



Government of India  
Ministry of AYUSH

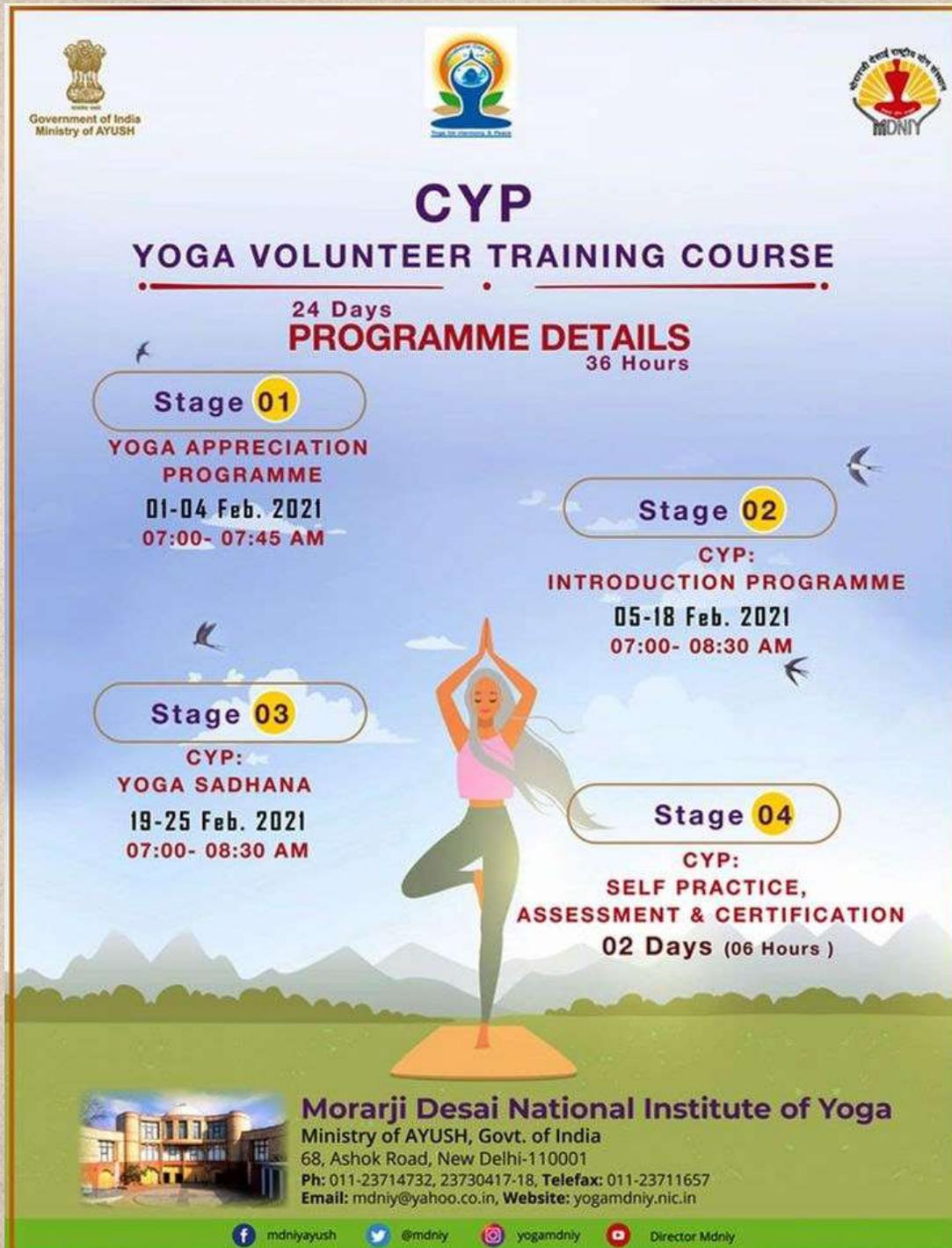
# NEWSLETTER | JANUARY, 2021



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**  
Ministry of AYUSH, Govt. of India,  
68, Ashok Road, New Delhi-110001

# CYP Yoga Volunteer Training Course

The Institute is launching Live Yoga Volunteer Training Course (YVTC) under the guidance of Dr. Ishwar V Basavaraddi, Director, MDNIY from 1st february, 2021



The poster features logos of the Government of India Ministry of AYUSH, the Ministry of Health and Family Welfare, and MDNIY. It includes a central illustration of a woman in a yoga pose against a landscape background. The text is organized into four stages, each with a date and time range.

**Government of India**  
Ministry of AYUSH

**Ministry of Health and Family Welfare**

**MDNIY**

## CYP

### YOGA VOLUNTEER TRAINING COURSE

24 Days  
**PROGRAMME DETAILS**  
36 Hours

**Stage 01**  
YOGA APPRECIATION PROGRAMME  
01-04 Feb. 2021  
07:00- 07:45 AM

**Stage 02**  
CYP: INTRODUCTION PROGRAMME  
05-18 Feb. 2021  
07:00- 08:30 AM

**Stage 03**  
CYP: YOGA SADHANA  
19-25 Feb. 2021  
07:00- 08:30 AM

**Stage 04**  
CYP: SELF PRACTICE, ASSESSMENT & CERTIFICATION  
02 Days (06 Hours )

**Morarji Desai National Institute of Yoga**  
Ministry of AYUSH, Govt. of India  
68, Ashok Road, New Delhi-110001  
Ph: 011-23714732, 23730417-18, Telefax: 011-23711657  
Email: mdniy@yahoo.co.in, Website: yogamdniy.nic.in

 mdniyayush  @mdniy  yogamdniy  Director Mdniy

## Webinar on “Unique Indigenous Anti-diabetic Plants of Karnataka”.

MDNIY conducted a live webinar on the topic “Unique Indigenous Anti-diabetic Plants of Karnataka” with Dr. Kusal K. Das, distinguished Chair Professor, BLDE University, Bijapur, Karnataka and it was presided over by Director, MDNIY.

Dr. Kusal K. Das delivered an astounding lecture on the webinar topic given his years of expertise on the subject which was hugely appreciated by the social media fraternity.

The topics that he discussed in the webinar were about the three very specific plants and leaves used as antidiabetics for diet in North Karnataka and their benefits and how these plants reduces blood sugar levels.

Dr. Kusal K. Das adds that Natural compounds have served humans as cheaper and safer drug candidates against several diseases. Phytochemicals such as flavonoids, terpenoids, organosulfur compounds etc, have proved therapeutic agent against various diseases. Computational drug discovery method is very useful tool for designing new drug candidate especially from phytochemicals.



Dr. Das also stated that in India, from ancient times many indigenous plants are used to cure diseases. For example: Kenaf (*Hibiscus cannabinus* Linn, Pundi), Chick pea (*Cicer arietinum* Linn, Chana) and Prickly lettuce (*Lactuca serriola* Linn, Hattaraki) leaves are a few of indigenous plants which are routinely consumed by the people of Karnataka in the diet.

In the ancient literature also the medicinal efficacies of these plants were also mentioned but not mentioned

about any antidiabetic efficacies of these plants.

Research findings indicate an adaptive pathway for glucose homeostasis and cardio protective actions in diabetic rats supplemented with *Lactuca serriola*. Further research on antidiabetic and cardio vascular efficacies of these unique Indian indigenous plants are required. These researches will help to recognize the medicinal value of these indigenous plants.

## Webinar on the topic 'Yogic Shodhan Kriyas' with Dr. Suryakant D. Patil

MDNIY conducted a Live Webinar on "Yogic Shodhan Kriyas" with Dr. Suryakant D Patil, Former HOD, Department of Yoga, HVPM's Degree College of Physical Education, Amravati and it was presided over by Director, MDNIY.

Dr. Basavaraddi, Director, MDNIY addressed the webinar with his introductory remarks welcoming the esteemed guest speaker, Dr. Suryakant D Patil.

Dr. Suryakant D Patil elaborated on how to overcome the adverse effects of pollutants, food adulteration etc and to adopt certain ways to maintain health and hygiene through Shodhan Kriyas and started the lecture with the advantages of Shodhan Kriyas, he said that Shodhan Kriya enables the body to free itself from toxins, Hygienic living prevents their recurrence, Good nourishment to every cell and good vitality.

The viewers of the session also interacted in this webinar by posting their questions to the guest speaker which were aptly put forth through the channel of Director MDNIY and answered by Dr. Suryakant D Patil. The speaker concluded, who longs to have good health must put forth some effort to achieve it. No one achieved anything great without a will, plan and execution. If we do not have so much self-control, discipline, then life is indeed poorly lived. The joy of life lies in the discipline one.





## Design and Name the Mascot for International Day of Yoga 2021

The Ministry of AYUSH is running the contest 'Design and Name The Mascot For International Day Of Yoga 2021' in collaboration with the MyGov platform.

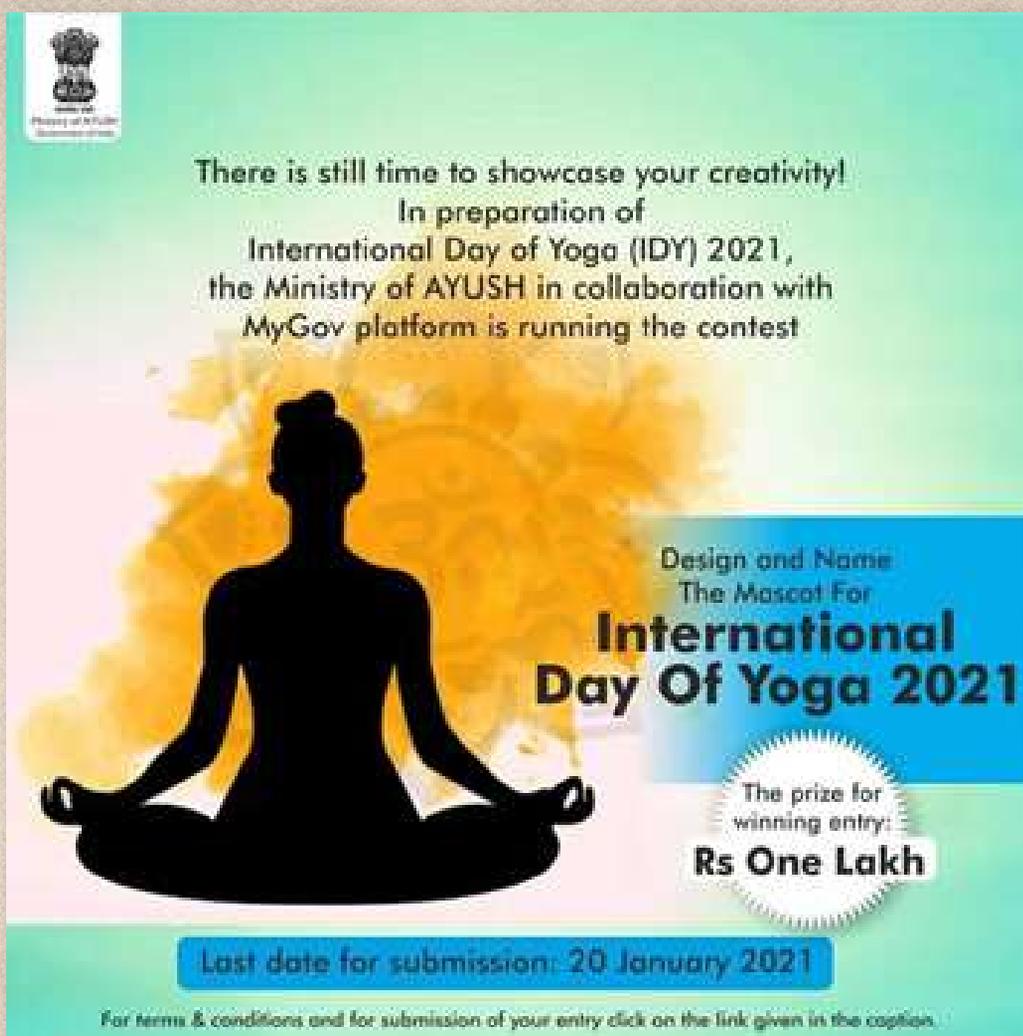
The contest will remain open for submissions till 20 January 2021.

The prize for the winning entry is Rs One Lakh. The result of the competition will be announced by the 15th of February 2021.

Since the year 2015, when the United Nations General Assembly (UNGA) took the historic decision to declare 21st June as the International Day of Yoga, this day has been celebrated all over the world with a lot of enthusiasm.

With the demonstrated benefits of Yoga towards immunity building and stress relief, there is a necessity to utilize the occasion of the International Day of Yoga to reinstate these benefits in the minds of the people.

Therefore, the Ministry of AYUSH has taken the decision to announce a Mascot for the IDY on the eve of IDY 2021 observance and invites entries for a Mascot design and name from all Indian citizens, agencies, and interested organizations within India.

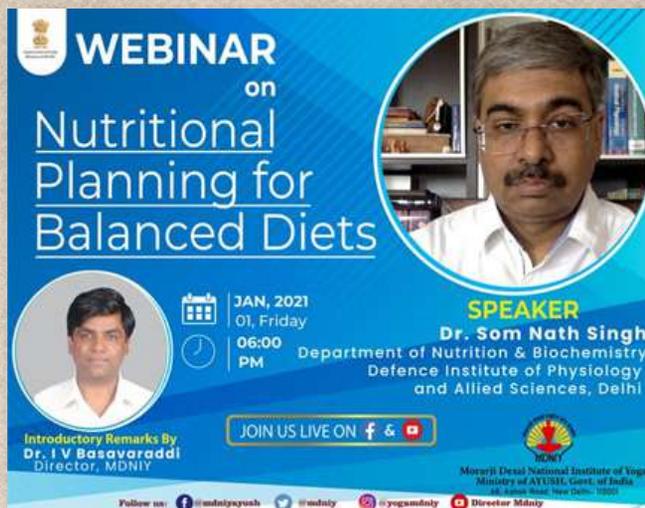
A promotional graphic for the 'Design and Name the Mascot for International Day of Yoga 2021' contest. The background is a gradient of light green and yellow. In the center is a black silhouette of a person in a meditative yoga pose (Padmasana) with hands in the Anjali mudra. To the left of the silhouette is the Government of India emblem and the text 'Ministry of AYUSH'. To the right, the text reads: 'There is still time to showcase your creativity! In preparation of International Day of Yoga (IDY) 2021, the Ministry of AYUSH in collaboration with MyGov platform is running the contest'. Below this, it says 'Design and Name The Mascot For International Day Of Yoga 2021'. A circular badge with a sunburst effect contains the text 'The prize for winning entry: Rs One Lakh'. At the bottom, a blue banner states 'Last date for submission: 20 January 2021'. At the very bottom, in small text, it says 'For terms & conditions and for submission of your entry click on the link given in the caption.'

# Webinar on “Nutritional Planning for Balanced Diets”.

MDNIY conducted a Live Webinar on Nutritional Planning for Balanced Diets” by Dr. Som Nath Singh, Department of Nutrition & Biochemistry Defence Institute of Physiology and Allied Sciences, New Delhi and it was presided over by Director, MDNIY.

The eminent speaker of the evening, Dr. Som Nath Singh, gave an astounding lecture on the importance of Nutritional Planning for Balanced Diets for a healthy life.

Dr. Som Nath Singh started his lecture saying that ‘You are what you eat’, ‘Let food be your medicine’ and Health is a state of complete physical, mental and social well-being and not merely the absence of disease of infirmity - WHO



He stated that our society is facing dual burden of malnutrition and over nutrition related disorders with hidden hunger. Adequate and a well-balanced diet in terms of calories, macro and micronutrients is a key factor for healthy life.

Increased stress, pollution, adaptive changes in genetic makeup of Indians due to feast and famine conditions in past, and faulty lifestyle are responsible for rise in obesity related disorders.

Calorie restriction (CR) without micro-nutrient deficiency is a dietary regimen has been reported to have beneficial effects by decreasing oxidative stress and improving insulin

sensitivity. Different types of food restrictions or fast are practiced all over the world for religious and health benefit like reduction in body weight and biochemical markers of metabolic syndrome.

He also said that fasting decreases post-prandial oxidative stress. Highly restrictive diet plans should be avoided as they may lead to micronutrient deficiencies.

The webinar came to a fruitful conclusion with an interactive session of questions asked by the viewers.



## Webinar on “Taste the Ultimate Solution to Pain”.

MDNIY conducted a Live Webinar on “Taste the Ultimate Solution to Pain” with Ms. Suchitra Pareekh, Speaker and Coach in Samkhya- Yoga, Mumbai and it was presided over by Director, MDNIY.

The eminent speaker of the evening, Ms. Suchitra Pareekh gave an outstanding lecture on the topic Taste the Ultimate Solution to Pain.

She started the lecture by saying that it is a natural tendency of all life forms to avoid pain, to get rid of pain.

The efforts we make either postpone pain or give temporary relief and most people are fine with it.

If one has a burning desire to totally eradicate pain one searches hard. Such search may lead one to Samkhya.

She explained Samkhya is an ancient Indian philosophy that provides

absolute solution to pain resulting in Liberation. Pure Samkhya is Philosophy of Realism and in today's time losing ground as not many people take to it.

Due to subtleness of the concepts and logical self-analysis involved not many are willing to put in the necessary effort to benefit from them. This difficulty can be greatly removed with the approach of relating them to everyday life giving impetus to deeper inquiry. One can taste the solution to pains by observing oneself with a concept in mind and journaling.



The poster is for a webinar titled "Webinar on Taste the Ultimate Solution to Pain". It features a blue and yellow background with a large circular graphic on the right. The speaker is Ms. Suchitra Pareekh, Speaker and Coach in Samkhya- Yoga, Mumbai. The webinar is presided over by Dr. I.V. Basavaraddi, Director, MDNIY. The event is on Friday, 22nd January, at 06:00 PM. The poster includes social media handles for MDNIY on Facebook, Twitter, Instagram, and YouTube.

**Webinar on**  
**Taste the Ultimate Solution to Pain**

**SPEAKER**  
**Ms. Suchitra Pareekh**  
Speaker and Coach in Samkhya- Yoga,  
Mumbai

**INTRODUCTION & REMARKS BY**  
**Dr. I.V. Basavaraddi**  
Director, MDNIY

**JOIN US LIVE ON** f & 

**Friday**  
22<sup>nd</sup> January  
Time: 06:00 PM

Follow us:  @mdniyqrush  @mdniy  @yogamdnly  Member MDNIY

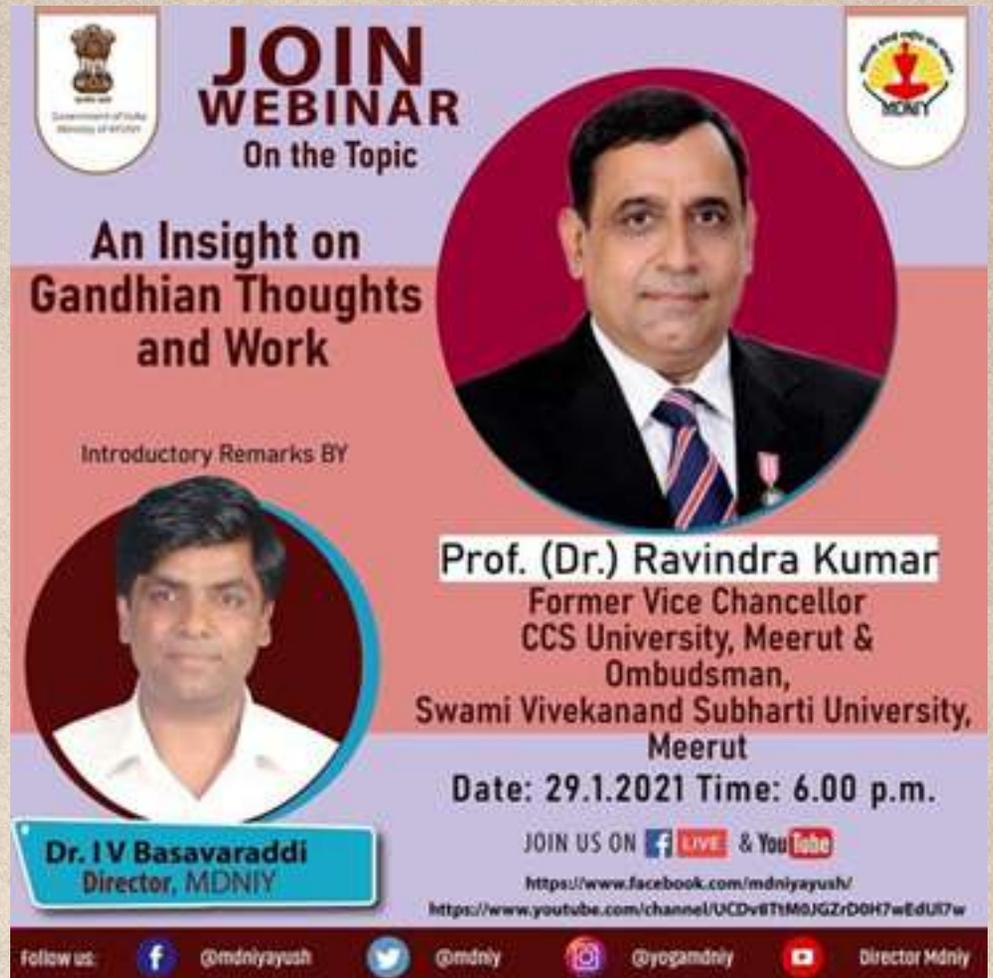
## Webinar on “An Insight on Gandhian Thoughts and Work”.

The institute conducted a Live Webinar on "An Insight on Gandhian Thoughts and Work" with Prof. (Dr.) Ravindra Kumar, Former Vice Chancellor CCS University, Meerut & Ombudsman, Swami Vivekanand Subharti University, Meerut and presided over by Director, MDNIY.

Prof. (Dr.) Ravindra Kumar strated his lecture by stating that Mahatma Gandhi had his ideas in almost all areas of life including economic, political, educational, social and cultural.

Gandhiji worked in these areas according to his ideas as much as possible. That is why, Gandhiji was one of the greatest people who had almost complete uniformity, if not complete, in his saying and doing. In this uniformity, his life, thoughts and actions were devoted to the inseparable totality and the truth of universal unity, to know about which is to understand life, philosophy and relevance of Gandhiji.

The webinar came to a successful conclusion with an interactive session of questions asked by the viewers.



**JOIN WEBINAR**  
On the Topic

**An Insight on Gandhian Thoughts and Work**

Introductory Remarks BY

**Dr. IV Basavaraddi**  
Director, MDNIY

**Prof. (Dr.) Ravindra Kumar**  
Former Vice Chancellor  
CCS University, Meerut &  
Ombudsman,  
Swami Vivekanand Subharti University,  
Meerut

**Date: 29.1.2021 Time: 6.00 p.m.**

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<https://www.youtube.com/channel/UCDvBT1M0JGZrD0H7wEdU7w>

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## AYUSH Ministry’s Webinar on Nidra and Yoga Highlights the Role of Sleep in Promoting Good Health

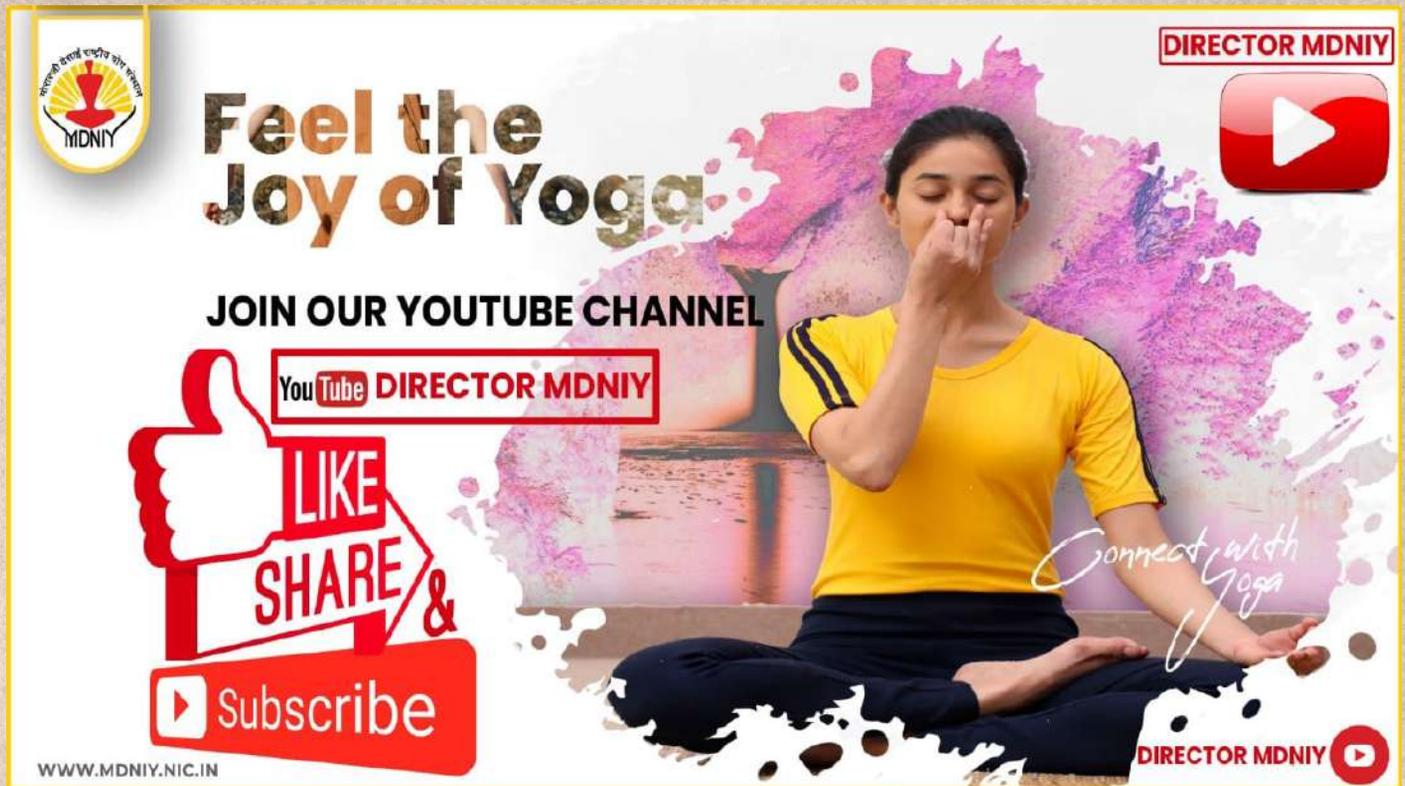
A webinar on Yoga and Sleep” conducted by the Central Council for Research in Yoga & Naturopathy (CCRYN), Ministry of AYUSH, succeeded in focussing attention on a critical, but often neglected factor of health, namely, sleep.

The webinar was held on 7th January 2021. The webinar was attended by sleep specialists comprised Neurologists, Psychiatrists, Clinicians, Researchers, and Yoga & Naturopathy physicians.

In the scientific session, experts discussed a variety of topics related to sleep, its importance and the benefits of Yoga Nidra.

# Join our YouTube channel to get update with the latest Yoga Videos

Link: <https://www.youtube.com/channel/UCDv8TtM0JGZrD0H7wEdUI7w>



**Feel the Joy of Yoga**

**JOIN OUR YOUTUBE CHANNEL**

**YouTube DIRECTOR MDNIY**

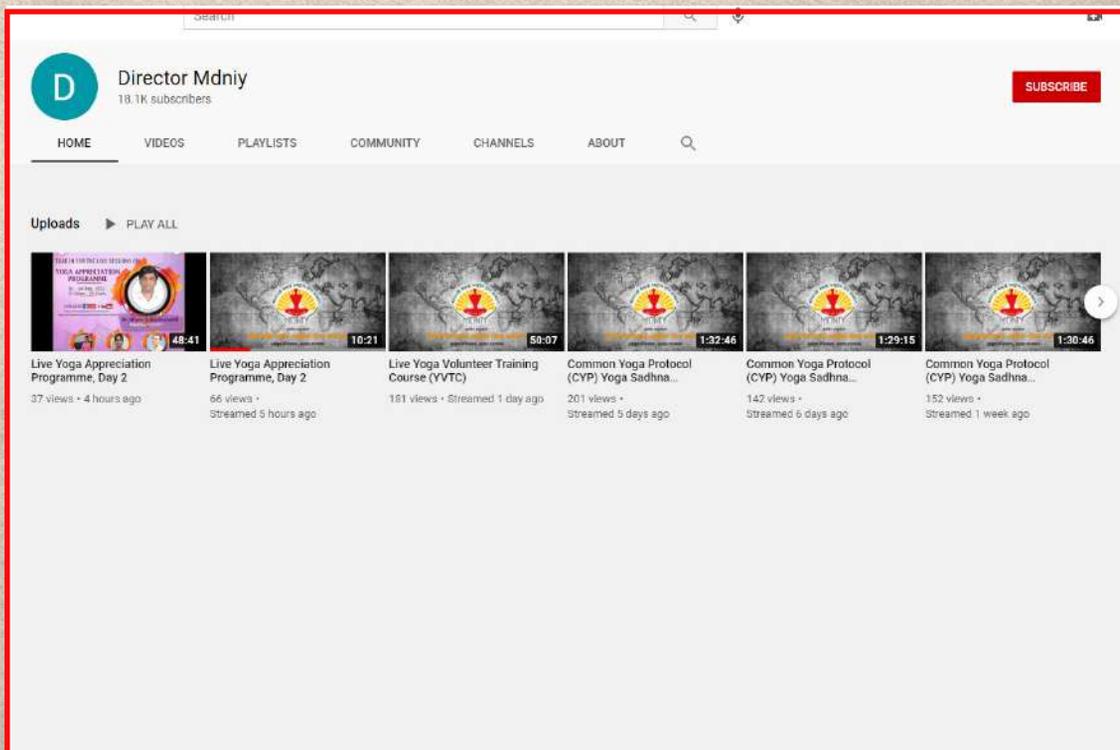
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Video Title	Duration	Views	Streamed
Live Yoga Appreciation Programme, Day 2	48:41	37 views	4 hours ago
Live Yoga Appreciation Programme, Day 2	10:21	66 views	Streamed 5 hours ago
Live Yoga Volunteer Training Course (YVTC)	58:07	181 views	Streamed 1 day ago
Common Yoga Protocol (CYP) Yoga Sadhna...	1:32:46	201 views	Streamed 5 days ago
Common Yoga Protocol (CYP) Yoga Sadhna...	1:29:15	142 views	Streamed 6 days ago
Common Yoga Protocol (CYP) Yoga Sadhna...	1:30:46	152 views	Streamed 1 week ago

## Saturday Common Yoga Protocol

Yoga helps to reduce stress and modifies ones attitude towards stress. It improves self-confidence, creates a feeling of relaxation and calmness in body-mind coordination.

MDNIY conducts Saturday Common Yoga Protocol (CYP). Let's be the part of CYP movement.



## MDNIY Applies for the Status of Deemed to be University Under Denovo Category

MDNIY has applied for the status of Deemed to be University under Denovo Category and submitted a proposal to UGC. A virtual meeting was held on 15th Jan, 2021 at 11.00 a.m. with the UGC expert committee to assess the de-novo aspect of the proposal.

The meeting was held under the Chairmanship of Dr. H.R. Nagendra, Chancellor, Swami Vivekananda Yoga Anusandhan Samsthana, Bengaluru.

The meeting was also attended by members viz. Prof. Bharat Kumar Tiwari Head, Department of Yoga, Rani Durgavati Vishwavidyalaya, Jabalpur, Madhya Pradesh; Prof. K. Krishna Sharma, Professor & Chairman, Department of Human Consciousness and Yogic Sciences, Mangalore University, Mangalagangothri, Mangaluru, Karnataka; Dr. Archana Thakur, Joint Secretary, Deemed to be University Bureau, University Grants Commission (UGC), Bahadur Shah Zafar Marg, New Delhi and Dr. Raghvendra Rao, Director, CCRYN, New Delhi.

Director MDNIY presented the elaborate ppt concerning the status of Deemed to be University under Denovo Category before the committee.

# MORARJI DESAI NATIONAL INSTITUTE OF YOGA

MINISTRY OF AYUSH, GOVT. OF INDIA



Presentation  
for UGC Expert Committee

(FOR DEEMED TO BE UNIVERSITY STATUS UNDER DE-NOVO CATEGORY)

68, ASHOK ROAD, NEW DELHI 110001

## MDNIY Participates in Blood Donation Camp

MDNIY students and fraternity participated at #BloodDonationCamp and donated Blood today to honour #NetajiSubhashChandraBose on his 124th Birth Anniversary.

The camp was inaugurated by Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, Govt. of India. The Blood Donation Camp was organized in the premises of Ministry of AYUSH, Govt. of India under the supervision of blood bank officials and experts.

Save Life, Donate Blood!



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Director Mdniy