandhas, and Meditation etc. were displayed. During all four days, IEC materials, brochures, pamphlets, newsletter, booklets on various diseases were distributed to the visitors at the stall. The VCDs on "Yoga for all" and "Yoga for women" (both in Hindi and English), Yoga Vijnana- a quarterly journal, Yogasana Charts, Yoga Calendars on ten different topics were the sell items at the MDNIY stall.

At the stall of MDNIY, the experts and professionals of the Institute also conducted Diet consultation for visitors. A large number of visitors had shown their interest in the Yoga practices and its carry out. The total registration at the stall was 504. All the visitors were given Yogic psychoanalysis and diet counseling according to their health status and Yogic ethics.

### **HEALTH MELA AT RAE BARELLI**

MDNIY participated in the Health Mela at Lal Ganj Degree College Rae Barelli (U.P) from 18-20 October 2007. Smt Sonia Gandhi, Chairperson of United Progressive Alliance and Dr. Anbumani Ramadoss, Union Minister of Health and Family Welfare, were the dignitaries who visited the stall. During all the four days, live Yoga demonstrations with running commentary, Yoga Therapy, consultation, distribution of IEC materials, sale of VCDs and display of flex banners were conducted smoothly. Lots of people benefited by the Yoga therapy sessions on different ailments like G.I.T disorders, Asthma, Hypertension, Arthritis, Stress and stress induced disorders. Yoga demonstration by the students of MDNIY was appreciated by the masses. The whole programme went reasonably well and got admired by gaining publicity through the local newspapers.

### **INTERNATIONAL INDIAN TRADE FAIR (IITF) - 2007**

MDNIY participated in IITF at New Delhi from 15-27 November, 07. Mr. Yogi Udai, ARO (Yoga) with students represented the Institute at the event. The Stall of the Institute draws attention of the people due to its publication materials and propagation of Yoga.

## AYUSH HEALTH FAIR, (RAJASTHAN)

### 1. AJMER

MDNIY participated in the FAIR at Ajmer (Rajasthan) from 15-19 November, 2007. Yoga Instructor Mr. P. C. Rawat with two MDNIY's students represented the Institute in the fair. The fair was inaugurated by the Minister of State for Education, Sh. Vasudev Devnani. Sh. S. K. Sharma, Adviser (Ayurveda), Department of AYUSH was also present at the event. After the inaugural ceremony, both of them visited the MDNIY's stall No. 20. They cherished the Yoga demonstration by the students of MDNIY and appreciated the free distribution of IEC materials for general public.

MDNIY's instructor conducted therapy sessions during the fair and taught the people about Yogic management for different common ailments. The sessions were beneficial for the public and responded really well by them. The people of different sections gathered there and show an enthusiasm towards Yoga for its significance in health awareness and healthy living. Such a reciprocal response will facilitate MDNIY to bring Yoga on a sound platform.

### 2. UDAIPUR



*Yoga Expert Sh. Bhadoria giving instructions to Yoga Demonstrators during Arogya-Udaipur*

MDNIY participated in the FAIR at Udaipur (Rajasthan) from 22-26 November, 2007. Yoga Instructor Mr. M. S. Bhadoria with two students represented the Institute in the fair. The fair was inaugurated by the Minister of State for Education, Sh. Vasudev Devnani. Some distinguish

guests like Mevaad Mahamandaleshwar Mahant and Murli Manohar Shastri were also present. During his speech, Sh. Vasudev Devnani said that Yoga is the art of life, by adapting the ancient science in daily life; we can dream of a healthy society. To live up to his dream as well as the masses for a healthy society, MDNIY put forth its best possible effort and conducted Yoga session (5p.m to 6p.m) daily in the fair, to create mass awareness of correct Yogic practices. In the session, MDNIY's instructor facilitated correct way of doing Yogasana, pranayama and proper dietary habits so that the real approach of Yogic philosophy could imbibe by the general public.

The effort of MDNIY was appreciated and the same things reflected in the local newspapers. It seemed that Yoga is gradually wrested back its original ground.

### 3. JAIPUR

MDNIY took part in the FAIR at Dushera Ground, Adarsh Nagar, Jaipur (Rajasthan) from 29th Nov. to 3rd December, 2007. On behalf of MDNIY, Yoga Instructor Mr. Avijit Mutsuddi with students participated in the fair. MDNIY's stall was decorated with flex banners of various common disorders with their Yogic prevention, managements and therapeutic dimensions. A large number of people visited the MDNIY stall and praised about the flex banners, VCD's, Charts and IEC materials that were full of psychiatric, neurological, Psycho-physiological and physical aspects. They also gave their valuable suggestions regarding to make VCD's on different ailments with Yogic managements. Total 480 visitors, visited the stall during the fair and admired the effort of the Institute.

On the other hand, MDNIY took suggestions from the public in a very positive note and making its effort to live up to their expectations.

### YOGA-DANCE-MUSIC FUSION PROGRAMME

A Yoga-Dance-Music fusion programme was performed during a conference on Avian and Pandemic Influenza by the students of the MDNIY with trained Kathak dancers on 4th Dec., 07 at Maurya Sheraton, New Delhi. People from diverse fields were present there and took the whole programme in positive perspectives.

## Advance Centre for Yoga Therapy and Research in Mental Health and Neurosciences

A Seminar on 'Principles and Practice of Yoga Therapy in Mental Health and Neurosciences' was organized by NIMHANS (Bangalore) under the aegis of the 'Advanced Centre for Yoga and Research' funded by MDNIY (New Delhi) on 19th Dec., 2007 at the NIMHANS Convention Centre. It was organized as a satellite session of the 17th INCOFYRA (International Conference on Frontiers in Yoga Research and Applications) that was held between 20- 23 Dec., 2007 at Prashanti Kutiram, SVYASA, Bangalore. Dr. R. M. Varma (Former Director and Prof Emeritus, NIMHANS), Dr. D. Nagaraja (Director/ Vice Chancellor, NIMHANS), and Dr. H. R. Nagendra (Director/ Vice Chancellor, SVYASA) were the guest of honour.



*Dr. R. M. Varma Former Director and Prof Emeritus, NIMHANS, Dr. D. Nagaraja Director & Vice Chancellor, NIMHANS, Dr. H. R. Nagendra Vice Chancellor, SVYASA and Dr. B. N. Gangadhar at candle light session of the seminar*

Dr. Nagendra in his keynote address laid emphasis on the fact that stress and modern pandemics are not merely physical but multi dimensional. He focused on the principles and fundamentals of Yoga and the so root causes of various psychiatric and neurological disorders.

In the first symposium on 'Therapeutic applications of Yoga in Mental Health', Dr. Shivarama Varambally (Asst. Prof. Deptt. Of Psychiatry, NIMHANS) emphasized on the rationale and evidence base of Yoga as Therapy in Psychiatric disorders. Dr. Mukesh Y. P. (Asst. Prof. Deptt. of Psychiatry, Child Psychiatry Unit, NIMHANS) in his presentation on the 'Role of Yoga Therapy in Child Mental health' discussed its role as adjuvant treatment in

ADHD which has the largest scientific evidence base amongst all Childhood Psychiatric Disorders. Yoga also has some role in MR, Autism, Spectrum Disorder and Stress Disorders but there has been a lack of long term studies. Dr. Bindu Kutty (Additional Prof. Deptt. of Neurophysiology, NIMHANS) in her presentation on 'Yoga and Sleep' concluded that Yoga has beneficial role in improving sleep architecture, restoring deep sleep stage, enhancing REM sleep and along with cognitive behavior treatment that yields better results in insomnia with Yoga emerging as a clinical discipline in the management of Sleep disorders. Dr. Naveen (Asst. Prof. SVYASA, Bangalore) in his presentation on Yoga for rehabilitation explained the rationale and evidence showing Yoga to be useful in rehabilitation of aged persons, depression, post traumatic stress disorder, schizophrenia, occupational stress and ADHD. All speakers laid stress on methodological issues in Yoga research and need for long term studies for its role in mental health. The seminar was followed by a lively discussion on evolutionary spirituality and spiritual growth. The seminar was well attended by 350-400 delegates including members of the press.

## Accreditation and standardisation

MDNIY aimed at scrutiny of every practice, every tradition, and every school of Yoga by reputed researchers, scientists, Yoga experts, and Yogis so that Yoga education, training, research and health care could be standardized and uniformity and quality would be presented to people around the world. The Department of AYUSH has assigned MDNIY the responsibility of preparing the standard draft of accreditation of Yoga courses and Institutes.

However, styles of teaching and framing of Syllabi and Curriculum have large variations that need uniformity and standardization to evade mismanagement in the programme and practices of Yoga. Therefore, during NATIONAL YOGA WEEK 2008, a National Seminar on "Need for Standardization of Yogic Curriculum, Programme and Practices" will be organize on 28th and 29th February, 2008, in the premises of MDNIY, will be an augment factor regarding accreditation of Yoga.

On the other hand, a Consultative meeting on accreditation held at Prashanti Kutiram, Bangalore. Several eminent personalities were attended the meeting

and the outcomes of the meeting are:

1. It was proposed to have a self-regulatory body in Yoga with all Heads of Yoga Institutions and Professionals as the members which will help to establish a regulatory body in the days to come.
2. It was also discussed and finalized draft syllabi of various courses in Yoga.

### **Traditional Knowledge Digital Library (TKDL) Project**

Traditional Knowledge Digital Library (TKDL) (Yoga) is being prepared in collaboration with the Council for Scientific and Industrial Research (CSIR). In this project, an effort is being made to preserve the ancient traditional knowledge of Yoga and prevent the misappropriation in Yoga patents. The MDNIY is monitoring the prestigious TKDL (Yoga) project of Department of AYUSH.

A meeting in regard to the signing of MoU between MDNIY and CSIR for providing a space for TKDL (Yoga) project was convened on 16th November, 2007. The hall at MDNIY has been vacated for the establishment of TKDL (Yoga) project.

### **Techno-Stress in Computer Users**

Information Technology (IT) and its scaling new heights have been playing a pivotal role for the welfare of the society. But it has also brought a unique problem of stress more commonly called as 'Techno-stress' with frightening consequences.

A research project was taken up entitled "Study of the effect of Yoga practices on management of Techno-stress in the Computer Users: A Quantative Approach using psycho-neuro-psycho-motor functions" in collaboration with Escorts Hospital by MDNIY. The objective of this study is to assess the prevalence of Techno-Stress among those who work on computers extensively in IT and big Multi-National Companies (MNCs) in the metros. The study has also evaluated the effectiveness of Yogic practices in reducing the effect of Techno-Stress. The project Techno-Stress in Computer Users has been completed and the final report is under submission.

### **Yoga Therapy and Research Centres in Tertiary Hospitals of Modern Medicines**

Morarji Desai National Institute of Yoga (MDNIY) has started Yoga Therapy and Research Centres at various

tertiary hospitals and its initiation had been taken from Delhi. The Institute is already providing multi-dimensional roles in Yoga activities for the welfare of the general mass. The different programmes of the Institute are in wave demand and the Institute is fulfilling its responsibility with sincerity to maintain the faith and reliance of the people.

Yoga therapy and research centres have been established in the following hospitals that are running successfully.

1. LRS Institute of Tuberculosis and Allied Sciences, Sri Aurbindo Marg, New Delhi 110 030
2. Sardar Vallabhbhai Patel Chest Institute, University of Delhi, North Campus, Delhi 110 007
3. Institute of Human Behavior and Allied Sciences, P.O. Box No. 9520, Jhilmil Dilshad Garden, Delhi 110 095
4. R.B.T.B Hospital, Kingsway Camp. Delhi-110009

### **Philosophico - Literary Project**

Morarji Desai National Institute of Yoga is conducting the Literary Research Project "Philosophy and Practices of Hatha Yoga Tradition (An Anthological Presentation of Basic Hatha Yoga Treatises)" has been started and the work related to the first phase, i.e. collection of the data / Books, manuscripts etc. at various centers is under progress.

## **ACTIVITIES INSIDE THE INSTITUTE**

### **YOGA EDUCATIONAL & TRAINING PROGRAMMES**

#### **RESULT of DYS (2006-07) and DYT II SEMESTER (2006-08) have DECLARED**

MDNIY has declared the results of final examination of DYS II semester of 2006-08 Batch where total 62 students have appeared in examination. Out of 62 students, 24 got first class, 29 students got second class and rest have passed. The second Semester result of DYT 2006-08 Batch has declared. Out of 15 students, three stood first class, 10 students got second class and rest have passed. The DYT second semester have 100% result. Supplementary examinations are schedule in the month of January 2008 for the failure candidates.



## FIRST UNIT TEST OF FIRST SEMESTER OF DYS 2007-08 AND DYT 2007-09

Students of DYS 2007-08 and DYT 2007-09 underwent 1st unit test of first semester in Nov., 2007. The result of the examination has been announced.

## PRACTICE TEACHING IN YOGA THERAPY AT DIPLOMA LEVEL IN MDNIY

The whole curriculum of Diploma in Yoga Therapy course is quite extensive and demanding keeping in mind the present shortage and need of institutionally qualified Yoga Therapists. The students of MDNIY are given extensive training in most of the subjects including practice teaching in Yoga Therapy and hence it has been introduced in the very first year to enable the student to gain mastery over the teaching skills over a span of two full academic years.

In the first Year itself, being medical and physiotherapy graduates our students are made to take case history of a patient followed by a conceptual understanding of developing the line of management and Yoga Protocol (Recommended yoga practices) relating to the chief complaints and associated problems of the individual. After taking proper case history of a patient, the students are made to develop a lesson plan based on the Yoga Protocol and then take a class.

The objectives of Practice Teaching in Yoga Therapy are multifold. In the first year, the students are given both theoretical and practical understanding of the subject. Our motto therein is "Education is first guarded and then imparted". After having developed a reasonable intellectual understanding of the Yoga practices and teaching methodology and class management, the intricacies involved in designing and developing a lesson plan based on the scientific principles of Yoga Teaching are taught. Students are further given practical exposure in mock class situations to experience the application of theoretical concepts. Five lesson plans and an additional lecture cum demonstration is mandatory for every student to pass the exam of practice teaching in first year. The sole objective at first year level is to develop rote memory and understanding of the basic concepts of Practice Teaching.

In the second year, the students are given exposure in clinical aspects and they are assigned topics or themes on

various diseases to develop the understanding and application of Yoga as therapy in the clinical areas. A topic for dissertation is also given to further strengthen their skills as a Yoga therapist apart from initiating and developing the reflective thinking pattern in the students that is vital for developing research aptitude in the students.

Our message is clear—"Health, Harmony and Happiness for all through Specific and scientifically designed Yoga regimens keeping in mind the physical and psychological limitations of an individual".

## MONTHLY GUEST LECTURE

Monthly Guest Lecture was delivered by Dr. A. K. Ghosh (Swami Magalatirtham), Prof. of Deptt. of Bio-Sciences of R.D.K.J.D. College, Munger (Bihar) on 29th Nov., 2007 on "Quantum Diagnosis in Health & Healing", which was attended by the students of Diploma courses, staff and interested Yoga enthusiasts.

## SOCIO - CULTURAL PROGRAMME (Pancham Swar)



*DYS and DYT students participating in a play during Pancham Swar*

With the theme of "Ram Satya Gatha" bi-monthly Socio-cultural programme was organised on 30th Nov., 2007 by the students of 1st and 3rd Semester DYS, DYT respectively. It is the programme of glittering and based on some specific theme where students of the Institute participated with enthusiastic spirit. Such a socio-cultural programme exhibits a legacy of cultural diversity and understanding. The audience including the Director, faculty members and Students fully mesmerize from the

dramatist skill of the students. It also shows bondage of cooperation between the teachers and the students.

**VIGILANCE AWARENESS WEEK** was observed from 12-17 Nov., 2007. The pledge was taken by the staff and an essay and slogan competitions were organized.

**NATIONAL INTEGRITY DAY** was celebrated in the Institute on 23rd Nov., 2007. The pledge was taken by the staff.

**COMMUNAL HARMONY CAMPAIGN WEEK** was conducted on 23rd Nov., 2007. The pledge was taken by the staff.

### HEALTH CARE PROGRAMMES

Total six Yoga General Fitness Programmes, three in the morning, two in the evening and one class exclusively for ladies between 11.00 a.m. to 12.00 Noon, are being conducted regularly from Monday to Friday.

“Weekend Yoga” classes are being conducted for the beneficiaries who cannot attend Yoga classes during working days.

A total of 231 beneficiaries availed various Health Care Programmes in the month of Oct, 2007, which makes the cumulative registration of total 12040 aspirants till date from October 2004.

Diet Lecture Dietary lectures on “Body System and Basic Nutrition” and how to improve your lifestyle by adapting good dietary habits were delivered for Foundation Course participants.

### FREE OPD CONSULTATION WAS DONE DAILY (FIVE WORKING DAYS) FROM

1. 08.30 a.m. to 01.30 p.m.
2. 02.00 p.m. to 05.00 p.m.

### YOGA TRAINING (OUTSIDE THE INSTITUTE)

#### i). Yoga Training in the Supreme Court of India

Yoga Training/Therapy to the Hon'ble Judges of Supreme Court of India in the premises of Supreme Court has been started under the aegis of Morarji Desai National Institute of Yoga. Dr Aayam Gupta has been deputed as Yoga Physician and he is working under the direct supervision of the Director of the Institute from Monday

to Friday to impart training to the Hon'ble Judges only. This project aims at inculcating Yoga as a part of daily schedule of Hon'ble Judges so that they can cope up with the daily stresses due to hectic schedule. The project has already started showing desired results as this was initially proposed for three months and has now been extended further for another six months after getting positive feedbacks from the Hon'ble Judges.

ii). MDNIY continued the regular Yoga Classes for the employees of DRDO for promotion of better health through Yoga Asanas, Surya Namaskar, Pranayama, Breathing etc. These activities not only show an improvement in area of health but also able to develop a cordial atmosphere in the surroundings.

iii). MDNIY continued special Yoga training services outside the institute for the spouses of Intelligence Bureau Officers.

### DIGNATARIES VISIT

In the first quarter of Oct Dec., 07, some of the eminent people visited MDNIY to observe the activities conducted and facilities provided by the Institute.

- Ms. Patricia Francis, Executive Director, International Trade Centre, Geneva, Switzerland visited the Institute on 23rd October, 2007 accompanied by two of her colleagues. She enquired what basically Yoga is and how it works on human body. The Director of MDNIY, Dr. Ishwar V. Basavaraddi made a power point presentation about the basic ethics and philosophy of Yoga before her. During the presentation, the Director, tried to correlate this ancient science from the present set up of technology.



(3rd from R) Ms. Patricia Francis, Executive Director International Trade Centre, Geneva with her colleagues, (4th from R) Dr. I. V. Basavaraddi, staff and students of MDNIY

All three of them took a keen interest and were excited to know the Yoga's history, philosophy and the benefits of the Yogic Practices. They were attentive by seeing the different flex banners that displaying therapeutical aspects of Yoga on various disorders. They used the multimedia facility and appreciated the software mechanism and benefits of Yogasanas and knowledge of right food. On the whole, they were quite impressed with the facilities provided by the institute. Later, the Director of MDNIY attended a meeting with Ms. Patricia Francis at Islamic Cultural Centre, Lodhi Road, New Delhi.

- A Chinese delegation of seven member led by Deputy Director General, State Administration of Traditional Chinese Medicine, Beijing, China, visited the Institute on 30th October, 2007, were appraised of all the activities of the Institute and had an in-depth meeting under the Chairmanship of Sh. Shiv Basant, J.S., Deptt. of AYUSH. During the meeting, they discussed on various domains of Yoga and its growing application for different diseases.



*Dr. Ishwar V. Basavaraddi, Dr. Lavekar & Other Staff of MDNIY with the Chinese delegation*

## VISITORS

- The Staff along with students of Department of Human Consciousness and Yogic Science, Mangalore University visited MDNIY on 27th Oct. 2007. They showed keen interest to know about the courses and Curriculum being conducted in the Institute. They enlightened themselves from the practical aspects of Yoga with the Yoga experts and professionals of the Institute.

- Delegations of eight foreign visitors from Moscow visited the Institute on 29th October, 2007 and were

impressed with the activities conducted here. They tried to know that how Yoga is able to develop self-realisation with in-depth potential of spiritual and ethical values. Such trips of foreign delegates in the Institute strengthen the horizon of Yoga at global level. In fact, it is widely practised all over the world.

- A delegation of seven member led by Mr. Vinubhai G. Gandhi, Vice-president, Akhil Gujarat Kudarati Upachar & Yoga Mahamandal, Gujarat (Founder of DNYS course in Bhavanagar University, Gujarat and also ex-member, Advisory Committee of AYUSH Deptt. of New Delhi), visited the Institute on 30th Oct. 2007. Mr. V. Gandhi deliberated on the enrich potential of prevention and therapeutic dimensions of Yoga.

- The 48 students of 2nd year BAMS Course along with Staff of Ayurveda Mahavidyalaya va Samshdhana Kendra, Pune visited the Institute on 29th Nov. 2007.

- A team of six persons from Japan visited the Institute on 19th Nov. 2007 and assured the Institute to imbibe and inculcate the Yogic philosophy in their native region.

## STAFF'S PARTICIPATION

1. MDNIY's director attended the Brainstorming Workshop on "Various aspects of Obesity" at Resource Centre, Nirman Bhawan, under the Chairmanship of Dr. R. K. Shirvastava, DGHS on 31st Oct. 2007.
2. The Director of MDNIY, Dr. Ishwar V. Basavaraddi attended the National Conference on Naturopathy from 8 - 10 December, 2007 at Alpabachat Bhavan, Pune. He was one of the speakers in the seminar on Perspective of Naturopathy and Yoga as a Holistic System of Medicine.
3. PO (YT) visited Dev Sanskriti Viswavidyalaya, Haridwar as an external examiner on 19th Nov. 2007.
4. Mr. Vinay Bharti, Yoga Instructor of MDNIY conducted OPD session of Yoga and Reproductive Disorders on 27th Oct. 2007 during Arogya international. His consultancy and guidelines were appreciated by several female patients.

**ASANA****SIDDHASANA****Technique**

Sit on the ground with the heel of the left foot placed against the anus and the right heel against the testicles along the Sivani Nadi as shown in the picture. (The region which extends in front of the anus, over the scrotum and along the lower surface of the penis, is connected by the Sivani Nadi, a term in yogic texts, and indicates the line along which the flow of the urethra—the duct of urinary outflow—was completed and the two halves of the scrotum got fused together during development.) The toes of both feet should be kept between the thighs and calves. The hands should be placed on the knees in Jnana Mudra. The vertebral column and the whole body should be absolutely erect while sitting in this posture with completely closed eyelids.

**Effects and Benefits**

The practice of this asana helps to check sensuality and attain Brahmacharya. (The word 'Brahmacharya', thought meaning a vow of celibacy in common parlance, indicates also the state of the mind concentrated on the Supreme Being.) This asana provides mental discipline and ensures the passage of the Prana in the Sushumna Nadi. It is possible to attain Dharana (concentration) and Dhyana (meditation) through this asana.

**विधि**

जमीन पर बैठकर बांये पैर की एड़ी को गुदा से ऊपर और अण्डकोश के नीचे सिवनी नाड़ी पर लगावें जैसा कि चित्र में है। और दायें पांव की एड़ी को उठाकर उपस्थ (जननेन्द्रिय) पर रखें। ध्यान रहे कि दोनों पांव के अंगूठे जंघाओं और पिंडलियों के बीच में छिपे रहें। तत्पश्चात् हाथों को धुटनों पर ज्ञान मुद्रा में रखें। मेरुदण्ड और सारे शरीर को सीधा रखते हुये नेत्र बंद स्थिति में रखें।

**लाभ**

इस आसन के करने से कामवासना कम होती है तथा अखण्ड ब्रह्मचर्य की सिद्धि होती है। मन एकाग्र होता है। सषुम्ना नाड़ी में प्राण का संचार होता है तथा कुण्डलिनी शक्ति की जागृति होती है। इसके द्वारा धारणा, ध्यान और समाधि तक पहुंचा जा सकता है।

In a day, when you don't  
come across any problems  
- you can be sure that  
you are traveling in a  
wrong path

- Swami Vivekananda

If someone feels that  
they had never made a  
mistake in their life, then  
it means they had never  
tried a new thing in their  
life...

- Einstein

## सामान्य व्याधियों के यौगिक उपचार

» यौगिक चिकित्सा वास्तव में उन सभी रोगों के उपचार में बरदान है जो कि हमारे त्रुटिपूर्ण जीवन शैली एवं तनाव आदि के कारण उत्पन्न होते हैं।

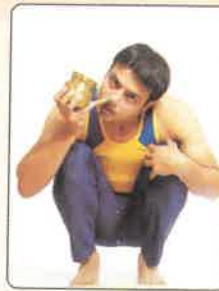
### योग कैसे कार्य करता है ?

- » षट्कर्म (यौगिक शोधन क्रियाएँ) आंतरिक अंगों का शोधन करते हैं।
- » योगासन के अभ्यास शारीरिक तौर पर स्वस्थ एवं सुदृढ़ बनाते हुए भावनात्मक स्थिरता एवं मानसिक दक्षता में वृद्धि करते हैं।
- » प्राणायाम रक्त में मुक्तघटकों को कम करते हुए रोग प्रतिरक्षा तंत्र को शक्तिशाली बनाते हैं।
- » मुद्रा आंतरिक दवाओं को परिवर्तित करती हैं और इस प्रकार शारीरिक क्रियाओं में संबंधनात्मक परिवर्तन लाती हैं।
- » ध्यान के अभ्यास से महत्वपूर्ण अंगों को तनाव रहित आराम देते हुए सामान्य स्वास्थ्य को बनाये रखते हैं। यह तनावों से मुक्ति दिलाने में सहायक होकर शीघ्र रोगमुक्त कराने में भी सहायक होता है।
- » भिताहार (यौगिक आहार) जीवन शक्ति का संवर्धन एवं दीर्घायु कारक होते हैं।

### परामर्शित यौगिक अभ्यास



कुंडल



जलनेति



ऊर्ध्वहस्तीत्तानासन



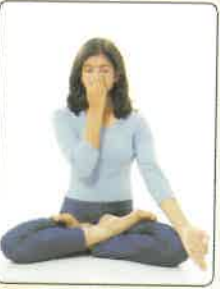
पवनमुक्तसन



अर्ध मत्स्येन्द्रासन



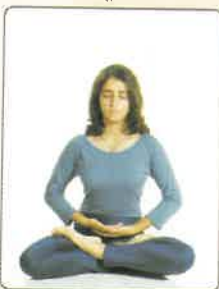
उष्ट्रासन



नाडीशोधन



ब्रामरी



ध्यान

षट्कर्म  
द्वन्द्वी, कर्पूरमणि

प्राणायाम  
उत्पादनी, ब्रामरी

सूक्ष्म व्यायाम  
उष्वांग-नवस-नाक-विभुल-पद्म-कुट्टि,  
उदर-शक्ति-विकासक (10), कटि-शक्ति-विकासक (5),  
चक्र चक्र  
मुद्रा  
सोम मुद्रा, त्रिपेध

योगासन  
कटिकसन, बजासन, मदासन, शाल्वसन,  
शैलशिरसासन, भुजंगासन, धनुषासन,  
मकरसन, एकासन

ध्यान  
सोम ध्यान

सावधानी - योगाभ्यास की विधि सही तरह एवं इसके अभ्यासों एवं प्राणायाम को ध्यानिकता से, बतने एवं गतिभर अभ्यासों को प्रारम्भिक तार पर रखें।

नोट : योग को कुशल एवं प्रतिशित योग शिक्षक के मार्गदर्शन में ही सीखें एवं करें।

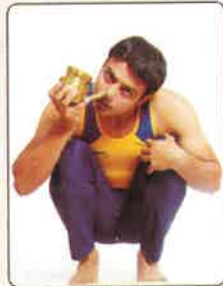
## हृदय-धमनी गत रोगों के यौगिक उपचार

- हृदय धमनी के रोग उन रक्त वाहिनियों से संबंधित विकार हैं जो कि हृदय को रक्त की आपूर्ति करती हैं।
- इन वाहिनियों में अकरोध या रुकावट (इस्कीमिया एवं घात) हृदय की पेशियों में चोट एवं संघात का कारण होती है।

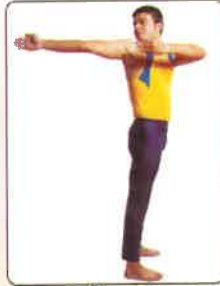
### योग कैसे कार्य करता है?

- षट्कर्म (यौगिक शोधन क्रियाएँ) शरीर में अतिरिक्त मात्रा में पहुंचे दूषित एवं विषकारक तत्वों को निकालने में सहायक होते हुए रक्त वाहिकाओं में कोलेस्ट्रॉल के संचय को नियंत्रित करते हैं।
- योगासन शरीर में सूक्ष्म परिसंचरण को बढ़ाते हैं।
- प्राणायाम हृदय के प्रकोष्ठों में नियमित, समुचित एवं नियंत्रित दिशाक्षिक रक्त संचरण को बनाए रखने में सहायक होते हुए हृदय संघातों से बचाव करते हैं।
- ध्यान भावनात्मक स्थिरता लाता है एवं तनाव की प्रतिक्रियाओं का नियंत्रण करते हुए उसके दुष्प्रभावों को रोकता है।
- भिताहार (यौगिक आहार) हृदय-धमनी गत रोगों की रोकथाम में सहायक है।

### परामर्शित यौगिक अभ्यास



उत्तनेति



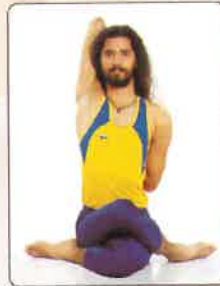
कटि चक्रासन



पर्वतासन



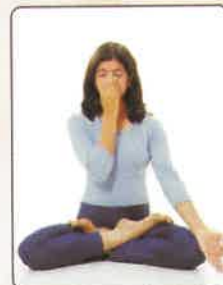
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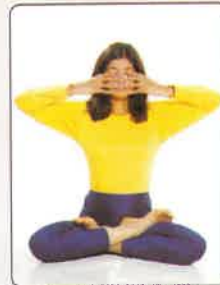
भ्रुमुखासन



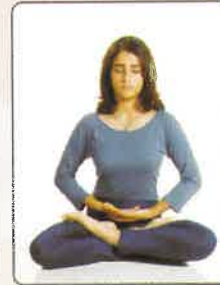
शवासन



नाडीशोधन



भ्रामरी



ध्यान

षट्कर्म  
आरक

सूक्ष्म व्यायाम

उष्णसम-श्वसन-तथा-विशुद्ध वात शुद्धि,  
बुद्धि तथा धृति-प्रदिकारक, श्वास-प्रद्विज-विश्वसक,  
बध-न्यस्त-प्रति-रिचकारक

योगासन

ऊर्ध्वहस्तप्रतिनासक, सुखासन, शवासन  
भ्रुमुखासन, भ्रुंगसन, मकरासन

प्राणायाम

एकधारी

बंध  
मूल बंध

ध्यान  
अंगू ध्यान

विशेष अभ्यास  
शेष विद्या

सावधानी : आयुर्वेदिक भ्यास-प्रणाली के अनुसार जैसे-कपालाभ्यास, शीतला एवं श्वसन (श्वसन, रोकक) का वर्जन करें,  
साथ ही विषयिककर्मों एवं कठिन अभ्यासों को टारें।

नोट : योग को कुशल एवं प्रतिशिक्षित योग शिक्षक के मार्गदर्शन में ही सीखें एवं करें।

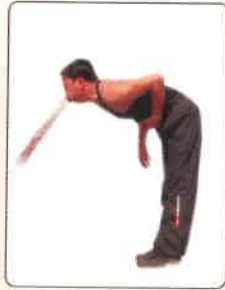
## मधुमेह रोगों के यौगिक उपचार

- » मधुमेह एक प्रकार की व्याधि है जिसमें कोशिकाओं के द्वारा शर्करा के समुचित अवशोषण के लिये आवश्यक इंसुलिन की पर्याप्त मात्रा को शरीर (पैनक्रियाज ग्रन्थि) उत्पन्न नहीं कर पाता अथवा कोशिकायें इंसुलिन के अवशोषण में असमर्थ रहती हैं।

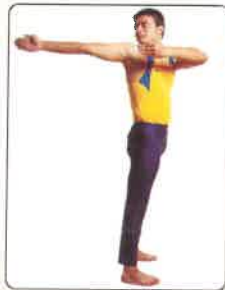
### योग कैसे कार्य करता है ?

- » षट्कर्म (योगिक शोधन क्रियाएं) शरीर से दूषित एवं विषकारक तत्वों को बाहर निकालने में सहायक होते हैं।
- » योगासन के अभ्यास इंसुलिन के नियमित स्राव पर सकारात्मक प्रभाव डालते हैं तथा रक्त में शर्करा के स्तर को भी नियमित एवं नियंत्रित रखने में सहायक होते हैं।
- » प्राणायाम अभ्यास, मुद्रायें एवं ध्यान हार्मोन्स के संतुलन एवं मानसिक स्थिरता को बनाए रखने में सहायता करते हैं।
- » मिताहार (योगिक आहार) भोजन के उचित, संतुलित मात्रा के साथ अनुकूल मानसिक स्थिति को लाते हुये जीवन शक्ति के विकास में सहायक होता है।

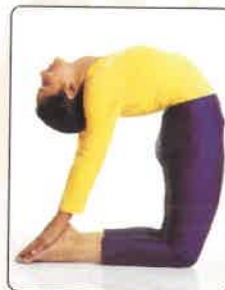
### परामर्शित योगिक अभ्यास



कुंजल



कटिचक्रासन



उष्ट्रासन



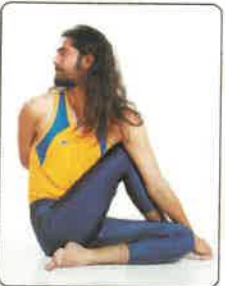
बीष्म मुद्रा



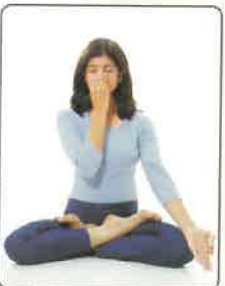
पश्चिमोत्तानासन



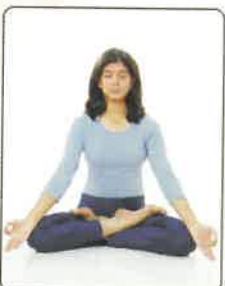
भृङ्गासन



अर्धमत्स्येन्द्रासन



नाडिशोधन



ध्यान

#### षट्कर्म

कुंजल,  
कपालभाति, अंख प्रक्षालन

#### सूक्ष्म व्यायाम

बक्षस्त-शक्ति विकासक,  
उदर-शक्ति-विकारक, कटि-शक्ति-विकारक

#### योगासन

अर्धचक्रासन, कोणासन, पवनमुक्तासन, सर्वांगसन,  
मत्स्यासन, कर्मासन, भुजंगासन, धनुरासन,  
सिंहासन, श्वासन

#### प्राणायाम

अभिक्रम, श्वासी

#### मुद्रा

योग मुद्रा, तडागी मुद्रा

#### ध्यान

ओम् ध्यान

सावधानी : अतिरिक्त श्वस साध्य अभ्यास का वर्जन करें।

नोट : योग को कुशल एवं प्रतिशिक्षित योग शिक्षक के मार्गदर्शन में ही सीखें एवं करें।

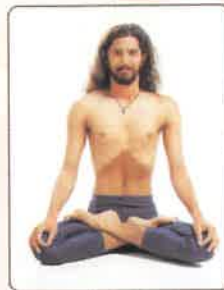
## अस्थियों एवं मांस-पेशियों के रोगों के यौगिक उपचार

- » अस्थियों एवं पेशी तंत्र तथा तंतुओं में विकार के कारण हड्डियों एवं मांस-पेशियों के रोग होते हैं।
- » यह कंकाल तंत्र की त्रुटि पूर्ण अवस्थिति है, जो कि हमारे गलत ढंग से बैठने एवं व्यवहार करने से उद्भवित होती है। यह मांस पेशियों की कार्यक्षमता को प्रभावित करती हुई उनमें जकड़न एवं सरलता से टूट फूट आदि के प्रति संवेदनशील बनाती है।
- » वैटकर अधिक कार्य करने वाली एवं तनावयुक्त जीवन शैली अस्थियों के उपापचय एवं कार्यक्षमता को प्रभावित करते हुये कंकाल (हड्डियों की व्यवस्था) को दुर्बल करती है, जिससे विभिन्न रोग जैसे कायफोसिस, स्कोलिओसिस, लाडोसिस, मेरु सन्धि (डिस्क) रोग, गठिया, लुम्बागो एवं अस्थि दौर्बल्य एवं अस्थिक्षय आदि होते हैं।

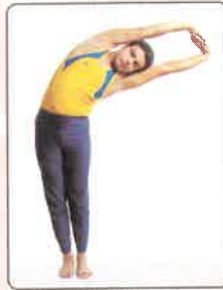
### योग कैसे कार्य करता है?

- » षट्कर्म (यौगिक शोधन क्रियाएँ) अस्थियों एवं मांस-पेशियों के सामान्य स्वास्थ्य को बनाए रखने में सहायक हैं।
- » योगासन अस्थियों के नवीनीकरण को संवर्धित करते हुये कमजोर हो चुकी तथा जकड़ी हुई दोनों ही प्रकार की मांसपेशियों को सामान्य करने एवं स्वस्थ बनाने में सहायक हैं।
- » प्राणायाम तथा मुद्राओं एवं ध्यान के अभ्यास श्वावनात्मक एवं मानसिक स्थिरता लाने में सहायक हैं। ये वृद्धत्व प्रक्रिया को मन्दित करते हुये, समय पूर्व क्षय को भी रोकते हैं।
- » भिन्नाहार (यौगिक आहार) जीवन एवं आयुवृद्धि कारक होता है।

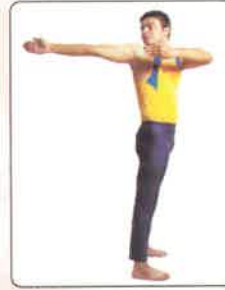
### परामर्शित यौगिक अभ्यास



कपालभक्ति



ऊर्ध्वहस्तोत्तानासन



कटिचक्रासन



पवनमुक्तासन



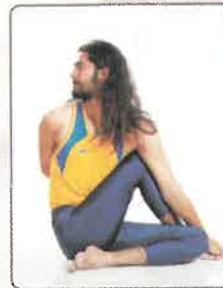
उष्ट्रासन



धनुर्गासन



गोमुह्यासन



अंगमल्येन्द्रासन



नाड़ीशोधन

**षट्कर्म**  
कपालभक्ति, शंख प्रशसन

**प्राणायाम**  
रुद्रापी, भावर्ग

**यौगिक सूक्ष्म व्यायाम**  
श्रीस-शक्ति-विकासक (1,3), ऊपर-शक्ति-विकासक (9),  
अंध-प्रति-विकासक (1), कटि-शक्ति-विकासक (2)

**मुद्रा**  
अश्वनी मुद्रा

**योगासन**  
अश्वत्थान, चिकोंगासन, भुर्जगासन,  
उत्तानमुक्तासन, वज्रासन, उष्ट्रासन, शवासन

**ध्यान**  
ओम् ध्यान

शास्त्राचार्य : अस्थियों की संपातक घोट की अवस्था में योगाभ्यास न करें। वे लोग जो गठिया एवं मेनस्कस की भाँति से पीड़ित हैं वे वज्रासन एवं धनुर्गासन अभ्यासों से बचना चाहिए।

नोट : योग को कुशल एवं प्रशिक्षित योग शिक्षक के मार्गदर्शन में ही सीखें एवं करें।



## National Yoga Week - 2008

In the recent times, the modern medical system started realizing the need of life style intervention in managing many of the disease conditions effectively. Moreover, the holistic approach of treatment gained importance and momentum as the society could feel the necessity of such therapy in their hectic schedule where the modern medicine is very limited to offer in managing several health problems. Here, Yoga offers a new ray of hope for people with effective treatment of diseases. By considering the fact that Obesity and Overweight are becoming major health hazards of the community and leads to several other serious health problems and complications, it has been decided to deliberate on the issue. Another important issue is standardization of Yoga curriculums and programmes, which will also be deliberated in the National Yoga Week. Through this National Yoga Week, MDNIY is making a humble effort to provide a common platform for the experts of different fields to share and update recent advances on the above mentioned issues.

The National Yoga Week comprises the three events:

**A. Conference B. Seminar C. Workshop.**

### Objectives of National Yoga Week-2008

1. To create a mass awareness among the professionals and the public about the wide ranging utility of Yoga.
2. To bring together eminent Yoga experts, Medical Scientists, Researchers and Students under one platform.
3. To take stock of cutting edge Yoga Education, Training, Therapy and Research fields in India and to identify the gaps and problems.
4. To disseminate the scientific and technical information available and practical demonstration of research capabilities for progress in the field of Yoga.
5. To provide platform for sharing and stimulating innovative and multi-disciplinary research ideas.
6. To discuss on the issue of bringing Yoga in mainstream of health care delivery system and the issues related to it.

## Conference in technical collaboration with DGHS and WHO

### Yoga for Prevention and Management of Chronic Disorders Associated with Obesity

(25-27 February, 2008)

Obesity and over-weight are the problems which expanding its tentacles speedily in the developing nations. The technological and scientific advancements in the recent times have provided material comfort to the people but failed to provide peace & happiness. Due to sedentary lifestyle and widespread prevalence of fast and junk food, people especially, the urban class are entangling themselves from various obesity related problems.

Being overweight or obese put one at high risk for many diseases and conditions. The more body fat one carry around and the more one weigh, the more likely one is to develop Cardiovascular diseases, High blood pressure, Diabetes mellitus, Osteo-arthritis, backache and so on. The three days Conference on the theme of "Yoga for Prevention and Management of Chronic Disorders Associated with Obesity" is an inspiring step from MDNIY to spread a holistic and effective knowledge among the people. The experts will share their views on the above dimension during the Conference. This conference is being organized in technical collaboration with DGHS and WHO

#### 1. Yoga for healthy life-styles

With the uncontrolled growth of the life-style related disorders in the recent decades, the health care delivery system is striving hard to prevent and manage these disease conditions. Yoga basically advocates the change of life-style for the health of a person. The aim of this session is to highlight the recent advances, current research areas and future trends in relation to life-style intervention or modification, which is having an important bearing on preventive & management of diseases.

#### 2. Yoga for Diabetes mellitus

Diabetes mellitus is fast growing like an epidemic throughout the world. It has been proved through several research works that Yoga acts as an efficient adjuvant therapy along with the medicines in managing the Diabetes mellitus cases. Moreover, adaptation of Yogic

life-style and the practice of Yogic modalities are much to contribute in the prevention of onset of Diabetes mellitus. The present session will focus to review the research works already conducted, the problems and gaps, and will prepare a roadmap for the future research works.

### 3. Yoga for hypertension

With the advancement of science and technology, stress has also developed and become a part of life. The stress is the root cause of several diseases including Hypertension. Obesity is also one of the major cause for hypertension. This session will focus to discuss the issues related to yogic way of stress management, the research review, and prevention and management of Hypertension through Yogic Interventions.

### 4. Yoga for backache and osteo-arthritis

Due to the occupation and complication of some of the health problems, the musculo-skeletal system is affected to a larger extent. Obesity is one such problem which contributes to the musculo-skeletal problems. Yoga is much to offer in this area. The present session will focus on to discuss the methodology of alleviating the musculo-skeletal problems and chalk out the future programmes in prevention and management of these problems.

### 5. Management of Obesity through dietetics

Diet plays an important role in the prevention and management of Obesity. The change in the dietary pattern is one of the aspects of life-style intervention programme. For that matter the Yogic diet is the most suitable one. This session will discuss the issues related to Dietetic management of Obesity.

## Seminar

### Standardization of Yogic Curriculum and Programmes

(28-29 February, 2008)

Yoga has engrossed people from different walk of life due to its distinctive techniques and tools. The pervasive consciousness about Yoga has convinced a large number of people throughout the world to adopt Yoga as a profession. Both India and other nations follow their own styles of teaching and framing of Syllabi and Curriculum. However, it is the demand of the time to have a

uniformity and standardization in the Curriculum and programme of Yoga. Therefore, a National Seminar on "Standardization of Yogic Curriculum and Programmes" is being organized on 28th and 29th February, 2008 in the premises of MDNIY. This will be an augment factor regarding Accreditation of Yoga. The Seminar will also thrust on multi-disciplinary approach and encourage enthusiastic professionals to take up research based studies in Yoga and its various branches.

The Sub-topics of the Seminar are:

#### 1. Yoga Education and Training Courses

The issue of standardization of Yoga courses, curriculum and programmes will be discussed and deliberated on the following sub-headings in this session:

- School level courses
- College level courses
- Post graduate level courses
- Doctorate level courses

#### 2. Yoga Therapy Courses

In the light of the demand for more Therapy courses and qualified personnel in this area, the issues related to the standardization of courses and curriculum on the following sub-headings will be discussed:

- Under graduate Courses
- P.G. Courses
- Certificate and Diploma Courses

## Workshop

### Yogic Intervention in the Management of Disorders Related to Obesity and Overweight

(25-29 February, 2008, from 7 a.m. to 9 a.m.)

There will be workshops on the theme of "Yogic Intervention in the Management of Disorders related to Obesity" in the morning from 7 a.m. to 9 a.m. so that realistic and rational aspects can be inculcated among the people through various practices of Yoga by the Yoga experts and professionals.

### CALL FOR PAPERS

The Experts and Professionals interested to present paper in the Conference and Seminar are requested to send the

abstract (of one page typed and also soft copy) latest by 8th February, 2008. The full text paper/s not more than 4 pages should reach the organizers by 15th February, 2008. No queries will entertain and the decision of the Scientific Committee will be final in every respect. The presenting author (speaker) should be registered as delegate for Conference /Seminar/National Yoga Week. The abstracts and full papers may also be sent by e-mail (mdniy@yahoo.co.in)

## TYPE OF SESSIONS

### Invited Speaker Sessions

Invited Speakers will present the 'Keynote addresses' under specific tracks. The Keynote address will deal with issues pertaining to sub-tracks within individual tracks.

Plenary Sessions:

Distinguished researchers, community leaders and policy makers will be invited to give plenary lectures during the Conference. The plenary session will also serve as 'bridging session' to enhance the dialogue among all conference delegates and provide opportunity to share knowledge and experience.

### Oral Sessions

Papers submitted would be reviewed and selected by track specific Technical Committees. Each presentation would be followed by discussion. Questions from audience will be encouraged and facilitated by the session chair.

### Awards for best paper presentation

To encourage the Young Yoga professionals and researchers, a free paper presentation session will be held during the Conference. Best three papers presented in the Conference will be awarded with Certificate of Merit and Cash Prize of Rs. 2,500/-, Rs. 1,500/-, and Rs. 1,000/- respectively. The research paper shall be a first presentation and must be in proper format. The Scientific Committee's decision in this regard will be the final.

## ADDITIONAL EVENTS:

### Yoga Demonstration

There will be Yoga Demonstrations in the evening by the eminent Yoga experts, students and staff of MDNIY and other leading Yoga Institutes.  
Satsang

There will be Satsang by eminent Yogis in the evening of Yoga Week.

### Cultural Nights

Cultural programmes by the Students of the Institute as well as by the delegates will be organized in the evening hours.

### Exhibition

An exhibition will be arranged throughout the National Yoga Week. Organizations willing to put up stalls are requested to apply with details of space requirements to the Organizing Secretary. Necessary facilities will be provided on nominal charges/actual basis.

### Yoga Multimedia

Yoga multimedia facility and Internet will be made available to the delegates at the Yoga Week venue.

### General Guidelines

The proceedings of the Conference and Seminar would be both in Hindi and English.

Registered delegates will be issued Participation Certificate.

Registration Fee:	With accommodation	Without accommodation
Up to 15th Feb.	Rs. 1,200/-	Rs. 600/-
After 15th Feb.	Rs. 1,500/-	Rs. 800/-

- Day Registration: Rs. 200/- (Only reading materials for the day will be provided)
- Only for Workshop Registration: Rs. 300/- per person (Breakfast & reading materials will be provided)

### Note:

- Payment by cash or DD in favor of Morarji Desai National Institute of Yoga payable at New Delhi.
- 50% Discount to students studying in various regular Yoga courses of minimum one year duration of a recognized University/ Institute of repute subject to the condition that the Institute is certifying their participation. (only on first come first basis).
- The registered delegates of the National Yoga week can attend the Workshop without making an extra payment.

**Accommodation:**

- The dormitory accommodation will be made available for the delegates on first come first serve basis. Limited number of accommodations is available. Those who want to book the dormitory accommodation must register themselves on or before 8th February, 2008 positively.
- Arrangements will also be made to reserve the rooms in good hotels on demand and also on advance payments as per the actuals. Such hotel charges range from Rs.1500/- to Rs.8, 000/-per day depending upon the status. For details, contact the Organizing Secretary of National Yoga Week.

**Expected Speakers**

Padmabhushan Dr. B.K.S.Iyengar, Pune.  
 Sri. Sri. Ravi Shankar, VVK Bangalore  
 Dr. Pranav Pandya, Gayatri Pariwar, Haridwar  
 Sh. O.P.Tiwari, Kaivalyadhama, Lonavla  
 Dr.(Smt.) Hansa Jayadev, Yoga Institute, Mumbai  
 Smt. Meenakshi Devi Bhavnani, ICYER, Puducherry  
 Dr. R.K.Srivastava, DGHS, New Delhi.  
 Dr. H.R.Nagendra, SVYASA, Bangalore  
 Dr. N.V.C. Swamy, SVYAS, Bangalore  
 Dr. S.P.Mishra, DSV, Haridwar  
 Swami Dharmanandaji, ASK, New Delhi  
 Shri. S. Shridharan, KYM, Chennai.  
 Swami Anant Bharati, New Delhi.  
 Padmashri Barat Bhushan, Saharanpur, U.P  
 Dr. D. Nagaraja, NIMHANS, Bangalore  
 Padmashree Sadashiv Nimbalkar, Mumbai  
 Dr. Srinath Reddy, AIIMS, New Delhi  
 Dr. W.Selvamurthy, DRDO, New Delhi.  
 Dr. S.K. Sharma, Advisor (Ayurveda), New Delhi  
 Dr. B. K. Tiwari, Advisor (Nutrition), M.H&F.W., New Delhi.  
 Dr. M.Venkatareddy, Hyderabad.  
 Dr. Chhaya Rai, Jabalpur.  
 Dr. Ishwar Bhardwaj, Haridwar  
 Dr. G. Ilavazhagan, DIPAS, New Delhi  
 Dr. R.Nagarathna, SVYASA, Bangalore.  
 Dr. M.V.Bhole, Lonavla

Dr. Vasanta Muthuswamy, ICMR, New Delhi  
 Dr. Madan Mohan, JIPMER, Puducherry  
 Dr. Cherian Verghese, WHO, New Delhi  
 Dr. Prakash Malshe, Haridwar  
 Dr. Ananad Balayogi, ICYER, Puducherry  
 Dr. Nikhil Tandon, AIIMS, New Delhi  
 Dr. Vijayalakshmi, Hyderabad  
 Dr. R.C Sawney, DRDO, New Delhi  
 Dr. S.V. Vyavahare, Mumbai.  
 Dr. Ashok Jhingani, New Delhi  
 Dr. Vimal Kumar Modi, Gorakhpur  
 Dr. B.T.C.Murthy, Director, CCRYN, New Delhi  
 Dr. Babu Joseph, Director, NIN, Pune.  
 Dr. K.Krishna Bhat, Mangalore, Karnataka.  
 Dr. S.C. Manchanda, New Delhi.  
 Dr. Sudhir Gupta, Det.GHS, New Delhi  
 Prof. M. Lalji Maharaj, New Delhi.  
 Dr. U.S. Ray, Scientist, DIPAS, New Delhi  
 Dr. Nandini K. Kumar, ICMR, New Delhi.  
 Dr. Samprada Vinoda, Pune.  
 Dr. Jaiprakash Agarwal, New Delhi  
 Dr. K.K.Agarwal, NHI, New Delhi  
 Dr. B.R. Sharma, Kaivalyadhama, Lonavla  
 Dr. S.K.Ganguly, Kaivalyadhama, Lonavla  
 Dr. Shashi Bhushan Mishra, Ghaziabad.  
 Dr. Anil Singhal, Dehradun  
 Dr. Arpan Bhatt, GAU, Jamnagar, Gujarat.  
 Dr. T.K Bera, Kaivalyadhama, Lonavla  
 Dr. Shirley Telles, SVYASA  
 Dr. S.D. Patil, Amaravathi

For further details contact:

**Vanmala Vachani**

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 NATIONAL YOGA WEEK 2008  
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 Website: www.yogamdniiy.com





# QUARTERLY JOURNAL "YOGA VIJNANA"

Research articles (Scientific and Philosophico-Literary) are invited for publication in the quarterly journal of MDNIY.

## Instructions To Authors

### Matter For Publication

- Original research papers
- Articles by eminent Yoga professionals
- Concise and mini reviews on topics of current interests
- Brief communications on all aspects of fundamental and clinical research on theory and philosophy of yoga.
- Case reports of special therapeutic interest.
- Papers on normal metabolic process relevant to human diseases.
- Book reviews

**Manuscripts** (English or Hindi) The manuscripts shall be complete with figures, graphs, charts, tables and references wherever necessary and be submitted in triplicate along with a soft-copy of the article. Papers will be subjected to peer reviewing. Any comments of experts will be communicated to the authors in course of time. The Editor-in-Chief reserves the right to correct grammatical mistakes and necessary corrections even of accepted papers.

### Undertaking By The Authors

An undertaking has to be signed by all the authors that -

- The contents in whole or in part, for the paper entitled \_\_\_\_\_ submitted to "Yoga Vijnana" have not already been published elsewhere in whole or in part.
- The contents in whole or in part, for the paper entitled " \_\_\_\_\_" submitted to "Yoga Vijnana" will not be published in any other journal.
- The authorship of the paper will not be questioned by any one of us or by any other person whose name is not given and
- The Editor, the members of the Editorial Board, Associate Editors and Scientific Advisory Committee will not be responsible for either the views expressed by the author or any possible controversy regarding the authorship of the paper.

Typed manuscripts should be double-spaced on one side of paper only, leaving 4 cm margin. Front page should have brief and precise title (all capitals); the names and addresses of authors and institutions at which the work was carried out; present address of the author(s) if different as a footnote; abstract key words (not more than 5) below the abstract for indexing and author for correspondence for papers with multiple authorship as footnote.

The paper should be divided into Abstract, Keywords, Introduction, Materials and Methods, Results and Discussion, Conclusion, Recommendation etc.

**Abstract:** Should be restricted to summary of the important

results and conclusion only without general statements. It should not exceed 150 words and on first page without abbreviations.

**Keywords:** Important keywords are to be mentioned separately.

**Introduction:** Mention must be made of any previous work on the subject of the paper briefly, quoting the references by numbers within brackets in the order in which they are cited. Too many unnecessary details and very old references should be avoided. The reasons for carrying out the present investigation and the lacunae in our present knowledge have to be clearly pointed out.

**Materials and Methods** should contain sources of material and all the actual methods, employed in brief.

**Results and Discussion** may be given separately or combined according to the discretion of the authors. Lengthy discussions and postulation not based on the actual findings of authors should be avoided. Authors are advised to avoid too many paragraphs.

**Abbreviations:** Standard abbreviations should be used after giving the full names first time along with abbreviation in parenthesis.

**Figures (Legend Also) and Tables** should be on separate pages and numbered consecutively (1, 2 etc.). The figures should be drawn clearly in Indian ink on good paper. One original drawing and two sets of photographs should be sent. Computers generated graphics in black and in good quality laser print are also acceptable. Only standard symbols should be used for figures. Tables should have brief titles and without vertical lines. Statistical significance etc. has to be as footnote to the tables.

**References** should be numbered alphabetically in order of citation in the text appropriate place in brackets in line with the text. References in the end must be on separate sheets in serial order. They must be complete with names and initials of the authors, year, title of paper, name of journal, volume and first and last page numbers and place of publication have also to be given. Titles of journals have to be abbreviated in conformity with the list of periodicals.

### INCENTIVE TO AUTHORS

- An honorarium of Rs. 1000/- shall be paid to the first author of the article and Rs. 100/- toward postage.
- Total No. of 25 free copies of the published article shall be provided to authors.

Manuscripts (both hard and soft copy) should be sent to Editor-in-Chief, Yoga Vijnana Quarterly Journal, Morarji Desai National Institute of Yoga, 68 Ashoka Road, New Delhi 110 001.



Administrative Block



## MORARJI DESAI NATIONAL INSTITUTE OF YOGA

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