

MDNIY NEWSLETTER

A Quarterly Newsletter of Morarji Desai National Institute of Yoga, New Delhi

Issue : April - Sept., 2013

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Sh. Shivraj Patil (5th from right in the second row), Hon'ble Governor, Govt. of Punjab along with MDNIY staff and students during AROGYA Chandigarh



Yoga and Music fusion programme by MDNIY Students on 5th April, 2013 on World Health Day, organised by WHO



Group photo of FCYScW Participants and MDNIY Staff



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From the Director's Desk...

Yoga is a household name and enjoying immense popularity throughout the world due to its simplicity and preventive health care features. Yoga is one of the important health care domain, which provides flexibility, vitality, longevity to the body by reducing stress, inducing relaxation and promoting psycho-physiological perspectives of health. Of late, modern sciences too have started endorsing the very health benefits of Yoga. Many scientific studies across the world have proved the beneficial role of Yoga in prevention and management of various psycho-somatic disorders.

Health has now become one of the major concern and the quality of life we lead is the deciding factor. Enjoying healthy life is possible only if one craves for happiness and happiness depends upon the fine balance of body & mind. To make a synergy in the mechanism of body & mind; Yoga has proved its efficacy in this domain. Yogic principles represent the essence of a broad holistic dimension to health and disease. Yoga dares reductionism, an essential philosophical base of modern scientific medicine.

Morarji Desai National Institute of Yoga (MDNIY) welcomes Sh. Nilanjan Sanyal, Secretary, AYUSH, who joins the Department on 31st May, 2013. The Institute wishes him all the success to the growth and development of AYUSH systems thereby extending their benefits to the common masses.

MDNIY has been Designated as WHO Collaborating Centre in Traditional Medicine. **MDNIY has attained the privilege to be the only WHO Collaborating Centre in the world to engage in achieving Yoga specific outcomes.** Considering the global demand and popularity of Yoga for health care, MDNIY has lot to offer as WHO Collaborating Centre by generating information and documents of Yoga for the use of all Member States of WHO.

Total 22 students have joined B.Sc. (Yoga Science), a regular course of 3 years duration (06 Semesters) for the academic year 2013-14. Total 103 students were also admitted in Diploma in Yoga Science for Graduates of one year duration, 2013-14.

During the period, delegations from Thailand, United States of America and Japan visited the Institute. They were got acquainted to relevance of Yoga by the Institute's Yoga Expert. The visitors also appreciated various Yoga programmes conducted by the Institute.

The Institute conducts both Yoga Training & Therapy programmes of one hour duration each from 6.00A M to 6:00 PM on all working days. There are facilities of consultations by Senior Medical Officer, Yoga therapists, Dietician and Naturopathy physician. Yoga classes have also been started in Rashtrapati Bhavan and SAI and has got huge response.

Among other highlights, the important ones are the participation by the Institute in WHO World Health Day, National Seminar conducted by Govt. of NCT, etc.

I invite valuable comments of the readers to help us further improve our Newsletter.

Dr. I. V. Basavaraddi

Director

Sh. Nilanjan Sanyal is the New Secretary AYUSH



Sh. Nilanjan Sanyal Secretary AYUSH

Sh. Nilanjan Sanyal belongs to the 1979 batch IAS officer of the Odisha Cadre, joined as a Secretary to the Govt. of India, Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), Ministry of Health & Family Welfare on 31st May, 2013.

He has got M.Sc. (Physics) from Delhi University. He holds M Phil. degree in Social Sciences from Punjab University and has a Diploma in Development Studies from the University of Cambridge.

He held various senior positions both at the Centre as well as in the State government of Odisha. Before joining Dept. of AYUSH, he had worked at various levels in Panchayati Raj, Textiles and Higher Education Departments under the Government of Odisha. Sh. Sanyal also held the charge of Managing Director, Odisha

State Disaster Mitigation Authority and Commissioner, Higher Education Department.

He had worked for different Ministries of Central Government. He was the Joint Secretary in the Department of Food & Public Distribution, Ministry of Consumer Affairs, Food & Public Distribution; and Addl. Secretary in the Department of Food & Public Distribution, Ministry of Consumer Affairs, Food & Public Distribution. He had also been the Addl. Secretary in the Ministry of Women & Child development and Special Secretary in the Ministry of Women and Child Development.

He has also undergone several In-service training programmes in India and abroad. His training areas include Management Concepts and Decision Making Technology, Financial Management, Restructuring India's Economy, Public Policy Analysis, WTO and the New Trade Regime, E-Governance and its Benefits, etc.

He likes reading and travelling.

Morarji Desai National Institute of Yoga (MDNIY) welcomes Sh. Nilanjan Sanyal, Secretary, AYUSH and wishes him all the success in the growth and development of AYUSH Systems thereby extending benefits to the common masses.

An Adieu to Sh. Anil Kumar, Secretary AYUSH

An adieu to Sh. Anil Kumar, Secretary AYUSH, Ministry of Health & Family Welfare, Govt. of India was held on 31st May, 2013 at AYUSH Bhavan, Dept. of AYUSH. He belonged to the 1976 batch IAS officer of the Nagaland Cadre and retired on superannuation.

He had always been inspiration for all the activities of Morarji Desai National Institute of Yoga (MDNIY). His guidance and motivation has helped the Institute to take of several new initiatives.

MDNIY wishes him a happy and healthy retired life.

Yoga Classes at Rashtrapati Bhavan

Morarji Desai National Institute of Yoga has started Yoga Classes at Rashtrapati Bhavan from 30th June, 2013 for the health care benefits of Rashtrapati Bhavan officers and their family members. The programme was inaugurated by Smt. Omita Paul, Secretary to the President on 29th June, 2013 at 06.00 pm at Rashtrapati Bhawan Auditorium, President's Estate.

Director, MDNY has also addressed the gathering.

The Yoga classes were conducted from 30th June, 2013 in the Recreation Club, Schedule 'B', President's Estate for the officials of Rashtrapati Bhawan and their family members in the President's Estate.

The classes were initially started for four days a week but later on it was extended for five days a week from Wednesday to Sunday on following timings:-



Smt. Omita Paul, Secretary to the President addressing participating Experts and Rashtrapati Bhavan officers at Rashtrapati Bhawan Auditorium, President's Estate

Morning	1st Batch	5.45 am to 6.45 am
	2nd Batch	6.45 am to 7.45 am

Evening	1st Batch	6.00 pm to 7.00 pm
	2nd Batch	7.00 pm to 8.00 pm



Yoga class at Rashtrapati Bhavan



Audience at the inaugural function

Yoga Classes for Members of President's Secretariat Officers' Institute (PSOI) will also be held at 2-MTC, President's Estate from 6.00 am to 7.00 am and 7.00 am to 8.00 am on the above mentioned days.

The classes were conducted by the following Yoga Staff, on contract:-

1. Dr. Namrata Raj, Yoga Therapist
2. Sh. Amresh Kumar Jha, Yoga Instructor
3. Sh. Ganesh Prasad, Yoga Instructor

हिन्दी पखवाड़ा

मोरारजी देसाई राष्ट्रीय योग संस्थान के अंतर्गत राजभाषा हिन्दी के प्रति जागरुकता तथा उसके उत्तरोत्तर प्रयोग में गति लाने के उद्देश्य से दिनांक 16-9-2013 से 30-9-2013 तक हिन्दी पखवाड़े का आयोजन किया गया। हिन्दी पखवाड़े की शुरुआत संस्थान के अंतर्गत निदेशक, मोरारजी देसाई राष्ट्रीय योग संस्थान, की उपस्थिति में की गई। कार्यक्रम में हिन्दी के संवर्धन तथा कार्यालय में दैनिक प्रयोग में वृद्धि हेतु सामूहिक संकल्प भी लिया गया।

संस्थान के अंतर्गत वर्तमान में योग विज्ञान डिप्लोमा पाठ्यक्रम में 103 विद्यार्थी योग का प्रशिक्षण प्राप्त कर रहे हैं। विद्यार्थियों को भी इस हिन्दी पखवाड़े में शामिल किया गया। इस पखवाड़े में संस्थान के सदस्यों एवं विद्यार्थियों में प्रतियोगिताओं का आयोजन किया गया। जिसके तहत

प्रथम, द्वितीय एवं तृतीय पुरस्कारों का वितरण किया गया।

पखवाड़े के समापन दिवस दिनांक 30-9-2013 को संस्थान के सभी सदस्य एवं विद्यार्थीगण सभा में उपस्थित हुए एवं राजभाषा हिन्दी के प्रति सम्मान व्यक्त करते हुये हिन्दी के

अधिकाधिक प्रयोग का संकल्प लिया। उपर्युक्त सभी प्रतियोगिताओं में निर्णायक मण्डल के रूप में संस्थान के अनेक सदस्यों ने अपना योगदान दिया एवं विजेता घोषित प्रतियोगियों को प्रोत्साहन स्वरूप नगद पुरस्कार एवं पुस्तक वितरण की घोषणा का स्वागत किया जो निम्नलिखित है:-



डॉ आई. वी. बसवरेड्डी, निदेशक, मोरारजी देसाई राष्ट्रीय योग संस्थान, हिन्दी दिवस के अवसर पर कर्मचारियों एवं विद्यार्थियों को सम्बोधित करते हुए।

निबंध प्रतियोगिता

1.	श्री रविकांत त्यागी	—	प्रथम पुरस्कार राशि 2,000 /—
2.	श्री अंशुमन कुमार झा	—	द्वितीय पुरस्कार राशि 1,000 /—
3.	श्रीमती मनजोत कौर	—	तृतीय पुरस्कार राशि 500 /—

भाषण प्रतियोगिता

विजेता विद्यार्थी प्रतिभागियों के नाम:

1.	सुश्री शालू	—	प्रथम पुरस्कार राशि 2,000 /—
2.	सुश्री रिन्की	—	द्वितीय पुरस्कार राशि 1,000 /—
3.	श्री सोनू कुमार	—	तृतीय पुरस्कार राशि 500 /—

विजेता कर्मचारी प्रतिभागियों के नाम:

1.	श्रीमती मनजोत कौर	—	प्रथम पुरस्कार राशि 2,000 /—
2.	श्री मंगल देव पाण्डेय	—	द्वितीय पुरस्कार राशि 1,000 /—
3.	श्री फूलेश्वर मेहता	—	तृतीय पुरस्कार राशि 500 /—

श्रुतलेख प्रतियोगिता

विजेता कर्मचारी प्रतिभागियों के नाम:

1.	श्री फूलचंद	—	प्रथम पुरस्कार राशि 2,000 /—
2.	श्री पूरन लाल	—	द्वितीय पुरस्कार राशि 1,000 /—
3.	श्री मंगल देव पाण्डेय	—	तृतीय पुरस्कार राशि 500 /—

प्रश्नोत्तरी प्रतियोगिता

विजेता कर्मचारी प्रतिभागियों के नाम:

टीम नंबर दो	—	प्रथम पुरस्कार राशि 2,000 /—
		श्री अंशुमन कुमार झा, श्री पूरन लाल
टीम नंबर पांच	—	द्वितीय पुरस्कार राशि 1,000 /—
		श्री सुधीर पाल, श्री महेश कुमार
टीम नंबर एक	—	तृतीय पुरस्कार राशि 500 /—
		श्री मंगल देव पाण्डेय, श्री फूलेश्वर मेहता

उपर्युक्त सभी कार्यक्रम संस्थान के निदेशक, डॉ आई. वी. बसवरेड्डी, निदेशक के कुशल निर्देशन में व श्रीमती मुधु शर्मा, प्रशासनिक अधिकारी के संरक्षण में किये गए। योगी उदय, सहायक अनुसंधान अधिकारी (योग) ने अपना योगदान देकर कार्यक्रम को सफल बनाया।



श्री अंशुमन कुमार झा, लेखापाल, निबंध प्रतियोगिता में निदेशक मोरारजी देसाई राष्ट्रीय योग संस्थान द्वारा द्वितीय पुरस्कार प्राप्त करते हुए।



सुश्री रिन्की डी.वाई.एस.सी. विद्यार्थी, 2013-14, श्रीमती मुध शर्मा, प्रशासनिक अधिकारी से द्वितीय पुरस्कार प्राप्त करते हुए।

MDNIY Designated as WHO Collaborating Centre in Traditional Medicine

The Department of Yoga Therapy and Training of Morarji Desai National Institute of Yoga (MDNIY) has recently been designated as WHO Collaborating Centre in Traditional Medicine for a period of four years. This is a significant result of the efforts initiated in 2008 when MDNIY started collaborating with WHO Country Office under the biennium program of traditional medicine and developed Yoga Resource Centre and brought out disease-specific booklets of Yogic interventions for health care. Recognizing the importance of these outcomes, the proposal of considering MDNIY for designation as WHO Collaborating Centre in the field of traditional medicine was initiated and it took almost five years to finally get this prestigious status.

WHO does not have its own institutional network but identifies institutions from member countries to work in specific areas of health and designate them as WHO Collaborating Centers. Across the globe there were 21 WHO Collaborating Centers for Traditional Medicine, but none in India in spite of having a large number of AYUSH institutions. The matter was strongly taken up with WHO by the Department of AYUSH and the long lasting void has been filled with the recent decision of the WHO to declare two AYUSH institutions as WHO collaborating centers in the area of traditional medicine, **one is Morarji Desai National Institute of Yoga, New Delhi and the other is Institute of Postgraduate Teaching & Research in Ayurveda, Jamnagar, Gujarat.**

It is a historic achievement for the country to have two WHO Collaborating Centers of Traditional Medicine in the first instance. **MDNIY has attained the privilege to be the only WHO Collaborating Centre in the world to engage in achieving Yoga specific outcomes.** Considering the global demand and popularity of Yoga for health care, MDNIY has a lot to offer as WHO Collaborating Centre by generating information and documents of Yoga for the use of all Member States of WHO. This is a vintage point for the institute to indulge in focused activities and yield globally acceptable outcomes.

WHO collaborating centers are institutions such as research institutes, parts of universities

or academies, which are designated by the Director-General of WHO to carry out activities in support of the Organization's programmes. Currently, there are over 800 WHO collaborating centers in over 80 Member States working with WHO on areas such as nursing, occupational health, communicable diseases, nutrition, mental health, chronic diseases and health technologies all over the world.

The network of 23 designated WHO Collaborating Centers for Traditional Medicine (including that of MDNIY) is meant to assist WHO in implementing WHO strategies and resolutions relating to traditional medicine. The priority area of work for WHO Collaborating Centers of Traditional Medicine is to generate evidence-based information on the safety, quality, and cost-effectiveness of

traditional medicine products and therapies, for which MDNIY would strive in relation to Yoga.

Following are the intended activities to be covered by MDNIY as a WHO Collaborating Centre:

1. Preparation and dissemination of consumer information on proper use of Yoga.
2. Organization of capacity building workshops and training programmers on the role, scope, practice and evidence -based use of Yoga in non-communicable disease.
3. Development and dissemination of standardized health promotion Yoga modules for various target groups (Children, Adolescents and Women of reproductive age, Geriatric population, and Mental Health promotion)

4. Meta-analysis of Yoga research studies for documentation and promotion of evidence-based uses of Yoga.

Terms of Reference (TOR)

The four Terms of Reference are **TOR:**

1. To serve as Yoga resource centre for information exchange on Yoga within the country and for other countries.
2. To assist and work with WHO in developing standards for promoting rational use of Yoga
3. To develop and practice materials for advocating evidence-based use of Yoga.
4. To conduct customized training programmes for national and international health professionals and WHO fellows about the utility of Yoga in health promotion.

WHOCC Coverage by Media

Press Conference was held on 17th May, 2013 at 12.30 pm in the Conference Hall of the Institute in connection with designation of MDNIY as WHO Collaborating Centre in Traditional Medicine. Many reporters and press photographers attended the press release meet.

Detailed news regarding the press conference was published by many leading newspapers, news agencies and Magazines.



Thai Delegation Visits MDNIY

A Thai delegation led by Dr. Somchai Nichpanit, Director General of the Department for Development of Thai Traditional and Alternative Medicine (DTAM), Ministry of Public Health, Thailand, visited MDNIY on 23rd May, 2013.



Thai Delegation with MDNIY staff and students

The Thai team visited the different departments of MDNIY. They were made known about the different activities and programmes of the Institute by the Programme Officer of the Institute. They interacted with MDNIY Therapy & Training staff about the significance of Yoga in the modern times.

A Yoga and Music Fusion Programme was also organised by the Institute for the delegates. They appreciated the Activities and Fusion programme of the institute.



Yoga and Music Fusion Programme by MDNIY students

Prof. Robbert Van Haselen, Editor-in -Chief, CTM, visits MDNIY

Professor Robbert Van Haslen, Editor-in-Chief, Complementary Therapies in Medicine, Department of Research, International Institute for Integrated Medicine, Kingston, UK, paid visit to MDNIY on 20th September, 2013. Mr. Robbert visited all the departments and sections of the Institute. He discussed in details about various activities and programmes of the Institute from the Director, MDNIY. The Director explained him about the significance of Yoga for better health care system.



Prof Robbert Van Haslen, (2nd from right) Editor-in-Chief, CTM, with Director MDNIY

MDNIY Participates in WHO World Health Day

World Health Organisation (WHO) observed its foundation day on 5th April, 2013 at Hotel Le Meridian, New Delhi. The theme of this year's foundation day was High Blood Pressure, which is the key health issue before the world fraternity.



Dr. Samlee Plianbangchang (5th from left), Regional Director, WHO South-East Asia along with MDNIY staff and students during World Health Day

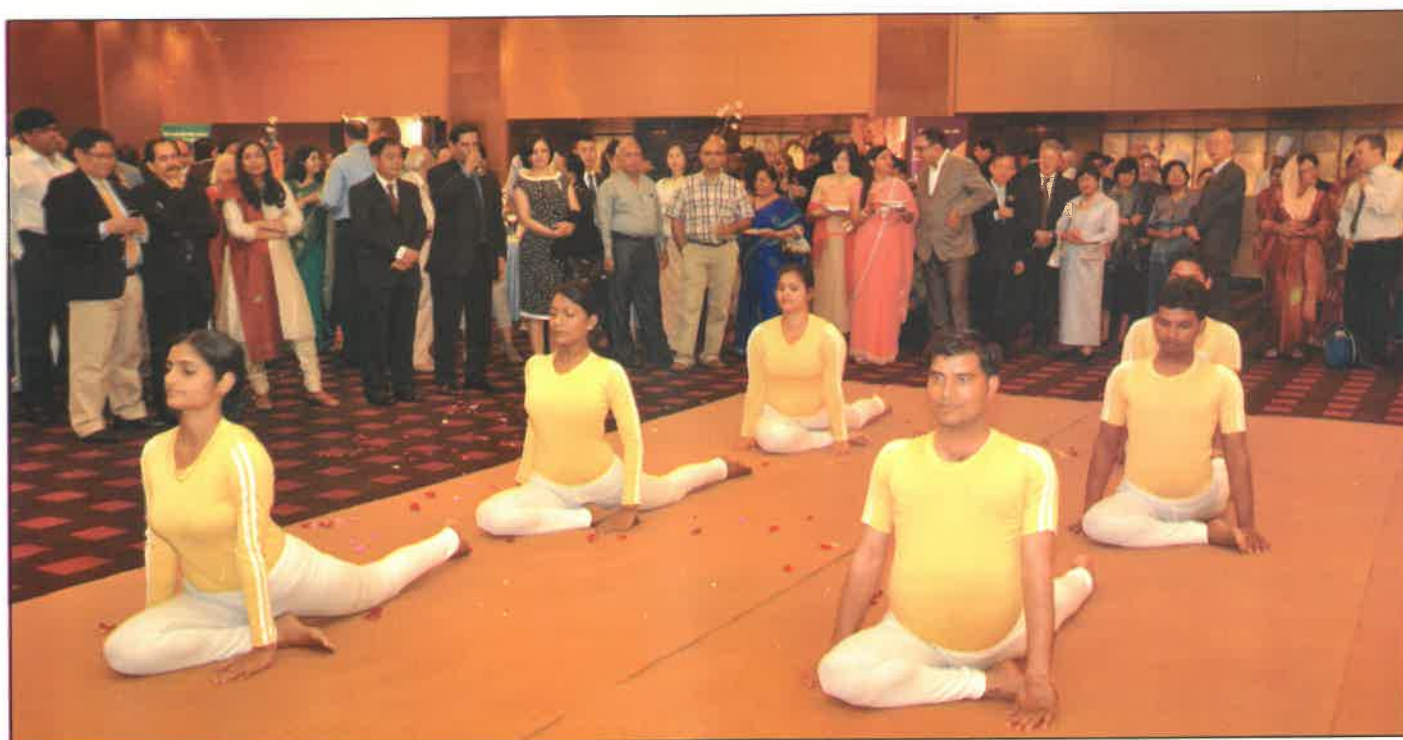
High blood pressure – also known as Hypertension – increases the risk of heart attacks, strokes and kidney failure. Uncontrolled hypertension can also cause blindness, irregularities of the heartbeat and heart failure. The risk of developing these complications is higher in the presence of other cardiovascular risk factors such as diabetes. One in three adults

has high blood pressure in WHO's South-East Asia Region. Nearly 1.5 million people die due to high blood pressure every year making it a leading risk factor for mortality in the Region, said in a press release statement, WHO's South-East Asia Region.

However, hypertension is preventable and treatable. Yoga

has been chosen as the key message to combat stress and reduction of blood pressure by WHO.

MDNIY students performed a Yoga Music Fusion programme on the eve of World Health Day at Le Meridian. A large number of visitors both from India and abroad appreciate the programme.



Yoga Programme by MDNIY students at Le Meridian Hotel

MDNIY Participates in National Seminar of Govt. of NCT

Morarji Desai National Institute of Yoga participated in National Seminar and Workshop on Holistic Health, organised by Department of Health & Family Welfare, Government of NCT Delhi from 20th to 21st April, 2013. The workshop was held at

Maulana Azad Medical College Auditorium, Delhi Gate, Delhi.

Following activities were performed during the Seminar by MDNIY:

- Yoga Music Fusion Programme

- Consultation was given on different diseases.
- Sale of priced publication
- Free distribution of IEC material.
- Exhibition on Yogic practices.

USA Practitioners Visit MDNIY

A group of Yoga practitioners from USA, who are the followers of Padmabushan BKS Iyengar, visited the Institute on 27th August, 2013.

The group visited the different departments of the Institute. They were made known about the different activities and programmes of the Institute by the Programme Officer of the Institute.



Dr. I N Acharya, PO (YT) explaining Institute activities to the visitors

Japanese Team visits MDNIY

A team of 30 people from Japan visited MDNIY on 31st July, 2013. The Institute arranged a Yoga class for them. They interacted with the students and staff of the Institute. They also exchanged their views on different components of Yoga, especially asanas.



Japanese visitors performing Yoga practices

B.Sc. (Yoga Science)

Bachelor's of Science (Yoga Science) is a three years course comprising Six Semesters. The course is designed to impart the knowledge, skills and techniques of Yoga to enable them to become an

institutionally qualified Yoga professional.

The Students of B.Sc. (Yoga Science), batch 2012-15 completed their 1st Semester successfully.

B.Sc. (Yoga Science): 2013-16

Total 22 students were admitted in this session. The classes have been started.

Diploma in Yoga Science (D.Y.S.c)

Diploma in Yoga Science (D.Y.S.c): (Batch 2012-13)

The Diploma in Yoga Science: 2012-13 was a full time, regular, non-residential course of one year duration comprises two semesters (August to January and February to July).



Experts and Guests from left Dr. IN Acharya, PO (YT); Dr. Rakesh Kumar (SMO); Prof. C G Despande, eminent Applied Psychologist, Pune; Dr. IV Basavaraddi, Director; Dr. SD Patil, HVPM, Amravati and Smt. Madhu Sharma (AO) during the Annual Day Function of DYSc. 2012-13

In the session of Diploma in Yoga Science 2012-13, total 113 students were admitted. 12 Meritorious students, based on the performance in the 1st Semester examination, were granted Scholarships. The Institute has also provided a stipend to 17 out-station students (other than from Delhi and NCR) students for hiring their hostel/ accommodation facilities.



Prof. C. G. Despande, Prof. of Psychology (Retrd.), Mumbai University addressing the students during the Annual Day Function

DYSc. Exams

Theory and Practical Unit Test-II of the students 2012-13 was also held in the month of June. The final examination of semester – II were held from 5th July to 16th July, 2013. The final result is awaited.

Diploma in Yoga Science (DYSc.), Batch (2013-14)

In the session of Diploma in Yoga Science 2013-14, total 103 students were admitted.

The Course includes study of Traditional Yogic Texts, Philosophy of Yoga and its application in human health care. It also contains Modern

Medical subjects like anatomy, physiology and psychology with reference to applied aspects of Yoga. The course comprises the studies of allied subjects like Ayurveda, Diet & Nutrition, Naturopathy, Sanskrit etc. The course also includes the in-dept practical knowledge in Yoga, teaching practice in Yoga, field work, etc.



Farewell Ceremony of Diploma in Yoga Science Students (Batch 2012-13)

Bi-Monthly Expert Lecture Series

Twenty First Bi-Monthly Expert Lecture

The twenty first bi-monthly expert lecture was delivered by Dr. B. R. Sharma, Principal, G.S.College of Yoga and Cultural Synthesis, Kaivalyadhama, Lonavla, on "Philosophical Foundations of Yoga in the Light of Chaturvyuha of Patanjali". The lecture was organized in the Institute on 12th September, 2013. According to him, Philosophical foundation of Yoga, in the light of **Caturvyuha** (Fourfold Strategy), has been dealt comprehensively with the purpose of perceiving its utility in understanding the life phenomenon not only in tackling



Dr. B. R. Sharma, Principal, G.S. College of Yoga and Cultural Synthesis, Kaivalyadhama, delivering his lecture during the 21st bi-monthly lecture series

the psycho-physiological problems of man but also to change the entire outlook of mankind for healthy life and living.

Twenty Second Bi-Monthly Expert Lecture

Dr. D. Majumdar, Scientist -F & Addl. Director, Defence Institute of Physiology & Allied Sciences (DIPAS), Delhi delivered a talk on "Yogic Practices for the Improvement of Human Physiology and Fitness" on 26th September, 2013 at the Institute. His Lecture-cum-Demonstration session emphasized how Yoga significantly decreases blood glucose, cholesterol, and blood pressure along with salivary cortisol and heart rate. Yoga can reverse the negative impact of stress on the immune system by increasing levels of immunoglobulin A and natural killer cells while decreasing markers such as C-reactive



Dr. B. R. Sharma, Principal, G.S. College of Yoga and Cultural Synthesis, Kaivalyadhama receiving memento from Dr. IV Basavaraddi, Director, MDNIY

protein and inflammatory cytokines. Yoga has been undoubtedly regarded as an intervention for the improvement of physical fitness and performance.



Dr. D. Majumdar, Scientist -F & Addl. Director, Defence Institute of Physiology & Allied Sciences (DIPAS), Delhi interacting with staff and students

Yoga Camps in Delhi &NCR

Summer Yoga Camps - 2013 were conducted by the students of DYSc. Batch: 2012-13 (Semester - II) of MDNIY. Total number of Sadhakas were benefited from these camps was 2363.

S. No.	Name of the Student	Address for Yoga Camp	No. of Participants
1	Anju D/o Shri Buchhan Lal	Deshbandhu College, Kalkaji, New Delhi	42
2	Anju D/o Shri Raj Kumar	Sant Hari Dass Model Sec School, Bani Camp, Najafgarh, New Delhi-110043	39
3	Archana Pandey	Arya Samaj Mandir, Mandir Wali Gali, Opp Pillar No. 215, Sadikhampur Village, Patel Nagar, Delhi-110008	31

S. No.	Name of the Student	Address for Yoga Camp	No. of Participants
4	Ashima Jindal	Shiv Mandir, Nehru Nagar – II, Sector 3, Opposite Holy Child School, Ghaziabad-201001	30
5	Bharti Rani	K.L.V. Convent School, Nehru Vihar, Delhi -110094	30
6	Chandresh (Dr.)	Saraswati Bal Mandir School, G-Block, Naraina Vihar, New Delhi	31
7	Deepika Singh	Seth Beni Pershad Jaipuria Preparatory School, Rajpur Road, Delhi-110054	34
8	Gaikwad Varsha Vijaykumar (Dr.)	Arya Samaj Mandir, Street No. 12, Adarsh Nagar, New Delhi	35
9	Garima Saini	Nigam Pratibha Prathmik Vidyalaya Padam Nagar, Near Shastri Nagar Metro Station, Delhi-110007	34
10	Jyoti	Holy Innocent Public School, M-Block, Vikas Puri, New Delhi-110018	40
11	Kalpna Bisht	C-28, Penguin Kids School, Sushant Lok, Gurgaon	32
12	Kalpna	Deshbandhu College, Kalkaji, New Delhi	40
13	Kanu Priya	Kendriya Vidyalaya, Pragati Vihar, Lodhi Colony, New Delhi	32
14	Kusumlata (Dr.)	Aarya Samaj Mandir, G-Block Naraina	31
15	Mandira Adhikari (Dr.)	Vivekananda International School, IP Extn., Patparganj, Delhi-110092	39
16	Millie Rathi	Bhagirathi Aarya Girls Inter College, Lalkurti Meerut Cantt.	30
17	Mukta	Ch. Lakhi Ram Arya Anathaley, Dayanand Math, Gohana Road, Rohtak-124001, Haryana	34
18	Neelam Kumari Bhardwaj(Dr.)	Sri Venkateshwara International School, Sector-18, Dwarka	32
19	Preety	A-1, Nagar Nigam, G.D. Colony, Mayur Vihar, Phase -3, New Delhi-110096	30
20	Priyanka W/o Shri Rajiv Yadav	Euro International Public School, Sec-10, Gurgaon	34
21	Punita Kumari	Suraj Bhan DAV School, Vasant Vihar, Delhi-110057 (Ph. 26149082)	34
22	Rashima Sukh	Dayanand Model School, Arya Samaj Building, West Patel Nagar, New Delhi-110008	50
23	Rekha Rana	Rao Mohan Singh Memorial Sr. Sec. Public School, Paprawat Road, Najafgarh, New Delhi-110043	33
24	Ritu Saini	M.C.PRY. Boys School, Swarn Park -II, New Delhi-110041	40
25	Sakshi Rawat	Alok Bharti Public School, B-1, Sector-16, Rohini, Delhi-110089	41
26	Sangeeta Baranwal	Junior School Noida Sector31, Nithari Gautam Budh Nagar U.P.	34
27	Sapna	Govt. Sarvodya Bal Vidyalaya, Ramesh Nagar, New Delhi	30

S. No.	Name of the Student	Address for Yoga Camp	No. of Participants
28	Saroj	Govt. Girls Sr. Sec. School No. 1 J.J. Colony Bawana, Delhi-110039	32
29	Shaili Singh	C-175, Anand Vihar, New Delhi	30
30	Sonia Dahiya	All India Women's Conference, AIWC Hostel, Sarojini House, 06 Bhagwan Das Road, Mandi House, New Delhi	31
31	Sunita Chaudhary	Eldeco Green Neomeadow, Sec-PI-1, Greater Noida	30
32	Vansha Thakur	Holy Innocents Public School, Plot No. PS/09, C Block, Vikas Puri, New Delhi-110018	50
33	Aditya Kumar	Vardhman Public School, F-198, Mangal Vihar, Laxmi Nagar, New Delhi	30
34	Ajay Kumar	Om Bharti Public School, D-Block, Johripur Extn. Delhi-110094	34
35	Amit Sharma	New Horizon Health & Meditation Yoga Classes, 16, Bharat Nagar, New Friends Colony, New Delhi -110025	31
36	Anil Kumar	L.R. Public School Gali No. 7, Bheem Nagar, Ghaziabad	Nil
37	Ankit Sharma	Mayur Public School, I.P. Extn. Patpadganj, Near Madar Dairy, New Delhi	76
38	Ankit Tomar	Eldco Society, Sector-PI 1, Greater Noida,	33
39	Arjun Kumar	SBV, No. II, Palam Enclave, Delhi	45
40	Arun Kumar S/o Shri Om Prakash	Sur Nirman Educational & Cultural Society, Shelter House, Near Jama Masjid, Delhi	20
41	Arun Kumar S/o Shri Surendra Pal	Neelam Memorial Sarvodaya School, C-157, Gali No. 01, 28 Futa Road, West Karawal Nagar, Delhi -110094	30
42	Ashutosha Kumar (Dr.)	Institute of Hotel Management, Near Oberoi Farm, Bijwason, Kapashera Morh, New Delhi-110037	20
43	Bhim Singh	C.G.S. International School, Sector-61, Gurgaon, Haryana	34
44	Chetan Trigunayat	224, Vaishali Vatika, Pitampura, Delhi-110034	29
45	Janender Kumar	F-16, Shadatpur, New Delhi-110094	55
46	Jatin Kumar	Shanti Memorial Public School, H-Block, St. No. 37, West Karawal Nagar, Delhi -110094	30
47	Jatinder Singh Ghuman	Lovely Public School, Priyadarshini Vihar, Delhi	28
48	Kailash Babu	Siddharth International Public School, Gurudwara Road, Dilshad Garden, New Delhi-110095	46

S. No.	Name of the Student	Address for Yoga Camp	No. of Participants
49	Nitin Goel	Sector-4, Govt. Sr. Sec. School, Gurgaon	32
50	Om Pal	Mehrishi Dayanad Sanskrit Mahavidyalaya Patel Nager, Ghaziabad (U.P.)	31
51	Pardeep Kumar	Shri Sacha Mook Vadhir Shikshan Shansthan, Sainik Nagar, Near Sector-6, Bahadurgarh, Jhajjar (Haryana)	33
52	Rahul	SBV, No. II, Palam Enclave, Delhi	39
53	Rajendra Beniwal		
54	Rajendra Chaudhary	Sun City World School, Sun City Sector-54, Gurgaon, Haryana	38
55	Raj Kumar	Lovely Public School, New Loyal Pura, Laxmi Nagar Delhi-110092	31
56	Ravinder Kumar	Bal Sahyog, Opposite Black Market, Connaught Circle, New Delhi	30
57	Ravindra Kumar Babele (Dr.)	Sharp Sight Centre (Group of Eye Hospitals) Aditya Gold Crest 101, 102, 103, Ist Floor, Plot C/GH3, Vaibhav Khand, Indirapuram	26
58	Rohit	Nagar Nigam Prathamik Vidyalaya, Shakarpur Village, New Delhi-110092	34
59	Rohit Kumar	Shaheed Bhagat Singh Public School, H-73, Som Bazar, West Karawal Nagar, Delhi -110094	37
60	Sandeep Kumar Mishra	New Delhi Public School, A-Block, Vikaspuri, New Delhi-110018	24
61	Saurabh Sharma	Vidya Jyoti Public School, Village Kachera, Varsabad Dadri, G.B. Nagar	80
62	Shetal Kumar Jain	Shrishriyansh Nath Enterprises, 181, Southside G.T. Road, Industrial Area, Ghaziabad, U.P.	12
63	Shubham Sharma	Shri Ram Park in East Jyoti Nagar, Shahadra, Delhi -110093	26
64	Sukhvinder	Kids Panguin School, Sushant Lok Near Hudda City Center, Gurgaon	34
65	Vikrant	Baba Mohan Ram Public School, C-822, Param Hans Vihar, Loni Ghaziabad, U.P.	Nil
66	Vimal Kumar	Shaheed Bhagat Singh Modern School, street-14, Karawal Nagar Pusta colony, Delhi	56
67	Vimlesh	Rajiv Gandhi High School, Rajendra Park, Gurgaon-122001	67
68	Vinay Yadav	Mahakaal Shakti Peeth (NYAS) Trust Mandir, DLF, Ankur Vihar, Loni Ghaziabad, Baghpat Road (Near Village Milakpur)	30
69	Yeshpal	Navjeevan Model School, DLF, Ankur Vihar, Loni Ghaziabad (NCR)	47
70	Siddharth Joshi	Arya Samaj Bal Shiksha Kendra, C-1 Gupta Colony, Palam Vihar, Gurgaon	
Total Participants			2363

Pancham Swar

Socio-Cultural programmes, "Pancham Swar", were organised by MDNIY to encourage extra-curricular activities among Institute's Yoga students. It helps to explore the hidden potential of the students. It is the bi-monthly event based on different themes. Yoga programmes, songs, dances, plays and instrumental music's were the main aspects of the programme. During April-June, 2013, total three Socio-Cultural Programmes were organized.

Sl.No.	Date	Theme
1.	26-04-2013	Sanyojan
2.	31-05-2013	Kalaa Ke Rang Hamare Sang
3.	27-09-2013	Unity in Diversity



A view of 47th Pancham Swar



Students participating at 49th Pancham Swar

Certificate Course in Health Promotion through Ayurveda and Yoga

In order to improve the lifestyle management through ancient science of Ayurveda and Yoga for proper living at the individual level, a 50 hours course of health promotion through Ayurveda and Yoga was devised and started in February, 2010 with the approval of competent authority of AYUSH, at Indian Red Cross Society in association with Department of AYUSH and with technical support of CCRAS and MDNIY. Director, MDNIY has

been given the responsibility of the coordinator for Yoga component.

The 11th batch of the course on Health Promotion through Ayurveda & Yoga underwent health check up and investigation at the Institute. The Valedictory function of the 11th batch held on 4th June, 2013 at the Disaster Management Centre, Indian Red Cross Society.

Accordingly, a module of 24 hours Yoga Training had been prepared and 2 males and 2 females Yoga therapists/Instructors were engaged for imparting Yoga training.

The programmes were highly appreciated by the participants.

The Schedule of 11th and 12th batch is:

- i) 05-03-2013 to 04-06-2013
- ii) 02-07-2013 to 03-10-2013

Out Patient Department (OPD)

The Institute is running a Yoga Therapy OPD. This is available to the public to get consultation on Yoga, Diet, etc. A full-fledged Pathology and Bio-chemistry Lab as well as X-Ray unit is attached to the OPD for Laboratory Investigations. Senior Medical Officer, Yoga Experts, Naturopathy Physician and Dietician provide consultation in the Out Patients Block. The timings of the OPD was 8:00 am to 4:30 pm on all working days.

Yoga Therapy Programmes (YTP)

Month	YTP-1	YTP-2	YTP-3	YTP-4	YTP-5	YTP-6	YTP-7	YTP-8	YTP-9	Individual Session	Total
April	49	64	69	07	40	11	01	27	21	132	421
May	-	60	52	25	25	16	-	20	14	102	314
June	-	72	74	17	16	12	-	24	17	73	305
July	-	97	70	38	15	21	-	22	09	108	380
August	-	74	55	39	26	16	-	17	13	123	363
September	-	89	76	36	27	25	-	29	17	93	392
Total	49	456	396	162	149	101	01	139	91	631	2175

Yoga Training Programmes

MDNIY conducts regular Yoga Training Programmes in the Institute from Monday to Friday. The objective of the programme is to impart Yoga training for the prevention of disease and promotion of health. During the period under report, total 5 Yoga

training programmes were conducted - two in the morning, two in the evening and one exclusively for women between 11.00 am to 12.00 noon. Total number of 2175 People has been benefited.

“Weekend Yoga” classes were also conducted (on Saturdays and Sundays) for the working class people who were unable to attend classes during working days.

Details of the Yoga Training Programme

(Total no. of participants attended the different programmes on the basis of monthly registration)

S. No.	Programme	Apr	May	Jun	July	Augu	Sept
1.	Health Promotion Programme	183	259	282	236	216	215
2.	Pranayama & Meditation Programme	49	70	90	93	80	96
3.	Weekend Yoga Programme	36	44	52	64	55	62
	Total	260	373	424	461	420	434

Foundation Course in Yoga Science for Wellness (FCYScW)

Foundation Course in Yoga Science for Wellness is the basic course of one month duration, for beginners in the field of Yoga. The aim of the course is to introduce the fundamentals of Yogic practices to a common man for wellness.

The objectives of the course are:

- To introduce basic wellness principles and practices of Yoga to common people.
- To make the people aware of the fundamentals of Yoga for Wellness in their daily life.
- To create mass awareness of positive health and spiritual well-being.

- To develop healthy lifestyle of the common people.
- To bring health and harmony in the society at large by introducing the Yogic way of life.
- To propagate Yoga for preventive practices as an approach to Holistic Health.

During the course, the participants were given special lectures on various aspects of Yoga, Diet, Physical and Mental Hygiene. The Participation Certificates were awarded to the successful participants as per rule.

The details of the participants from April-June are as under:

S. No.	Month	Total No. of Sadhakas
1	April	50
2	May	50
3	June	62
4	July	64
5	August	69
6	September	61
	Total	356

Yoga Therapy and Research Centres in Govt./ Tertiary Hospitals in Delhi

With the broader view of integrating the system of Yoga in the mainstream of medical care, the Institute has started the Yoga Therapy and Research Centres in Govt. Tertiary Hospitals in Delhi and outside.

The objectives of the proposed scheme are:

- To propagate the basic principles and practices of Yoga.
- To advocate Yogic way of life for healthy and happy life.

- To provide Yoga Therapy programme for people suffering from different diseases.
- To validate the effects of Yoga in different disease conditions through well-defined research protocol.

During the period under report, these Centres were operational in the following Hospitals/ Institutes:

- Rajan Babu Tuberculosis Institute of Pulmonary Medicine, Dhaka Colony,

Kingsway Camp, Delhi - 110 009.

- Institute of Human Behavior and Allied Sciences, P.O. Box No. 9520, Jhilmil, Dilshad Garden, Delhi - 110 095.

- National Institute of Tuberculosis and Respiratory Diseases, Sri Aurobindo Marg, New Delhi - 110 030.

- Vallabhbai Patel Chest Institute, University of Delhi, North Campus, Delhi - 110

S. No.	Name of the Hospital	Total Number of Patients treated					
		Apr.	May	June	July	August	Sept.
1.	National Institute of Tuberculosis and Allied Sciences, Sri Aurobindo Marg, N.D.	171	162	116	160	154	151
2.	Vallabhbhai Patel Chest Institute, University of Delhi, Delhi.	147	149	162	158	148	142
3.	Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Kingsway Camp, Delhi-09	213	224	187	211	206	230
4.	Institute of Human Behavior & Allied Sciences, Dilshad Garden, Jhilmil, Shahdra, Delhi	219	751	332	333	400	323
	Total	750	1286	797	862	908	852

Preventive Health Care Units of Yoga in CGHS Dispensaries

The Institute has started Preventive Health Care Units of Yoga initially in Nine CGHS Dispensaries in Delhi and National Capital Region (NCR) from January, 2009. The aim of the project is to provide Yoga training and therapy to the interested CGHS beneficiaries.

The objectives of the proposed scheme are:

1. To impart Yogic training to the CGHS beneficiaries for the prevention of disease and promotion of positive health.
2. To advocate Yogic way of life for the better health of CGHS beneficiaries.
3. To provide specific Yoga therapy programme for the effective management of Lifestyle/ psychosomatic disorders to the CGHS beneficiaries.

The response of these centres is overwhelming. By considering

the increase in demand, the Institute has started 11 more such Preventive Health care units of Yoga in CGHS Dispensaries from July, 2011. During the period under report

the Institute is running 20 such Units in Delhi and NCR. The timings of these units are extended and open from 8:00 am to 3:00 pm on all working days (including Saturdays).

Detail of Patients Treated

Sl. No.	Name of the Hospital	Apr.	May	Jun.	July	Aug.	Sep.
1	Noida	62	51	56	126	42	55
2	Kingsway Camp	57	48	58	77	115	91
3	Pushp Vihar, MB Road	31	35	26	40	35	47
4	Sadiq Nagar	31	25	41	35	66	25
5	Kidwai Nagar	16	15	15	20	15	14
6	Janakpuri	155	168	179	175	150	166
7	Hari Nagar	55	52	75	69	49	51
8	Nangalraya	66	74	73	76	67	73
9	Delhi Cantt.	33	33	21	23	15	19
10	Ghaziabad	55	35	35	32	35	33
11	Shahdara	90	96	83	92	83	87
12	Chanakyapuri	68	64	67	71	56	66
13	Laxmi Bai Nagar	49	49	41	56	47	40
14	Lajpat Nagar	22	22	24	21	22	27
15	Inderpuri	34	34	43	40	30	34
16	R K Puram, Sector - 6	16	37	15	22	18	-
17	Pushp Vihar, Sector - 4	30	20	33	55	29	31
18	Karol Bagh	12	24	77	78	58	109
19	Palam, Mangalapuri	88	80	74	73	80	84
20	Laxmi Nagar	114	89	90	98	78	107
	Total	1084	1051	1126	1279	1090	1159

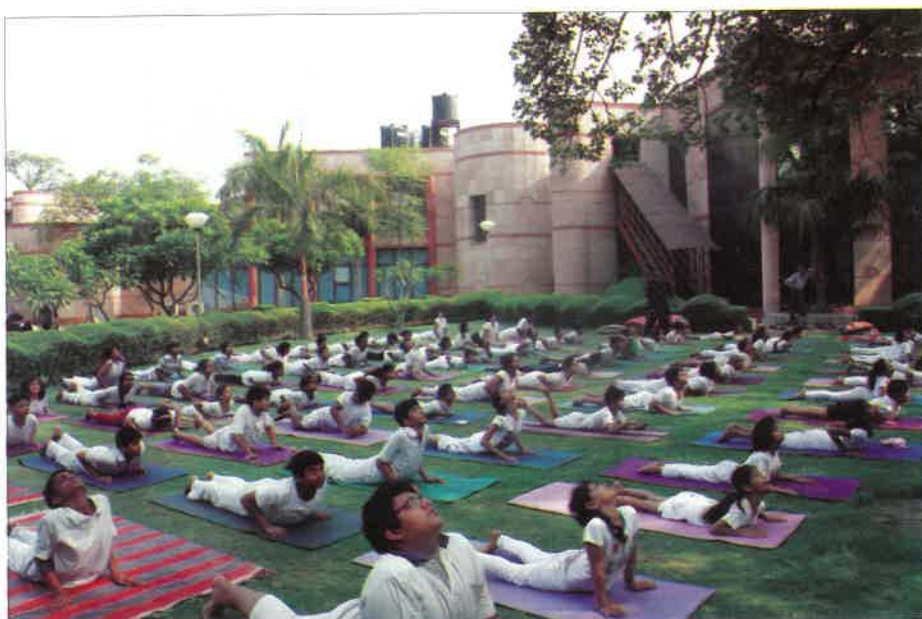
Detail of Patients Attendance

Sl. No.	Name of the Hospital	Aprial	May	June	July	August	September
1	Noida	369	472	581	719	493	590
2	Kingsway Camp	341	322	261	258	429	739
3	Pushp Vihar, MB Road	399	371	480	528	445	567
4	Sadiq Nagar	381	393	437	412	341	380
5	Kidwai Nagar	463	540	327	476	472	475
6	Janakpuri	155	414	451	426	395	434
7	Hari Nagar	331	292	333	358	174	316
8	Nangalraya	437	454	446	465	406	432
9	Delhi Cantt.	341	377	351	406	381	370
10	Ghaziabad	619	594	445	591	558	679
11	Shahdara	632	680	591	673	523	737
12	Chanakyapuri	286	265	294	306	252	276
13	Laxmi Bhai Nagar	442	466	387	476	454	477
14	Lajpat Nagar	307	396	382	452	336	364
15	Inderpuri	331	321	302	232	168	430
16	R K Puram, Sector - 6	524	774	632	764	543	556
17	Pushp Vihar, Sector - 4	230	281	310	383	184	271
18	Karol Bagh	96	198	433	329	293	483
19	Palam, Mangalapuri	305	299	276	311	277	358
20	Laxmi Nagar	368	279	304	337	277	319
	Total	7357	8188	8023	8902	7401	9253

Summer Yoga Workshop for Children

The Institute conducts the Summer Yoga Workshop for Children during summer vacation of the schools from 20th May to 14th June, 2013.

The purpose of conducting this workshop is to introduce the Yogic way of life and practices in children and to encourage them to adopt the same in their day-to-day life. Also, the said programme is aimed at personality development based on Yogic principles and concepts.



Children practicing Yogasana during the workshop

Total 99 children from different schools of Delhi have participated in the workshop. They were given theoretical as well as practical knowledge about Yoga. Apart from practical knowledge of Sukshma Vyayama, Surya Namaskar, Asanas and breathing techniques, the theoretical lessons on some Sanskrit Verses (Sloka), tips on moral code of conduct, lessons on diet and lifestyle was also given to them.

Sh. Shdhir Kumar, Addl. Secretary, Ministry of Health & Family Welfare, NCT Delhi was the Chief Guest at the Valedictory function of Summer Children Yoga Camp, 2013. During his address, he stressed upon the significance of Yoga in children's health.



Children during valedictory function

MDNIY Starts Yoga Classes at SAI

Morarji Desai National Institute of Yoga in association with Sports Authority of India (SAI) has opened Yoga Centre for sport person at Jawaharlal Nehru Stadium from 1st April, 2013. The classes were given both in the morning and evening each of 2 hours duration. They were made practised Sukshma Vyayama, Surya Namaskar, Asanas and Breathing techniques. The participants were from Football, Volleyball, Athletics and Weightlifting backgrounds.



A view of Yoga Class at Jawaharlal Nehru Stadium

राज्यसभा सुरक्षा अधिकारियों के स्वास्थ्य लाभ हेतु विशेष योग प्रशिक्षण कार्यक्रम

संस्थान में 20 मई 2013 से 7 जून 2013 तक राज्यसभा सुरक्षा अधिकारियों के स्वास्थ्य लाभ हेतु 25-25 के समूह में एक-एक सप्ताह का विशेष योग प्रशिक्षण कार्यक्रम प्रातः 8:30 बजे से 9:30 बजे तक संचालित किया गया। जिसमें कुल 75 सुरक्षा अधिकारियों ने भाग लिया। प्रत्येक सप्ताह के कार्यक्रम में षट्कर्म, आसन, प्राणायाम, ध्यान, योगनिद्रा व सूर्यनमस्कार आदि यौगिक क्रियाओं का कराया गया। प्रतिदिन योग की शुरुआत प्रार्थना से की गई व योग कक्षा का शांति मंत्र के साथ समापन हुआ।

योग प्रशिक्षण कार्यक्रम का समापन संस्थान के निदेशक महोदय जी की अध्यक्षता में संपन्न हुआ। समापन अवसर पर सुरक्षा अधिकारियों ने अपने अपने अनुभव व्यक्त किये। समापन समारोह में श्री.जे.एम.भारद्वाज,



उपनिदेशक (सुरक्षा), राज्यसभा सचिवालय, नई दिल्ली, मुख्य अतिथि ने संस्थान के निदेशक महोदय जी के प्रति आभार व धन्यवाद व्यक्त करते हुए भविष्य में भी इस प्रकार के योग प्रशिक्षण कार्यक्रम आयोजित करने का आश्वासन दिया एवं कहा कि योग सभी सुरक्षा अधिकारियों के जीवन का

अभिन्न अंग बनेगा। इस अवसर पर सभी सुरक्षा अधिकारियों को योगासन चार्ट व विभिन्न बीमारियों में लाभकारी यौगिक क्रियाओं से संबंधित मुद्रित प्रपत्र प्रदान किये गये।

यह योग प्रशिक्षण कार्यक्रम श्री एम.एस. भदौरिया, योग प्रशिक्षक के देखभाल में सम्पन्न हुआ।



सामूहिक छाया चित्र राज्य सभा सुरक्षाअधिकारी एवं मो.दे.रा.यो.सं. कर्मचारी और अधिकारी

Swami Vivekananda District Yoga Wellness Centres (SVDYWC)

The Institute has launched a scheme of financial assistance to run Swami Vivekananda District Yoga Wellness Centres through public private partnership (PPP). The main motto of the scheme is to support Non-Government Organizations (NGO) partially to promote Yogic activities for public healthcare and to encourage utilization of Yoga professionals in public health care delivery programmes. It will also increase mass awareness about the health benefits of Yoga in physical, mental and spiritual domains.

Under this scheme, the eligible Non-Governmental Organizations (NGOs) will get Rs. 3.90 lakh as non-recurring grant (one time) for carrying out different Yoga activities at the district level.

Presently, total 128 Wellness Centres (72 in Phase - I & 56 in Phase - II) are functioning at district level.

SVDYWC are performing following programmes:

i) Foundation Course in Yoga for Wellness (FCYW) of one-month duration. (at least 10 programme in a year.)

ii) Yoga Awareness Programme of 3-5 days duration (minimum 15 hrs.) - Minimum 4 programme in a year.

iii) Special Yoga Programmes for General Wellbeing.

iv) Regular Yoga Training Programme for prevention and promotion of health for general public of each minimum one hour duration (minimum 2 Training programmes of each one hour duration daily, separately for male and female).



Yoga Class is in progress at SVDYWC, Jodhpur, Rajasthan



Students practicing Yoga at Sikar Wellness Centre, Rajasthan

AROGYA Chandigarh

AROGYA Chandigarh was a Comprehensive Health Fair was organized by the Dept. of AYUSH, Ministry of Health & Family Welfare, Govt. of India in association with Govt. of Punjab, Govt. of Haryana, Chandigarh

Administration and Federation of Indian Chambers of Commerce and Industry (FICCI) at Parade Ground Sector 17, Chandigarh from 10th May to 13th May, 2013.

AROGYA a Comprehensive Health Fair was organized by the Ministry of Health & Family Welfare Govt. of India, Department of AYUSH Govt. of India.



Shri Shivraj Patil, Hon'ble Governor, Govt. of Punjab, 3rd from left, during the inaugural function of Arogya Chandigarh

The AROGYA was inaugurated on 10th May, 2013 by Shri Shivraj Patil, Hon'ble Governor, Govt. of Punjab. The important dignitaries Shri Madan Mohan Mittal, Minister of Health Govt. of Punjab; Shri Rao Narendra Singh, Minister of Health and F.W. Govt. of Haryana; Ms. Vini Mahajan, Principal Secretary Health Govt. of Punjab; Ms. Navraj Sandhu, Principal Secretary Health Govt. of Haryana; Shri Anil Kumar, Health Secretary, Govt. of Punjab, and Shri Anil Ganeriwala, Joint Secretary, Dept. of AYUSH Govt. of India were present during the Arogya.

The Hon'ble Governor advocated the relevance of traditional system of medicine through his personal and professional experiences. He said that practice of Yoga not only help to achieve a good health but also effective in the management of different lifestyle related disorders.

Shri Anil Ganeriwala, Joint Secretary, Dept. of AYUSH, MHFW, Govt. of India explained the initiative taken by the Department of AYUSH to promote different components of AYUSH.

Morarji Desai National Institute of Yoga participated in the AROGYA.

Programme and Activities displayed by MDNIY are:

- Live Yoga Demonstration on main stage and in Institute pavilion

- Yoga Training and Therapy Sessions
- The exhibition stall
- sales of priced publications
- Lectures on Yoga
- Multi-media use for information and propagation of Yoga
- Distribution of IEC materials
- Consultation and counseling

From the Institute, Mrs. Meeta Vig, ARO (Yoga), Mr. Vinay Kumar Bharati, Y.I.(A) and Mr. Vijender Chaudhary, MTS participated in the AROGYA.



Yoga and Music Fusion Programme by MDNIY Students during the mela

5th Dil Ka Darbar Mela, Delhi

The 5th Dil Ka darbar Mela was organised by the Heart Care Foundation on 29th September, 2013 at Constitution Club of India, New Delhi on the occasion of World Heart Day.

This was the perfect health spot where awareness about all aspects of health including alternative systems of medicine

was incorporated under one roof.

The Mela was inaugurated by B. Mandal, General Manager, Central Bank of India.

The following activities were performed by the Institute.

- Live Yoga Demonstration.
- Display and distribution of IEC material

- Display of Yogic postures through posters and translites

- Free consultancy by Yoga expert.

- Sale of priced publication.

Smt. Meeta Viz, ARO (Y), Sh. Bal Mukund Singh, Consultant (Y), Smt. Bimla Chaudhary, Asst. (Literary), and Sh. Vijendra Chaudhary (MTS) participated at the event from the Institute.



MDNIY staff receiving shield from the organiser of Dil Ka Darbar Mela

Standing Finance Committee

The 30th Standing Finance Committee (SFC) meeting of MDNIY was held on 14-05-2013 under the Chairperson of Joint Secretary (AYUSH) wherein several new initiatives and important decisions were taken.

Retirement

Sh. R.C. Gupta, UDC, retired on Superannuation on 30-08-2013.

Communal Harmony Fortnight

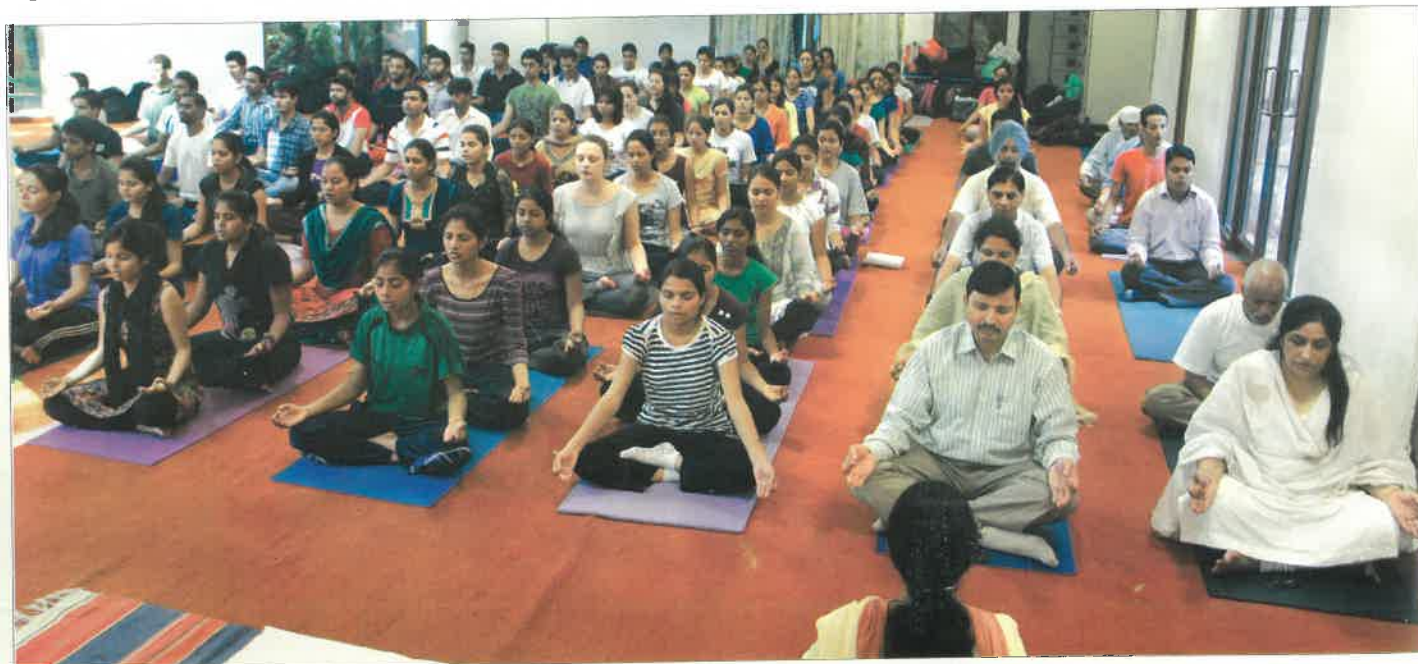
The Institute observed Communal Harmony Fortnight from 20th August to 3rd September, 2013. A Sadbhavana pledge ceremony was organised in the Institute on 19th at 11.30 am. All the officers and staff of the Institute were present during the pledge ceremony.



Officers and Staff are taking pledge at the Sadbhavana Day

MDNIY Morning Prayer

MDNIY's students and staff begin their day by Morning Prayer session in the Institute's Kriya Hall. The Morning Prayer at MDNIY offers a rejuvenating experience to the mind and body. Be it chanting of "Om" and recitation of Shanti Mantras/prayers or a small session of pranayama and Meditation; everything uplifts one's spirit to begin his or her day as an enlightened soul.



Morning Prayer session is in progress

MDNIY Activities and programmes(w.e.f April, 01.04.2013)

Course/ Programme	Duration	Timings	Eligibility	Intake Capacity	Fees per Month
Educational Programmes					
B.Sc. (Yoga Science), affiliated to Guru Gobind Singh Indraprastha University, Sector-16, Dwarka, New Delhi	3 years, comprising six semesters from the academic year 2012-13		Pass in 12th class of 10+2 of CBSE with Science (Physics, chemistry and Biology) with 50% marks	60	27, 000/-per annum
Diploma in Yoga Science (DYSc.)	1 Year comprising of 2 semesters (Aug. to Jan. and Feb. to July)	Full Time 7:00 am to 2:00 pm on all working days	Any Graduate with 50% of marks; below 30 years of age as on 1 st of August	115 + 5 = 120 candidates	Rs. 3,000/- per Semester
Health Promotion Programmes					
Foundation Course in Yoga Science for Wellness (FCYSW)	1 month	6:30 am to 9:00 am 3.30pm to 6.00 pm	Matriculate or individual who can read and write	30-40 candidates	Rs. 1500/-
Yoga Training Programme	1 month	6:00 am to 7:00 am 7:00 am to 8:00 am 4:00 pm to 5:00 pm 5:00 pm to 6:00 pm	Open for all	50 candidates	Rs. 500/-
Pranayama and Meditation Programme (PMP)	1 month	7:00 am to 8:00 am 8:00 am to 9:00 am 9.00am to 10.00am 10.30am to 11.30am 11.30am to 12.30pm 4:00 pm to 5:00 pm 5:00 pm to 6:00 pm	Open for all	30 candidates	Rs. 500/-
Weekend Yoga Training Programme	1 month (Only on Saturdays & Sundays)	6.30am to 9:00 am	Open for all	50 candidates	Rs.500/-
Shankhprakashalana Kriya	One day (On all Saturdays)	6:30 am to 10:30 am	Open for all- as prescribed by the Yoga Experts	---	Rs. 250/- per session
Yoga Workshop for Children (YWC)	1 month (May - June)	7:00 am to 9:00 am	For Children	---	Rs. 500/-
Yoga Therapy Programmes					
Yoga Therapy Programme-1	1 month	7:00 am to 8:00 am	For Patients	30 candidates	Rs. 500/-
Yoga Therapy Programme-2	1 month	8:00 am to 9:00 am	-do-	30 candidates	Rs. 500/-
Yoga Therapy Programme-3	1 month	9.00 am to 10.00 am	-do-	30 candidates	Rs. 500/-
Yoga Therapy Programme-4	1 month	10:30 am to 11:30 am	-do-	30 candidates	Rs. 500/-
Yoga Therapy Programme-5	1 month	11:30 am to 12:30 pm	-do-	30 candidates	Rs. 500/-
Yoga Therapy Programme-6	1 month	12.30 pm to 01.30 pm	-do-	30 candidates	Rs. 500/-
Yoga Therapy Programme-7	1 month	3.00 pm to 4.00 pm	-do-	30 candidates	Rs. 500/-
Yoga Therapy Programme-8	1 month	4.00 pm to 5.00 pm	-do-	30 candidates	Rs. 500/-
Yoga Therapy Programme-9	1 month	5.00 pm to 6.00 pm	-do-	30 candidates	Rs. 500/-
Weekend Yoga Therapy Programme	Only on Saturday and Sunday	7.00 am to 9.00 am	-do-	30 candidates	Rs. 500/-
Individual Special Yoga Session	Maximum 1 hours	9.30am to 4.00pm	-do-	-	Rs. 50/- per Session

Priced Publications

S. No.	Title of the publication	Price in (₹)
Book		
1	Yogasana	₹ 100/-
2	Pranayama	₹ 100/-
3	Shatkarma	₹ 100/-
4	Yogic Management of Arthritis	₹ 50/-
5	Yogic Management of Respiratory Disorders	₹ 100/-
6	Yogic Management of Gynecological Disorders	₹ 80/-
7	Yogic Management of Geriatric Disorders	₹ 80/-
8	Yogic Management of Neurological Disorders	₹ 80/-
9	Yogic Management of Psychiatric Disorders	₹ 80/-
10	Patanjali Yogasutra – Ek Adhyayan (Hindi)	₹ 150/-
11	Hathayogapradipika of Svatomarama	₹ 200/-
12	Hatha Yog ke Adhar Avam Proyog	₹ 120/-
13	Yoga Darshan	₹ 30/-
14	Aturveda Parichay (Vidhyarthiyonkeliye) (Hindi)	₹ 120/-
15	Yoga Training Manual for School Children	₹ 600/- (No. Discount)
16	Patanjala Yoga Sutra Paricaya (Eng.)	₹ 140/-
17	Bi- Monthly Lecture Series	₹ 100/-
18	Yogic Suksha Vyvaam	₹ 100/-
19	Yoga for Common Disorders	₹ 10/-
20	Yoga Vijnana (A Quarterly Magazine)	₹ 30/-
21	Yoga for Wellness by The Yoga Institute, Santacruz, Mumbai	₹ 100/-
22	Yoga for Wellness by Kaivalyadhama, Lonavala, Pune	₹ 100/-
23	Yoga for Wellness by Ramamani Iyengar Memorial Yoga Institute, Pune	₹ 60/-
24	Yoga for Wellness by Krishnamacharya Yoga MAndiram, Chennai	₹ 100/-
25	Yoga for Wellness by Isha Foundation, Coimbatore	₹ 100/-
26	Yoga for Wellness by International Centre for Yoga Education and Research (INYER), Puducherry	₹ 100/-
27	Yoga for Wellness by Swami Rama Sadhak Gram, Rishikesh	₹ 100/-
28	Yoga for Holistic Personality Development by Ramamani Iyengar Memorial Yoga Institute, Pune	₹ 40/-
29	Yoga for Holistic Personality Development by The Yoga Institute, Santacruz, Mumbai	₹ 40/-
30	Yoga for Holistic Personality Development by Kaivalyadhama, Lonavala, Pune	₹ 40/-
31	Yoga for Holistic Personality Development by SVYAM University, Bangalore	₹ 40/-
32	A Yogic approach to Holistic Personality Development by Yoganjali Natyalayam, Puducherry	₹ 40/-
33	Understanding and Development of our Personality by Prof.C.G.Deshpande, Pune	₹ 40/-
Chart		
34	Yoga Calendars on TEN topics (Hindi & English)	₹ 100/-
CDs		
35	Yoga for All (CD) (English & Hindi)	₹ 100/- each
36	Yoga for Women (CD) (English & Hindi)	₹ 100/- each

Note:

- For Institutions and Libraries-20% Discount
- For purchase of 10 or more copies of each publication/CD/DVD-30% Discount
- For purchase of any publications/CDs/DVDs/being sold by MDNIY during Arogya/Promotional programmes-20% Discount
- Quarterly Yoga Journal of MDNIY-Subscription Rate Monthly ₹ 30/-, Yearly-120/-

Place an Order Today!

Payment by Bank Draft in favour of :
Morarji Desai National Institute of Yoga, New Delhi, India

For further details please contact

Director

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