



For Office Circulation Only

NEWS LETTER

Volume - II, Issue-III
October-December- 2008

A Quarterly News Letter of Morarji Desai National Institute of Yoga, New Delhi

INSIDE

Secretary and Joint Secretary Joined in AYUSH	01
The Secretary Visit	02
Continuing Medical Education (CME) Organized	03
Committee Meeting	07
19 th Standing Finance Committee	07
10 th Governing Council Meeting	07
New Joining	07
Education and Training Programme	07
Learning Resource Centre Established	09
Advance Centre at NIHMANS	10
Exhibition and Events	11
AROGYA-New Delhi	12
AROGYA-Jaipur	12
Quami Ekta Week	13
Indian International Trade Fair	13
Panchamswara	13
Workshop	14
Understanding and Promotion of Health	14
Global Ayurveda Conference	14
Yoga Training Programme	15
General Fitness Programme on Yoga	15
Weekend Yoga Classes	15
Training Programme (Inside and Outside)	15
Free OPD Consultation	16
Dignitaries Visit	16
Director's Participation	16
Indian Yoga Association Registered	17
Upcoming Mega Event	21-
National Yoga Week-2009	
Photo Gallery	23-25



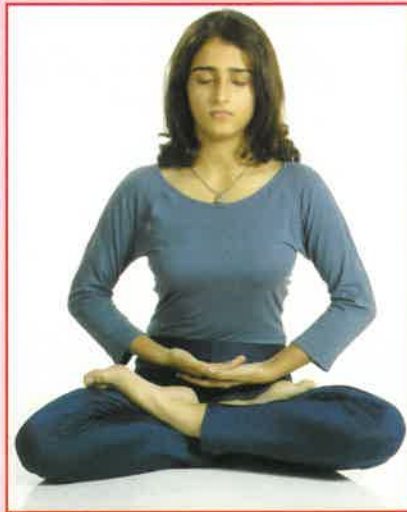
Smt. S. Jalaja, Secretary, (AYUSH), Dr. D D S (AYUSH), Sh. B. Anand, Joint Secretary (AYUSH), Basavaraddi, Director, MDNIY during the visit to the Institute



Students of MDNIY performing Live Yoga Demonstration in Arogya- New Delhi

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

(An autonomous organization under Deptt. of AYUSH, Ministry of Health & F. W., Govt. of India)



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Printed at:

Alaknanda Advertising Pvt.Ltd
69, DSIDC Shed, Okhla Indl. Area
Phase-II, New Delhi-110020

From the Director's Desk...

With the growing modernization and faulty lifestyle, the young generation the back bone of the society are the main victims. It has become an imperative duty to look into this social problem and guide the new generation of modern days. Yoga could be of immense use for the younger generation in imparting a value based education and cultivating the right attitudes towards the society and nation as a whole. Yoga has become one of the essential components of health education programme in schools and thus has found a place in the mainstream education system. Institute is going to organise National Yoga Week-2009 on the theme "*Role of Yoga in School Health*"

With an aim to introduce the knowledge of Yoga to contribute best patient care assistance in medical services, a Continuing Medical Education (CME) Programme on Orientation in Yoga for AYUSH and Allopathy doctors sponsored by Deptt. of AYUSH, Ministry of Health and Family Welfare, Govt. of India was organized at Morarji Desai National Institute of Yoga (MDNIY) during 16- 18 December, 2008.

To make an enlarged perspective of Yoga as well as other components of AYUSH, AROGYA, a comprehensive International health fair on Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homeopathy was organised by the Deptt. of AYUSH in New Delhi and Jaipur. The Institute actively participated in both the programmes.

In the present scenario, Information and Communication Technology (ICT) has ushered in a dramatic change in the life of techno-savvy. Information should be collected, organized and disseminate at the right time to the right users. On the same wave length, Institute has to establish "Learning Resource Centre (LRC) for Yoga at MDNIY Campus.

To promote the advancement in the Yoga education, therapy, research and training, MDNIY has initiated collaborative research activities with the premier Institutes in the field of medicine. In this direction, four proposed Advanced Centers for Yoga at NIHMANS, Bangalore, JIPMER, Puducherry, DIPAS, New Delhi and GAU, Jamnagar have been established and all four have started their functioning.

New Secretary and Joint Secretary have joined in the Deptt. of AYUSH. They made the visit to institute and provided inputs for the development of the Institute. I hope under their guidance and leadership, the Institute will grow to the new heights in the days to come.

Dr. Ishwar V. Basavaraddi
Director

SECRETARY AND JOINT SECRETARY JOINED IN AYUSH



Smt. S. Jalaja, Secretary (AYUSH)

Smt. S. Jalaja, joined as Secretary to Govt. of India, Deptt. of AYUSH, Ministry of Health and Family Welfare. She belongs to the 1974 batch of the IAS, Bihar Cadre. During her tenure, she held various senior positions both in the State Governments of Bihar and Kerala as well as Government of India including Principal Secretary (Urban Development); Secretary (Mines and Mines Commissioner), Bihar; Additional Secretary (Personnel), Secretary (PHED), Govt. of Bihar; Additional Secretary, (Health), Govt. of India; Joint Secretary, National Human Rights Commission etc. She is a Fellow of the Special Programme on Urban Development of the Massachusetts Institute of Technology (MIT), Boston, USA and had attended various international and national conferences.

She is soft spoken. She loves and practices Yoga. MDNIY heartily welcomes Smt. S. Jalaja, Secretary (AYUSH).

Sh. B. Anand, Joint Secretary (AYUSH)

Sh. B. Anand, joined as Joint Secretary to Govt. of India, Deptt. of AYUSH, Ministry of Health and Family Welfare. He has Over 21 years of experience as an IAS officer in different departments of the State Government of Tamilnadu and Government of India at New Delhi such as Land Revenue, Commercial Taxes, Handlooms & Textiles, Municipal Administration, Rural Development & Panchayati Raj. Out of these 21 years, 9 years experience in implementing Poverty Alleviation programs as District Collector & Magistrate of Ramanathapuram (3 years). Project Officer, District Rural Development Agency, Thanjavur (1 year) Member Secretary, State Finance Commission (2 years), Municipal Commissioner, Madurai (1 year), Deputy Municipal Commissioner, Chennai (2 years), Director of Town Panchayats, etc. He has promoted Community management of Water, Land and other natural resources for enhancing livelihoods for the Dalits and non Dalit poor (tanks, water shed, canal irrigated area), guided non-farm livelihoods particularly milch animals and poultry and catalyzed the growth of micro-finance programme through women SHGs (Self Help Groups). Worked as Director (3 years) in the Ministry of Human Resources Development, Department of Higher Education, Government of India, New Delhi dealing with NCERT, DGC, Educational Policy, Administration, International Cooperation and UNESCO. MDNIY heartily welcomes Sh. B. Anand, Joint Secretary (AYUSH).

SECRETARY (AYUSH) VISIT TO MDNIY



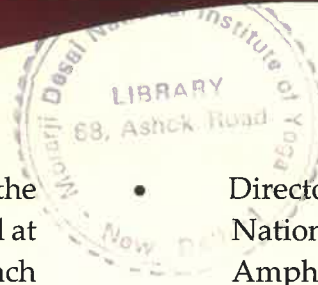
Smt S. Jalaja, Secretary (AYUSH), Shri. B. Anand, Joint Secretary (AYUSH), Dr. D D Sharma, Director (AYUSH) and Dr. I. V Basavaraddi, Director in a meeting during Secretary's visit to Institute

Smt. S. Jalaja, Secretary (AYUSH) made a visit to MDNIY on 15th December, 2008 at 3.00 pm. She was accompanied by Shri B. Anand, Joint Secretary (AYUSH) and Dr. D.D.Sharma, Director (AYUSH).

Secretary (AYUSH) was given a warm welcome at the institute by the Director and other officers of MDNIY. Thereafter, the Secretary, Joint Secretary and other officials made a visit to every Department of the Institute (both academic and administrative blocks) including TKDL (Yoga). Director, MDNIY gave a power-point presentation explaining the activities of the Institute and initiatives taken

during the last 2-3 years for enhancing the activities and also the proposed plan of action. The following are some of the important points that emerged out from the discussion:

- Secretary emphasized that MDNIY shall emerge out not only a national level institute but it shall be projected as an International Institute. All necessary steps shall be initiated to elevate the Institute to the International level.



- Secretary appreciated the functioning of the institute in 5 bifurcated departments and at the same time she suggested that each department shall have a Head of the Department (HOD) having rich experience in the field. It was also suggested that these HODs may be drawn from various professional organizations and preferably retired persons having sufficient exposure in their respective field.
- Secretary appreciated the efforts made by MDNIY to keep the campus clean and initiatives taken to beautify the campus. However, it was suggested to hire the services of professional experts, interior decorators to give MDNIY building and surroundings an aesthetic look and natural atmosphere for Yoga.
- Director, MDNIY informed that last year National Yoga Week was organized in the Amphitheatre of the Institute by erecting tents and suggested that temporary structure of plastic sheets may be constructed over the amphitheatre so that such programmes can be conducted therein, which was agreed to by the Secretary as and when required.
- Secretary noted the efforts made by MDNIY regarding Yoga Therapy Centres established In Govt. Tertiary hospitals and Preventive Health Care Units in CGHS dispensaries. She suggested that some nominal amount may be charged from the CGHS beneficiaries ten Yoga Training at CGHS dispensaries.

CONTINUING MEDICAL EDUCATION (CME) PROGRAMME IN YOGA FOR AYUSH AND ALLOPATHY DOCTORS



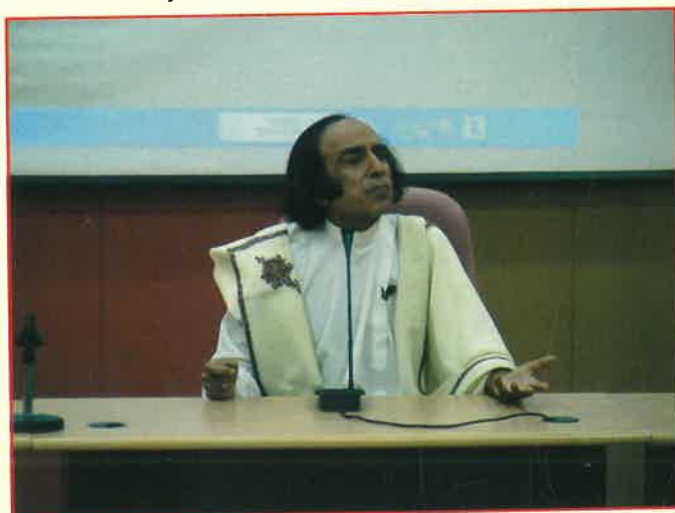
Staff of MDNIY & Participants during CME programme in MDNIY



With an aim to introduce the knowledge of Yoga to contribute best patient care assistance in medical services, the 1st Continuing Medical Education (CME) Programme on Orientation in Yoga for AYUSH and Allopathy doctors was organized in Morarji Desai National Institute of Yoga (MDNIY) on 16-18 December, 2008. This programme was sponsored by Deptt. of AYUSH, Ministry of Health and Family Welfare, Govt. of India. The professionals in AYUSH viz. Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy and the Modern Medicine professionals are eligible for the programme.

Around 192 Medical/AYUSH Institutes /Colleges were informed of holding of the programme. Total 72 applications were received, 30 applicants were selected from different Institutes/ Colleges all around the country.

The programme started on 16th December, 2008 with 28 participants. The programme was formally inaugurated by the Director, MDNIY, by lighting the lamp. Three external experts were invited to deliver lectures and the practical sessions were conducted by eminent experts as follows:



Swami Lalaji Maharaj, delivering lecture during CME programme at Institute auditorium

1. Swami Lalaji Maharaj, Eminent Yoga Expert & President, Mukti Marg Mission, New Delhi;
2. Dr. R. L. Bijlani, Former Professor & Head, Deptt. of Physiology, AIIMS, New Delhi; and
3. Swami Mangalateertham, Deptt. of Biosciences, RD & DJ College, Munger, Bihar.



Dr. R. L. Bijlani, Former Professor and Head, Deptt. of Physiology, AIIMS, New Delhi delivering lecture during CME programme

Four internal experts from MDNIY also delivered lectures and conducted practical sessions during the 3-days CME programme namely:

1. Dr. I. V. Basavaraddi, Director, MDNIY, New Delhi;
2. Dr. I. N. Acharya, Programme Officer (Yoga Therapy), MDNIY, New Delhi;
3. Shri B. M. Singh, Asstt. Research Officer (Yoga), MDNIY, New Delhi; and
4. Shri Yogi Uday, Asstt. Research Officer (Yoga), MDNIY, New Delhi.

The details of the lecture and practical sessions conducted by the experts are as follows:



Lecture Sessions during CME Programme

Expert/Faculty	Topic	Date	Time
Dr. Ishwar V. Basavaraddi	Yoga: Its Foundations, principles and practices	16-12-2008	10:00 am – 11:30 am
Swami Lalaji Maharaj	Yoga Therapy: Its strength and limitations	16-12-2008	12:00 noon – 1:30 pm
Dr. R. L. Bijlani	Yoga: A treat which is also a treatment	17-12-2008	10:00 am – 11:30 am
	Yoga: More than a therapeutic tool	17-12-2008	12:00 noon – 1:30 pm
Swami Mangalateertham	Yogic concept of Health and Disease and Management of Psychosomatic disorders through Yoga	18-12-2008	12:00 noon – 1:30 pm
Dr. Ishwara N. Acharya	Integrated approach of Yoga Therapy	18-12-2008	10:00 am – 11:30 am

Practical Sessions by the Experts during CME Programme

Expert/Faculty	Topic	Date	Time
Swami Lalaji Maharaj	Practical: Yoga Therapy Techniques	16-12-2008	3:00 pm – 4:30 pm
Shri B. M. Singh	Practical session: Sukshma vyayama, Surya Namaskar and Yogasanas	16-12-2008	7:30 am – 9:00 am
	Practical: Pranayama	17-12-2008	3:00 pm – 4:30 pm
Shri Yogi Uday	Practical: Shatkarma, Bandha/Mudra	17-12-2008	7:30 am – 9:00 am
Dr. Ishwar V. Basavaraddi	Practical: Yoga practices for Stress Management	18-12-2008	7:30 am – 9:00 am
Swami Mangalateertham	Practical: Yoga Nidra/Meditation	18-12-2008	3:00 pm – 4:30 pm

The Valedictory session was organized on 18th December, 2008 at 4.30 pm. Dr. V. V. Prasad, Director, Rashtriya Ayurved Vidyapeeth, New Delhi was the Chief Guest in the function. Director, MDNIY delivered the Welcome address and put introductory remarks about the programme. He stressed on the need of more CME programmes for the benefit of dissemination the knowledge of Yoga to contribute best patient care assistance in medical services. A brief report of the programme was read by Mr. Joydeep Majumder, the Coordinator, of the CME programme. Experience of the 3-days CME programme was shared by the participants who expressed that they got significant acquaintance with Yoga due to this programme and also stressed on more CME programmes for their knowledge upgradation and propagation of Yoga. Certificate of participation were

distributed to the participants by the Chief Guest. In his address the Chief Guest Dr. V. V. Prasad, expressed his concern on preparation of module for CME/ROTP programmes after discussion with the trainees. He also stressed on inviting expressive Resource Persons for CME programmes for better understanding of the medical professionals. Commenting on the benefits of CME programmes, he said that alternative methods of treatment emerging to be very popular, hence such programmes for doctors/medical professionals would provide a touch of classical Yoga as an orientation. The programme ended with vote of thanks by Dr. I. N Acharya, PO (Yoga Therapy). The detailed list of participants who participated in the programme is as follows:



List of selected participants for CME on Orientation in Yoga during 16-18 December 2008

S.No.	Name	Designation	Institution / Organization
1.	Dr. C. S. Vastrad	Prof. & Head, Deptt. of Swasthawritta	K.L.E.S's Shri B.M.K. Ayurveda Mahavidyalaya, Shahapur, Belgaum, Karnataka.
2.	Dr. Chinmay J. Shah	Asstt. Professor (Physiology)	Govt. Medical College, Bhavnagar, Gujarat.
3.	Dr. G. Satheesh	Tutor, Deptt. of Practice Medicine	Govt. Homeopathic Medical College, Iranimuttom, Manacaudu, Thiruvanthapuram.
4.	Dr. Madan Kumar Singh	Medical Officer/Immunization Officer	T.H.H. Medical College & Hospital, Munger, Bihar.
5.	Dr. Shahane Vijay Chadrakant	Lecturer, Deptt. of Swasthavritta	Shevagaon, Distt. Ahmednagar, Maharashtra.
6.	Dr. Tilak Raj Raina	Associate Professor (Blood Bank)	Govt. Medical College, Jammu (Jammu & Kashmir).
7.	Dr. Y. D. Bansal, Reader	Deptt. of Swasthavritta	R.G. Govt. PG Ayurvedic College, PAPROLA, Dist. Kangra (H.P.).
8.	Dr. Vikas Saxena	Senior Demonstrator, Anatomy	Jawaharlal Nehru Medical College & Associated Group of Hospitals, (Rajasthan).
9.	Dr. Nishant Shukla	Lecturer	G. A. Mahavidyalaya, Jamnagar, GAU, Jamnagar.
10.	Vd. Seema Saxena	Ayurvedic Medical Officer (Contract)	Addl. Primary Health Centre (APHC), Satpuli (Dist. Pauri), Uttarakhand.
11.	Dr. Hariprasad V.R.	SRF (Yoga)	National Institute of Mental Health & Neurosciences (NIMHANS) Hosurdi, Bangalore.
12.	Dr. Sudesh Tiwari	Lecturer	Govt. Ayurvedic College, Raipur (C.G.).
13.	Dr. Eugene Wilson	Sr. Lecturer	Centre for Advanced Research in Indian System of Medicine, Sastra University, Thanjavur.
14.	Dr. Rahul Bansal	Professor (P.S.M.)	Subharti Medical College, Delhi -Haridwar By Pass Road, Meerut.
15.	Dr. Shivakumar S. Harti	Lecturer	Deptt. of Swasthavritta, K.L.E.S's Shri B.M.K. Ayurveda Mahavidyalaya, Shahapur, Belgaum, Karnataka.
16.	Dr. Ilesh Kotecha	Asstt. Professor (P.S.M)	Govt. Medical College, Bhavnagar, Gujarat.
17.	Dr. Rakesh Kumar Thamman	Sr. Lecturer	Academic Head, R.G. Govt. PG Ayurvedic College, Paprola, Dist. Kangra (H.P.).
18.	Dr. Susanta Kumar Mahapatra	Professor, Obstetrics & Gynecology	IMS-SUM Hospital, Kalinganagar, Bhubaneswar (Orissa).
19.	Dr. Naveen Gaur	Asstt. Professor (Physiology)	Subharti Medical College, Delhi -Haridwar By Pass Road, Meerut.
20.	Dr. S. Sreelatha	Lecturer, Deptt. of Materia Medica	Govt. Homeopathic Medical College, Thiruvananthapuram, Kerala.
21.	Pratibha Nanasaheb Tekede	Associate Professor	Seth Govindji Raoji Ayurved College, Solapur (M.S.).
22.	Dr. P. Sudhakar Reddy	Asstt. Professor	JSS Ayurveda Medical College, SS-Nagar, Mysore.
23.	Dr. S. Madan Kumar	Lecturer cum CMO	J.S.S. Institute of Naturopathy and Yogic Sciences, 80, Longwood, Mysore Road, Ooty.
24.	Dr. Pawar Rajendra Jayasingrao	Lecturer (Swasthavritta)	P.D.P.V.V.P.F's Ayurved College, Shevagaon, Dist. Ahmednagar, Maharashtra.
25.	Dr. B. P. Sekharan	Reader (NC) Repertory	Govt. Homeopathic Medical College, Calicut-10 (Kerala).
26.	Dr. Himanshu		LRS Institute, New Delhi.
27.	Dr. Anupam		Patel Chest Institute, New Delhi.



19th MEETING OF THE STANDING FINANCE COMMITTEE (SFC)

The 19th meeting of the Standing Finance Committee (SFC) of Morarji Desai National Institute of Yoga (MDNIY) was held on 1st October, 2008 at 3.00 PM in the Chamber of Joint Secretary (VS), Department of AYUSH, Red Cross Building, New Delhi. Many important decisions have been taken in the meeting.

10th MEETING OF THE GOVERNING COUNCIL

The 10th meeting of the Governing Council of MDNIY, New Delhi was held on 29th October, 2008 at 12.00 noon in the Committee room, Department of AYUSH, 2nd Floor, Indian Red Cross Society Building, New Delhi - 110 001. Smt. Anita Das, Chairperson, GC and Secretary (AYUSH), Ministry of Health & F.W. & other members of GC were presented. Many important decisions regarding the different works have been taken in the marketing.

The GC recorded its deep appreciation and gratitude for the role played by the Chairperson in the development of the MDNIY. Thanks to the leadership provided by the Chairperson, MDNIY has found a meaningful role for itself in the propagation and development of Yoga in the country. The role and relevance of Yoga has also been given due prominence during her tenure as the Chairperson of the GC. The GC places on record its appreciation for the guidance and leadership provided by the Chairperson to the MDNIY.

NEW JOINING

- Shri K.K. Mishra joined the Institute as Administrative Officer w.e.f. 01.10.2008; and
- Dr. Satish Rama Rao Gaikwad joined the Institute as Research Officer (Scientific) w.e.f. 06.10.2008.

EDUCATION & TRAINING PROGRAMMES

DIPLOMA IN YOGA THERAPY (DYT)

Internship of DYT (2006-08) students is in Progress in different Yoga Therapy and Research Centers, and also in Morarji Desai National Institute of Yoga. Eight students have already completed their internship during November and December, 2008.

Results of 2nd semester, DYT (2007-09) Supplementary examination were announced and all students were declared passed.

Group discussions on dissertation and topics for dissertation were discussed by the students with their respective Supervisors. Practices of Teaching Yoga Therapy in different diseases was held in the first week of October, 2008

Yoga Therapy Camps were organised in different locations in Delhi from 15th to 31st October, 2008 by the leading cooperation of DYT's students.

The students of DYT participated in Arogya- 2008 Health Fair in New Delhi and free consultation on Yoga Therapy was provided to the needy people.

During the course, several guest lectures were organized on Yoga to improve teaching and intellectual skills of students as well as faculty of the Institute. The following eminent experts have delivered lectures during the quarter.



Dr. Latha Satish, University of Madras, Chennai, delivered 15 lectures from 20th to 23rd, October, 2008.

Dr. R. Nagarathna, Dean, Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore, visited MDNIY and delivered 12 Lectures on *"Yogic Management of Disorders of Endocrinal, Metabolic, Sleep and Immune System."*

Dr. Ananda Balayogi, Director, International Center of Yoga and Research, Puduchery delivered 15 lectures on *"Yogic Management of disorders of Cardio-vascular and Musculo-skeletal system."*

Dr. C.G. Deshpande, Former Professor & Head, Department of Applied Psychology, University of

Mumbai, Mumbai, has delivered 6 lectures & conducted workshop on *"Understanding & Promoting Health"* from 24-26 November, 2008.

Dr. Ravi Kulkarni, Asstt. Professor, Deptt. of Bio-Science, SVYASA, Bangalore had delivered 15 lectures on *"Yoga and allied subjects"* from 1-5 December, 2008 at the Institute auditorium.

Dr. Madan Mohan, Director Professor and Head, Deptt. of Physiology, Jipmer delivered lecture from 1-5 December, 2008.

Dr. B.R. Sharma, Asstt. Director of Research and Head, Philosophico-Literary Research, Deptt. of SMYM Samiti, Kaivalyadham, Lonavala, Pune, delivered guest lectures from 10-13 December, 2008.

CERTIFICATE COURSE IN YOGA SCIENCE (CYSc) FOR BSF PERSONNEL

A three and half months Certificate Course in Yoga Science (CYSc.) has been conducted for Border Security Force (BSF) personnel from 15th September, 2008 and currently is in progress at Training Recruitment Centre (TRC), Chhawla, near Najafgarh, New Delhi. The theory and practical classes were organized regularly in the BSF Campus itself.

As per the syllabus of the course, 10 assignments on different topics of Yoga were given to each participant. The practical and theory session for the practice of Yoga teaching was organized and lesson plans were introduced to improve teaching skills in Yoga. The Guest Speaker, Dr. Sadhana Arya, Psychologist, New Delhi and Miss A.B. Roshni delivered lectures on Psychology and Teaching Methodology in Yoga, respectively.

DIG (Training), BSF, visited the campus of BSF Chhawala on 5th Dec, 2008 to evaluate and appreciated the progress made in the programme.

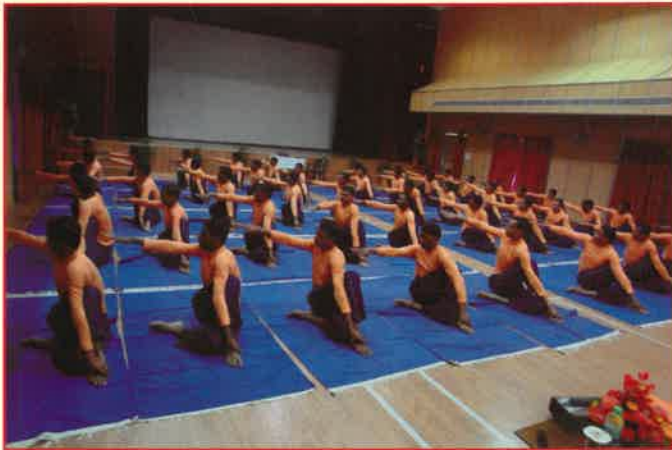


ADG, BSF addressing the gathering during the Valedictory function of CYSc. programme at Chhawla Camp, New Delhi

During the course of CYSc, Dr. B.R. Sharma, Asstt. Director of Research and Head, Philosophico-Literary Research Deptt. SMYM Samiti, Kaivalyadham, Lonavala, Pune and delivered lectures on Yoga from 16-17 December, 2008.



The final examination for Theory and Practical papers conducted from 15 - 30 December, 2008. The course was completed and the valedictory function will be held on 2nd January, 2009.



BSF personnel practicing Yoga during the Valedictory function of CYSc. programme held at Chhawla Camp, New Delhi

FOUNDATION COURSE IN YOGA FOR PROMOTION OF HEALTH (FCYPH)

Foundation Course in Yoga for Promotion of Health is basic one-month duration course to create awareness among the beginners in the field of Yoga. Three sessions of FCYPH course have completed successfully and total numbers of sadhakas in these sessions were 46, 38 and 13 respectively. During the course, the participants were given special lectures on various aspects of Yoga, Diet, Health, Meditation etc. The certificate course concluded with a simple ceremony wherein Dr I.V. Basavaraddi, the Director, MDNIY distributed the certificates to all participants.

LEARNING RESOURCE CENTRE (LRC): A CENTRE FOR ACCESSING INFORMATION

With an aim to provide right information to the right user at the right time and to access information from any corner in the world, a plan was proposed to established a 'Learning Resource Centre (LRC), in MDNIY premises. The LRC is partially funded by World Health Organization (WHO).

In this regard a consultative meeting was held from 17 - 20 March, 2007 at MDNIY to study in detail on conditions, situation, physical layout and facilities available at the Institute.

The expert members met under the Chairmanship of Dr. I V Basavaraddi, The Director, MDNIY to discuss and finalize the draft put forth by Dr. C. R. Karisiddappa, Professor, Chairman, and Dean, Faculty of Social Sciences, Deptt. of Library and Information Science, Karnataka University, Dharwad and Dr. AY. Asundi, Former Professor and Chairman, DLISc, Bangalore University, presently, Information Officer, Siddaganga

Institute of Technology, Tumkur.

The other members who participated in the discussion and finalized the draft were Dr. A Lakshamana Moorthy, Director, DESIDOC, Delhi, Dr. Anjana Chattopa-dhyaya, Director, National Medical Library, New Delhi, Sh. Suriender Kumar, Jt. Director (Technical), National Informatics Centre (NIC), New Delhi, Dr. Divya Srivastava, Asst. Director General ICMR, New Delhi, Sh. R. K. Saxena, Administrative Officer, MDNIY, New Delhi and Sh. J. A Sanjeev Kumar, Communication and Documentation Officer, MDNIY, New Delhi.

In this regard, an official meeting in the Director's chamber had been held with officers of National Information Centre (NIC) for the planning of next phase plan for the development of Learning Resource Centre on 30th December, 2008. The meeting was chaired by Dr. I. V. Basavaraddi, Director, MDNIY. The other officers present in the meeting were Mr. K.K Misra, Administrative



Officer, MDNIY, Dr. R.K Patra, Senior Technical Director, NIC, Mr. Sudhir Kumar, Scientist-D, NIC, Dr. I.N. Acharya, PO(YT), Dr. Satish Rama Rao Gaikwad, RO(Scientific.), Sh. Champeswar Mishra, (LIO). Matter related to connecting Local Area Network (LAN), hosting of Institute's website was discussed.

The Possible Out Come

The LRC will hold the literature predominantly related to Yoga and its allied subjects and aims to develop a comprehensive collection of information resources that are useful for academic and research purposes. LRC shall have a hybrid collection of printed as well electronic resources which include books, journals, databases, audio-visuals,

CDs/DVDs, e-books, e-journals, project reports, case studies, conference proceedings, training manuals, etc. Learning Resource Centre will work to create an Open Knowledge Repository, Multi Media Library, Video Library for user. Also the services like WebOpac, Current Content Service, Current Alert Service, Virtual Reference Service, Ask-a-Librarian, Resource Sharing and Networking Collaboration with the similar institutions both nationally and globally. Gradually, it will be connected to new generation of digital library or we can call Library 2.0 where user will be able to access the information in Youtube, RSS feed Alert, Flicker, Facebook, Wiki etc.

ADVANCED CENTRE FOR YOGA THERAPY AND RESEARCH

Haphazard development and messy socio-cultural changes have put an ever-increasing pressure upon man's psychological potential and the resultant stress often causes to several disorders. Stress, generally fuels psychiatric, neurological, psycho-physiological and physical disorders. Anxiety and strain of brain facilitate the production of poisonous chemicals. They are responsible for diabetes, nephritis, peptic ulcer, insomnia, coronary thrombosis and other illnesses. Modern means of medicines find it hard to manage the very root cause of stress. However, Yoga accepts the scientific explanation of the disease with in-depth resourcing.

MDNIY is engaged in the Yoga education, training, and research programmes. To promote the advancement in the Yoga education, therapy, research and training, Morarji Desai National Institute of Yoga, New Delhi has initiated collaborative research activities with the premier Institutes in the field of medicine. In this direction, it was proposed to start Advanced Yoga Therapy and

Research Centers at leading Medical Institutes of the country to cater to the present need of health care services. The following Centres have been set up and the research activities were initiated:

- 1. Advanced Centre for Yoga in Mental Health & Neurosciences, at National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore;**
- 2. Advanced Centre for Yoga Education, Therapy and Research in Cardio-vascular Diseases and Diabetes mellitus at Jawaharlal Institute of Post Graduate Medical Education and Research (JIPMER), Puducherry;**
- 3. Advanced Centre for Yoga Research and Training (ACYRT) in response to stress conditions of Defence personnel like high altitude, dessert and cold at Defence Institute of Physiology and Allied Sciences (DIPAS), Delhi; and**
- 4. Advance Centre for Yoga Education and Research (ACYER) in Respiratory Disorders and Geriatric Care at Gujarat Ayurved University (GAU), Jamnagar. All centers have started their functioning.**

YOGA THERAPY AND RESEARCH CENTRES IN GOVT./ TERTIARY HOSPITALS

The following Yoga Therapy and Research Centres in Govt. / Tertiary Hospitals established by the Institute for the 11th Plan:

1. Vallabhbhai Patel Chest Institute, University of Delhi, North Campus, New Delhi-110 007;
2. Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Dhaka Colony, Kingsway Camp, Delhi-110 009;
3. LRS Institute of Tuberculosis and Respiratory Diseases, Sri Aurobindo Marg, Mehrauli, New Delhi-110 030; and

4. Institute of Human Behavior and Allied Sciences, Jhilmil, Dilshad Garden, New Delhi-110 095.

The Institute has also set up two more Centres:

1. Yoga Education and Therapy Centre at AYUSH Hospital, Port Blair, Andaman & Nicobar Islands; and
2. Yoga Therapy and Training Centre at DSR District HQ Hospital, SPSR, Nellore (A.P.)

EXHIBITIONS AND EVENTS

AROGYA MELA IN NEW DELHI

An international event was organized by the Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, at Pragati Maidan, New Delhi from 31st October to 3rd November, 2008. The programme was inaugurated by

Smt. Anita Das, Hon'ble Health Secretary to Govt. of India, Deptt. of AYUSH, Ministry of Health and Family Welfare, New Delhi. Sh. Varghese Samuel, Joint Secretary, Deptt. of AYUSH and others official remained present during the function.



Smt. Anita Das, Secretary to Govt. of India, Deptt. of AYUSH, inaugurating AROGYA, New Delhi. Sh. Varghese Samuel, Joint Secretary and other dignitaries witness this ceremony.



The staff and students of DYSc and DYT, MDNIY participated in this mega health fair by the valuable guidance of Sh. H.N. Chaudhary, A.D. (Yoga) and Mrs. Meeta Vig, ARO (Yoga). A fusion of Yoga, Music and Dance was performed during the inaugural ceremony by the students of MDNIY with trained classical dancer. During the event, Counselling and Therapy, Live Yoga Demonstrations, Multimedia Presentation, Distribution of IEC Material, Sale of the Publications of MDNIY was conducted by the experienced staff and students of MDNIY.



A snap shot of Counselling and Therapy session by the Staff of MDNIY during AROGYA-New Delhi

AROGYA MELA IN JAIPUR

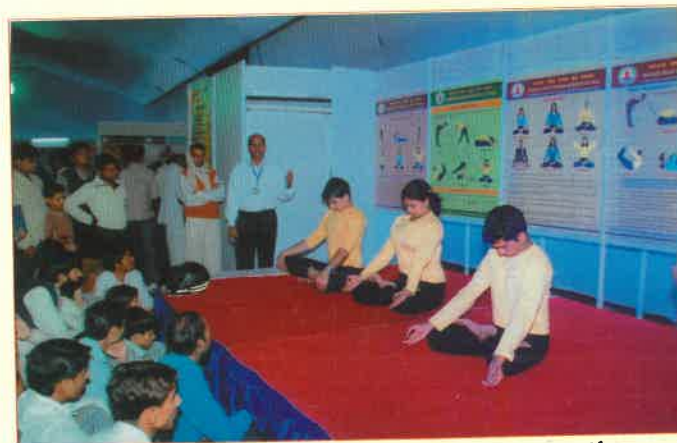
AROGYA was organized at Jaipur, Rajasthan by Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. Sh. Naval Kishor Sharma, Governor, Gujarat, Sh. G.A Rajkumar, Hon'ble Health Secretary, Sh. Banwari Lal Goud, Vice-Chancellor, Smt. P.K.S. Teacher, Hon'ble Health Minister of Kerala and other dignitaries were present during the inaugural ceremony of AROGYA. The event was held on 16-21 December, 2008. The Institute presented various events under the banner of Department of

AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi.

During the mela, a team of two Yoga Instructors with six students of MDNIY participated in the health exhibition with the guidance of Shri P.C. Rawat (YI) and Sh. M.S Bhadoria (YI). The main activities carried out by staff and students were as follows:

- Live Yoga Demonstration
- Yoga Consultation and Therapy
- Exhibition on Yogic Practices
- Distribution of IEC Material
- Sale of Publication of MDNIY

Educative posters and banners conveying the message about efficacy of Yoga were displayed at the MDNIY stall and the IEC material and other publications of the Institute were distributed for public awareness. Around 1400 people got Free OPD consultation by the Yoga Instructors of MDNIY during the programme.



Students, MDNIY, performing Yoga Demonstration during AROGYA- Jaipur, Rajasthan

The valedictory function is graced by Sh. Maheshchand Sharma and Sh. K.K. Vyas, Director, Ayurveda, Rajasthan. The performance and progress of the Institute was appreciated by all.

INDIA INTERNATIONAL TRADE FAIR 2008

India International Trade Fair 2008 was organized from 14th to 27th Nov, 2008 at Pragati Maidan, New Delhi. The Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. Participated in the Trade Fair for campaigning health promotion programme among the public. In the Fair, a stall was provided to MDNIY by the Department of AYUSH where Yoga demonstration, Consultation & Yoga Therapy Programme were provided to the visitors and IEC materials were distributed.

HEALTH CAMP

A Health Camp was organised at the Budh Nagar Ground, Nagpur, Maharashtra on 30th November, 2008 by Hon'ble Minister of State (Independent Charge) for New and Renewable Energy and Member of Parliament, Parliamentary Constituency of Nagpur. A team of MDNIY participated and performed Yoga and fusion programme in the inaugural function of the Health Camp. Shri B.M. Singh, ARO (Yoga) was the coordinator of the programme.

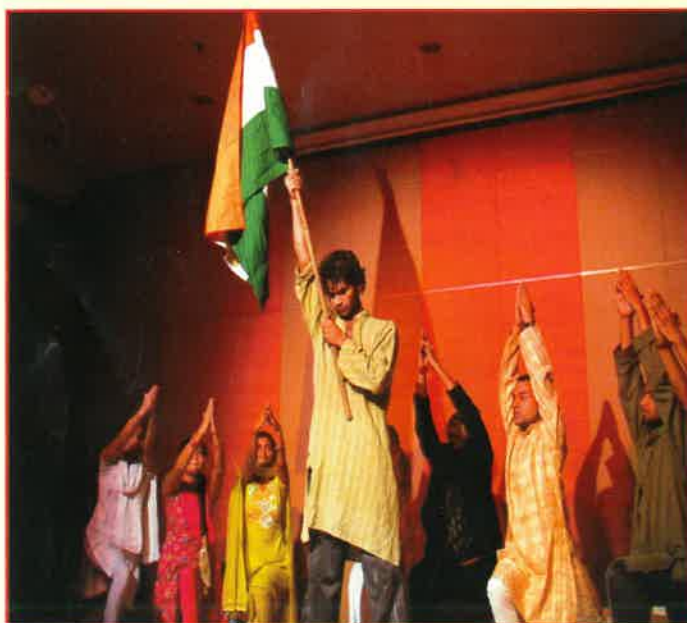
QAUMI EKTA WEEK: A PROGRAMME FOR BUILDING UP NATIONAL INTEGRATION

Moraji Desai National Institute of Yoga observed "Qaumi Ekta Week" (National Integration Week) from 19th to 25th November, 2008 at 10.00 am in the Institute premises. A pledge ceremony was organized at the Yoga Hall of the Institute for the

propagation and promotion of National Harmony among the people of the country. On the same day, the Flag Day was observed to raise donation for the rehabilitation of child victims of communal violence and for promotion of Communal Harmony and National Integration.

SOCIO-CULTURAL PROGRAMME

During the quarter, cultural programmes had been organized by the Institute to promote and build up morale of Indian culture among the staff and Students of the Institute. As a part of Institute activities, Pancham Swar, the socio-cultural programme "MIHIRA" was organized on 28th November, 2008. The theme of the programme was based on 'Patriotism'. The shades of terrorism were beautifully dramatized by the performers. The central objective of the programme was to create a positive mindset for peaceful coexistence in the society, considering the theme message of all religions i.e. "HUMANITY IS THE TRUE RELIGION".



Students, MDNIY, performing Pancham Swar programme at the auditorium of the Institute.



The programme was dedicated to our great Indian soldiers, who lost their lives in the terrible atrocity of terrorist attacks in Mumbai. The heartfelt condolences go out to all the families who lost family members and the prayers to all those who were hurt and salutations go to all those who came forward to help and protect the innocent people exaggerated during the terror.

YOGA AND MUSIC FUSION PROGRAMME

The unexpected epidemics like AIDS, Malaria and TB has marred the modern civilization. There is strong initiative needed by the nation to eradicate it. Mind of people must be boosted to fight against it. By taking this idea, a Yoga and Music Fusion Programme was organised by the students of MDNIY before the Board Members of Global Fund on AIDS, Malaria and TB on 6th November, 2008 at Old Fort, New Delhi at 7.30. The programme was successfully conducted under the close supervision of Dr. I.N. Acharya, Programme Officer (Yoga Therapy) and Shri Bal Mukund Singh, Assistant Research Officer (Yoga).

WORKSHOP

WORKSHOP ON 'UNDERSTANDING & PROMOTING HEALTH'

A two days workshop on 'Understanding & Promoting Health' was organised by Dr. C.G. Deshpande, former Professor & Head, Department of Applied Psychology, University of Mumbai on 27th & 28th November, 2008. The students of DYSc. and DYT participated in the workshop. Several psychological tests related to mental and social health were also conducted for the needy people. The students of MDNIY got the lesson related modern techniques and ways

available to promote healthy life style among the public.



Shri B. M. Singh, ARO (Yoga) addressing the audience during Global Ayurveda Conference held in pune

GLOBAL AYURVEDA CONFERENCE

Shri B.M. Singh, ARO (Yoga) and Shri Manoj Kumar, YI were deputed to participate in the Global Ayurveda Conference and Health Expo held in Pune on 26-31 December, 2008. Live demonstration on Yoga was given and IEC material were distributed for the benefit of public.

YOGA TRAINING (OUTSIDE THE INSTITUTE)

MDNIY is taking lots of initiative to provide Yoga Practiced Training outside the Institute. During the quarter, special classes were conducted in the following places:

- Yoga classes separately for male and female were conducted in Nirman Bhawan, Ministry of Health & Family Welfare, New Delhi.



The total numbers of attendance were 203 and 311, respectively. Shri P.C. Rawat, YI and Smt. Meera Chauhan, YI were deputed to conduct separate Yoga classes for the sadhakas;

- Yoga classes in Defense Research and Development Organization (DRDO) were conducted by Dr. Akhilesh Aggrawal and Ms. Satvinder Kaur;
- Yoga classes in Supreme Court Campus, New Delhi were conducted by Sh. K. Doren Singh for the Honorable Judges; and
- Yoga Classes for Lok Sabha Secretariat in Parliament House Complex were conducted by Sh. Amresh Kumar & Ms. Manju Bharti.

YOGA TRAINING PROGRAMMES

- Total six Yoga General Fitness Programmes, three in the morning, two in the evening and one class exclusively for ladies between 11: am to 12: pm from Monday to Friday.
- Weekend Yoga Classes were also conducted at MDNIY premises.

PREVENTIVE HEALTH CARE UNITS OF YOGA

The CGHS has issued necessary orders to their Zonal Offices regarding the Preventive Health Care Units of Yoga in CGHS Dispensaries. Accordingly, the offer of engagement has been issued to the selected candidates for the post of Yoga Instructor (part-time). They have conducted Yoga Classes to generate public awareness regarding various teaching and practices on Yoga being offered in both inside and outside the Institute. During the month of December, 2008, the

numbers of the Sadhakas who practices Yoga is as follows:

Sl. No.	Dispensary	Yoga Instructor	No. of Sadhakas
1.	CGHS Dispensary R-55, Sec-11, Noida	Ms. Arpita Aggarwal	62
2.	CGHS Dispensary New Police line, Kingsway Camp, Delhi	Ms. Niharika Gupta	92
3.	CGHS Dispensary C-Block, Janakpuri, New Delhi-57	Mrs. Shipra Srivastava	57
4.	CGHS Dispensary Nangalaya, D-Block, Janakpuri, New Delhi	Ms. Apeksha Bhagwat	35
5.	CGHS Dispensary Near Hari Nagar Ghanta Ghar, New Delhi	Sh. Pramod Kumar	40
6.	CGHS Dispensary M.B. Road, Sec-1, Pushpa Vihar, New Delhi	Sh. Govind Singh	36
7.	CGHS Dispensary Sadiq Nagar, Siri Fort Road, New Delhi	Sh. Awadh Bihari Mishra	61
8.	CGHS Dispensary Kidwai Nagar, Near INO Market, New Delhi	Sh. Kaustubh Kumar Mishra	22
9.	CGHS Dispensary Pandara Road, New Delhi	Ms. Manju Bharti	10
10.	CGHS Dispensary Sadar Bazar, Delhi Cantt., New Delhi	Sh. Satyendra Kumar Singh	58



FREE OPD CONSULTATION

Six different Yoga Therapy Programmes starting from 6.00 am to 5.00 pm are being conducted daily (Monday to Friday). Free OPD consultation and general Yoga Therapy classes were conducted on all working days throughout the month.

DIGNITARIES VISIT

The Department of AYUSH and MDNIY is a source of attraction for a lot of foreign people. During the quarter, the following delegates from various countries visited the Institute to know Yoga therapies and the way on how the concept of Yoga can be promoted in their respective countries:

1. USA (5th November, 2008)

- (i) Dr. Amala Guha, U.Conn. School of Medicine, CT, USA;
- (ii) Dr. Jenny Hill ICSU, ISAH Member; and
- (iii) Dr. Davainghani, Department of Psychology, Yale University.

The Director, MDNIY briefed the delegations on the activities and achievements of the Institute in promoting and propagating Yoga among the general masses in the nation as well as abroad.

DIRECTOR'S PARTICIPATION

- Director, MDNIY, accompanied the Hon'ble Minister of Health & Family Welfare for the inauguration of Lamp Lighting Programme of the Yoga Science Exhibition of Patanjali Seva Samiti, Gurgaon on 11th October, 2008;
- Director, MDNIY, visited Pune on 13th October, 2008 in connection with discussion and approval of Dr. B.K.S. Iyengar, Presidents of the association for the Memorandum of association and Rules and Regulations of the proposed Indian Yoga Association (IYA);

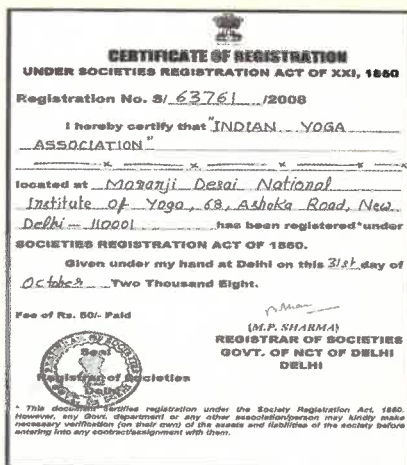
- Director, attended the National Seminar on "Yoga on Modern Life" and "Annual Assembly of Indian Academy of Yoga" on 18-19 October, 2008 by Indian Academy of Yoga, Indian Medical Association (BHU, Branch) and Department of Nephrology, IMS, BHU at Malviya Bhavan, BHU, Varanasi; wherein he was the Chief Guest in the inaugural function and delivered lecture as Guest Speaker and Chair the session as Chairperson in one of the session;
- Director visited JIPMER, Puducherry as a Chief Guest to attend the valedictory function of the first "Appreciation Course in Yoga for Medical Graduates" on 6th November, 2008 and held a meeting with the Director, JIPMER and the programme coordinator on advancement of Yoga;
- Director attended the meeting of the Monitoring Committee of Advanced Centre as well as the meeting of Selection Committee to appoint staff for the Advanced Centre on 7th November, 2008 at NIMHANS, Bangalore;
- Director, attended the fifth meeting of Grant-in-Aid Committee on "Introduction of Yoga in Schools" organized by National Council of Education Research and Training, (NCERT) on 19th November, 2008. In the meeting, discussion regarding "Finalization of Scheme for introduction of Yoga in Schools" was taken place and on the basis of discussion, a draft scheme for the same has been prepared;
- Director, attended the meeting of WHO-GOI Collaborative Programme (HSD Cluster) of WHO at Chennai on 12-13 December, 2008; and
- Director, visited Haridwar and Rishikesh to attend the meeting of Research Degree Committee of Dev Sanskriti Vishwavidyapeeth convened under the Chairmanship of Dr. S.P. Mishra, Vice-Chancellor and reviewed and evaluated the synopsis of Ph.D. thesis of Research Scholars of the University on 27th -28th, December, 2008.



INDIAN YOGA ASSOCIATION (IYA)

A SELF-REGULATORY BODY OF EMINENT YOGA SCHOOLS IN INDIA

The Hon'ble Minister for Health and Family Welfare, Govt. of India, accorded the approval for the establishment of the Indian Yoga Association (IYA) and asked to take such step as may be necessary in this regard. The Indian Yoga Association was registered under the Societies Registration Act of XXI, 1860 on 31st October, 2008 vide Registration No. S/63761/2008. A snap shot of Certificate of Registration is given below:



The Certificates of Registration of IYA

The aims and objectives, Office bearers and list of the eminent Yoga Institutes affiliated to Indian Yoga Association (IYA) are as follows:

AIMS AND OBJECTIVES OF IYA

- i) Promotion and advancement of Yoga and its applications;
- ii) Maintaining and promoting the different Indian Yoga traditions;
- iii) To develop and provide research facilities for carrying out fundamental and clinical research in the discipline of

Yoga and its applications keeping in view the socio-economic needs of all sections of the society;

- iv) To hold Conferences, Seminars, Workshops, Camps and Public meetings to propagate information and knowledge of Yoga, its various techniques and practice in various parts of India as well as abroad;
- v) Accreditation and affiliation of Yoga Institutions including Prescribing of basic requirements for affiliation of Yoga Institutions;
- vi) To bring certain amount of self discipline in the operations of the Yoga Institutions;
- vii) To conduct research and experiments in Yoga science and its application using existing and emerging tools and methods of research;
- viii) To develop techniques and approaches based on the Ancient Yoga Texts and Granthas of Yoga to meet the challenges of the modern era;
- ix) To identify, develop and disseminate new approaches and best practices for Yoga education, therapy and research; and
- x) To prescribe different courses for imparting education and training in Yoga; to prescribe syllabus and curriculum for various Yoga education, therapy and training courses and programmes; also to prescribe guidelines to carry out research in Yoga and its applications at various levels.



MEMBERS OF THE EXECUTIVE COUNCIL

Sl. No.	Name of the Executive Council Members of IYA	Position
1.	Dr. B.K.S.Iyengar , President, Ramamani Iyengar Memorial Yoga Institute, 1107-B/1, Shivaji Nagar, Pune-411 016	President
2.	Shri O.P.Tiwari , Secretary, Kaivalyadhama S.M.Y.M. Samiti, Lonavala, Pune -410 403	Senior Vice-President
3.	Dr. H.R.Nagendra , Vice Chancellor, Swami Vivekananda Yoga Anusandhan Sanathan , 19, Eknath Bhawan, Gavipuram Circle, Kempegowda Nagar,Bangalore-560019	Vice-President
4.	Dr. S.P.Mishra , Vice Chancellor, Dev Sanskriti Vishwavidyalaya, Gayatri Kunj, Shanti Kunj, Haridwar-249411	Vice President
5.	Dr. Ishwar V. Basavaraddi , Director, Morarji Desai National Institute of Yoga, 68, Ashok Road, New Delhi-110001.	Secretary
6.	Shri Shraddhalu Ranade Managing Trustee, Dipti Trust , Sri Aurobindo Ashram, Ponduchery -605002	Joint Secretary
7.	Swami Dharmananda , Director, Adyatma Sadhana Kendra, Mehrauli Road, Chhatarpur, New Delhi-110030	Treasurer
8.	Joint Secretary (AYUSH) , Ministry of Health & Family Welfare, Red Cross Building, New Delhi.	Executive Member
9.	Joint Secretary (AYUSH) , Ministry of Human Resource Development, Shastri Bhawan,New Delhi.	Executive Member
10.	Dr. Swami Veda Bharati , Chancellor, HIHT University, Swami Ram Nagar, P. O. Doiwala,Dehradun -248140, Uttarakhanda	Executive Member
11.	Swami Vimalanandaji , (or his Representative), President Divine Life Society, P.O. Shivanandanagar -249192, Rishikesh, Distt. Tehri Garhwal, Uttarakhand	Executive Member
12.	Dr. Swami Ananta Bharti , Director, Keshwananda Yog Sansthana, B -2/139-140, Sector-6,Rohini, New Delhi-110085	Executive Member
13.	Smt. Hansa Jayadev , Director, The Yoga Institute, Shri Yogendra Marg, Prabhat Colony, Santacruz (East), Mumbai – 400005	Executive Member
14.	Shri S. Sridharan , Managing Trustee, Krishnamacharya Yoga Mandiram, 31, Fourth Cross Street, R.K.Nagar, Chennai – 600028	Executive Member
15.	Smt. Meenakshi Devi Bhavanani , President, ICYER, 16-A, Mettu Street, Chinnamudaliar-chavady, Kottakuppam, Puduchery – 605104	Executive Member
16.	Padamshree Bharat Bhushan , President, Mokshayatan Yogashram, 3/1966, Beri Bagh, Saharanpur, U.P.	Executive Member
17.	Dr. W. Selwamurthy , Distinguished Scientist & Chief Controller, R&D (LS&HR), Ministry of Defence, DRDO Bhawan, Room No. 201, Rajaji Marg, New Delhi-110011	Executive Member
18.	Shri Verghese Samuel , Joint Secretary (AYUSH), C-II/24, Tilak Lane, New Delhi-110001	Executive Member
19.	Prof. M. Venkata Reddy , Secretary, Andhra Pra desh Yoga Dhyana Parishad, Plot No. 84, 8 th Cross Street, Trimurthy Colony, Mahendra Hills, Secunderabad (A.P)-500026	Executive Member
20.	Dr. K. Krishna Bhat , Professor & Chairman, Dept of H.C. & Yoga Science, Manglore University, Mangalagangothri, Manglore -574119	Executive Member
21.	Dr. Ishwar Bharadwaj , Professor and Head, Dept of H.C. & Yoga Science, Gurukul Kangri University, Haridwar (Uttrakhand) -249404	Executive Member



List of the Eminent Yoga Institutes Proposed to Affiliate to IYA

S. No.	Name and Address of the Institute	Founder Guru
1.	Bihar School of Yoga, Ganga Darshan, Munger, Bihar.	Swami Satyananda Saraswati
2.	Deva Sanskriti Vishwavidyalaya, Gayatri Parivar, Shanti Kunj, Haridwar.	Acharya Sri Ram Sharma
3.	Himalaya Hospital Trust, Swami Ram Nagar, Jolly Grant, P.O. Dorwala, Distt. Dehradun, Uttaranchal.	Swami Rama
4.	Krishnamacharya Yoga Mandiram, 31, Fourth Cross Street, R.K.Nagar, Chennai-600028.	Yogacharya T K V Desikachar
5.	Morarji Desai National Institute of Yoga, 68, Ashok Road, New Delhi-110001.	Swami Dharendra Brahmachari
6.	Preksha International, Jain Vishwa Bharati, Ladnun-341306, Rajasthan.	Acharya Tulsi and Acharya Sri Mahaprajnaji
7.	Ramamani Iyengar Memorial Yoga Institute, 1107, B/1, Shivaji Nagar, Pune-411016.	Yogacharya Dr.B.K.S.Iyengar
8.	S.M.Y.M. Samiti, Kaivalyadhama, Lonavla, Pune -410 403.	Swami Kuvalyananda
9.	Sri Aurobindo Ashram, Puducherry	Maharishi Sri Aurobindo
10.	Sri Ramakrishna Math and Ramakrishna Mission, Vivekananda University, PO -Bellur Math-711202, Distt. Howra, W.B.	Ramakrishna Paramhansa and Swami Vivekananda
11.	Swami Vivekananda Yoga Anusandhan Samsthana, Prashanti Kuteeram, Bangalore.	Dr. H.R.Nagendra
12.	The Divine Life Society, Rishikesh, Uttarakand.	Swami Shivanandaji
13.	The International Centre of Yoga Education and Research, 16-A, Mettu Street, Chinnamudaliarchavady, Kottakuppam-605104, Via Pondicherry.	Yogacharya Sh. Geetananda Giri
14.	The Yoga Institute, Santacruz (East), Yogendra Marg, Mumbai - 55	Swami Yogend raji
15.	Vipasana International Academy, Dhamma Giri, Igatpuri, Maharashtra	Sri S.N.Goenka

NATIONAL YOGA WEEK: A BRIEF REPORT OF PAST TWO EVENTS

(A) NATIONAL YOGA WEEK-2007

The Five-day event was inaugurated by Hon'ble Union Minister of State, Ministry of Health & Family Welfare, Govt. of India, Smt. Panabaaka, Lakshmi. Smt. Anita Das, Secretary to Govt. India, Deptt. of AYUSH, presided over the inaugural function. Sh Verghese Samuel, Joint Secretary to Deptt. of AYUSH shared the dais. Dr.H.R.Nagendra Vice Chancellor, Swami Vivekananda Yoga, Anusandhana Sansthana (Deemed University) Bangalore and Dr. M.V.

Bhole, Eminent Yoga Expert from Lonavla made keynote addresses. Dr. Ishwar.V. Basavaraddi, Director, MDNIY, welcomed all for the event and briefed about the event.

The National Yoga Week-2007 was comprised of three main events i.e National Seminar, National Conference and Skill Building Workshops.

A Valedictory function of National Yoga Week-2007 was held on 16th March, 2007 at NASC, PUSA campus. Dr. Madan Mohan, Director, JIPMER was guest of honour. Dr.I.V Basavaraddi, Director, MDNIY, Dr.U.S.Ray, Director, DIPAS,



Dr.C.G.Deshpande, Retd.Prof. and Head of Applied Psychology, Ms. Sudha Sahni, Asst. Dir., MDNIY; Org. Secy., NYVI, Sh. Ishwara Acharya, P.O.(YT), MDNIY; and Sh. R.K. Saxena, Administrative . Officer, MDNIY shared the dias.

(B) NATIONAL YOGA WEEK 2008

The second National Yoga Week-2008 was inaugurated by Dr. Anbumani Ramadoss, Hon'ble Union Minister of Health & Family Welfare, Govt. of India by lighting the lamp. The Inaugural session was presided over by Smt. Anita Das, Secretary to Govt. of India, Deptt. of AYUSH, Ministry of Health and Family Welfare. Dr. R. K. Srivastava, Director General, DGHS, Dr. W Selvamurthy, Distinguished Scientist and Chief Controller (Research and Development) in DRDO, Ministry of Defence, Shri Varghese Samuel, Joint Secretary in the Department of AYUSH, and other senior officials from the Ministry of Health and Family Welfare were present on the dias in the inaugural function.

The National Yoga Week-2008 covered difference events like Conference (25th-27th February 08) Seminar (28th-29th February 08) and Workshops (all 5 days 25th-29th February 08 from 7-9 am).

Smt. Panabaaka Lakshmi, Hon'ble Minister of State for Health & Family Welfare, Govt. of India was the Chief Guest in the Valedictory Function on 29th February, 2008 at 1.00 pm. The valedictory Session was also attended by Varghese Samuel, Joint Secretary, Deptt. of AYUSH, New Delhi, Smt. Meenakshi Devi Bhavanani, Director, International Centre for Yoga Education and Research, Puducherry, Smt. Hansa Jayadeva, Director, Yoga Institute, Mumbai, Dr. H.R. Nagendra, Vice Chancellor, Swami Vivekananda Yoga Research Foundation, Bangalore, Dr. Salim J. Habayeb, WHO Representative of India. The response to these programmes was overwhelming.

The following points were resolved unanimously at the end of National Yoga Week-2008 :

1. An action plan should be chalked out to create mass awareness about the danger of Obesity and its associated disorders which are going to be faced by the society in near future and the preventive, promotive and curative role of Yoga in their management as 'self-help' measure;
2. The MDNIY should play a leading role to formulate guidelines for undertaking research projects in Obesity and Diabetes emphasizing Yogic methodologies and concepts in modern medical language;
3. To establish multi-centric collaborative research centres at premier Medical and Yoga Institutes/Centres in India and abroad to ensure studies on a large population. The MDNIY should be empowered to coordinate the research activities of these centres;
4. To establish Obesity Management Cells through Yoga in different Govt. agencies like, CGHS, PHCS, etc;
5. In order to have uniformity in Yoga Education programmes, 9 different syllabi were prepared by the Committee of Experts and were presented as well as discussed in different sessions, and the suggestions were invited from the audience for finalizing the draft syllabi. It was also proposed to include a basic course in Yogic Therapy (B.Y.Th) on the lines of MBBS/ BAMS/ BUMS/ after 12th standard before instituting M.D in Yoga Therapy;
6. It was unanimously resolved to establish a Self-Regulatory Body in Yoga with the name of "Indian Yoga Association" under the chairmanship of Padmabhushan Dr. B.K.S. Iyengar. This Body should be entrusted with the responsibility of formulating the guidelines and its implementation for Accreditation of the Yoga Institutions/ Centres; and
7. It is requested that the Department of AYUSH should take initiative and proper steps to provide suitable premises, adequate financial and administrative support in the beginning to achieve these objectives.



THE UPCOMING MEGA EVENT: NATIONAL YOGA WEEK-2009

THEME: ROLE OF YOGA IN SCHOOL HEALTH

In the recent times, the modern medical system has 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 system for the modern day problems. Here, Yoga opens a new paradigm for all-round development of personality with effective treatment of health problems.

Through this National Yoga Week, MDNIY is making efforts to provide a common platform for the experts of school health and Yoga to share and update recent developments in improving the overall health of a child and to explore and deliberate the judicious use and integration of Yoga in the health education programmes in school.

The Institute is organizing nation-wide Yoga Awareness Programme in schools and conducting Yoga Camps for the school children, on its own and through the leading Yoga Institutes of the country from 16 - 22 February, 2009 on the occasion of the National Yoga Week 2009.

The National Yoga Week 2009 comprises of the following events:

(a) Conference (b) Seminar (c) Workshop
(d) Yoga Awareness Programme/ Yoga Camps in Schools.

Objectives of National Yoga Week-2009

1. To create a mass awareness among the teachers, students and parents about the utility of Yoga in health education programmes in schools.
2. To bring together eminent Yoga experts, Medical Scientists, Researchers, Educationists, Policy makers and Students under one platform.
3. To disseminate the scientific and technical information available in relation to school health and child development.
4. To provide platform for sharing and stimulating innovative and multi-disciplinary research ideas on the subject of school health.
5. To discuss on the issue of bringing Yoga as a potential component in health education programmes in schools and the issues related to it.

CONFERENCE

Role of Yoga in School Health

(16-17 February, 2009)

Children less than 15 years of age constitute approximately one third of the world's population. Eighty percent of the world's children live in developing countries. The concept of childhood has received attention only recently. The historic Human Rights Convention, passed by the United Nations in 1989, is the first universal and binding international policy statement on the Rights of the Child. However, many children continue to experience overt or covert denial of access to essential needs such as food, shelter, health care, education, recreation and parental social support.

Yoga is being practiced for prevention of diseases and promotion of health from ancient times. The role of Yoga in the management of psycho-somatic and lifestyle disorders has been proved beyond doubt by the well designed standard research work by the experts of the field.

With the main thrust on the Role of Yoga in School Health, the Conference will focus on the following areas:

1. **Yogic Life Style : A potential tool in the Health of School Children.**
2. **Personality Development of School Children : A Yogic Perspective.**
3. **Balanced Diet : A Yogic Approach to Positive Health in School Children**
4. **Role of Parents and Teachers in School Health Programmes.**

SEMINAR

Health Education in Schools Through Yoga (18th February, 2009)

The need of integration of Yoga in the school health education programme has been now a reality. However, the advantages, limitations and the research trends on the subject are the topics of discussion and deliberation to arrive at a concrete conclusion. It has been proposed to provide a common platform for the Educationists, Yoga experts working in the field of education and the Policy makers to deliberate on the above issues to arrive at consensus. The so arrived recommendations for the better implementation of Yoga as a potential component in the school health education system will be forwarded to the appropriate authorities for their consideration. The sub-themes of the seminar would be:



1. **Components of Health Education Programme in Schools.**
2. **Possible Advantage of Introduction of Yoga in School Education Programme.**
3. **Research Trends in Yoga with Reference to School Health.**
4. **Strategies in Implementation of Yoga in School Health Education Programme.**

WORKSHOP

Teaching Methodology in Yoga for School Children (19-20 February, 2009)

The role of Teacher in the execution of integration of Yoga in the day-to-day life of a child is very important. The teacher must be having adequate knowledge and communication skills to make the teaching an interesting one. The Teacher should develop a cordial relationship with each child and develop a friendly environment for better attention of a child.

Some of the leading Yoga Institutes of the country have devised some special techniques and methodology for teaching Yoga, especially to the children. The proposed workshop will equip the Yoga teachers to deal with the children while imparting Yoga education effectively. Experts from the Yoga Institute, Santacruz, Kaivalyadhama, Lonavla, Iyengar Yoga Institute, Pune, SVYASA, Bangalore etc. are going to provide the inputs in the workshop.

The Yoga Teachers who are already working in the schools will be preferred for the workshop.

Yoga Awareness Programmes/Yoga Camps in Schools (16-22 February, 2009)

It is intended to organize Yoga Awareness Programmes/ Yoga Camps in schools all over the country through the active participation of leading Yoga Institutes of the country. The Yoga Institutes will identify the school in their locality and conduct the week long Yoga Awareness Programme/ Yoga Camps for the school children, parents as well as the teachers.

The Institute will also identify around 100 schools in and around Delhi and conduct such programmes in these schools.

These programmes will be preferably conducted from 16th to 22nd February, 2009. The Yoga Institutes which are interested to conduct such programmes in schools may

contact the Organizing Secretary for further details and assistance.

TYPE OF SESSIONS

Key Note Addresses

The eminent experts of the field will be invited to present the 'Keynote addresses' under specific tracks. The Keynote address will deal with issues pertaining to sub-tracks within individual tracks of the Conference/Seminar.

Invited Speaker Sessions

Experts and Researchers of the specific field will be invited to present their views on the specific topic of the Seminar and Conference.

Parallel Sessions

To give more opportunity for the interactive sessions among the delegates and the Experts, the parallel sessions will be arranged and the deliberations of these sessions will be sum up in the plenary session.

Plenary Sessions

Distinguished researchers, Yoga Experts, Educationists 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

Abstract 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

Best Paper Presentation and Additional Event

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 such as Yoga demonstration, Satsang, Cultural Night and Exhibition will be organized during the National Yoga Week-2009.

PHOTO GALLERY



Smt. S. Jalaja, Secretary to Govt. of India, Deptt. of AYUSH , Sh. B. Anand, Joint Secretary (AYUSH), Dr. D.D.Sharma, Director (AYUSH) and Director, MDNIY during the Secretary visit to the Institute and dignitaries witness the ceremony



Students of MDNIY performing Titibhasana during Live Demonstration session in AROGYA-New Delhi



Smt. Anita Das, Former Secretary to Govt. of India, Deptt. Of AYUSH releasing booklet on AROGYA, New Delhi. Sh. Varghese Samuel, Joint Secretary and others look on.



Students of MDNIY demonstrating Yogasana during AROGYA - Jaipur



Students of MDNIY performing Live Demonstration on Yoga in AROGYA- New Delhi



Student of MDNIY showing demonstration on Yoga during AROGYA- Jaipur and Sh. M. S. Bhadoria, (YI) illustrating the Asana to the Visitors



PHOTO GALLERY



The Director, MDNIY inaugurating CME Programme at Institute auditorium and others official look on



Participants during interaction session of CME Programme held in Institute's auditorium



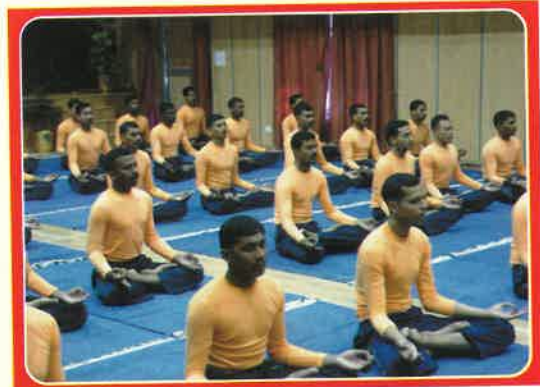
BSF personnel are being greeted by ADG, BSF during the Valedictory function at Chhawla, Najafgarh, New Delhi.



A snap short on demonstration of Yoga by BSF personnel during CYSc programme



BSF Personnel performing Live Demonstration on Yoga during the Valedictory function held at BSF Camp, Chhawla, Najafgarh, New Delhi.



BSF Personnel performing Padamasana during the Valedictory Function of CYSc programme

GLIMPSE OF NATIONAL YOGA WEEK (2007-2008)



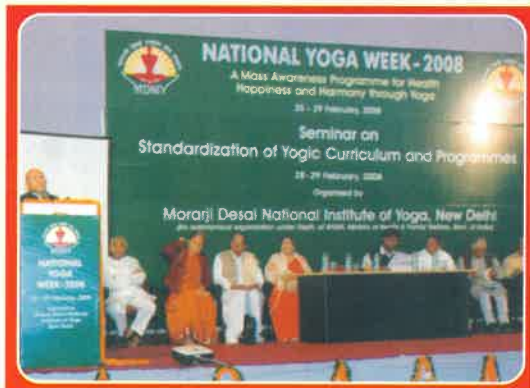
Hon'ble Union Minister of State, Ministry of H& FM, Govt. of India, Smt. Panabaaka Lakshmi, inaugurating National Yoga Week-2007. Smt. Anita Das, Secretary to Govt. of India, Deptt. of AYUSH, Dr. I.V Basavaraddi, Director of MDNIY, Sh. Varghese Samuel, Joint Secretary, Deptt. of AYUSH and others look on.



Hon'ble Union Minister of Health and Family Welfare Dr. Anbumani Ramadoss Inaugurating National Yoga Week-2008



Hon'ble Union Minister of Health and Family Welfare Dr. Anbumani Ramadoss, Smt. Anita Das, Secretary to Govt. of India, Deptt. of AYUSH, Dr. I.V Basavaraddi, Director of MDNIY and other officials during National Yoga Week-2008



Sh. Varghese Samuel, Joint Secretary, Deptt. of AYUSH addressing the dignitaries during National Yoga Week-2008 and others look on



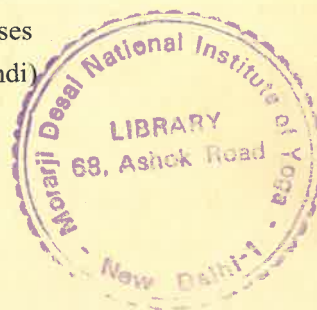
Hon'ble Union Minister of State, Ministry of H & FM, Govt. of India, Smt. Panabaaka Lakshmi, Smt. Sh. Varghese Samuel, Joint Secretary, Deptt. of AYUSH, Dr. I.V Basavaraddi, Director of MDNIY during National Yoga Week-2008 in MDNIY



Dignitaries at National Yoga Week- 2008

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Note:

- 20% discount on purchase of each copy during Arogya / National Yoga Week.
- 30% discount on purchase of 10 or more copies.
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Published by



MORARJI DESAI NATIONAL INSTITUTE OF YOGA

(An autonomous organization under Department of AYUSH, Ministry of Health & Family Welfare, Government of India)

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