



सत्यमेव जयते

Government of India
Ministry of AYUSH



NEWSLETTER

February, 2021

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

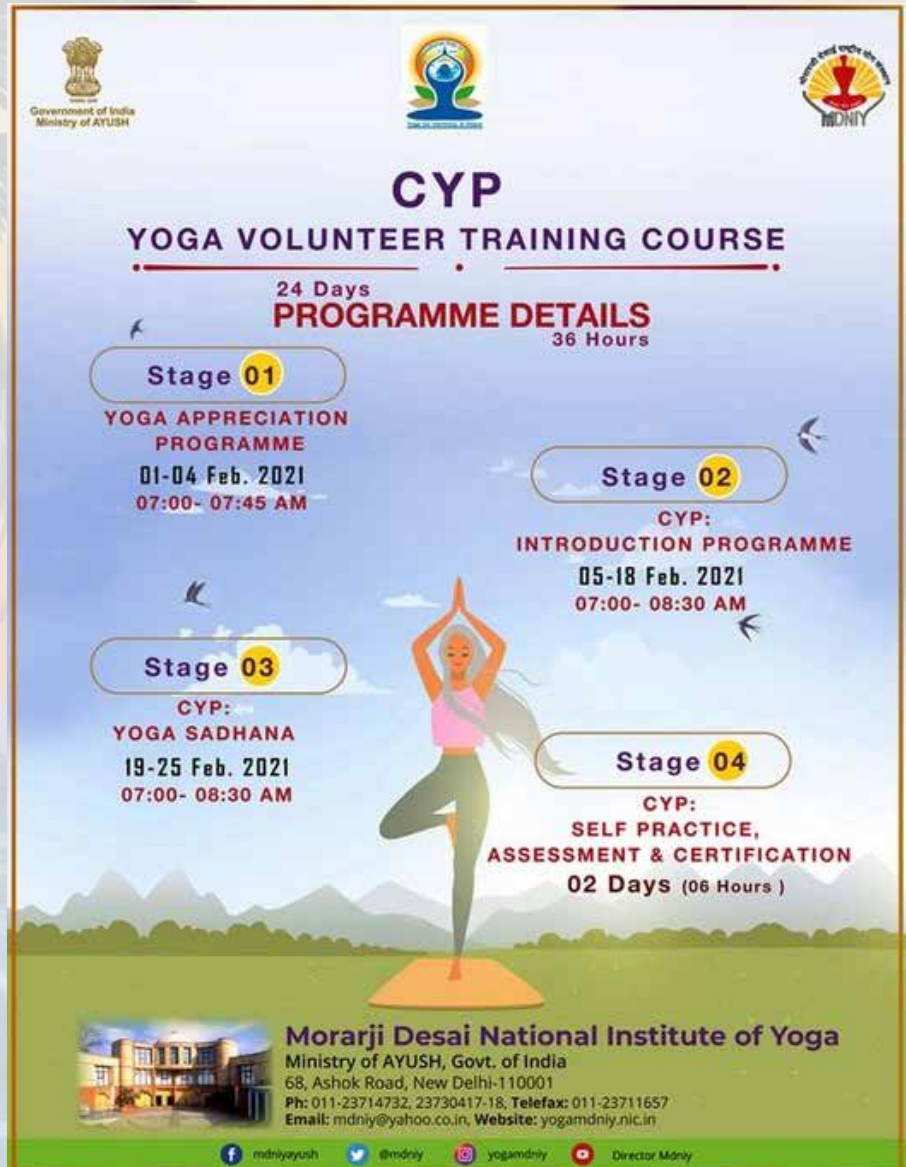
Ministry of AYUSH, Govt. of India,
68, Ashok Road, New Delhi-110001

Yoga Volunteer Training Course (YVTC)

The Ministry of AYUSH (MoA), Government of India (GoI), in association with the Morarji Desai National Institute of Yoga (MDNIY), has been organizing the Common Yoga Protocol (CYP) which aims to promote and disseminate the knowledge and practice of Yoga, among the general public, at the national level, for the improvement of health and well-being.

The objectives of the programme include the following:
To spread the knowledge and skill of Yoga amongst the masses

- To increase mass awareness about the health benefits of Yoga
- To introduce basic well-being principles and practices of Common Yoga Protocol, to common people
- To promote positive health through Yoga
- To propagate Yoga for preventive practices, as an approach to holistic health



The poster for the CYP Yoga Volunteer Training Course features the Government of India and MDNIY logos at the top. The title 'CYP YOGA VOLUNTEER TRAINING COURSE' is prominently displayed, followed by '24 Days PROGRAMME DETAILS 36 Hours'. The course is divided into four stages: Stage 01 (Yoga Appreciation Programme, Feb 01-04, 07:00-07:45 AM), Stage 02 (CYP Introduction Programme, Feb 05-18, 07:00-08:30 AM), Stage 03 (CYP Yoga Sadhana, Feb 19-25, 07:00-08:30 AM), and Stage 04 (CYP Self Practice, Assessment & Certification, 02 Days, 06 Hours). A central illustration shows a woman in a yoga pose. At the bottom, contact information for MDNIY is provided, including the address, phone, fax, email, and website, along with social media handles.

Government of India
Ministry of AYUSH

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

f mdniyayush @mdniy yogamdniy Director Mdniy

The Common Yoga Protocol (CYP) – CYP Volunteer Training Course has four levels, with overall duration being 36 hours. The details are as given below-

Stage	Practices	Days	Hours
1.	YOGA APPRECIATION PROGRAMME	4 Days	3 Hrs. (45 Mins daily)
2.	CYP – INTRODUCTION PROGRAMME	12 Days	18 Hrs. (1.5 Hours daily)
3.	CYP- YOGA SADHANA	6 Days	9 Hrs. (1.5 Hours daily)
4.	CYP- SELF PRACTICE, ASSESSMENT & CERTIFICATION	2 Days	6Hrs.
	YOGA VOLUNTEER TRAINING COURSE	24 Days	36 Hours

The first stage of Common Yoga Protocol (CYP) - Yoga Appreciation Programme (YAP) will commence at 7 am on the 1st of every month followed by the subsequent stages, starting from February 2021, and will continue upto June 2021. The event will be streamed live on various social media platforms of MDNIY, MoAYUSH, NIN and CCRYN and the medium of instruction will be in English and Hindi.



TUNE IN FOR THE LIVE SESSIONS ON
YOGA APPRECIATION PROGRAMME
 01 - 04 Feb, 2021
 07:00am - 07:45am

JOIN US ON **f LIVE & You Tube**
<https://www.facebook.com/mdniyayush/>
<https://www.youtube.com/channel/UCDv8TMDJGZrDGH7wEdU17w>

Dr. Ishwar V. Basavaraddi
 Director, MDNIY

Ms. Neetu Sharma, Yoga Therapist
 Ms. Neetu Saini, Yoga Instructor
 Mr. Lalit Madan, Yoga Therapist

Follow us: **f @mdniyayush** **t @mdniy** **i @yogamdny** **y Director Mdny**

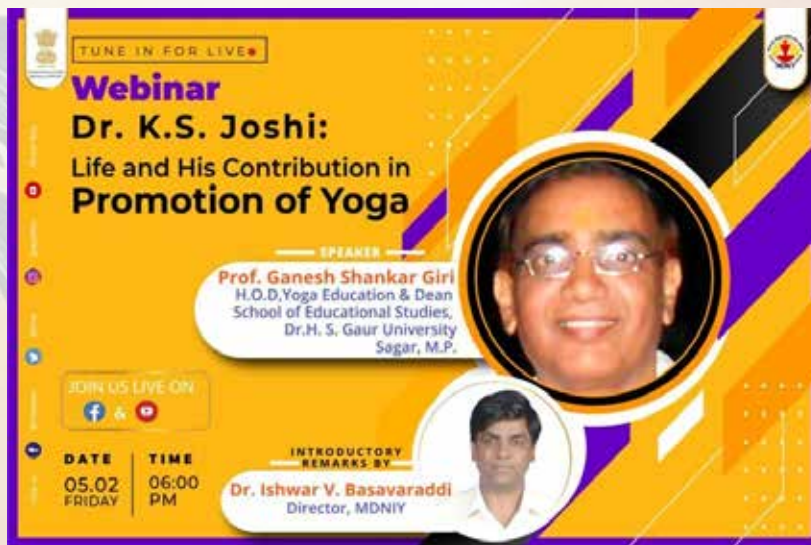
Webinar on “Dr. K.S. Joshi: Life and His Contribution in Promotion of Yoga”.

MDNIY conducted a live webinar on the topic “Dr. K.S. Joshi: Life and His Contribution in Promotion of Yoga” by Prof. Ganesh Shankar Giri, HOD, Yoga Education & Dean, School of Educational Studies, Dr. Hari Singh Gaur University, Sagar, M.P. and it was presided over by Director, MDNIY.

Dr. Basavaraddi, Director, MDNIY addressed the webinar with his introductory remarks welcoming the esteemed guest speaker, Prof. Ganesh Shankar Giri.

Prof. Ganesh Shankar Giri delivered an informative lecture on the webinar topic which was hugely appreciated by the social media fraternity.

He started the lecture by detailing Dr Joshi’s early life and his professional achievements. He mentioned that Dr. K.S. Joshi is a renowned Yoga scholar. He was a disciple of Swami Kuvalayanand Ji and has a great contribution in the field of Yoga. He established first Yoga Department in any Indian University at Dr. Hari Singh Gaur University, Sagar, M.P. He was Head of Department of Yoga Department for 30 Years and has several Books and Research Papers to his credit. He also started a Journal ‘Yoga Awareness’ for promotion of Yoga.



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 Prof. Ganesh Shankar Giri.

Preparation For International Day Of Yoga Kicks Off With Online Training

The AYUSH Ministry on Thursday informed that the preparations for International Day of Yoga 2021 have kicked off with a high-quality online training programme on common yoga protocol. "The Ministry of AYUSH has been taking numerous steps to enhance the acceptance and adoption of the practice of Yoga, both within India and abroad. One such step has been the formulation of the Common Yoga Protocol (CYP) training programme," read a release by the AYUSH ministry.

The CYP, in many ways, is the soul of the International Yoga Day observance, as it facilitates harmony among the millions of people who join the observation of the International Yoga Day. The Common Yoga Protocol was developed by a team of leading Yoga gurus and experts, which includes safe practices to improve the physical, mental, emotional, and spiritual health of the population, read the release.

International Yoga Day is celebrated annually on June 21.

Prime Minister Narendra Modi leads the nation in practicing CYP during International Day of Yoga every year.

The Ministry of AYUSH in association with the Morarji Desai National Institute of Yoga has been organising the Common Yoga Protocol-Yoga Appreciation Programme, which aims to promote and disseminate the knowledge and practice of Yoga, among the general public, at the national level, for the improvement of health and well-being.

The objectives of the programme include spreading the knowledge and skill of Yoga amongst the masses, increase mass awareness about the health benefits of Yoga, introduce the basic well-being principles and practices of the Common Yoga Protocol to the common people, promote positive health through Yoga and to propagate Yoga for preventive practices, as an approach to holistic health.

As per the Common Yoga Protocol, CYP Volunteer training will consist of four levels, with the overall duration being 36 hours.

The Common Yoga Protocol-Yoga Appreciation Programme will commence at 7 am on the 1st of every month, starting from February 2021, and will continue up to June 2021.

News Source: NDTV

Webinar on “Obesity, Cardiovascular Diseases and Yoga”.

MDNIY conducted a live webinar on the topic “Obesity, Cardiovascular Diseases and Yoga” by Dr. Raj Kumar Yadav, Professor of Physiology, Integral Health Clinic, All India Institute of Medical Sciences (AIIMS), New Delhi it was presided over by Director, MDNIY.

The webinar covered the role of Yoga in management of Obesity, and Lifestyle related Chronic Diseases like Cardiovascular Diseases. He started his lecture by stating that how Health for All: WHO has changed the lifestyle and has made people to adopt a healthier environment.

A promotional poster for a live webinar. The title is "TUNE IN FOR THE LIVE WEBINAR ON OBESITY, CARDIOVASCULAR DISEASES AND YOGA". The date and time are "12 FEBRUARY, 6.00 PM". It says "JOIN US LIVE ON Facebook & YouTube". The speaker is "Dr. Raj Kumar Yadav, Professor of Physiology, Integral Health Clinic, AIIMS, New Delhi". The introductory remarks are by "Dr. Ishwar V Basavaraddi, Director, MDNIY". There are two circular portraits: one of Dr. Raj Kumar Yadav and one of Dr. Ishwar V Basavaraddi. At the bottom, it says "Follow us:" with icons for Facebook (@mdniyayash), Twitter (@mdniy), Instagram (@yogamdniy), and YouTube (Director Mdniy).

**TUNE IN FOR THE LIVE WEBINAR ON
OBESITY, CARDIOVASCULAR
DISEASES AND YOGA**

12 FEBRUARY, 6.00 PM

JOIN US LIVE ON  & 

SPEAKER

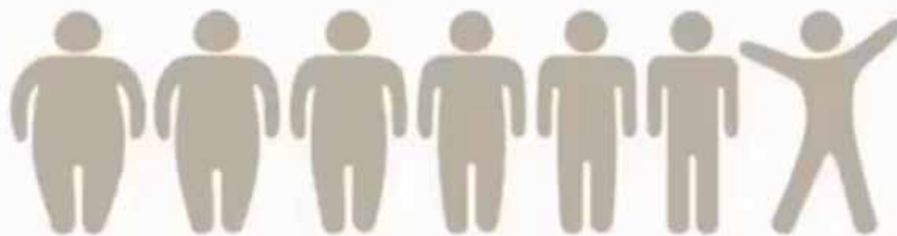
Dr. Raj Kumar Yadav
Professor of Physiology,
Integral Health Clinic,
AIIMS, New Delhi

INTRODUCTORY REMARKS BY:

Dr. Ishwar V Basavaraddi,
Director, MDNIY

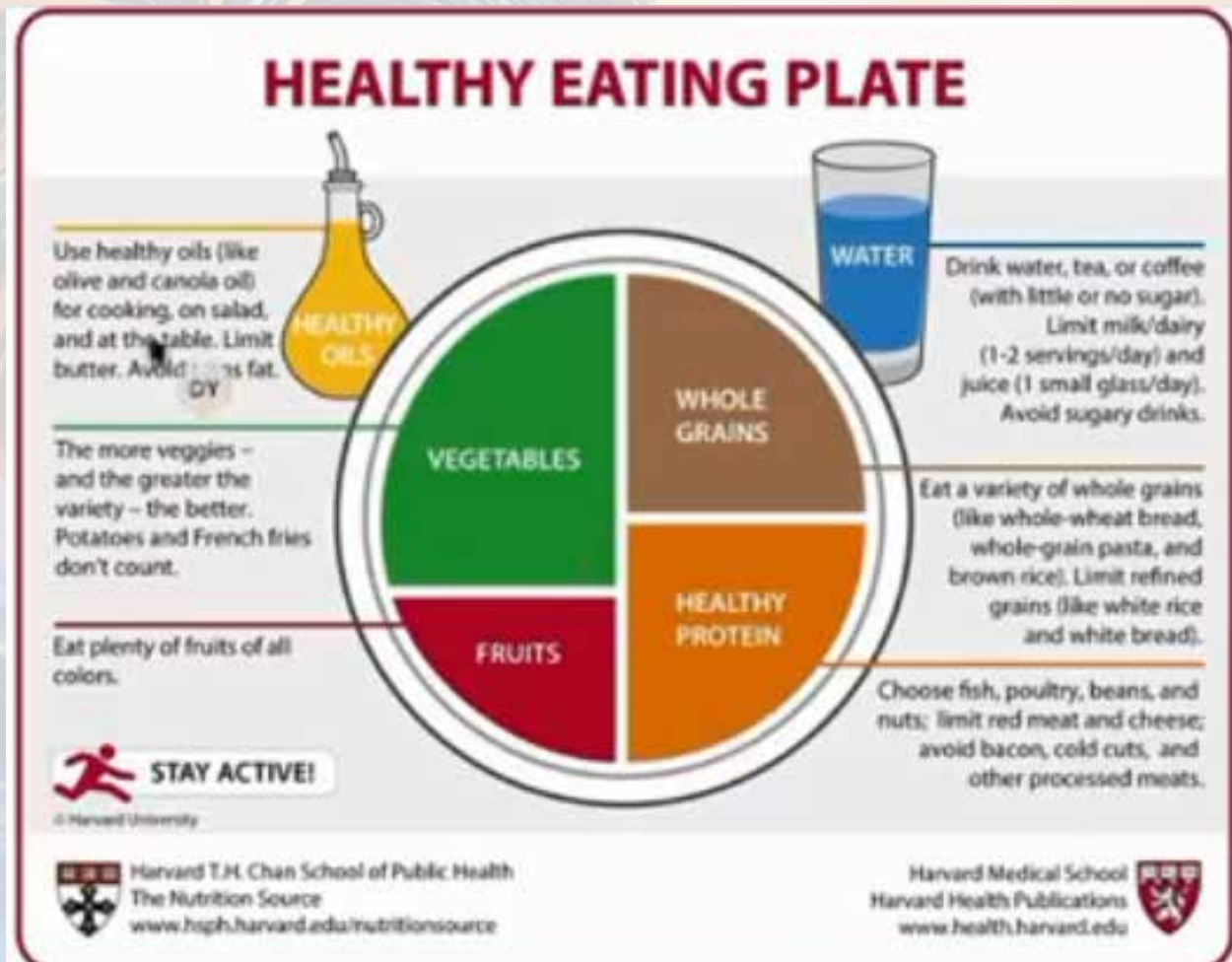
Follow us:  @mdniyayash  @mdniy  @yogamdniy  Director Mdniy

Physical health: Healthy body weight



Webinar on “Obesity, Cardiovascular Diseases and Yoga”.

In his lecture he covered few very interesting topics like Health & wellness, Human heart &



cardiovascular system, Risk factors: cardiovascular diseases, Obesity, Stress and immunity, Evidence based mind-body- medicine and how Yoga can help in overcoming all of these. The webinar came to a fruitful conclusion with an interactive session wherein Dr Basavaraddi applauded the impactful statements made by Dr. Raj Kumar Yadav. The session was also concluded with some interactive questions which were answered by the speaker.

Proper Yoga Practice Must for Body-Mind Coordination

Director of Morarji Desai National Institute of Yoga Ishwar V. Basavaraddi has advised people to properly practice Yoga for maintaining coordination between body and mind.



A team of practitioners demonstrating asanas at Bharatiya Vidya Kendra near Sirmur in Kalburagi district on Sunday.

Addressing a Yoga awareness programme organised by Kalyana Karnataka Human Resource, Agriculture and Cultural Society at Bharatiya Vidya Kendra near Sirmur on Sunday, he said that Yoga without spirituality would just be a physical exercise that would not be of great use. "Spirituality and Yoga should go hand in hand. Without spirituality, Yoga would lose its essence and become a physical exercise. Yoga is a science that helps attain coordination between mind and body and benefits both mental and physical health," he said.

Pointing to the growing popularity of Yoga across the world, Dr. Basavaraddi said that 177 countries in the world had accepted the proposal made by Prime Minister Narendra Modi to observe International Yoga Day on June 21 every year.

"Since Yoga is a time-tested science, many people across the world are increasingly getting attracted towards it. We are proud that an Indian-origin practice has worldwide acceptance now," he said. Basavaraj Patil Sedam, senior BJP leader and Chairman of Kalyana Karnataka Human Resource, Agriculture and Cultural Society, who presided over the event, stressed more on adopting a proper lifestyle than Yoga. A team of Yoga practitioners led by Anand and Mahesh from Humnabad in Bidar district demonstrated attractive Yoga Asanas on the occasion.

Webinar on “Hathyoga Practices for Health and Well being”.

MDNIY conducted a live webinar on the topic Hathyoga Practices for Health and Well being” by Dr. G.S. Sahay, Former Assistant Director of Research Philosophico-Literary Research Department Kaivalyadhama Yoga Institute, Lonavala, Maharashtra and it was presided over by Director, MDNIY.

He started his lecture by stating that Yoga is a discipline for holistic development of our physical, mental and spiritual aspects. Now a days Yogic practices are very much accepted for promotion and propagation of health.

Hathayoga consist of shodhana kriyas, asana, pranayama, mudra & bandha, dhyana practices which result in optimal, efficient functioning of the system and contributing good health and wellbeing.

He said that achievement of health and wellbeing can help the attainment of the ultimate goal of human life: happiness and harmony.

The session was concluded with a quick question and answer spree by the audience and the speaker.



The poster is for a live webinar titled "TUNE IN FOR THE LIVE WEBINAR ON Hathyoga Practices for Health and Well being". It features a central image of Dr. G.S. Sahay, the speaker, and a smaller image of Dr. Ishwar V Basavaraddi, the introductory remarks speaker. The text on the poster includes the date and time: "19 FEBRUARY, 6.00 PM" and "JOIN US LIVE" with a play button icon. It also mentions the webinar is on Facebook and YouTube. At the bottom, there are social media handles for MDNIY and the Director.

Health of The Human Body

- Health of the Human Body depends on healthy functioning of the Systems of the body.
- Though each system is differently identified yet each system is responsible and also contributing towards the efficient functioning of the other system.
- Human body is supposed to be the republic of the CELLS who are enjoying their own life yet they also are responsible for the health of the Human Body.

Webinar on “Confused Running to Confident Walking: Motivational Lessons”.

MDNIY conducted a live webinar on the topic “Confused Running to Confident Walking: Motivational Lessons” by Shri Vikram Singh, Director, Ministry of AYUSH, Govt. of India and it was presided over by Director, MDNIY.

Dr. Basavaraddi, Director, MDNIY addressed the webinar with his introductory remarks welcoming the esteemed guest speaker, Shri Vikram Singh.

He started his lecture by stating that Confidence doesn't come when we have Answers. It comes only when we are ready to face all the questions and accept challenges in life.



The graphic is a dark blue banner for a webinar. At the top left is the Government of India emblem and the text 'Ministry of AYUSH, Govt. of India'. The main title 'Webinar On Confused Running to Confident Walking: Motivational Lessons' is in white and orange. Below this, it lists the speaker: 'SPEAKER Shri Vikram Singh, Director, Ministry of AYUSH, Govt. of India'. To the right is a circular portrait of Shri Vikram Singh. Below the speaker information, it says 'JOIN US LIVE ON' with icons for Facebook, Instagram, and YouTube. The date and time are 'Friday 26th Feb, 2021 Time: 06:00 PM'. Below that, it lists the introductory remarks by 'Dr. I.V. Basavaraddi, Director, MDNIY' with a circular portrait of Dr. Basavaraddi. At the bottom, it says 'Follow us:' with social media handles: '@mdniyayush', '@mdniy', '@yogamdniy', and 'Director Mdniy'.

His lecture was concluded with many motivational stories on life and day to day consequences faced by us and how to overcome them.



When The Vision Is At The Horizon, You Don't Notice 'Filth' On The Ground

Purpose

**When the vision is clear, the
future is nearer**

जब से चला हूँ मंजिल पर नजर है
मील का पत्थर मैंने देखा ही नहीं।

**Use your mental wiper
regularly to clean your mind**