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# MDNIY NEWS LETTER

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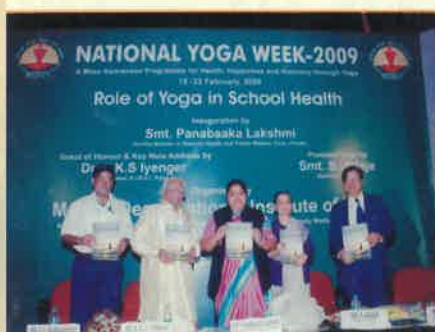
A Quarterly News Letter of Morarji Desai National Institute of Yoga, New Delhi

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*Smt. Panabaaka Lakshmi, Hon'ble Minister of State for Health and Family Welfare, Govt. of India and Padmabhushan Dr. B.K.S. Iyengar lighting the lamp during the Inaugural ceremony of NYW-2009*



*Smt. S. Jalaja, Secretary (AYUSH), addressing the gathering during NYW-2009*

*Smt. Panabaaka Lakshmi, Hon'ble Minister of State for Health and Family Welfare, Govt. of India, Padmabhushan Dr. B.K.S. Iyengar, Smt. S. Jalaja Secretary (AYUSH) & Dr. S.K.Panda Joint Secretary (AYUSH) releasing the Souvenir during NYW-2009*



**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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## From the Director's Desk...

**Y**oga is a very ancient system and efficient system of integrating the body, mind & spirit. It also achieves higher stoles of awareness and self-realization by methodical efforts to attain perfection

Health is one of the core issues and an important indicator of nation's growth and development. If health is given a thrust, right at the stage of childhood, the dream of a healthy and strong nation would become a reality.

Efficacy of Yoga in the area of health is increasingly being appreciated in the recent past. Multifaceted holistic role of Yoga in physical mental, emotional, social and spiritual development of a person and its long term benefits to the people from all walks of life have been established by large number of inter-disciplinary researches in different fields. In this backdrop, the role of Yoga needs to be systematically studied with special emphasis on the health of children at school. To meet this objective, MDNIY has successfully conducted the National Yoga Week-2009 on the theme 'Role of Yoga in School Health' from 16<sup>th</sup> to 22<sup>nd</sup> February, 2009.

In the light of raising popularity of Yoga and its role in education, therapy, research & training, the Institute has set up four Advanced Centres for Yoga in collaboration with premier Medical Institutes like NIMHANS, Bangalore, JIPMER, Puducherry, DIPAS, Delhi and GAU, Jamnagar. All these centres are running successfully promoting the health and all-round development of the society. It is anticipated that through the ongoing research and other activities of these centres, some significant output will arrive in the near future.

To promote Yoga Therapy and Training for the common man, five Yoga Therapy Centres in Tertiary Hospitals and 10 Preventive Health Care Units of Yoga in CGHS dispensaries have been established & they are running successfully.


With an aim to introduce the knowledge of Yoga to contribute for best care assistance of patients the Deptt. of AYUSH has started CME Programmes for the medical / AYUSH professionals. The Institute has successfully conducted the second CME Programme wherein overwhelming response was received from the participants

I hope the activities under taken during the quarter were useful to the public at large. I am looking for a uncrate & constructive suggestions from the readers to make the activities more meaningful and to explore some innovative ideas for the systematic propagation & promotion of Yoga.

To make an enlarged promotion of Yoga, MDNIY recently participated in two AROGYA programmes held in Mumbai and Ludhiana. These programmes were organised by the Deptt. of AYUSH. The Institute also participated in the 23<sup>rd</sup> Surajkund Craft Mela.

As a part of international collaborative activities, delegates from Govt. Institute of Ayurvedic Medicine, St.Petersburg, Russia were visited to the Institute and assured mutual cooperation for the development and promotion of Yoga in neighbouring country.

Dr. S.K.Panda has joined as Joint Secretary in the Deptt. of AYUSH. I hope under his guidance and dynamic leadership, the Institute will grow to the new heights in the days to come.

  
**Dr. Ishwar V. Basavaraddi**  
Director & Editor in Chief



## NATIONAL YOGA WEEK-2009

### ROLE OF YOGA IN SCHOOL HEALTH

**M**orarji Desai National Institute of Yoga organized the mega event, National Yoga Week-2009 from 16-22 February, 2009 in the Institute premises with objectives to create a mass awareness among the professionals and the public about the wide ranging utility of Yoga and to bring together eminent Yoga experts, medical scientists, researchers and students under one platform for sharing and to exchange innovative and multidisciplinary research ideas so as to discuss the issue of bringing Yoga in mainstream of Health Care Delivery System and the issues related to it. The theme of National Yoga Week -2009 was "Role of Yoga in School Health".

#### The event consisted of the following programmes:

1. Conference (16-17 February, 2009): *Role of Yoga in School Health;*
2. Seminar (18 February, 2009 ): *Health Education in Schools through Yoga* and
3. Workshop (19-20 February, 2009): *Teaching Methodology in Yoga for School Children.*

Apart from this, leading Yoga Institutes of the country, Yoga Departments of various Universities, Yoga and Naturopathy Colleges, Advanced Centres for Yoga of MDNIY and other organizations conducted Yoga Camps/ Yoga Awareness programmes in schools in their respective states during 16-22 February, 2009.



*Smt. Panabaaka Lakshmi, Hon'ble Minister of State for Health and Family Welfare, Govt. of India delivering Inaugural speech during NYW-2009*

#### INAUGURAL SESSION (16 FEB, 2009)

Dr. S. K. Panda, Joint Secretary to the Govt. of India, Deptt. of AYUSH welcomed the dignitaries on the dais with well wishes for the success of the event and fruitfulness of the deliberations. Following the welcome address, the National Yoga Week - 2009 was inaugurated by Smt. Panabaaka Lakshmi, Hon'ble Minister of State for Health & Family Welfare, Govt. of India by lighting the

lamp. While delivering her inaugural address, she stated that "Health is one of the core issues for development of a nation. It is an important indicator of nation's growth and development. If health is provided a thrust, right at the stage of childhood, the dream of a healthy and strong nation would become a reality. Therefore, schools play a pivotal role in the sectors of education as well as health. School can immensely contribute to this by disseminating knowledge and awareness about



*Dignitaries on dais during the Inaugural ceremony of National Yoga Week-2009*

the values inculcating the health promoting habits, healthy life style, initiating health promoting activities and programmes". She also expressed that the MDNIY should put its concentrated efforts in materializing the need of integration of Yoga in School Health Programme.

In his Key-note address, Padmabhushan Dr. B. K. S. Iyengar, President, Ramamani Iyengar Memorial Yoga Institute (RIMYI), Pune, expressed "the utmost necessity for the elders to know and understand the importance of Yoga to promote and propagate Yoga science among the younger generations". Expressing his pain for Yoga not being so popular in India as it happens to be in the countries abroad, he suggested that "the Government should think about a suitable policy in order to promote Yoga in school education".

Smt. S. Jalaja, Secretary to Govt. of India, Deptt. of AYUSH, in her presidential address opined that "The Government is spending billions of rupees annually for the health sector, yet it

is not sufficient to provide good health facilities to the people and it is a matter of concern. The people related with the Traditional Health Care systems like Yoga, Ayurveda, Unani etc. should come forward with more modules which can help the people to remain healthy". Assuring every support by the Ministry of Health & Family Welfare towards this endeavour, she suggested that if the principle of "EACH ONE -TEACH ONE" would be applied in this regard, the science and art of Yoga may easily infiltrate into the places and sectors where it has not yet reached.

### **SOUVENIR RELEASED**

Smt. Panabaaka Lakshmi, Hon'ble Minister of State for Health and Family Welfare released the Souvenir of National Yoga Week-2009, during the inaugural function.

### **CONFERENCE (16-17 FEBRUARY, 09)**

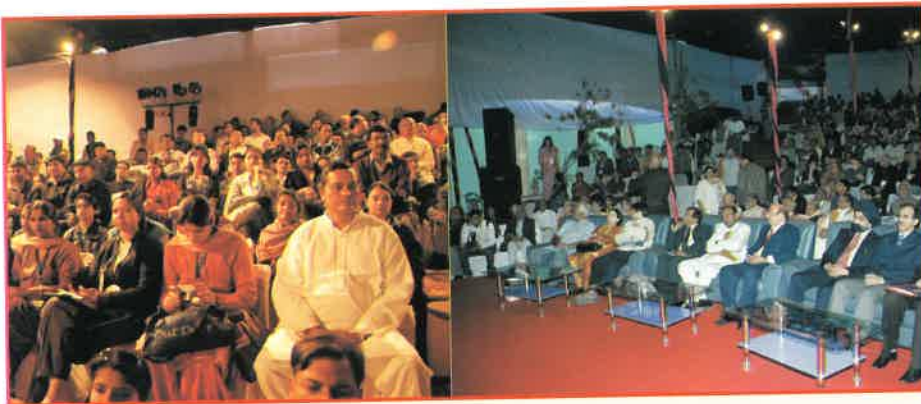
The Inaugural Technical session of the conference was on the theme "Role of Yoga in School Health". The session was chaired by Padmabhushan Dr. B.K.S Iyengar, President, RIMYI, Pune

and moderated by Dr. Arpan Bhatt, Head, Deptt. of Swasthavritta, Yoga and Nisrgopachar, GAU, Jamnagar, Gujarat this technicals.

During session, Smt. Hamsa Jayadev, Director, The Yoga Institute, Santacruz, Mumbai; Dr. Mukund Vinayak Bhole, Eminent Researcher and Former Joint Director of Research, Kaivalyadhama, Lonavla and Shri Shraddhalu Ranade, Sri Aurobindo Ashram, Puducherry delivered keynote speeches on the theme.

Technical session-I started on 17 February, 2009 morning in Amphitheatre. The key-note session on the theme of conference was chaired by Dr. K. K. Sharma, Advisor and Pro-Vice Chancellor, DAV College of Education, Ambala, Haryana and Dr. J.P.N Mishra, Associate Professor, Jain Vishwa Bharti University, Ladnun, Rajasthan was the Moderator. Dr. H.R. Nagendra, Vice-Chancellor, SVYASA, Bangalore; Dr. R.L. Bijlani, Professor (Retd.), AIIMS, New Delhi; Dr. C. G. Deshpande, Professor and Head (Retd.), Bombay University, Mumbai; Dr. Bimal Chhajjer, Director, SAAOL, New Delhi and Dr. Manoj Naik eminent Yoga expert, RIMYI, Pune, were the speakers of the sessions.

Technical session II was held with two parallel sessions with themes i.e *Yogic Life Style: A Potential tool in the Health of School Children & Balanced Diet: Yogic Approach to Positive Health in School Children.*



*Delegates present during National Yoga Week-2009*



## DR. S. K. PANDA JOINS AS JOINT SECRETARY, AYUSH

**D**r. Sanjay Kumar Panda has joined as Joint Secretary in the Deptt. of AYUSH on 2<sup>nd</sup> February, 2009. Dr. S. K. Panda has a brilliant academic career and had won Gold Medals as the best graduate (1974) and stood first in M. Sc. (Chemistry) (1976), Utkal University, Orissa.



DR. S.K. PANDA

Dr. S.K Panda joined the Indian Forest Services and completed Diploma in Forestry (1978-80). He joined Indian Administrative Service in 1980 and worked in different capacities in Tripura at field and secretariat levels. Dr. S. K. Panda worked as the Director (Textiles), Orissa from 1990-94, where he made significant contribution to the development of Handloom and Mulberry Sericulture. As the Chairman of the Tripura State Finance Commission, he had looked into the functioning of the 3-tier Panchayati Raj Institutions. As the Chief Electoral Officer, Tripura, he conducted the general elections in 1997.

Dr. S. K. Panda joined as Director (Sports), Government of India in 1997 and played an important role in the formulation of the National Sports Policy and promotion of game and sports. He worked as Joint Secretary in the Ministry of Social Justice and Empowerment and dealt with welfare of Scheduled Castes, Minority and Backward Classes. Subsequently, he worked as Chief Vigilance Officer, SAIL, (2002-04) and made contribution for development of systems for checking irregularities.

Dr. S. K. Panda attended the 30th AIPPA in the Indian Institute of Public Administration, Delhi in 2004-05 and awarded Silver Medal. He worked as the Principal Secretary in-charge of Social Welfare and Social Education, Higher Education, Home Department and as Secretary to Chief Minister, Govt. of Tripura from 2005-09.

Dr. S. K. Panda got his Ph.D in Economics from Utkal University in 2006. His book titled 'Corporate Social Responsibility in India Past, Present and Future' released by the Deputy Chairman, Planning Commission on 1st September, 2008 covers a wide range of social and business related issues in Indian context.

He has keen interest on matters relating to welfare in general and the disadvantaged segments of society in particular. Dr. S. K. Panda brings with him a rare combination of academic excellence and wide administrative experience of dealing with welfare related issues.

Morarji Desai National Institute of Yoga heartily welcomes, Dr. S. K. Panda and wishes him good health and all the success in his efforts for the development of Yoga and thereby extending its benefits to the society.



*Yoga Camp conducted at Kendriya Vidyalaya, Pragati Vihar, Delhi during National Yoga Week-2009*



*Yoga Camp conducted at D.A.V Public School, Sector -14, Gurgaon during National Yoga Week-2009*



*Padmabhusan Dr. B.K.S. Iyengar giving the lecture-cum-demonstration on Yoga during NYW-2009*

*MDNIY Students performing Yoga Demonstration during National Yoga Week-2009*

The session was chaired by Dr. Samprasad Vinod, Director, Maharshi Yoga Institute, Pune and Shri C.B. Singh, University of Delhi, Delhi was the Moderator. During the session, Dr. Rijvi Mehta, Yoga Consultant, Iyengar Yogashram, Mumbai; Dr. Prakash Malshe, CMO and Director, Antar Prakash Yoga Centre, Haridwar; Dr. B.P. Siddhashrama, Professor and Chairman, Deptt. of Yoga, Karnataka University, Dharwad; Dr. Amarjeet Yadav, Lecturer, Deptt. of Yoga Studies, Lucknow University, Lucknow and Dr. Ananda Balayogi, Director, ICYER, Puducherry presented technical papers on the sub-theme of the conference.

Technical Session-III was held with two parallel sessions i.e. *Personality Development of School Children: Yogic Perspective & Role of Parents and Teachers in School Health Programmes*. The session is chaired by Dr. Mahindra Gupta, Director, Vivekananda Kendra, Gwalior and Dr. U.S. Ray, Scientist, DIPAS, New Delhi was the Moderator.

The speakers who delivered the lectures were-Swami Ananta Bharti, Director, Swami Keshavananda Yoga Institute, Rohini, New Delhi; Shri

S. Sridharan, Managing Trustee, Krishnamacharya Yoga Mandiram, Chennai; Dr. Indulata Das, Director, Academy of Yoga and Oriental Studies, Bhubaneswar and Dr. Ananda Balayogi, ICYER, Puducherry.

The Technical Session-IV was chaired by Padmashri Bharat Bhushan, President, Mokeshayatan Yogashram, Saharanpur, Uttar Pradesh and Dr. Amarjeet Yadav, Lecturer, Lucknow University, Lucknow was the Rapporteur.

The speakers who presented the papers were; Dr. Mahindra Gupta, Director, Vivekananda Kendra, Gwalior; Dr. Kamakhya Kumar, Lecturer, Dev Sanskriti Vishwavidyalaya, Haridwar; Dr. J.P.N. Mishra, Associate Professor, Jain Vishwa Bharti University, Ladnun, Rajasthan; and Dr. Sadhana Arya, Guest Faculty, MDNIY, New Delhi. At the end of the session, Shri Shraddhalu Ranade, Sri Aurobindo Ashram, Puducherry conducted the Satsang. It was followed by Yoga demonstration by the delegates.

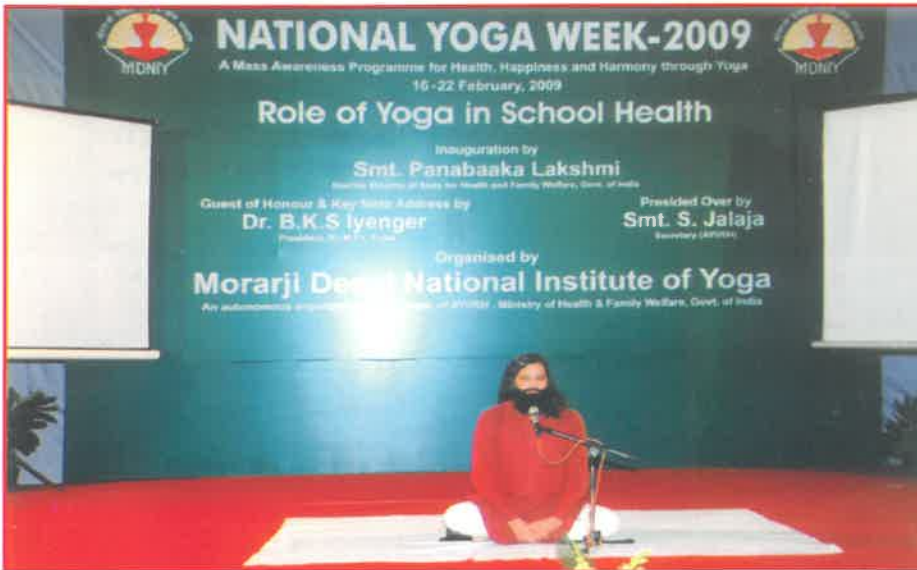
Technical Session-V was on the sub-theme *Yogic Life Style: A Potential tool in the Health of School Children & Balanced*

*Diet: Yogic Approach to Positive Health in School Children*. The session was chaired by Dr. S. N. Pandey, Director, TGOU, New Delhi and Dr. S.D. Patil, Head, Deptt. of Yoga & Naturopathy, HVP Mandal, Amaravati was the Rapporteur.

The speakers in the session were Dr. Salila Tiwari, Yoga and Naturopathy Expert and Ex-GC member, MDNIY; Dr. J.P. Sharma, Reader, IGIPSS, New Delhi; Dr. Rakhee Mehra, Asstt. Director, (Ayurveda), New Delhi; Dr. N.P. Giri, Professor and Head, CCS Agricultural University, Haryana and Shri C.B. Singh, Gandhi Bhavan, University of Delhi, New Delhi.

There was Free Paper Presentations by participants on 17 February 2009 from 04:30 - 06:00 pm. The session was chaired by Dr. Ishwar Bhardwaj, Professor and Head, Deptt. of Yoga Studies, Gurukul Kangri University, Haridwar and Dr. D.N. Sharma, Director, Aditya Yoga & Naturopathy Hospital and Research Centre, Rudrapur, Uttaranchal was the Rapporteur.





*Shri Shraddhalu Ranade conducting Satsang during NYW-2009*

The speakers were Dr. Vandana Gupta, Lecturer, VMLG College, Ghaziabad; Dr. Jasrotia Bala Rajani, Deptt. of Physiology, LHMC, New Delhi; Dr. Ajay Pal, Ph.D. Scholar, KGMU, Lucknow; Dr. D. Fernando, GAU, Jamnagar, Gujarat; Dr. Bhaskar Agarwal, School of Yoga and Health, DSVV, Haridwar; Shri Arun Kumar Sao, Junior Yoga Expert (TKDL), New Delhi; Miss Seema, DAV College for Girls, Yamuna Nagar; Miss Anju, DAV College for Girls, Yamuna Nagar; Dr. Hemlata Joshi, Lecturer, JVB University, Ladnun, Rajasthan; Miss Subhada M. Singhne and Shri Babu Rao.

### **SEMINAR (18 FEBRUARY, 2009)**

The need of integration of Yoga in the school health education programme has felt to a great extent. 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 issue to arrive at consensus. For better implementation of Yoga as potential component in the school health programme, the National Seminar on "Health Education in Schools through Yoga" was organized. The seminar focused on "Components of Health Education Programme in Schools; Possible Advantages of Introduction of Yoga in School Health Programme; Research Trends in Yoga with Reference to School Health and Strategies in implementation of Yoga in School Health Education Programme".

The Technical Session-I was on the theme "Health Education in Schools through Yoga". This session was chaired by Shri O. P. Tiwari, Secretary, SMYM, Samiti, Kaivalyadhama, Lonavla and Dr. D. C. Katoch, National Consultant (Traditional Medicine), WHO,

New Delhi was the Moderator. The speakers were Dr. S. L. Goel, Professor Emeritus, Punjab University, Chandigarh; Smt. Meenakshi Devi Bhavanani, ICYER, Puducherry; Dr. K.K. Bhat, Chairman & Head, Deptt. of Yoga, Mangalore University, Karnataka and Dr. Manoj Naik, Eminent Yoga Therapy Expert, RIMYI, Pune.

Technical session-III was held consisting of two parallel sessions for discussion on sub-theme of the seminar.

Technical Session-II was on the theme "Health Education in Schools through Yoga". The session was chaired by Dr. K.K. Sharma, Advisor and Pro-Vice Chancellor, DAV College of Education, Haryana and Dr. Satish Ramarao Gaikwad, Research Officer (Scientific), MDNIY, New Delhi was the Moderator. The invited speakers were Dr. B.P. Bhardwaj, Reader, NCERT, New Delhi; Dr. R. Nagarathna, Dean, SVYASA, Bangalore and Dr. Samprasad Vinod, Director, Maharshi Yoga Institute, Pune.

The session was chaired by Dr. M. Venkatarreddy, Secretary, AP Yogadhyayana Parishad, Hyderabad and Mrs. Vanmala Vachani, Ex-AD (Lit.), MDNIY, New Delhi was the rapporteur. The speakers were Dr. Babu Joseph, Director, National Institute of Naturopathy, Pune; Dr. Chandrasahas Sharma, Ex-Dean, LBS Sanskrit Vidyapeeth, New Delhi and Dr. N. B. Shukla, Deptt. of Physical Education, Banaras Hindu University, Varanasi.

The other parallel session of Technical Session-III was on *Possible Advantages of Introduction of Yoga in School Health Education Programme & Research Trends in Yoga with Reference to School Health*. The session was chaired by Dr. U. S. Ray, Scientist, DIPAS, New Delhi and Dr. Satish Ramarao Gaikwad, Research Officer (Scientific), MDNIY, New Delhi was the Rapporteur. The Speakers of the session were Prof. Lalji Maharaj, President, Mukti Marg Mission, New Delhi; Dr. S. D. Patil, HUP Mandal, Amaravati Dr. K. M. Tripathy, Deptt. of Yoga, BHU, Varanasi and Shri Anil Kumar Bhardwaj.

(On the theme of the Seminar), A Free Paper Presentation was held in Exhibition Hall. This session was chaired by Swami Dharmananda, Director, Adhyatma Sadhana Kendra, Chattarpur, New Delhi and Shri Joydeep Majumder, Asstt. Research Officer (Scientific), MDNIY, New Delhi was the Rapporteur. The speakers were Dr. Akhileshwar Sao, Dev Sanskriti Vishwavidyalaya (DSVV), Shantikunj Haridwar;

Miss Charu Mendiratta, Ph.D Fellow, DSVV, Haridwar; Miss Seema Patel, Research Fellow, DSVV, Shantikunj, Haridwar, Miss Anvita Singh, Deptt. of Physical Medicine & Rehabilitation, CSMMU, Lucknow; Shri B.S. Thakur, Yoga Therapy & Research Centre, RBIPMT, Hospital, Delhi; Miss Indrani Nishad, Research Scholar, DSVV, Haridwar; Shri S. S. Sakhare, Maharashtra and Shri Brajesh Kumar Dubey, TKDL (Yoga), MDNIY.

Technical Session IV (Plenary Session) was on the theme *Need of Introduction of Yoga in School Health Programmes*. The panelists were Dr. B.P. Bhardwaj, Reader, NCERT, New Delhi; Smt. Hansa Jayadeva, Director, The Yoga Institute, Santacruz, Mumbai; Shri O.P. Tiwari, Secretary, SMYM Samiti, Kaivalyadhama, Lonavla; Dr. H. R. Nagendra, Vice-Chancellor, SVYASA, Bangalore; Dr. M. V. Bhole; Former Joint Director of Research, Kaivalyadhama, Lonavla; Dr. S. L. Goel, Prof. Emeritus, Punjab University, Chandigarh, Smt. Meenakshi Devi Bhavanani, ICYER, Puducherry; Dr. K. K. Sharma, Advisor and

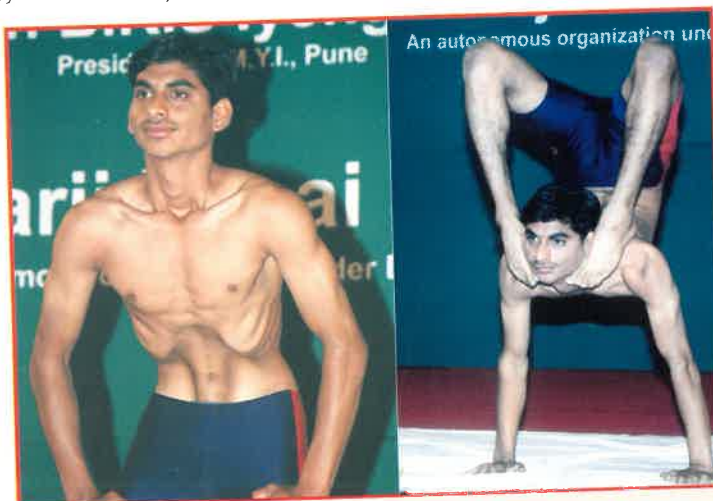
Pro-Vice Chancellor, Sohanlal DAV College of Education, Ambala and Dr. D. C. Katoch, National Consultant (Traditional Medicine), WHO, New Delhi. Dr. I.V. Basavaraddi, Director, MDNIY was the moderator of the session.

Best Research Paper Presentation was organized during NYW-2009. Dr. Jasrotia Bala Rajni, Deptt. of Physiology, Lady Harding Medical College, New Delhi got the best research paper award. The certificate of merit and cash prize of Rs. 2,500/- was awarded to her. The consolation prize with certificate of merit and cash prize of 1000/- is awarded to Dr. Ajay Pal, Ph.D. scholar, Deptt. of Physiology, KGMU, Lucknow.

### **WORKSHOP (19-20 FEBRUARY, 09)**

The role of teachers 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 skill to make the teaching an interesting one. Yoga Institutes of the country have devised some special techniques and methodology of teaching Yoga to the children. Keeping in this view a workshop was conducted during the National Yoga Week-2009.

On "*Teaching Methodology in Yoga for School Children*" session of the **first workshop** was conducted by Yoga Institute, Santacruz, Mumbai. Smt Hansa Jayadev, Smt Ainmati Desai and others were the resource persons, Dr. S. D. Patil, Head, Deptt. of Yoga and Naturopathy, HVP Mandal, Amaravati was the Moderator.



*Live demonstration on Yoga during National Yoga Week-2009 by a participant from Amravati*



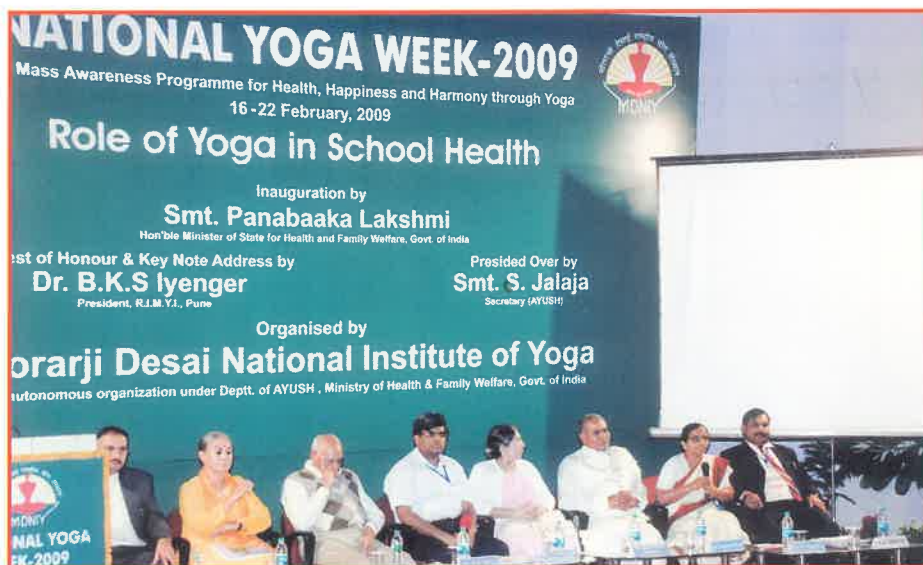


*Dr. R. Nagarathna, Dean, SVYASA, Bangalore and her team conducting workshop during NYW-2009*

**Workshop-II** was conducted by SVYASA University, Bangalore. The resource person were Dr. R. Nagarathna, Dean, SVYASA, Bangalore; Dr. Ritu Chaku, SRF, MDNIY, New Delhi and Dr. Sadhana Arya, Guest Faculty, MDNIY, New Delhi was the Moderator.

The last session of the **workshop** was conducted by

Ms. Nivedita Joshi, Dr. B.K.S. Iyengar Yoga School, New Delhi and her team and Shri Joydeep Majumder, Asstt. Research Officer (Scientific), MDNIY, New Delhi was the Moderator. During the workshop, Yoga demonstration programme was conducted by ex-students of MDNIY and others schools of Yoga.



*Panelists during the National Yoga Week-2009*

## VALEDICTORY FUNCTION (20 FEBRUARY, 2009)

The Valedictory Session was organised at Amphitheatre on 20 February, 2009 at 01:00 pm. Dr. H. R. Nagendra, Vice-Chancellor, SVYASA, Bangalore; Dr C.G Deshpande, Professor and Former Head, Deptt. of Applied Psychology, Bombay University, Mumbai; Dr. Babu Joseph, Director, National Institute of Naturopathy, Pune were the guests on the dias and Dr. Ishwar V. Basavaraddi, Director, MDNIY, New Delhi presided over the session. During the valedictory function, inspirable talks were delivered by these eminent Yoga experts. The weeklong event was concluded by chanting Shanthi Mantra.

Eminent Yoga experts, Professionals and Specialists from Allied Sciences participated in the weeklong mega event. More than 500 delegates and 100 experts from various parts of the country shared and exchanged their Yogic thoughts on the theme of the conference, seminar and workshop to chalk out an effective policy on "Role of Yoga in School Health" & "Health Education in Schools through Yoga". The response to National Yoga Week-2009 was overwhelming.

## SOCIO-CULTURAL PROGRAMME: PANCHAM SWAR

The Socio-Cultural Programme "Pancham Swar" was organised in MDNIY on 27 March, 2009 to promote and build up morale of Indian culture among the staff and students of the Institute. The students were actively participated & it was a grand success.

## NATIONAL YOGA WEEK IN SCHOOLS: A MASS AWARENESS PROGRAMME ON YOGA



*Children practicing Yoga in Schools during NYW-2009*

**D**uring National Yoga Week-2009, the Institute has conducted Yoga Camps/Yoga Awareness Programmes in different schools of Delhi and NCR on the theme "Role of Yoga in School Health". The detailed report is as under:

Programmes conducted by MDNIY- in 79 schools  
Anubhuti Yoga Samsthan, Delhi- in 19 schools

Yoga Awareness Programme at Schools was formally inaugurated by the Director, MDNIY at KVS, Gole Market, New Delhi and Harcourt Butler Sr.

Sec. School, Mandir Marg, New Delhi on 16 Feb 2009 at 7:00 am.

The programme was conducted in most of the schools both in the morning and evening. The average duration of the programme conducted was one hour per day. The programme was mainly focused on practical training to the students, besides some lectures.

A book "Yoga In school Health", published during the National Yoga Week 2009, was distributed to the Schools. Also, around 10,000 books entitled "Chatron ke liye Yogabhayas Pustika" was

distributed among the schools on free of cost. Efforts were made to conduct the programme in a uniform way.

Shri Yogi Udai, ARO (Yoga) was the Coordinator and Smt. Gurjeet Gambhir, ARO (Yoga) was the Co-Coordinator of the Programme, who monitored the programme. Around 300-400 students in each school actively participated in these programmes. The DYSc students of the Institute and other Alumnis have taken keen interest in conducting the above mentioned programme in different schools & was a great success.



*School Children Practicing Yoga in a Camp conducted during NYW-2009*

*Yoga demonstration by Dr. Nivedita Joshi during NYW-2009*



## NATIONAL YOGA WEEK CELEBRATED IN OTHER LEADING YOGA INSTITUTES

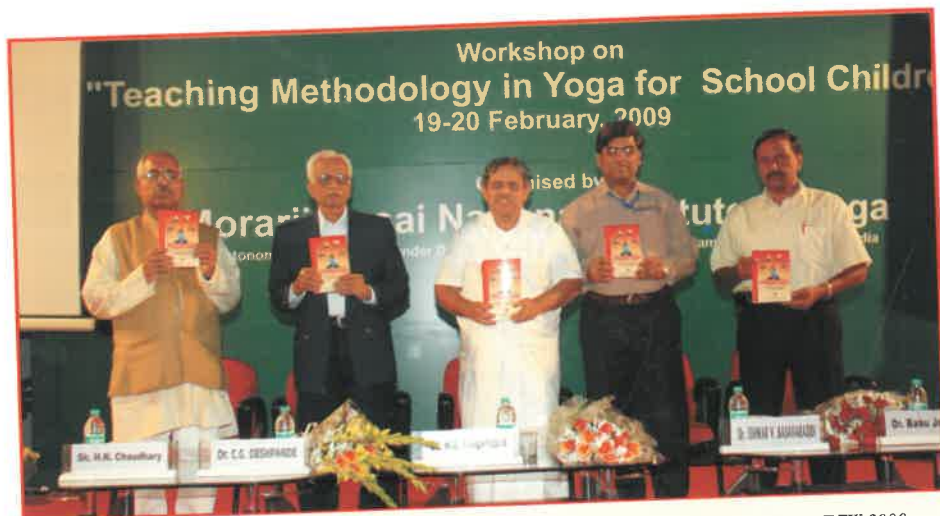
**E**minent Yoga Institutes, P.G Departments of Yoga in various reputed University, reputed Yoga and Naturopathy Colleges conducted Yoga Camps, Yoga Awareness Programme in Schools under the aegis of MDNIY. An amount of 50,000/- was released to each Institute for conducting the

following activities on the theme of NYW:

- a) Yoga Camps of 1½ hours  
Duration everyday  
or
- b) Three days Yoga Awareness Programme for Children, Teachers & Parents of 2-3 hours duration or

- c) One full day Workshop on the theme of the NYW in minimum 50 schools in their locality/jurisdiction. The names of the Institutions where the Yoga Camps/ awareness programs were conducted are as under:

Sl. No.	Name of The Institutions
1.	Swami Viveknanda Yoga Anusandhan Samasthan, Bangalore
2.	The Yoga Institute, Santacruz, Mumbai
3.	Andhra Pradesh Yogadhyayana Parishad, Hyderabad
4.	Gurukul Kangari University, Haridwar
5.	Krishnamacharya Yoga Mandiram, Chennai
6.	Banaras Hindu University, Yoga Sadhna Kendra, Malaviya Bhawan, Varanasi
7.	HVP Mandal, Amravati, Maharashtra
8.	Deptt. of Yoga, University of Lucknow, Lucknow
9.	HIHT University, Dehradun
10.	The Yoga Institute, Santacruz, Mumbai
11.	SDM College of Naturopathy and Yogic Sciences, Ujire Karnataka
12.	Adhyatma Sadhana Kendra, Chhattarpur, New Delhi
13.	Yoga Centre, Rani Durgawati Vishwavidyalaya, Jabalpur (M.P)
14.	Mokshayatan International Yogashram, Saharanpur (U.P.)
15.	Yoga Arogya Polyclinic, Dev Sanskriti Vishwavidyalaya, Haridwar
16.	Nutan Sanjeevani Sansthan, Deoghar, Jharkhand
17.	Advanced Centre for Yoga Education, Therapy & Research, JIPMER, Puducherry.
18.	Advanced Centre for Yoga Education & Research, Gujrat Ayurved University, Jamnagar, Gujrat.



Dr. H.R. Nagendra & other experts releasing Pranayama Booklet during the Valedictory function of NYW-2009

## RESOLUTIONS OF NATIONAL YOGA WEEK-2009

The eminent experts of Yoga and allied sciences from different parts of the country participated in various deliberations and the following resolutions were resolved unanimously at the end of National Yoga Week-2009 on the theme "Role of Yoga in School Health".

- MDNIY, being the centre of excellence for Yoga under the Deptt. of AYUSH be authorized to formulate and spell out the aims and objectives of Yoga based Health Education in school and to prepare guidelines for its effective implementation and execution by constituting a suitable taskforce comprising of experts from leading Yoga Institutions and eminent personalities in the field;
- MDNIY be entrusted to play the role of a nodal agency in planning and executing this scheme by charting out some leading Institutions, Yoga Schools and Individuals in different locations of the country. Special attention should be given to the remote rural areas of the country covering them under the chain of selected regional centres, which would have Yoga Instructors on their rolls and their services would be availed by the surrounding cluster of schools;
- Yoga is for the upliftment and transformation of an individual. Therefore, various Yoga practices should be focused around the individual rather than focusing the individual around the practices. Hence, the Yoga teaching should be based on experience oriented. Due consideration be given to the importance of Vital systems, organs and their functions and the vertebral column in the adult life. MDNIY should take up the task of preparing / modifying the syllabus for various grades of the schools depending upon the geographical /seasonal distribution for both, the adults as well as students;

- MDNIY should take up the task of training suitable professionals capable of implementing the above-mentioned programmes in different parts of the country, for which, the services of the Regional Centres may be availed;
- Recognizing the importance of the impact of audio-visual aids in education, MDNIY should take an initiative to prepare cartoon films to highlight the importance of the effects on Yoga practices and to start with the material on Yamas and Niyamas, based on the principle of the fruits of one's deeds (Karmaphala) for the school children. In the same way, animated films should also be highlight the internal happenings at the level of the body and the brain to transmit the message of the internal happenings during the Yoga practices. It is also observed that several leading Institutions have published material regarding Yoga in school education and other aspects. If those Institutes approve, MDNIY should publish this materials and distribute the same to needy people; and
- The Regional Centres should be made responsible to contact and work in collaboration with various local agencies working in health sector to execute the policies of MDNIY in respect of Role of Yoga School of Health as well as prevention and promotion of health in general to promote health, happiness and harmony.





## BRAINSTORMING SESSION FOR PROMOTION OF YOGA

**A** Brainstorming session for propagation and promotion of Yoga was held on 17 February, 2009 at 11.00 AM in the Conference Hall of MDNIY under the Chairpersonship of Smt. S. Jalaja Honorable Secretary, Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India.

In her opening remarks, Smt S. Jalaja, Secretary (AYUSH), explained the background of Brainstorming Session and emphasized that Yoga has the potential in prevention of disease and promotion of health. She also stated that a number of leading Yoga Institutions are contributing a lot for the propagation and promotion of Yoga. Therefore, it is necessary to evolve a strategy for improving the awareness of Yoga as well as the system of education of Yoga, Yoga therapy and research in collaboration with allopathic institutions. Secretary (AYUSH) stressed upon the need for dialogue between the Ministry of Health and Family Welfare and the leading Yoga Institutes to develop cooperation and partnership. She requested the experts to give their valuable suggestions/view points so that suitable policy/schemes can be evolved which could help to utilize the potential of Yoga and mainstreaming Yoga in health sector.

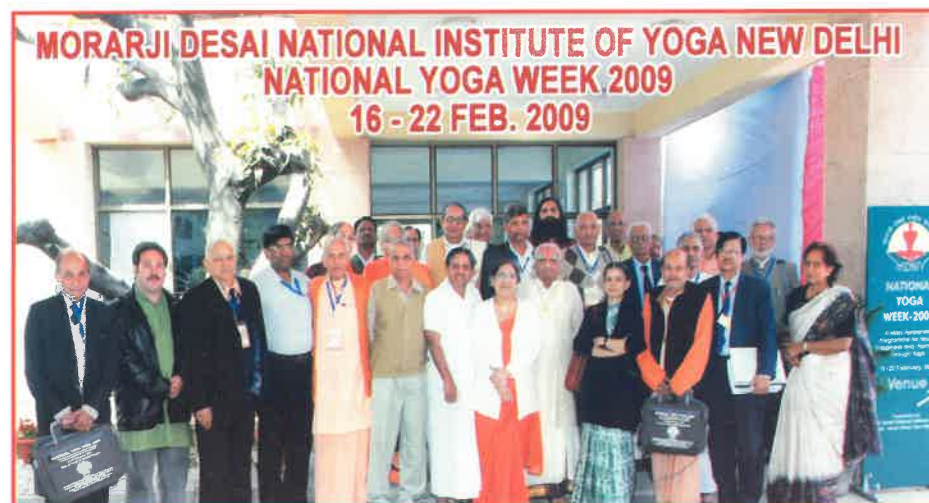
Dr. B.K.S. Iyengar, President, RIMYI said that we should build up homogeneity of thoughts and in that homogeneity approach the relationship between practitioners and the Yoga institutions shall be established, wherein Government

will have tremendous role to play to establish Yoga Centers and create awareness in the country. To develop a common minimum programme, there is a need to keep the ego aside amongst the different Yoga traditions. In his thought provoking speech, opined that Yoga is the least expensive method of health education and the students be given the freedom to choose the tradition that suited them most. We should evolve a strategy where all of us shall come together and discuss together, build up all the action points, which are common and initiate the action for the awareness of Yoga in the country.

Dr. S. K. Panda, Joint Secretary (AYUSH) suggested that Yoga can be used for the promotion of good health and prevention as well as curative care and emphasized to take action on standardizing the proven and established techniques / practices. He also stressed the need for research on new techniques and application of established techniques. He was of the view

that action plan may be prepared for extending the benefits by replicating standardized models and avoiding duplication/ reinventing established techniques as far as possible. Dr. Panda further stated to explore the scope for having strategic partnership with other national and state level organizations of repute for replicating existing techniques with a view to cover larger section of people at a lesser cost. The organizations of the schools and colleges need be pursued for extension of the established techniques and they may be extended the facilities like available literature, audio-video aids, and deputation of technical personnel for discussions, demonstration, organizing trainers training camps etc.

Summing up the discussion, Secretary (AYUSH) informed that Hon'ble Minister of Health & Family Welfare has approved the programme on Yoga for Mental Health Campaign to be launched in 2009.



*Heads of Yoga Institutes assembled in the Brainstorming session during National Yoga Week-2009*



*Heads of Eminent Yoga Institute sharing their views in the Brainstorming Session during NYW-2009*

Central Council for Research in Yoga and Naturopathy and MDNIY have been requested to prepare an action plan. She further said that it may be taken up as a mission on similar lines as the campaign against tobacco, which would help in the propagation of Yoga among mass. Secretary stressed the need to have awareness of Yoga through electronic media, requested all the experts to provide the inputs to prepare the capsules of Yoga in the management of Diabetes, Hypertension, Asthma etc and also to provide the inputs to form the strategies to propagate it through different media.

**The Outcome:** After the discussion, the following decisions were emerged out as:

1. **National Campaign on Yoga for Mental Health** will be launched by the Department of AYUSH in 2009 as a mission. Details in this regard shall be worked out in consultation with the experts and Heads of leading Yoga Institutes.

2. **Training of Medical Professionals:** All efforts shall be made to start standard research in Yoga in collaboration with allopathic Institutions/doctors.
3. MDNIY shall prepare an action plan / scheme to conduct Yoga training programmes for the allopathic doctors on regular basis in different Allopathic Medical Institutions, Hospitals and clinics.
4. **Teacher Training Programme in Yoga:** There is a need of voluntary Yoga teachers in schools especially in Government School, so that the poorer section of the society, who are totally cut off from Yoga are benefited. All Yoga Institutions should take up a Teacher Training Programmes so that sufficient manpower is made available to educate the students and imparting Yoga training for which AYUSH shall provide the necessary funds. For this MDNIY may prepare a pilot

project to train teacher's trainers during summer and winter vacations. It may be implemented initially one in each zone with the help of 5-6 leading Institutions. Lead school in each district may be selected to implement the same. State Secretaries may also be requested to issue necessary orders in this regard.

5. **Public/Private Partnership:** The leading Yoga Institutes will be encouraged to develop pilot programmes in Yoga for implementation in schools. The action plan should contain the ideas, such as, how to go about it, what kind of resources and finance would be required, what one can contribute and what the Govt. can contribute and how the finances can generate from other sources etc.
6. **IEC:** IEC programmes on Yoga through electronic/print and other media shall be prepared with a view to make best use of the available resources for propagation of Yoga.





7. **Income-Tax exemption:** The Income Tax Department may be requested to consider providing tax exemption for Yoga related activities
8. **Space for Hospitals:** The State Governments shall be requested to provide space in hospitals, schools, public places like parks etc. to conduct Yoga classes for the benefit of public
9. The Yoga Institutions may develop cost effective and good quality, well accepted DVDs explaining the importance and whole dimension of Yoga exercises, particularly for Diabetes, Cardiovascular problems and Asthma diseases, which the people can afford easily. Department of AYUSH may provide necessary funds. The Institute may be in touch with the different institutes so that duplication is avoided.
10. Department of AYUSH should have a dialogue with the Ministry of HRD and request them to introduce AYUSH text books in the schools to the children with the assistance of NCERT. A secular approach to Yoga was suggested so that everybody could learn and be benefited irrespective of his religion.
11. Department of AYUSH will write to ICCR to send information to the cultural attaches of all Indian Embassies abroad regarding the recognized Yoga teaching Institutions in India, which will facilitate people from different countries who desire to visit India to learn Yoga.
12. Leading Yoga Institutions may send their proposal to the Director, MDNIY for collaboration with MDNIY in its Yoga Education, Therapy and Research programmes.

**MEMBERS PRESENT IN THE BRAINSTORMING SESSION**

SL.No	Name	Designation	Department
01	Smt. S. Jalaja	Secretary	AYUSH
02	Dr. S. K. Panda	Joint Secretary	AYUSH
03	Dr. B. K. S.lyengar	President	RIMYI, Pune
04	Dr. D. Nagaraja	Director & Vice-Chancellor	NIMHANS, Bangalore
05	Dr. H. R. Nagendra	Vice Chancellor	SVYASA, Bangalore
06	Dr. S. P. Mishra	Vice Chancellor	DSV, Haridwar
07	Swami Dr. Veda Bharati	Chancellor	HIHT University, Rishikesh
08	Shri O. P. Tiwari	Secretary	SMY.M.Samiti, Lonavala
09	Smt. Meenakshi Devi Bhavanani	President	ICYER, Puducherry
10	Dr. Hamsa Jayadeva	Director	The Yoga Institute, Santacruz,
11	Dr. S. L. Goel	Professor Emeritus (UGC)	Punjab University, Chandigarh
12	Dr. M. V. Bhole	Former Joint Director of Research and Distinguished Researcher	Kaivalyadhama, Lonavala
13	Sri Sridharan	Managing Trustee	Krishnamachari Yoga Mandiram, Chennai
14	Dr. M. Venkatareddy	Secretary	Andhra Pradesh Yogadhyana Parishad, Hyderabad
15	Swami Dharmananda	Director	Yoga Sadhana Kendra, New Delhi
16	Swami Ananta Bharati	Director	Swami Keshavananda Yoga
17	Shri Shaddhalu Ranade	Managing Trustee	Sri Aurobindo Ashram, Puducherry
18	Dr. R. L. Bijlani	Professor & Head	Sri Aurobindo Ashram, New Delhi
19	Dr. A. K. Ghosh	Professor	R.D. & D.J. College Munger, Bihar
20	Dr. K. Krishna Bhatt	Professor and Chairman	Mangalore University, Karnataka
21	Dr. Ishwar Bhardwaj	Professor & Head	Gurukul Kangri University Haridwar
22	Dr. C. G. Deshpande	Former Prof. of Applied Psychology	Bombay University, Mumbai
23	Dr. Ishwar V. Basavaraddi	Director	MDNIY, New Delhi



## GENERAL BODY (GB) /GOVERNING COUNCIL (GC)/STANDING FINANCE COMMITTEE (SFC)/SCIENTIFIC ADVISORY COMMITTEE (SAC)/ ACADEMIC COMMITTEE (AC) OF THE MDNIY RECONSTITUTED

The GB/GC/SFC/SAC/AC of the Institute were reconstituted on 20<sup>th</sup> February, 2009 for a period of three years, by Dr. Ambumani Ramadoss, Hon'ble Union Minister of Health and Family Welfare, in his capacity as the President of the Governing Body. Consequent to the nominations, the reconstituted Governing Body GC/SFC/GAC and AC of the MDNIY shall be as under:

### GENERAL BODY

(w.e.f. 20.02.2009 upto 19.02.2012)

#### PRESIDENT

1. Hon'ble Minister of Health & F.W. or Hon'ble Minister of State or Deputy Minister, holding the charge of the work of Department of AYUSH, Ministry of Health & F.W., Nirman Bhawan, New Delhi.

#### VICE-PRESIDENT

2. Secretary to the Govt. of India, Department of AYUSH, Ministry of Health & F.W., II Floor, Red Cross Building, New Delhi.

#### OFFICIAL MEMBERS

3. Joint Secretary to the Govt. of India, Department of AYUSH, Ministry of Health & F.W., II Floor, Red Cross Building, New Delhi.
4. Joint Secretary & Financial Adviser Member to the Govt. of India, Ministry of Health & F.W., Nirman Bhawan, New Delhi.
5. Joint Secretary to the Govt. of India, (School Education), Department of Education, Ministry of Human Resource Development, Shastri Bhawan, New Delhi.
6. Joint Secretary to the Govt. of India, Incharge of Physical Education, Department of Youth Affairs & Sports, Ministry of Human Resource Development, Shastri Bhawan, New Delhi.
7. Representative of the Ministry of External Affairs, South Block, New Delhi.

8. Principal Secretary (Health & F.W.), Government of NCT of Delhi, New Delhi.
9. Director General, Indian Council of Medical Research (ICMR), Ansari Nagar, New Delhi.
10. President, Central Council of Indian Medicine Member (CCIM), New Delhi
11. Director, National Institute of Mental Health and Neuro Sciences (NIMHANS), Hosur Road, Bangalore
12. Director, Defence Institute of Physiology and Allied Sciences (DIPAS), Timarpur, Delhi
13. Director, Rashtriya Ayurveda Vidhyapeeth Punjabi Bagh, New Delhi-110026

#### NON OFFICIAL MEMBERS

14. Prof. M. Venkata Reddy, Secretary, Andhra Pradesh Yogadhyayana Parishad, Begumpet, Hyderabad.
15. Dr. S.P. Mishra, Vice Chancellor, Dev Sanskriti Yoga Vishwavidyalaya, Shanti Kunj, Haridwar, Uttarakhand.
16. Prof. B. Shivaram Krishnan, Director, Sri Sankara College of Yoga and Naturopathy, Sannasipatti Poolankulathupatti Port, Trichirapalli 620009.
17. Dr. (Mrs.) R. Nagarathna, Dean, Faculty of Medical Sciences, SVYASA, 19, Eknath Bhawan, Gavipuram Circle, Kempegouda Nagar, Bangalore-560019.

18. Shri Arvind Kumar, Yoga Expe, E-331, Greater Kailash-II, New Delhi-110048.
19. Dr. T.A. Krishnan, YogaExpert, Arulicheyal IIIam No.9, 51 Street, Ashok Nagar, Chennai-600083.
20. Smt. Meenakshi Devi Bhavanani, President, International Centre for Yoga Education & Research 16-A, Mettu Street, Chinnamudaliar Chavady, Kottakuppam-695104 Puducherry.
21. Dr. A. Vasuki Devi, New No.30, Old No.20, Ranganatham Street, Triplicane, Chennai 600005
22. Smt. Aruna Goel, Former UGC Member, Professor & Head, Dept. of Sanskrit and Director, Distant Education, Punjab University, 185, Sector 16-A, Chandigarh-160015.
23. Dr. Jeta Singh, Bhukhanpur Gumti No.2, P.S. Kotwali, Dist. Bhagalpur 812001, Bihar
24. Dr. Ashok Jhingan, Chairman, Delhi Diabetes Research Centre, F-166/1, SBI Flats, Rajouri Garden, New Delhi-110027.

#### MEMBER SECRETARY

25. Director, Morarji Desai National Institute of Yoga, 68, Ashok Road, New Delhi





**GOVERNING COUNCIL (w.e.f. 20.02.2009 upto 19.02.2012)**

**CHAIRPERSON**

- Secretary to the Govt. of India, Department of AYUSH, Ministry of Health & F.W., II Floor, Red Cross Building, New Delhi.

**VICE-CHAIRPERSON**

- Joint Secretary to the Govt. of India Department of AYUSH, Ministry of Health & F.W., II Floor, Red Cross Building, New Delhi.

**OFFICIAL MEMBERS**

- Joint Secretary & Financial Adviser to the Govt. of India, Ministry of Health & F.W., Nirman Bhawan, New Delhi.
- Joint Secretary to the Govt. of India, (School Education), Department of Education, Ministry of Human

Resource Development, Shastri Bhawan, New Delhi.

- Director General, Indian Council of Medical Research (ICMR) or his nominee, Ansari Nagar, New Delhi.

- Director, Defence Institute of Physiology and Allied Sciences (DIPAS), Timarpur, Delhi.

**NON-OFFICIAL MEMBERS**

- Dr. (Mrs.) R. Nagarathna, Dean, Faculty of Medical Sciences, SVYASA, 19, Eknath Bhawan, Gavipuram Circle, Kempgeouda Nagar, Bangalore-560019.

- Dr. T.A. Krishnan, Yoga Expert, Arulicheyal Illam No.9,

51 Street, Ashok Nagar, Chennai-600083.

- Dr. Jeta Singh, Bhukhanpur Gumti No.2, P.S. Kotwali, Dist. Bhagalpur 812001, Bihar

- Smt. Aruna S. Goel, Former UGC Member, Professor & Head, Dept. of Sanskrit and Director, Distant Education, Punjab University, 185, Sector 16-A, Chandigarh-160015.

- Dr. Ashok Jhingan Chairman, Delhi Diabetes Research Centre, F-166/1, SBI Flats, Rajouri Garden, New Delhi-110027.

**MEMBER SECRETARY**

- Director, Morarji Desai National Institute of yoga, 68, Ashok Road, New Delhi

**STANDING FINANCE COMMITTEE (w.e.f. 20.02.2009 upto 19.02.2012)**

**CHAIRPERSON**

- Joint Secretary to the Govt. of India Department of AYUSH, Ministry of Health & F.W., II Floor, Red Cross Building, New Delhi.

**OFFICIAL MEMBERS**

- Joint Secretary & Financial Adviser to the Govt. of India, Ministry of Health & F.W., Nirman Bhawan

**NON-OFFICIAL MEMBERS**

- Shri Arvind Kumar, Yoga Expert, E-331, Greater Kailash-II, New Delhi-110048.
- Dr. A. Vasuki Devi, New No.30, Old No.20, Ranganatham Street, Triplicane, Chennai 600005

- Dr. Ashok Jhingan, Chairman, Delhi Diabetes Research Centre, F-166/1, SBI Flats, Rajouri Garden, New Delhi-110027.

**MEMBER SECRETARY**

- Director Morarji Desai National Institute of Yoga 68, Ashok Road, New Delhi

**SCIENTIFIC ADVISORY COMMITTEE (w.e.f. 20.02.2009 upto 19.02.2012)**

- Joint Secretary to the Govt. of India Department of AYUSH, Ministry of Health & F.W., II Floor, Red Cross Building, N.Delhi.

**OFFICIAL MEMBERS**

- Nominee of Director General, Indian Council of Medical Research (ICMR), New Delhi
- Nominees of Director, National Institute of Mental Health

- & Neuro Sciece (NIMHANS), Hosur Road, Bangalore
- Director or his nominee, Defence Institute of Physiology, & Allied Science (DIPAS), N. Delhi.

**NON-OFFICIAL MEMBERS**

- Smt. Meenakshi Devi Bhavanani, President, International Centre for Yoga Education and Research, 16-A, Mettu

Street, Chinnamudaliar Chavady, Kottakuppam-695104 Puducherry.

- Dr. Ashok Jhingan, Chairman, Delhi Diabetes Research Centre, F-166/1, SBI Flats, Rajouri Garden, New Delhi-110027.

- Director, Morarji Desai National Institute of Yoga 68, Ashok Road, New Delhi

**ACADEMIC COMMITTEE (w.e.f. 20.02.2009 upto 19.02.2012)**

**CHAIRPERSON**

- Director, Morarji Desai National Institute of Yoga, 68, Ashok Road, New Delhi.

**OFFICIAL MEMBERS**

- Representative of Department of Secondary & Higher Education, Ministry of Human Resource Development (to be nominated by the Department of secondary & Higher Education)

- Representative of University Grants Commission (UGC), New Delhi

**NON-OFFICIAL MEMBERS**

- Dr. S.P. Misra, Vice Chancellor, Dev Sanskriti Yoga Vishwavidyalaya, Shanti Kunj, Haridwar, Utrakhand.
- Smt. Aruna S. Goel, Former UGC Member

Professor & Head, Dept. of Sanskrit and Director, Distant Education, Punjab University, 185, Sector - 16-A, Chandigarh.

**CONVENER**

- Programme Officer / Administrative Officer, Morarji Desai National Institute of Yoga, 68, Ashok Road, New Delhi.

## ADVANCED CENTRES FOR YOGA

**M**DNIY is engaged in the promotion of Yoga education, Training, Therapy and Research programmes. To bring out the advancement in the Yoga Education, Therapy, Research and Training, the Institute has initiated collaborative research activities with the premier Institutes in the field of medicine and allied subjects. In this direction, the following Advanced Centres have been set up and the research activities were initiated:

### ADVANCED CENTRE FOR YOGA THERAPY AND RESEARCH (ACYTR) IN MENTAL HEALTH & NEUROSCIENCES, AT NIMHANS, BANGALORE

Morarji Desai National Institute of Yoga, New Delhi in collaboration with NIMHANS established Advanced Centre for Yoga at NIMHANS, Bangalore. This centre is dedicated to Yoga promotion, Training and Research. The Advanced Centre for Yoga offers Yoga Therapy for patients suffering from psychiatric and neurological conditions.

- Dr. B. N. Gangadhar, Professor in Psychiatry, NIMHANS, Bangalore is the Program Director of ACYTR. Other technical staff working under the ACYTR are Program Co-coordinator (one), Senior Research Fellows (two), Yoga Instructors (two), Data Entry Operator (one) & General Duty Attendant (one).
- Presently the centre is open for patients suffering from various disorders viz., Schizophrenia, Depression/ Dysthymia; Obsessive Compulsive Disorder (OCD), Attention Deficit Hyperactivity Disorder (ADHD), Epilepsy, Migraine, Back pain, Cervical and Lumber Spondylosis, Mild Cognitive Impairment (MCI), Caregivers of patients with

Schizophrenia and Caregivers of patients with non-affective psychosis. Nearly 500 patient-therapy sessions have been offered to 63 patients suffering from different psychiatric and neurological conditions during the quarter.

Following research activities are also initiated at ACYTR, NIMHANS:

- “Adjuvant Yoga Therapy in late Onset Depression: Functional Brain Imaging (fMRI) and Biochemical Correlates” and “A Randomized Controlled Trial of Yoga Therapy in Mild Cognitive Impairment (MCI): Functional Brain Imaging (fMRI) and Biochemical Correlates”. Dr. P.T Shivkumar, Asst. Professor, Deptt. of Psychiatry, NIMAHANS, Bangalore is The Principal Investigator of this project.
- “Yoga, Pharmacotherapy and its Combination in Panic Disorders: A Randomized Controlled Trial” and “Effect of Yoga Therapy on Neuroplasticity in Patients

with Depression: A Randomized Controlled Study”. Dr. B.N. Gangadhar, Professor of Psychiatry, Dept. of Psychiatry, NIMHANS, Bangalore is the principal investigator of these two research activities.

- “Study of Longitudinal Impact on Metabolism & Mentation in Psychosis [SLIMMS]: Prevalence Analysis & the Influence of Psycho Tropics and Yoga” also in pipeline.
- Dr. G. Venkatasubramanian, Asst. Professor, Dept. of Psychiatry, NIMHANS, Bangalore is the principal investigator for the two Ph. D Programmes which are under pipeline with following topics where contractual staff of ACYTR will registered for their Ph.D.
- Efficacy of Yoga based Intervention in Mild Cognitive Impairment (MCI): A RCT.
- A Randomized Controlled Trial of Combined Yoga and Antidepressant Therapy in Depression: Neuroplastic Correlates.



**OTHER RESEARCH PROJECTS AT ACYTR, NIMHANS**

- Knowledge, Attitude and Practice about Yoga among Patients with Epilepsy at NIMHANS, Bangalore: Survey.
- Efficacy of Yoga in Attention Deficit /Hyperactivity Disorder: An Open Trial.

**YOGA EDUCATION AND TRAINING PROGRAMMES**

One month Yoga appreciation course was conducted during February & March, 2009 for Nursing students of NIMHANS, Bangalore. The programme was inaugurated by Smt. Savithri, Registrar, NIMHANS. More than 32 students underwent both theory and practical classes. The course was completed on 17 March, 2009.

**MONITORING COMMITTEE MEETING**

A meeting of Monitoring Committee of Advanced Centre for Yoga Therapy and Research in Mental Health & Neurosciences, NIMHANS, Bangalore was convened on 21 March, 2009 in the Committee room of NIMHANS. The meeting was chaired by Director, NIMHANS, Bangalore. In the meeting, several issues related to the development of the centre, proposed activities to be executed in the next year and

other issues were discussed. Dr. I. V. Basavaraddi, Director, MDNIY and Dr. Ishwara N. Acharya, Programme Officer (YT), MDNIY, New Delhi were present in the meeting.

**SEMINAR ON YOGA FOR DOCTORS**

A one day Seminar on Yoga for doctors was organized by ACYTR on 22 March, 2009.

More than 100 medical

Dr. B. N. Gangadhar, Deptt. of Psychiatry, NIMHANS, Bangalore The inaugural ceremony was followed by a series of lectures by eminent scholars from both Yoga and Modern Medicine.

The practical Yoga session was organized separately for men and women, The resource persons for the workshop were by Dr. I.V. Basavaraddi, Director, MDNIY; Dr. Ishwara N. Acharya, Programme Officer (YT), MDNIY;



*Dr. D. Nagaraja, Director, NIMHANS, Bangalore, Dr. B.N. Gangadhar, Programme Director, ACYTR, NIMHANS & Dr. I. V. Basavaraddi, Director, MDNIY during inaugural ceremony of National Seminar on "Yoga for Doctors"*

practitioners, Post Graduates students and internees from various medical colleges participated in the seminar. The program was inaugurated by ceremonial lighting of the lamp by the chief guest Dr. D. Nagaraja, followed by Director, NIMHANS, Bangalore, Dr. I. V. Basavaraddi, Director, MDNIY, New Delhi and

Dr. Hariprasad. V. R, and Dr. Naveen, Senior Research fellows at the ACYTR, NIMHANS, Bangalore. It was well attended and much appreciated by the Doctors. Dr. Satish Rama Rao Gaikwad, R.O. (Scientific) and Shri Joydeep Majumder (Assistant Research Officer), MDNIY also participated in the seminar.

## ADVANCED CENTRE FOR YOGA THERAPY, EDUCATION AND RESEARCH (ACYTER) JIPMER, PUDUCHERRY

**M**DNIY has established Advanced Centre for Yoga at JIPMER, a collaborative research centre focusing on the "Role of Yoga in prevention and management of Cardio-Vascular Disorders and Diabetes Mellitus". Dr. Madanmohan, Professor and Head of Physiology, JIPMER is the Program Director of ACYTER. The other staffs working under the ACYTER are Program Coordinator (one), Senior Research Fellows (two), Yoga Instructors (two), Data Entry Operator (one) & General Duty Attendant (one).

### WORKSHOP ON "INTRODUCING YOGA IN MEDICAL CURRICULUM"

ACYTER organized two day National Workshop on "Introducing Yoga in the Medical Curriculum" from 19<sup>th</sup> to 20<sup>th</sup> March, 2009 at JIPMER, Puducherry. The workshop was inaugurated by Dr. KSVK Subba Rao, Director JIPMER. Dr. I.V. Basavaraddi, Director, MDNIY, New Delhi and Dr. A.K. Das, Medical Superintendent, JIPMER were the guests of honour.

The National Workshop deliberated on the need, feasibility and modality of introducing Yoga science in the medical curriculum for medical students in particular and medical professional in general.

More than twenty resource persons from MDNIY; DIPAS; SVYASA;

Karuna Trust; RIMYI, Pune, The Yoga Institute, Mumbai; Yoga Institute, Kaivalyadhama, ICYER and JIPMER, Puducherry as well as more than 150 participants from all over the country participated in the workshop. It covered the theory, practical and Therapeutic aspects of Yoga and evaluation methods. Dr. Ishwara N. Acharya, Programme Officer (YT), Dr. Satish Rama Rao Gaikwad, Research Officer (Scientific) and Shri Joydeep Majumder, (Assistant Research Officer (Scientific) of MDNIY were also participated in the workshop.

### YOGA AWARENESS PROGRAMME IN SCHOOLS OF PUDUCHERRY DURING THE NATIONAL YOGA WEEK 2009: AN EXTENSION ACTIVITIES

ACYTER organized the mass Yoga Awareness Programme in Schools of Puducherry with the cooperation of the Education Department, Government of

Puducherry, from 16<sup>th</sup> to 22<sup>nd</sup> February, 2009. More than 5,000 students as well as teachers and parents were sensitized to the importance of Yoga for School Health during the programme. The main objective of the programme was to impart awareness about the benefits of Yoga among the children.

### INTRODUCING YOGA TO MEDICAL STUDENTS: THE JIPMER EXPERIENCE

A 60 hour programme (lectures-12 hrs, lecture demonstrations-3 hrs, practice sessions-36 hrs, student seminar on Yoga Therapy Modules-6 hrs, pre-test, post-test, administration of questionnaires to students and programme evaluation by the students-3hrs) was conducted for the medical graduates. And the experience of Medical Students on Introducing Yoga to Medical Students was brought up in a printed document.



*Inaugural ceremony of National Workshop on Introduction of Yoga in Medical Curriculum at JIPMER, Puducherry*





## CENTRE FOR ADVANCED RESEARCH AND TRAINING IN YOGA (CARTY) , DIPAS, DELHI

**M**DNIIY has set up a Advance Centre for Yoga at DIPAS, Delhi focusing on the Operational Stress and performance improvement for Defence Personnel.

The centre has the mission to conduct intensive basic and applied research in the field of Yogic science for improved quality of health & living and better performance of service personnel, who are often exposed to different stressful situations. This will also have spin-off benefits to the civil society at large. In addition, the centre will actively participate in the following areas:

- Devising Yoga packages for different stressful conditions like high altitude, heat and cold exposure and other extreme climatic conditions.
- Imparting Yoga training to the trainer of defence services.
- Imparting Yoga training to the scientists of DRDO and other wings of the services.
- Conducting Yoga Conference/ Seminars/Workshops and Yoga Training camps etc. to disseminate the knowledge to the needy people.

Dr. U. S. Ray, Scientist 'E', DIPAS, is the Program Director of CARTY. The centre consists of Research Officer / Programme Coordinator (one), Senior Research Fellows (two), Yoga Instructors (two), Data Entry Operator (one) and General Duty Attendant (one).

### INAUGURATION OF CENTRE AND SEMINAR

The centre was inaugurated by Dr. W. Selvamurthy, Distinguished

Scientist and Chief Controller (LS & HR) on 26 March, 2009. One day seminar on the topic "Yoga Philosophy: Its Practices in Stress Management" was also organized on this occasion in which more than 60 participants and 11 speakers from DRDO (Delhi), NIMHANS (Bangalore), IIT (New Delhi) and MDNIY (New Delhi) participated and presented their papers. The following were the deliberations during the seminar:

- Key note Address by Dr. W. Selvamurthy, Distinguished Scientist and Chief Controller (LS & HR); DRDO, New Delhi.
- Yoga: Its Philosophy & Practices for Stress Management by Dr. I.V. Basavaraddi, Director, MDNIY, New Delhi.
- Performance Improvement by Yoga: its Applications in Military Situation by Dr. U.S. Ray, DIPAS, Delhi.
- Yoga for Psychological Well Being of Armed Forces by Dr. K. Ramachandran, DIPR.
- Introduction of Yoga in the Army at High altitude: the Test of a Yoga package by Lt. Col. G Himashree, DIPAS, Delhi.

- Lifestyle intervention for Regression of Coronary Artery Disease by Dr. R.C. Sawhney, Director, DLS (DRDO), New Delhi.
- Meditation: its Role in Neural plasticity and sleep by Dr. Ravindra P.N., Bangalore.
- Meditation as an Intervention in Epilepsy and Sleep Deprivation by Dr. Usha Panjwani, DIPAS, Delhi.
- Objective Assessment of Autonomic Physiological and Cognitive Function with Yoga Practices by Prof Sneha Anand, IIT, New Delhi
- Neuroimaging in Meditation by Dr. Shilpi Modi, INMAS.
- Yoga as a Therapeutic Tools for the Management of Diabetes by Dr. M. Saha, DIPAS, New Delhi.

Dr. I.N. Acharya, Programme Officer (YT), Shri H.N Chaudhary, AD (Yoga) Dr. S.R. Gaikwad, R.O. (Sci.), Shri J. Majumder, A.R.O. (Sci.), Yogi Udai, A.R.O. (Yoga) and Shri Doren Singh, A.R.O. (Yoga) also participated in the seminar from MDNIY.



*Inauguration of CARTY at DIPAS, Delhi by Dr. W. Selvamurthy, Chief Controller (LS&HR) DRDO*

## ADVANCED CENTRE FOR YOGA EDUCATION AND RESEARCH (ACYER) GAU, JAMNAGAR, GUJARAT

**M**DNIY has set up an Advanced Centre for Yoga at GAU, Jamnagar, Gujarat a collaborative research centre focusing mainly on the Respiratory Diseases and Geriatric Care. Dr. Arpan A. Bhatt, HOD, Deptt. of Swasthavrutta, is the programme Director of ACYER and following staff are working at the centre:

- Programme Coordinator (one),
- Senior Research Fellow (two)
- Yoga Instructors (two),
- Data Entry Operator (one),
- General Duty Attendant (one),

### YOGA CAMP

- ACYER has organized a Yoga camp for the students of B.A.M.S. at Shri Gulabkunverba Ayurved Mahavidyalaya from 19<sup>th</sup> to 20<sup>th</sup> February, 2009. More than 40 students participated in programme.
- ACYER also organized five days "Yoga Awareness Camps" from



*Incharge V.C.GAU, Dr. M.S. Baghel and Director, MDNIY, New Delhi inaugurating ACYER by Lighting the Lamp*

09-28 February, 2009 in various schools of Jamnagar, Gujarat

- Five days Yoga awareness programme on the topic "Geriatric Care through Yoga" was also organized from 24-29 February, 2009 at various Old

Age Homes being run by Government bodies and the NGOs. The outcome of camps was very positive and it is believed that such activity shall be of great value for organizing the treatment /research activities in further.

## YOGA THERAPY & RESEARCH CENTRES IN GOVT./ TERTIARY HOSPITALS

The following Yoga Therapy and Research Centres in Govt./Tertiary Hospitals at Delhi were set up by the Institute for the 11<sup>th</sup> 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.
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. The Yoga Therapy and Training Centre at Nellore started functioning the Yoga from January, 2009 and it is slowly gathering momentum.
2. The Functioning of the Centre at AYUSH Hospital, Port Blair is yet to be commenced. The initial preparation for setting up of the Centre is in progress.

### DETAILS OF PATIENTS TREATED AT YOGA THERAPY AND RESEARCH CENTRES OF DELHI

Sl.No.	Name of the Hospital	Total No. of Patients treated				Sl.No.	Name of the Hospital	Total No. of Patients treated			
		Jan., 09	Feb., 09	Mar., 09	Total			Jan., 09	Feb., 09	Mar., 09	Total
1.	LRS institute of Tuberculosis and Allied Sciences, Shri Aurobindo Marg, New Delhi	150	148	102	400	3.	Institute of Human Behavior & Allied Science, Dilshad Garden, Jhilmil, Shahdra, Delhi	74	74	119	267
2.	Vallabhbhai Patel Chest Institute, University of Delhi, Delhi.	107	94	102	303	4.	Rajan Babu Tuberculosis Hospital, Kingsway Camp, Delhi-09	65	76	69	210

The Total no. of Patients treated at these Yoga Therapy & Research Centres of Delhi are 1180.





## PREVENTIVE HEALTH CARE UNITS OF YOGA

Morarji Desai National Institute of Yoga is engaged in providing Yoga Therapy for the common people. To carry out these activities, different Yoga programmes are being conducted to generate public awareness about the efficacy of Yoga both inside & outside the Institute. The establishment of Preventive Health Care Units of Yoga in CGHS Dispensaries is one such activities. During the quarter, the number of Sadhakas who were got benefitted are as follows:

Sl. No.	Dispensary	No. of Sadhakas
1.	<b>CGHS Dispensary</b> R-55, Sec-11, Noida	660
2.	<b>CGHS Dispensary</b> New Police line, Kingsway Camp, Delhi	1352
3.	<b>CGHS Dispensary</b> C-Block, Janakpuri, New Delhi-57	427
4.	<b>CGHS Dispensary</b> Nangal Raya, D-Block, Janakpuri, New Delhi	1482
5.	<b>CGHS Dispensary</b> Near Hari Nagar Ghanta Ghar, New Delhi	220
6.	<b>CGHS Dispensary</b> M.B. Road, Sec-1, Pushpa Vihar, New Delhi	753
7.	<b>CGHS Dispensary</b> Sadiq Nagar, Siri Fort Road, New Delhi	808
8.	<b>CGHS Dispensary</b> Kidwai Nagar, Near INA Market, New Delhi	1808
9.	<b>CGHS Dispensary</b> Pandara Road, New Delhi	277
10.	<b>CGHS Dispensary</b> Sadar Bazar, Delhi Cantt., New Delhi	416

### 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 in the institute.

### HEALTH CARE PROGRAMMES

The Institute is also conducting different health care programmes & the patients treated during the quarter is indicated against each:

Respiratory Disorders  
(Br. Asthma / Bronchitis / Sinusitis etc.) - 57

Obesity related Health Problems  
(Diabetes, GIT disorders etc.) - 148

Cardio-vascular disorders  
(CAD, Hypertension etc.) -37

Neurological Disorders  
(Migraine, paralysis etc.)- 54  
Musculoskeletal disorders  
(Backache, Arthritis etc.)-83

During this quarter more than 400 patients were benefitted by the above programmes.



## CONTINUING MEDICAL EDUCATION (CME) PROGRAMME ON ORIENTATION IN YOGA FOR AYUSH AND ALLOPATHY DOCTORS (03-05 MARCH, 2009)



*Faculties and Participants during second CME programme in the Institute*

The Second Continuing Medical Education (CME) Programme on Orientation in Yoga for AYUSH and Allopathy Doctors has been organised by Morarji Desai National Institute of Yoga from 03-05 March, 2009. This programme is sponsored by Deptt. of AYUSH, Ministry of Health and Family Welfare, Govt. of India.

The programme was formally inaugurated by the Director, MDNIY by lighting the lamp. Three external experts were invited to deliver lectures and conduct practical session. They are:

1. Dr. M. V. Bhole, Former Joint Director of Research, Kaivalyadhama, Lonavla.
2. Swami Lalji Maharaj, Eminent Yogi & President, Mukti Marg Mission, New Delhi.
3. Dr. R. Ravindra, Research Scholar, Deptt. of Neurophysiology, NIMHANS, Bangalore.

Four internal experts also delivered lectures and conducted practical

sessions during the three-day programme namely:

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

Six lecture sessions and six practical sessions were conducted during the programme. The programme ended on 05 March, 2009.

The programme was admired by the participants and they felt it very much beneficial and needed for the purpose of alignment of knowledge of Yoga. According to the Institute feedback, the participants declared the programme as extremely useful.

### FEEDBACK LETTER FROM A PARTICIPANT OF CME PROGRAMME

From  
Dr. Aftab Alam  
M.D. (A.M.), F.R.H.S., D. Y.Sc. (B.H.U.)  
Former Physician  
P.W. Hospital, Varanasi                      9/3/2009

Respected Sir,

This is to thank you from the bottom of my heart to allow me to participate in the CME Programme on orientation of Yoga from 3rd to 5th March 2009. Before I reached the MDNIY, I was stressed person due to a grave tragedy in my life... I have been a practitioner, follower and believer in the doctrine of Yoga. But the situation distressed my life. I tried to cope with the situation from the external factors. But the efforts were in vain. But your academic lecture "Principle of Yoga" and practical session on Relaxation & Meditation changed my perspective of life. I changed my outlook and attitude. I realized that sorrow was not outside. It was inside with me. I rediscovered the Philosophy of Yoga Therapy from your teachings. I returned from the Institute with new hopes. Now, I wish to practice, teach and propagate the science of Yoga.

I again thank you for making my stay comfortable and homely.

With Warm Regards.  
Yours Faithfully  
Sd/-  
Dr. Aftab Alam

To,  
The Director,  
Morarji Desai National Institute of Yoga,  
New Delhi-110 001



## BI-MONTHLY EXPERT LECTURE SERIES

### FIRST BI-MONTHLY EXPERT LECTURE

The Institute has started organizing Bi-monthly Expert Lecture Series from the month of January, 2009. The first lecture under this series was organized in the Institute on 30 January, 2009.

Deptt. of Psychiatry, NIMHANS, Bangalore.

**Dr. Swami Veda Bharati**, (a disciple of Swami Rama of Himalaya, Known for his scholarly publications, teachings and discourses worldwide) had delivered a talk on the topic



*Participants during first Bi-monthly Expert Lecture*



*Inauguration of first Bi-monthly Expert Lecture by Dr. B. N. Gangadhar, NIMHANS*

The programme was inaugurated by Dr. B.N. Gangadhar, Professor and Head,

*"Practices of Breath Awareness Meditation in Different Tradition"* which revealed meditation

techniques and breathing practices from different traditions.

The lecture was attended by students and staff of the Institute, the Senior Officers of Ministry and also some interested public. More than 160 participants attended the lecture.

The Institute printed the lecture given by the eminent scholar and circulated to the participants/audiences and shall also be brought out in book form at the end of the year.

### SECOND BI-MONTHLY EXPERT LECTURE

The second lecture under this series was organised in the Institute on 27 March, 2009.

**Prof. S.P. Singh**, M.A., Ph.D. (BHU), D.Litt.D. (AMU), Former Professor of Sanskrit, Aligarh Muslim University, delivered the lecture on the topic *"Yoga in The Vedas"* shedding the light on the discipline of Yoga and its beginning right in the Vedas themselves.

On the same occasion Prof. S. P. Singh and Director MDNIY also released a Book entitled *"Shatkarma"* published by the

research team working under "Philosophico-Literary Research Project" of MDNIY.



*Prof. S.P. Singh delivering talk during second Bi-monthly Expert Lecture in the Institute*

## HEALTH MELA

### AROGYA -Mumbai

AROGYA-Mumbai was organized at MHRD ground, Bandra Kurla Complex, Mumbai from 30<sup>th</sup> January to 2<sup>nd</sup> February, 2009. On this occasion, MDNIY presented and demonstrating various events under the banner of Deptt of AYUSH, Ministry of Health and Family Welfare, Govt. of India, New Delhi. The following programmes were carried out during the Mela:

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

Shri Balmukund Singh, ARO (Yoga) was the Coordinator and Shri Prem Chand Rawat, Yoga Instructor was the Co-coordinator. Six students of MDNIY were participated in the programme.

### AROGYA- LUDHIANA

AROGYA Ludhiana, four-day comprehensive mega health fair on Ayurveda, Yoga and Naturopathy, Unani, Sidhi and Homoeopathy (AYUSH) was organised at SCD Government College, Punjab, Ludhiana by the

Department of AYUSH, Ministry of Health and Family Welfare, Government of India and Federation of Indian Chambers of Commerce and Industry (FICCI). The health fair was inaugurated by A.R. Talwar, Principal Secretary, Health, Punjab. Speaking on the occasion, he said that “the fair would promote and propagate and showcase the strength and potential of Indian system of medicines among the common man”. Smt. Laxmi Kanta Chawla, Hon’ble Minister for Health and Family Welfare, Punjab also visited the fair.

In the mega event, Yoga experts from Morarji Desai National Institute of Yoga, trained people in various yogic exercises for different physical ailments like pains in knee and shoulder joints and for reducing weight. The following activities were also carried out during the programme by MDNIY staff & students:

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

Over three lakh visitors came to the fair in the four days, AROGYA making it successful in the series of such events being held in the country for the last few years.

### 23<sup>RD</sup> SURAJKUND CRAFT MELA-2009

23<sup>rd</sup> Surajkund Craft Mela-2009 was organized by Surajkund Craft Mela Authority in collaboration with Ministry of Tourism, Haryana from 1-15 February, 2009. Morarji Desai National Institute of Yoga, New Delhi was invited to conduct Free Yoga Therapy Consultation, Distribution of Publication of MDNIY. The Mela was inaugurated by Smt. Pratibha Patil, Hon’ble President of India. The others dignitaries attended were Shri Bhupinder Singh Hooda, Hon’ble Chief Minister of Haryana, Hon’ble Minister of Tourism, Haryana and other officers from Govt. of Haryana. During the Mela, Shri Avijeet Mutsuddi, YI and Shri Mangal Dev Pandey, were deputed from MDNIY. Around 1400 Sadhakas were given Yoga counseling as well as Therapy from the Yoga expert of MDNIY. The response was overwhelming.





## YOGA EDUCATION AND TRAINING PROGRAMMES

### DIPLOMA IN YOGA THERAPY (DYT) (BATCH 2007-2009)

The unit-II examination (Theory and Practical) was held on 09 February, 2009 for DYT students. Internship of DYT (2006-08) students has been completed in different Yoga Therapy and Research Centres and also in Morarji Desai National Institute of Yoga. During the course, the following experts were invited to deliver the lectures :

Dr. B.N. Gangadhar, Professor and Head, Department of Psychiatry, NIMHANS, Bangalore visited MDNIY and delivered 3 lectures to the students from 29-30 January, 2009.

Dr. J. P. Sharma, Reader, Indira Gandhi Institute of Physical Education & Sports Sciences, New Delhi, delivered 10 guest lectures from 3-7 February, 2009.

Dr. Shivarama Varambally, Associate Professor, Deptt. of Psychiatry, NIMHANS, Bangalore delivered 6 guest lectures from 5-7 May, 2009.

Dr. Chandra Shekhar, Director of Yoga Chikitsa, Krishnamacharya Yoga Mandiram, Chennai delivered 15 guest lectures from 9-13 February, 2009.

Dr. R. Nagarathna, Dean, Faculty of Science, SVYASA, Bangalore delivered 6 guest lectures on 18-19 February, 2009.

Dr. Ravindra, Research Scholar, NIMHANS, Bangalore delivered 6 guest lectures from 23-24 February, 2009.

Dr. A.K. Ghosh, Professor, Deptt. of Bio-Sciences, RD&DJ College, Munger, Bihar delivered 12 guest lectures from 25-28 February, 2009.

### DIPLOMA IN YOGA SCIENCE (DYSC.) (BATCH 2008-09)

Students of Diploma in Yoga Science (DYSc. 2008-09) resumed classes on 5 January, 2009 after 16 days of Winter Vacation. Dr. Vishnu Panigrahi, Yoga Expert, HIHT University, Rishikesh has been invited to deliver 9 Guest Lectures on Elementary Practices leading to Yoga Meditation from 27-30 January, 2009. He has also conducted meditation sessions.

The final examination of DYSc. students (First Semester) were conducted during the month of February, 2009. The practical and theory exams were conducted between 10-14, February, 2009 and 24-27 February, 2009 respectively.

During the course, students of DYSc. have conducted Yoga Camps in 80 schools in and around Delhi during National Yoga Week- 2009. The second session of the course was started from first March 2009.

### FOUNDATION COURSE IN YOGA FOR PROMOTION OF HEALTH

Foundation Course in Yoga for Promotion of Health is the basic course of one-month duration, to make and create awareness for beginners in the field of Yoga. Around 79 participants have completed the course successfully during the quarter. During the course, the participants were given special lecture on various aspects of Yoga, Diet, etc. & they were issued participation certificate.

### VALEDICTORY FUNCTION OF CYSC. FOR BSF PERSONNEL

A Valedictory function for successful completion of CYSc course by 60 BSF personnel was organized at 25 Battalions on 2 January, 2009 at Chhawla Camp, New Delhi. DIG, BSF was the Chief Guest of the function. Director, MDNIY graced the occasion. Other officials of BSF & MDNIY were also present in the function.



*Valedictory Function of CYSc. For BSF personnel*

### WEEKEND YOGA CLASSES

Weekend Yoga Classes were conducted at MDNIY for Sadhakas for the promotion of health.

### EXTENSION CLASSES (OUTSIDE THE INSTITUTE)

- The Yoga classes in Nirman Bhawan, Ministry of Health & Family Welfare, New Delhi, were conducted for the

officers. Around 100 Sadhakas were benefitted by these classes conducted by MDNIY. Shri M. S. Bhadoria, Yoga Instructor and Mrs. Meera Chauhan, Yoga Instructor, were deputed for the same.

- The Yoga classes in Defence Research and Development Organization (DRDO), New Delhi were conducted by

Shri Amaresh Jha, Yoga Instructor and Miss Satvinder Kaur, Yoga Instructor.

- Yoga Classes for Lok Sabha Secretariat in Parliament House Complex, New Delhi were conducted by Shri Amresh Kumar, Yoga Instructor and Miss Manju Bharti, Yoga Instructor.

## DIGNITARIES VISIT



*Dignitaries from Russia during their visit to MDNIY*

### RUSSIAN DELIGATES

MDNIY is doing continuous effort to keep collaboration and cooperation in both National and International level for the advancement and promotion of Yoga for the common man. As a part of international activities, recently a team of 50 people from Govt. Institute of Ayurvedic Medicine, St. Petersburg, Russia visited the Institute on 21 January 2009. During the visit, they were taught Yoga by Dr. I. V. Basavaraddi, Director, MDNIY, delivered a lecture on Yoga. Dr. Nesari, Dy. Advisor (AYUSH)

was explained the (AYUSH) International Schemes for promotion of Yoga. Yoga classes were conducted by the Yoga expert Shri Balmukund Singh, ARO (Yoga), MDNIY. The effort of MDNIY for the promotion of Yoga was appreciated by all. It was a collaborative and joint venture between the two countries to popularize classical Yoga in Russia and its neighbouring countries.

### VICE-CHANCELLOR, GUJARAT AYURVEDA UNIVERSITY, JAMNAGAR

Prof. M.S. Bhagel, Director,

Institute of Post Graduate Teaching & Research in Ayurveda and Vice-chancellor-in-Charge Gujarat Ayurved University (GAU), Jamnagar along with other delegates visited the Institute on 5 February, 2009 in connection with the promotion and development of research activities on Yoga between MDNIY and GAU. A meeting was held with the Director and Research Officer (Scientific), MDNIY and research activities to be carried under Advanced Centre for Yoga Education and Research (ACYER) were discussed in the meeting.

### OFFICIALS OF INDIAN TEXTILE ASSOCIATION

Shri S. C Jain, Hon'ble Secretary, Indian Textile Association, Delhi Unit and other officials visited the Institute on 14 March, 2009 to get an idea of the efforts made by MDNIY for the promotion of Yoga in the nation. He appreciated the activities of the Institute.



## EVENTS PARTICIPATION BY THE INSTITUTE

- Director, MDNIY attended the first meeting of the Executive Council of Indian Yoga Association (IYA) on 5 January, 2009. The meeting was convened in The Yoga Institute, Santacruz, Mumbai.
- Director, MDNIY was the Chief Guest in the Workshop on Yoga-Sharirik-Shiksha-Pravadhan-Vyavadhan and Samadhan on 14 March, 2009 in Auditorium, Urdu Ghar, DDU Marg, New Delhi and participated in the discussion on Yoga & Physical Education as a Guest Speaker.
- Director, MDNIY also attended the International Training Workshop on Botanical and Chemical Standardization of Herbal Drugs for SAARC member States organised by Pharmacopoeia Laboratory for Indian Medicine, Ghaziabad on 25 March, 2009.
- A National Workshop on Women's Disorders and their Management through Yoga and Naturopathy was organised from 28 -30 March, 2009 in Central Council for Research in Yoga and Naturopathy. Shri S.K. Panda, Joint Secretary, AYUSH inaugurated the workshop. Four Female Yoga Staff of MDNIY were deputed to participate in the workshop and administrative staff for propagation and sale of MDNIY publications.
- Director, MDNIY attended National Conference on Role of Yoga Therapy and Allied Therapies in Prevention, Cure and Rehabilitation of Psychosomatic Disorders, in Degree College of Physical Education, HVP Mandal, Amravati, Maharashtra from 7-9 February, 2009 as a Resource Person and delivered valedictory address .
- Shri Balmukund Singh, Assistant Research Officer (Yoga) participated in International Yoga Festival at Puducherry from 4-7, January, 2009.



Director, MDNIY delivering key note address in the National Conference held at Degree College of Physical Education, HVP Mandal, Amravati



**KAIVALYADHAMA**  
is organising

**6th** INTERNATIONAL CONFERENCE  
**YOGA**  
RESEARCH AND CULTURAL SYNTHESIS

Conference supported by the Dept. of Higher and Technical Education and the Dept. of Medical Education, Government of Maharashtra

**December 27-30, 2009, Lonavla, India**

Kaivalyadhama is an institute for Scientific and Philosophico-Literary Research, Training and therapy in Yoga, established in the year 1924. It is aided by the Ministry of HRD, Govt. of India and Department of Higher & Technical Education, Govt. of Maharashtra.

For more details please contact :

The Convenor,  
**6th International Conference on YOGA : Research & Cultural Synthesis**  
Kaivalyadhama, Swami Kuvlayananda Marg,  
Lonavla - 410 403, Dist. Pune, Maharashtra, INDIA  
**Telephone : +91 (0)2114 273001 / 276001 / 273039**  
**Fax : +91 (0)2114 271983 / 277402**  
• Website : [www.kdham.com](http://www.kdham.com) • E-Mail : [kdham@vsnl.com](mailto:kdham@vsnl.com)



## NEXT QUARTERLY EVENTS

### STUDY TOUR OF DYSC. COURSE

The study tour of Diploma in Yoga Science (DYSc.) is scheduled to be organised from 24-28 April, 2009 to Haridwar and Rishikesh as part of the course. The students and officials of MDNIY will be visited to the place to improve and develop the knowledge of Yoga and allied subject.

### SUMMER YOGA WORKSHOP FOR CHILDREN

MDNIY is organizing Summer Yoga Workshop for Children between the age group of 8-16 years starting from 18 May, 2009 to 17 June, 2009 between 7.00 am to 9.00 am in the Institute premises. The programme consists of Yogasana, Pranayama, Meditation and lectures.

### RE-ORIENTATION TRAINING PROGRAMME (RoTP) ON YOGA FOR AYUSH/ALLOPATHY DOCTORS

MDNIY is organizing a Re-Orientation Training Programme (RoTP) on Yoga for AYUSH /

Allopathy Doctors (full time residential) for six days from 25-30 May, 2009, sponsored by Deptt. of AYUSH, Ministry of Health and Family Welfare, Govt. of India. The programme is aimed to introduce the knowledge of Yoga to contribute best patient care assistance in medical services. Renowned Yoga experts and Medical professionals will be the resource persons in the programme.

### THIRD BI-MONTHLY EXPERT LECTURE

The third Bi-monthly Expert Lecture will be organized on 28 May, 2008 in the Institute. Dr. Manoj Naik, Eminent Yoga Therapy Expert, RIMYI, Pune shall deliver the lecture. MDNIY staff, students, senior officers of Ministry and some interested selected public shall attend the lecture.

### PANCHAM SWAR

The socio-cultural programme "Pancham Swar" will be organized in the Institute's premises on 29

May, 2009. The theme of the programme will be based on talent show of the children who are participating in Summer Yoga Workshop for Children which is scheduled to be held from 18 May, 2009 to 17 June, 2009 in the Institute.

### WORKSHOP

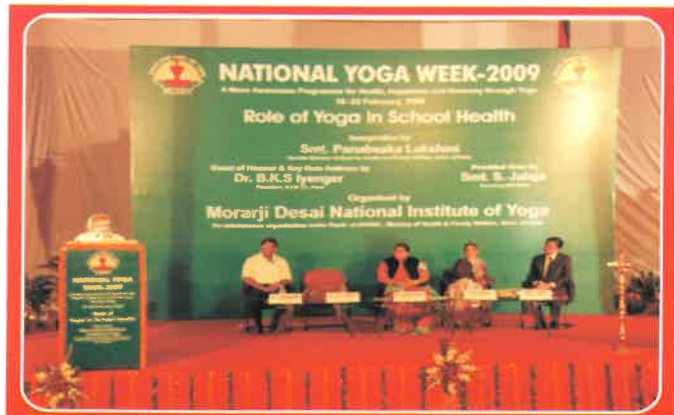
A workshop of experts/representatives of Medical colleges will be conducted for the "Finalization of Syllabus and Study Material of Introductory/Appreciation Course in Yoga Science for Medical Students/Physicians" where 10 experts from modern medicine and Yoga field will participate from various parts of the country and they will give their inputs for the finalization of Syllabus/Study material. This workshop is the part of establishment of Learning Resource Centre in Yoga at MDNIY which is partially funded by World Health Organization (WHO).

## ADMINISTRATION

Smt. Rosamma Sebastian, Staff Nurse, was superannuated from the Institute on 31 March, 2009. She was felicitated by the Director and other officials of MDNIY.



## PHOTO GALLERY



*Dr. B.K.S Iyengar delivering Key-note address during the Inaugural session of NYW-2009*



*Smt. S.Jalaja, Secretary (AYUSH), addressing the gathering during NYW-2009*



*Dr. B.K.S. Iyengar, President, RIMYI was felicitated by Smt. S. Jalaja, Secretary, AYUSH during NYW-2009*



*Dr. S.K. Panda, Joint Secretary welcoming the guests during NYW-2009*



*Dignitaries proceeding to the inaugural Session of NYW-2009*



*Dr. S.K. Panda, Joint Secretary, AYUSH presenting a book to Dr. B.K.S. Iyengar during NYW-2009*

## PHOTO GALLERY



*Mrs. Prastitha & group performing a fusion programme during NYW-2009*



*Participants during NYW-2009*



*Director, MDNIY presenting Best Yoga demonstration award during the Valedictory function of NYW-2009*



*Dr. H.R. Nagendra presenting the Best Research Paper Award to Dr. Jasrotia Bala Rajani during Valedictory function of NYW-2009*



*AROGYA-Ludbiana*



*Russian Visitors practicing Yoga at MDNIY*





## YOGA AWARENESS PROGRAMME CONDUCTED BY MDNIY IN SCHOOLS OF NEW DELHI AND NCR DURING NYW 2009



*School Children practicing Meditation in a camp during NYW-2009*



*D.A.V.P.S. Pushpanjali Enclave, Delhi*



*Navashakti Girl Senior Sec. School, New Delhi  
Session of NYW-2009*



*K.V.S Gole Market, New Delhi*



*Ramjas School, Daryaganj, Delhi*



*Ganga Happy School, New Delhi*



**Students of Diploma in Yoga Therapy (DYT) of 2007-2009 batch completed the Scientific Research and Literary Research Dissertation works as Partial fulfillment of their Diploma. This Dissertation work of the students was coordinated by Dr. S. R. Gaikwad, Research Officer (Scientific). The details are as follows:**

Sl. No.	Name of the Student	Title of the Scientific Research-Dissertation	Name of the Supervisor / Co-Supervisor	Title of the Literary Research-Dissertation	Name of the Supervisor / Co-Supervisor
1	Ms. Bhawna Rustagi	Effect of three months intensive Yoga Training on Hematological Parameters	Dr. Rakesh Kumar, Senior Medical Officer, MDNIY	Yogahara: Yogic concept of diet	Mrs. Manjot, Dietician, MDNIY
2	Ms. Chandrawati	Effect of three months Yoga training on emotional state and personal adjustment of Borders Security forces (BSF)	Dr. Sadhana Arya, Guest Faculty, MDNIY	Concept of Sthith-Pranja in Bhagavad Gita and its importance in Mental Health	Dr. I.V. Basavaraddi, Director, MDNIY
3	Ms. Divya Sharma	Effect of selected Yogasana in improving quadriceps and joint stability on Osteoarthritis	Dr. Harpreet Singh, Senior Physiotherapy AIIMS	Importance and Impact of Shatchakra in Promotion of health	Dr. I.V. Basavaraddi, Director, MDNIY
4	Ms. Garima Purang	Effect of Selected Yogic practices on low back pain	Dr. I.V. Basavaraddi, Director, MDNIY	Influence and impact of Mudras in promotion of health with special reference of Hatha Yoga Pradipika	Dr. Aruna Anand , SRF, MDNIY
5	Mrs. Madhavi Mohan Tripathi	Effect of selected yogic practices on premenstrual syndrome	Dr. Rakesh Kumar, Senior Medical Officer, MDNIY	Mukti in Bhakti	Dr. Aruna Anand, SRF, MDNIY
6	Dr. Rekha Sharma	Effect of Yogic Practices in the Management of Asthma	Dr. Rakesh Kumar, Senior Medical Officer, MDNIY	Therapeutic effects of Asana with reference to Hatha Pradipika	Dr. I.V. Basavaraddi, Director, MDNIY
7	Dr. Rina Singh	Effect Selected Yogic Practices on Diabetes Mellitus Type II	Dr. Satish R.G. Research Officer (Scientific)	Concept of Swara Yoga and its role in Therapy	Ms. Sudha Sahni, Rtd. Asstt. Director, MDNIY
8	Smt. Shallu Aroa	Effect of Selected Yogic Practices in Cervical Spondylosis	1. Dr. Namrata Shrivastav, Yoga Therapist ESI, Hospital 2. Dr. Satish R.G. Research Officer (Scientific)	Therapeutic effect of Pranayama in Hatha Pradipika and Gherand Samhita	Dr. I.V. Basavaraddi, Director, MDNIY
9	Ms. Sarita	Effect of Shankha-Prakshalana on adult Obesity	Dr. I.V. Basavaraddi, Director, MDNIY	Health effect of Pranayama as various Yogopanishad	Swami Anant Bharti Guest Faculty, MDNIY
10	Ms. Sweta Gupta	Effect of Selected Yogic practices on enhancement of memory level in the age group of 20-26 years	Dr. Sadhana Arya Guest Faculty, MDNIY	Concept of Preksa Dhyana in Jainism	Dr. Aruna Anand SRF, MDNIY
11	Dr. Ajay Syani	Effect of selected yogic practices on drug dead diction	Dr. I.N. Acharya , Programme Officer, MDNIY	Overview of shat karma in hatha Yoga parampara	Dr. I.V. Basavaraddi, Director, MDNIY
12	Mr. Amit Khanna	Modulation of Cardio-vascular response through Yoga Training	Dr. Rakesh Kumar, Senior Medical Officer, MDNIY	Importance of Niyama in Yoga Sadhana	Dr. I.V. Basavaraddi, Director, MDNIY
13	Mr. Amit Kumar Bhardwaj	Effect of selected Yogic practices on Bronchial asthma	Dr. Satish R.G. Research Officer (Scientific)	Impact and importance of Bandhatraya in Pranayama Sadhana	Sh. Yogi Udai, ARO (Yoga), MDNIY
14	Mr. Irsad Ahmad	Effect of selected Yoga practices on sciatica	Dr. Harpreet Singh, Professor of Physiotherapy, AIIMS	Concept Dhyana in Sufism	Dr. Aruna Anand, SRF, MDNIY
15	Dr. Pankaj Rai	Effect of selected yogic practices on the reduction of weight in overweight and obese individuals	Dr. I.V. Basavaraddi, Director, MDNIY	Psychological aspects leading to the origin of Yoga	Dr. I.V. Basavaraddi, Director, MDNIY
16	Mr. Pardeep	Effect of three months intensive Yoga training of BSF personal	Dr. Sadhana Arya Guest Faculty, MDNIY	Concept of Education in Janana Yoga & its implication in modern education systems	Dr. I.V. Basavaraddi, Director, MDNIY
17	Mr. Ravinder Singh Chouhan	Effect of selected Yoga Therapy in reducing the overweight (age group 25 to 35)	Dr. Satish R.G. Research Officer (Scientific)	Overview of Vipasana Meditation	Dr. Aruna Anand SRF, MDNIY



## PROGRAMMES

Course	Duration	Timings	Eligibility	Intake Capacity	Fees
Diploma in Yoga Sciences (DYSc.)	1 Year comprising of 2 Semesters (Aug, Jan, Feb & July)	Full Time 7:00 am to 2.00 pm on all working days	Any Graduate with 40% of Marks below 30 years of age as on 1 <sup>st</sup> of August	115+4=119 Candidates	Rs. 3000 /-per Semester
Certificate Course in Yoga Sciences (CYSc.) (For Target group only)	3 Months + 2 Weeks Field Work	Full Time Residential	10+2	30 or 60 Candidates	—
Foundation Course in Yoga for Promotion of Health (FCYPH)	1 Month	6:30 am to 9:00 am	Matriculate or Individual who can read and write	50 Candidates	Rs. 200/- pm
Health Promotion Programme (HPP)	1 Month to 6 Months	6:00 am – 7:00 am 7:00 am- 8:00 am 4:00 pm- 5:00 pm 5:00 pm- 6:00 pm	Open for all	50 Candidates Rs.100/- Only	Rs. 100/- Only
Meditation Programme (MP)	1 Month	8:00am -9.00 am	Open for all	50 Candidates	Rs. 100/ Only
Yoga Programme for Women (YPW)	1 Month	11:30 am -12:30 pm	Open for all	30 Candidates	Rs. 100/ Only
Yoga Programme for Children (YPC)	1 Month (During summer Vacation of (May-June)	4:00 pm-6:00 pm	9-16 years	30 Candidates	Rs. 100/ Only
Weekend Yoga Programme (WYP)	1 Month	7:00 am-9:00 am on all Saturdays and Sundays	Open for all	50 Candidates	Rs. 100/ Only
Special Yoga Programme (SYP)( On Demand)	1 Week	4:00 pm-6.00 pm	Open for all	30 Candidates	Rs. 100/ Only
Health Care Programmes a. Bronchial Asthma/ Respiratory Disorders b. Diabetes/Obesity/Endocrinological/G.I.T Disorders c. Hypertension/Cardio-vascular Disorders d. Generals Therapy Classes e. Neurological Disorders f. Backache & Arthritis / Muscular Skeletal Disorders		Six Months Duration 6:00 am -7:00 am 7:00 am-8.00 am 8:00 am-9.00 am 9:00 am-10.00 am 11:00 am-12.00 pm 4:00 am-5.00 am	—	—	First Month Rs.400/- (Incl. lab investigation) & Rs. 200/- from next
<p>(A) Preventive Health Care Unit of Yoga in CGHS Dispensaries      7:00 am - 11:00 am (On all working days)</p> <p>(B) Yoga Therapy &amp; Research Centres in Govt./ Tertiary Hospitals      8:00 am - 4:00 pm (On all working days)</p> <p>1. Vallabhbhai Patel Chest Institute, University of Delhi, Delhi</p> <p>2. Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Kingsway Camp, Delhi</p> <p>3. LRS Institute of Tuberculosis and Respiratory Diseases, Mehrauli, New Delhi</p> <p>4. Institute of Human Behavior and Allied Sciences, Dilshad Garden, Delhi</p> <p>5. DSR District HQ Hospital, SPSR, Nellore, (A.P.)</p>					

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