



## MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of AYUSH, Govt. of India

Newsletter : September-October, 2018



## Yoga unites entire world: PM

“

Yoga has broken barriers of caste, creed and geography to unite the people of the entire world, which is the very essence of the real sentiment innate to Vasudhaiva Kutumbakam that we have followed in letter and spirit over centuries. Our Rishis, Sages and Saints have laid emphasis on certain tenets; Yoga has proved them in a concrete manner. I believe that the concept of wellness today is bringing about a revolution. I hope the campaign of wellness through Yoga will gain further momentum. More and more people will come forward to make it a part of their lives.

”

# NABH Accreditation



Morarji Desai National Institute of Yoga is now accredited by National Board for Hospitals and Healthcare Providers. The institute received accreditation certificate on 18<sup>th</sup> September 2018. Hon'ble Minister of AYUSH, Shri Shripad Yesso Naik ji presented the NABH Certificate to Director, MDNIY and team in the esteemed presence

of Dr Harish Nadkarni, CEO, NABH and Dr. Gayatri, Director, NABH. The Hon'ble minister also congratulated the MDNIY team for their achievement. MDNIY has been running OPD to cure patients with the help of Yoga therapy and hundreds of patients benefit from the OPD on daily basis.

## Excellency Award for Ministry of AYUSH!

It is a matter of great pride and honour for Ministry of AYUSH and Morarji Desai National Institute of Yoga (MDNIY) to receive Excellency Award from Sh. Hansraj Ahir Ji, Hon'ble Minister of State Ministry of Home Affairs, Govt. of India. The institute was selected for its outstanding and unprecedented contribution in disseminating health, wellness, through the practice of Yoga both at National as well as International levels. The award ceremony was organized by sarkaritel.com, which is being accessed from more than 160 countries.



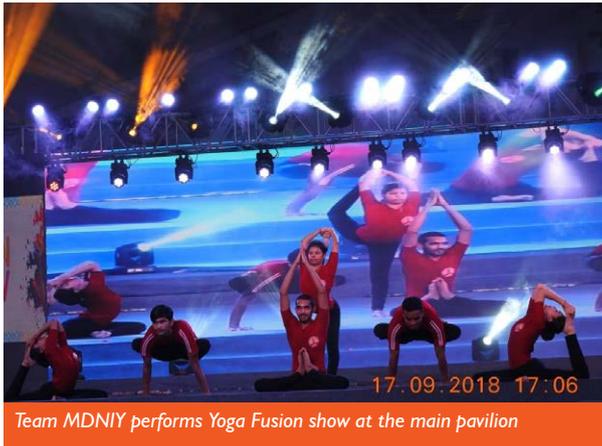
# MDNIY shines at Paryatan Parv, '18

It was a proud moment for Morarji Desai National Institute of Yoga (MDNIY) to receive Paryatan Parv Award at the culmination 12-day long tourism festival.

The award was received by Dr. IV Basavaraddi, Director, MDNIY on behalf of Ministry of AYUSH from Smt. Rashmi Verma, Secretary, Ministry of Tourism. The Paryatan Parv



Dr IV Basavaraddi, Director, MDNIY receiving the Paryatan Parv award from Smt Rashmi Verma, Secretary, Ministry of Tourism



Team MDNIY performs Yoga Fusion show at the main pavilion

was organised by the Ministry of Tourism from 16<sup>th</sup>-27<sup>th</sup> September, 2018 at the Rajpath Lawns, New Delhi.

MDNIY had sent a full-fledged Yoga team and organised various Yoga programmes throughout the event. While thousands of people benefited from Yoga therapy, training, lecture and yogasana demonstrations, the star attraction was the Yoga Music Fusion Programme. It was also an honor for the institute that the Yoga Fusion Programme was given a place at the main pavilion besides a Big Yoga stage. The Director and staff of the institute thanked the entire team of Paryatan Parv who continuously helped the Yoga show to go on.

# Hon'ble Minister leads Swachh Bharat Abhiyan at MDNIY

Shri Shripad Yesso Naik, Hon'ble MoS (Independent Charge), Ministry of AYUSH, Govt. of India visited the institute on October 1, 2018 and encouraged all the staff and students towards Swachh Bharat Abhiyan. The Hon'ble Minister also participated at tree plantation at the premises of the institute. Sh. PN Ranjit Kumar, Joint Secretary, Ministry of AYUSH, Dr. IV Basavaraddi, Director MDNIY and entire Officials, Staff as well as students fraternity enthusiastically took part to make Swachh Bharat Mission successful.



# Swami Ramdev chairs Steering Committee meeting of YCB



Yog Rishi Swami Ramdev Ji chaired the Steering Committee of Yoga Certification Board of Ministry of AYUSH, organized on October 25, 2018.

The meeting was also attended by Vaidya Rajesh Kotecha, Secretary AYUSH, Govt. of India, who is also the Chairperson of Yoga Certification Board (YCB). It also witnessed the auspicious presence of eminent Yoga Gurus like Swami Chidananda Saraswati, Smt. Hamsa Jayadeva and various other dignitaries and experts. Dr. I. V. Basavaraddi, Director, MDNIY elaborated the various aspects of YCB during the meeting. Dr Basavaraddi is the Chief Executive Officer (CEO) and Member Secretary of Yoga Certification Board. Dr. Ravi P. Singh, Secretary General, Quality Council of India was also present during this Steering Committee meeting.

The meeting was followed by a press conference. The media was addressed by Vaidya Rajesh Kotecha, Secretary AYUSH, Yog Rishi Swami Ramdev Ji and Director MDNIY. It was attended by a large number of media persons both from electronic as well as print media. Sh. Rajeev Jain, ADG, PIB was also present during the press briefing.



## Chinese delegation visits MDNIY



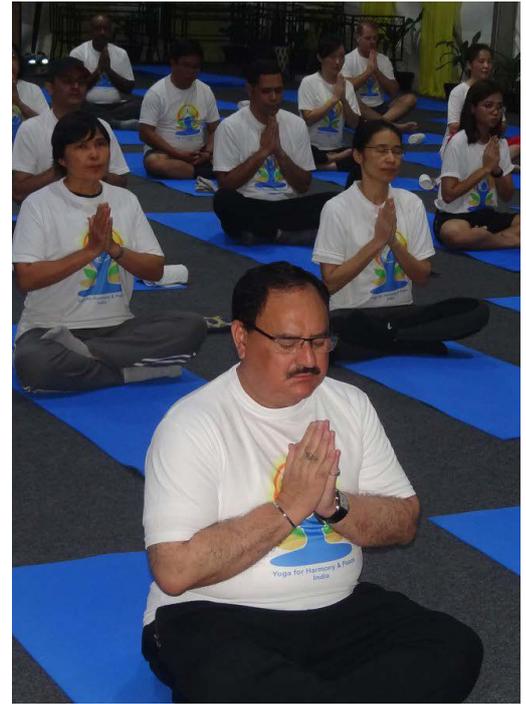
A Chinese delegation visited MDNIY on 24<sup>th</sup> October 2018 through ICCR. The delegation participated in a Yoga session organised for them by the Institute. Along with this, they visited various parts of the Institute and took information about the various programmes and features of MDNIY.



## Re-orientation programme for South-Korean Yoga professional

A team of 31 South-Korean Yoga professionals visited MDNIY in the month of October to receive Yoga training. The 5-day re-orientation programme was conducted from 22<sup>nd</sup> October 2018 to 26<sup>th</sup> October 2018. The team was headed by Honorary Counsel General of Republic of Korea. The Korean team included 29 Yoga instructors, 1 interpreter and 1 guard. The reorientation course for the team included 10 theory lectures, 10 Yoga practical session and 5 Yoga Nidra sessions. On 26<sup>th</sup> October 2018 the Korean team received certificates from the Institute for successfully completing the programme designed for them.

# Yoga session for WHO-SEARO members



It was an honour for the Morarji Desai National Institute of Yoga (MDNIY) to conduct Yoga Session for the members of 71<sup>st</sup> Session of the Regional Committee of the WHO Region for South East Asia (WHO-SEARO). The session was organised at Taj Mahal Hotel, New Delhi on 4<sup>th</sup> September, 2018.

Sh. J.P. Nadda, Hon'ble Health and Family Welfare Minister, Govt. of India also participated in the Yoga session. Besides the Hon'ble Minister, the Yoga Session was also attended by the Health Ministers of member states of WHO South East Asian Region namely, Maldives, South Korea, Bangladesh, Myanmar, Sri Lanka, Timor Leste, Thailand, Indonesia, Nepal and also Director General, WHO.

## Medical delegation from Mauritius visits MDNIY

A two member delegation from Mauritius arrived at MDNIY on October 9, 2018. Dr. (Mrs.) Rhitambara Gopaul and Dr. Comalchandra Radhakeesan, both Ayurvedic Medical Officers, visited MDNIY for exploring possibilities of collaboration in Yoga. Their main objective to visit the institute was related to ongoing preparations for AYUSH hospital project in Mauritius.





# Youth of Indian Diaspora visit MDNIY



A team of 40 youth of Indian origin from different countries visited MDNIY. Officials of Ministry of External Affairs, Govt. of India also came with them. They visited the Institute to know more about its programmes, activities and courses etc. The institute organised Yoga therapy and Yoga session for them. The young team under the age group of 18-30 years had come to India under the Know India programme. The aim of this programme is to engage and make the young Indian Diaspora feel a sense of connect with their motherland and to give them an exposure to various aspects of contemporary Indian form of art, heritage and culture.



**REPORT**

## Department of Yoga Research

Department of Yoga research has completed Physiological evaluation and saliva sample collection of ongoing research study "Effects of Yogasana and Pranayama on Physiological and Biochemical markers in adults". Biochemical evaluation is ongoing. Physiological data tabulation is also continuing whereas instrument procurement process is going on for the Anatomy and Physiology laboratory. The purpose of this research is to measure the effect of Yoga practices on the physiological and biochemical aspects. It was started in the month of January using samples of Sadhakas of various courses being conducted in the Institute.



## 1500 jail inmates benefit from Yoga camp

Students of MDNIY from Diploma in Yoga Science trained jail inmates to achieve calmer minds and a feeling of general well being. A one month Yoga camp was organised by the MDNIY students in the month of June in 10 different jails of Delhi. Jail inmates were taught Yoga for stress management, general health, different physical problems and most importantly as a method to correct and reform their personality.

The inmates were taught to practice the Common Yoga Protocol (CYP). The result of this programme was overwhelming. A study of 1500 inmates of Janakpuri Center and Rohini Center in Delhi revealed that the inmates who had undergone the Yoga and Meditation program reported calmer minds, and a general feeling of wellbeing. Over half of the group reported a reduction in negative emotions such as anger, depression, and fear. The program had benefits in people with destructive mindset, and resulted in sustained reductions in smoking, drinking, and alcohol abuse.

Apart from punishment and deterrence jail terms also serve to reform and rehabilitate the offenders. Jail authorities conduct

various programs for their rehabilitation, so that after completing their jail term when they go back to society they do not re-offend. While some of them have violent tendencies, some suffer from mental illnesses during the jail term. There have been cases where jail inmates have committed suicide under depression. Director General of Tihar Jail, Shri Ajay Kashyap said the aim of the event was to provide every inmate an opportunity to de-stress and not develop suicidal tendencies. "Our aim is to provide help to every person who is in the jail and who is mentally depressed and in the jail there should not be even one inmate who becomes a victim of depression or takes any extreme step like suicide or any other step which harms them. So this is a small step but an important step."

Apart from practising the common Yoga protocol, the students trained inmates of different jails for a Yoga fusion performance as part of the cultural show. Five jail inmates performed in Jail No. 1 for the welcome programme on 17-06-2018 in front of Yog Rishi Baba Ramdev. They also performed on the 4<sup>th</sup> International Yoga Day celebrated on 21<sup>st</sup> June 2018.

## Yoga popular among American football players

Yoga is gaining immense popularity among American professional football players, according to a report published in foxsports.com. The report says that the fast-paced, hard-hitting sport has accepted the more calming practice of Yoga that emphasizes conscious breathing and body flow. It quotes Collins, who's the Professional Football Athletic Trainers' Society president, saying Yoga is great for multi-directional joints such as the elbows, wrists, ankles, hips and

shoulders. Regular stretching is linear and doesn't help strengthen those areas and it also helps reduce your chance of injury and things of that nature. Many players do it for the mental aspect alone, saying Yoga gets their mind right and prevents over thinking. It forces them to be in the moment, otherwise there's no way they'd be able to accomplish some of the poses, which make them feel better physically.

## Yoga reduces psychological distress, obsessive thoughts: Study

According to a research published in frontiers in Psychiatry Yoga as a form of physical activity is effective for reducing psychological distress levels in prison inmates. The report published on September 3, 2018, says that Yoga has specific effect on symptoms such as suspicious and fearful thoughts about losing autonomy, memory problems,

difficulty in making decisions, trouble concentrating, obsessive thought, and perception of bodily dysfunction. The study was conducted on 152 inmates over a period of 20 months spread across three years. This research was financed by the Swedish Prison and Probation Service.

## Director MDNIY invited to finalise SOPs of Criminal Law (Amendment) Act

Dr I V Basavaraddi, Director MDNIY was invited to finalise the proceedings on SOP of Criminal Law Amendment Act. The meeting was held at BPR&D Headquarters, Mahipalpur. The Criminal Law (Amendment) Act stipulates stringent punishment for perpetrators of rape, particularly of girls below 16 and 12 years. Under this Act, death sentence has been provided for rapists of girls under 12 years.

## Dr Basavaraddi participates in the review meeting Paryatan Parv 2018

MDNIY Director Dr I V Basavaraddi was invited for the review meeting on "Paryatan Parv 2018". It was organised by Ministry of Tourism. The Ministry of Tourism in collaboration with other central ministries, state governments and stakeholders had organised "Paryatan Parv" across the country from the 16<sup>th</sup> to 27<sup>th</sup> September, 2018.

## Director MDNIY invited for NCERT workshop

Dr I V Basavaraddi was invited for NCERT workshop from 17<sup>th</sup> to 19<sup>th</sup> September, 2018. During this workshop a draft material for Health and Physical Education for Class XI was discussed and finalised.



Our security forces work under tough conditions and at times they also undergo severe stress. The government is concerned about their well being and continues to take steps to make things better for them. It has been evident through various studies Yoga and meditation help deal with stress and other psychological issues very effectively. Recognising this MDNIY Yoga therapist Ms. Neetu Sharma was invited to speak in the Seminar on the topic "Curbing Suicidal Tendencies and Improving Psycho-Social Skills and Coping Mechanism in Police" on 11<sup>th</sup> September, 2018. The seminar was held at BPR&D headquarters, Mahipalpur.

The experts in the seminar also included Dr. K P Kochhar, AIIMS; Dr A P Maheshwari, DG BPR&D; Sh Pushp Dant, National Director, Art of Living; Sh. Paresh Saxena, IG BPR&D and Sh. Seshasai, IG (Welfare), Tamil Nadu. The experts discussed how to cope stress in police by various methods such as Yoga, counselling and welfare system.

## MDNIY at Bureau of Police Research & Development Seminar



# Let's Go Goa for Yoga

More than 500 eminent dignitaries, experts of Yoga and allied sciences, Yoga enthusiasts from India and across the globe will be gathering at Panjim, Goa in the month of November. The Ministry of AYUSH, Government of India is organizing the 4<sup>th</sup> International Conference of Yoga at Kala Kendra, Panjim, Goa from 12-13 November, 2018.

The theme for the 4<sup>th</sup> Conference is Yoga for Public Health. Considering the growing popularity of Yoga and its acceptance across the globe, Yoga for Public Health is a very appropriate and relevant theme. This conference on Yoga seeks to further highlight the recent research advances and tremendous advantages of practicing Yoga for Public Health.

The International Conference will have multiple technical sessions with sub-themes namely, Yoga for Public Health: Emerging Trends & Researches, Yoga as a Preventive Medicine, Yoga for Women, Yoga for Geriatric Population, Yoga for Cardiac Rehabilitation, Yoga for Palliative Care, Yoga for Occupational Health and Yoga for Mental Health.

Morarji Desai National Institute of Yoga is playing a pivotal role in making the conference successful.

## Clinical Yoga Therapy Workshop for Respiratory Diseases



A Clinical Yoga Therapy Workshop on Respiratory Diseases was organised at Morarji Desai National Institute of Yoga. The workshop held on 8<sup>th</sup> September 2018, was led by Dr Satish Dattatrayrao Pathak, General Surgeon, Yoga Consultant and Associate Professor from College of Yoga, Kaivalyadhama, Lonavala.



Dr. Pathak explained the importance of Yoga and demonstrated the yogic practices for treating respiratory diseases. The schedule of the day began with Shatkarma followed by collective prayer and meditation. This was followed by the Yoga Protocol and lecture by Dr Pathak. After that, a Yoga Therapy Clinic was also organised at the OPD of the Institute.

## Monthly Orientation Lecture



Sri Yogacharya Arun Kumar,  
Yoga Expert and Founder, Infinite Dimensions Worldwide.



Smt. Suman Nalwa, DCP (Training)

The orientation lecture for the month of September was delivered by Sri Yogacharya Arun Kumar ji, Yoga Expert and Founder, Infinite Dimensions Worldwide. It was organised on September 7, on the topic "Self-Management through Yoga". The lecture was attended by over 250 students and sadhaks of the various courses of the Institute.

In October Smt. Suman Nalwa, DCP (Training) was invited for Orientation Lecture. She is a Yoga enthusiast and on 5<sup>th</sup> October 2018, she shared her valuable experience with the students and sadhaks of various courses at MDNIY. She said that Yoga not only gives one physical flexibility but also mental flexibility. The lecture was attended by over 200 students of the various courses of the institute.



## Weekend Mass Yoga Programme

Keeping in mind the importance and relevance of International Day of Yoga, MDNIY organises Weekend Mass Yoga Programme every Saturday morning from 7.00 a.m. to 8.00 a.m. to create awareness among the masses. This programme, which includes the practice of Common Yoga Protocol (CYP), was started in April 2018, and will continue throughout the year. The participants of this weekend programme range from the students and sadhaks of various courses of the Institute to members of the general public.

## MDNIY welcomes new batch for B.Sc Yoga Science

The new batch of B.Sc. in Yoga Science for academic session 2018-2021 started from 10<sup>th</sup> September, 2018 onwards. The first counseling for the admission in the B.Sc. (Yoga Science) was conducted on 07<sup>th</sup> September, 2018 at GGSIPU. In the current batch total 6 students took admission. The eligibility criteria for admission in B.Sc. (Yoga Science) is 10+2 (Physics, Chemistry & Biology ) with 50% marks and NEET qualified. The course is designed to impart knowledge, skills and techniques of Yoga to enable the students to become institutionally qualified Yoga professionals. It is a full time, regular course of 3 year duration, comprising 6 semesters.

A total of 100 students participated in the Foundation Course in Yoga Science for Wellness in the month of September. FCYScW is a structured, part-time course of one month duration (50 Hrs.). The course is in huge demand among the Yoga enthusiasts. The classes are conducted 5 days a week for 2 hours every day in two batches, one in morning 7am-9am, other in the evening from 3:30pm-5:30pm.

## Foundation Course in Yoga Science for Wellness (FCYScW)

## Certificate Course in Pranayama & Meditation for Health Promotion

In September a total of 106 students successfully completed the Certificate Course in Pranayama & Meditation (CCPM) for Health Promotion. It is a part-time course of 3 months duration, and is conducted for 3 days in a week.



Director and staff of the institute along with the participants of Certificate Course in Pranayama & Meditation, Batch July-September, 2018

# MDNIY celebrates 71<sup>st</sup> Pancham Swar “Umang-Tarang – 2018”



Diploma in Yogic Science students performing Ganesh Vandana on the occasion of 71<sup>st</sup> Pancham Swar “Umang-Tarang-2018”

The 71<sup>st</sup> Pancham Swar was organized on September 7<sup>th</sup>, 2018 with the theme of “Umang-Tarang – 2018”. Dr IV Basavaraddi, Director, MDNIY was the Chief Guest on this occasion. Students from various courses participated enthusiastically to give colourful performances like dance, songs, skits, Yoga demonstration etc. Students of Diploma in Yogic Science course performed Ganesh Vandana and Yoga demonstration. A very interesting skit “Masti ki

Pathshala” was performed by B.Sc Yoga Science and BSF training students.

The event was organized with the objective to provide a platform to the students to showcase their talent with a competitive spirit. Pancham Swar is the socio-cultural programme organized by Morarji Desai National Institute of Yoga (MDNIY) every second month to celebrate the togetherness of the MDNIY family.

## MDNIY celebrates Navaratri and Dussehra



The colourful festive season took MDNIY also into its grip. On 18<sup>th</sup> October 2018 a cultural evening was organised at the institute to celebrate Navaratri and Dussehra. The evening saw the active participation from both the students and the members of the staff. Songs and dance performances by the students and sadhaks of the various courses in the Institute made the evening a memorable one.

# Yoga Training Programmes in Govt. departments/Institutions

Interest in quality Yoga training and therapy for healthy living is clearly increasing. MDNIY has been receiving many requests by various organisations to send trained Yoga instructors of the Institute to impart Yoga training on payment basis. The Institute

has started to support regular Yoga training programmes in many RWAs, Government Departments/Institutions including Rashtrapati Bhawan, Parliament, etc.

The following are the details of such programmes conducted by the Institute in September:

| Sl. No. | Total No. of Sadhaks | Place  |
|---------|----------------------|--|
| 1       | 50                   | Swabhimani Parisar Day Care and Recreation Centre for Senior Citizens, Delhi-110001                                  |
| 2       | 50                   | OSD (Welfare) Lok Sabha Secretariat, Parliament House Annexe   |
| 3       | 45                   | Parliament House Annexe, New Delhi-110001  |
| 4       | 32                   | Ministry of Health & Family Welfare, Nirman Bhawan, New Delhi  |
| 5       | 92                   | Indian Red Cross Society   |
| 6       | 05                   | Office of the Principal Scientific Adviser to the Govt. of India, Vigyan Bhawan Annexe, Maulana Azad Road, New Delhi |

## PROGRAMME REPORTS

### Yoga Training Programmes

Morarji Desai National Institute of Yoga

|        | September | October |
|--------|-----------|---------|
| FCYScW | 100       | 100     |
| CCY    | 100       | 105     |
| CCPM   | 106       | 102     |

### Individual Yoga Therapy Sessions

Morarji Desai National Institute of Yoga

|                       | September | October |
|-----------------------|-----------|---------|
| Total no. of patients | 80        | 63      |
| No of sessions        | 214       | 158     |

Dr. Shyama Prasad Mukherjee Swimming Pool Complex, Talkatora Garden

|        | September | October |
|--------|-----------|---------|
| FCYScW | 51        | 38      |
| CCY    | 98        | 97      |
| CCPM   | 60        | 48      |
| HPP    | 5         | 8       |

### Jawahar Lal Nehru Stadium Complex

|        | September | October |
|--------|-----------|---------|
| FCYScW | 52        | 33      |
| CCY    | 45        | 91      |
| CCPM   | 22        | 57      |
| HPP    | 3         | 2       |

### Major Dhyan Chand Stadium Complex

|        | September | October |
|--------|-----------|---------|
| FCYScW | 42        | 24      |
| HPP    | 5         | 8       |

### Indira Gandhi National Stadium

|        | September | October |
|--------|-----------|---------|
| FCYScW | 62        | 25      |
| HPP    | 9         | 17      |

**FCYScW:** Foundation Course in Yoga Science and Wellness.

**CCY:** Certificate Course in Yogasana, 3-month course

**CCPM:** Certificate Course in Pranayama & Meditation 3-month course

**HPP:** Health Promotion Programme

## Morarji Desai National Institute of Yoga

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