

CONTENTS

Chapter No.	Subject	Page No.
I.	PREFACE	
II.	ORGANIZATION	
III.	YOGA EDUCATION	
IV.	YOGA THERAPY & TRAINING	
V.	YOGA RESEARCH	
VI.	COMMUNICATION & DOCUMENTATION	
VII.	REPORT ON THE ACCOUNTS FOR THE YEAR 2011-12	

PREFACE

Yoga is essentially a spiritual discipline. It is an art based on an extremely subtle science of healthy living which focuses on bringing harmony between mind, body and soul. The basic objective of Yoga Sadhana is self-perfection and self-realization. The ultimate goal of Yoga is the attainment of Moksha (Liberation) – freedom from all kinds of suffering. However, the Yoga practices advised for attaining the above objective bring immense health benefits for almost all present day problems. Its holistic approach brings harmony in all walks of life and is thus known for prevention of diseases, promotion of health and management of lifestyle-related disorders.

Yoga is not just about doing complicated postures perfectly. In fact, Patanjali's Yoga Sutras which form the bases for teaching Yoga, laid great emphasis on the mind and the obstacles of clarity. Yoga is a comprehensive system of healing that links the body, breath and mind thus leads an aspirant to understand his/her own essence i.e. spirit. Today, Yoga is popular across the globe not just because of its efficacy in the management of some diseases but also of its strength in providing relief to the practitioner from mental and emotional distress and feeling a sense of well-being. Hence-it is being practiced as part of healthy lifestyle and has become a part of our heritage.

Morarji Desai National Institute of Yoga was established to act as a Centre of Excellence in the field of Yoga. The basic objective of this Institute is to develop, promote and propagate the science and art of Yoga. It is also to provide and promote facilities of Yoga education, training, therapy and research to fulfil the above objectives. As the demand for the system of Yoga is increasing rapidly at the global level, the Institute is striving hard to fulfil the current need and demand of the people from every corner.

During the year under report, several initiatives have been taken to achieve the objectives of the Institute and to cater to the present need and demand. The Yoga Educational Programmes such as Diploma in Yoga Science (D.Y.Sc.) for graduates of one year duration is being conducted by the Institute. Bi-monthly Expert Lecture series has also been conducted successfully. Regular Yoga Training, Yoga Therapy and Health Care Programmes including Foundation Course in Yoga Science for Wellness of one month duration are being conducted every month attracting more and more Yoga aspirants. Summer Yoga Camps in different parts of Delhi organized by the students of MDNIY have got good response. Month-end Workshops on Yogic Management of Executive Stress and Yogic Management of lifestyle-related disorders have also been conducted. The Institute has participated in the Arogya exhibitions organized by the Department of AYUSH at different places. Few disease-wise Yoga Therapy booklets have been published for the larger benefit of the public. The Advanced Centres for Yoga in premier Medical Institutions; Yoga Therapy and Research

Centres in Govt. & Tertiary Hospitals and Preventive Health Care Units in CGHS Dispensaries established by the Institute are functioning satisfactorily. Swami Vivekananda District Yoga Wellness Centres (SVDYWC) established in Phase-I are functioning well and advertisement for the Phase-II of SVDYWC has been given.

The Institute organized the National Yoga Week – 2012, a mass awareness programme for Health, Happiness and Harmony through Yoga on the theme ‘Yoga for Holistic Personality Development’ from 12th to 18th February, 2012. It was a great success and applauded by many.

The brief report on the activities and achievements of the MDNIY along with the Audit Report for the year 2011-12 is presented here.

(Dr. I. V. Basavaraddi)

Director

CHAPTER-I

ORGANIZATION

Morarji Desai National Institute of Yoga (MDNIY) is an autonomous organization registered under the Societies Registration Act, 1860 and functioning under Department of AYUSH, Ministry of Health & Family Welfare, Govt. of India. MDNIY came into existence on 01.04.1998 by merging the erstwhile Central Research Institute for Yoga (CRIY) which was established in the year 1976.

1.1 OBJECTIVES

- To act as a centre of excellence in Yoga;
- To develop, promote and propagate the science and art of Yoga; &
- To provide and promote facilities of training, teaching and research to achieve the above two objectives.

1.2 VISION AND MISSION

Health, Happiness and Harmony for all through Yoga

The Institute provides the best of Yoga, Education, Training, Therapy and Research facilities to the learners, researchers and practitioners of Yoga. The aim of the Institute is to promote deeper understanding of Yoga Philosophy and practices based on classical Yoga amongst the people.

1.3 CHARTER OF FUNCTIONS

- a) To undertake, promote, guide and coordinate research activities in various aspects of Yoga, particularly its preventive, promotional and curative potential;
- b) To standardize the methods and curricula for Yoga education and training;
- c) To provide and promote facilities for training in the field of Yoga;
- d) To promote Yoga at National and International level by organizing conferences and workshops and popularizing through media;
- e) To compile information and propagate the existing knowledge about Yoga;
- f) Documenting scientific discoveries in the field of Yoga;
- g) To coordinate and integrate the concepts followed by various schools of Yoga.

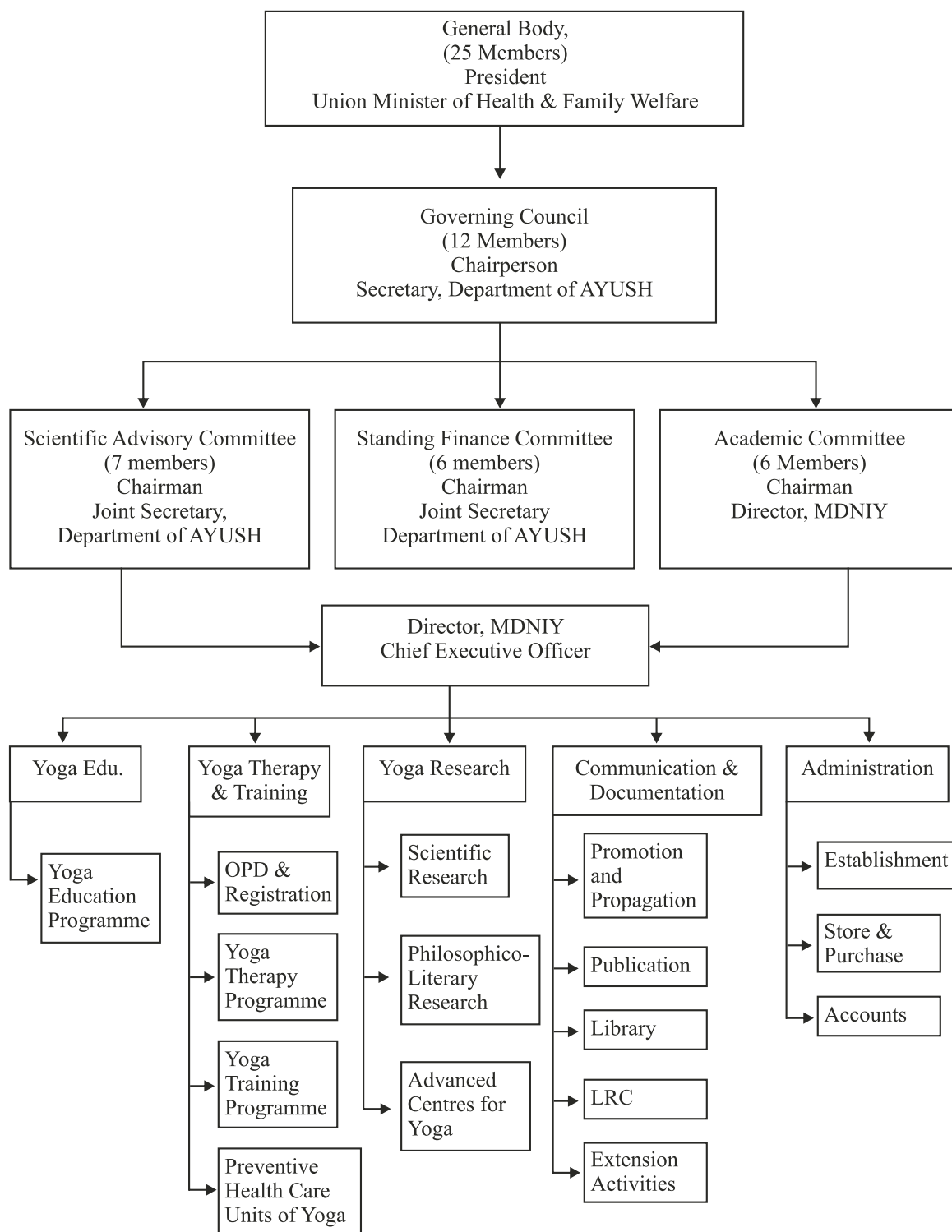
1.4 THE MANAGEMENT

The Institute is fully funded by the Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India. The Authorities and the Officers of the Institute are:

The President, The General Body, The Governing Council, The Director and such other Committees, Authorities and Officers as may be appointed by the Governing Council, e.g., Standing Finance Committee, Scientific Advisory Committee, Academic Committee, etc.

The Union Minister or the Union Minister of State for Health and Family Welfare, Govt. of India holding the charge of Department of AYUSH is the President of the General Body of the Institute. The Secretary, Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India is the Chairperson of the Governing Council. The Director of the Institute is the Chief Executive Officer and “Head of the Department” of the Institute and exercise the powers of “Head of the Department” and inter-alia, discharges the duties as mentioned in the Bye-laws of the Institute.

1.5 ORGANIZATIONAL CHART OF MDNIY



1.6 STAFF STRENGTH:

Total number of employees in MDNIY as on 31.3.2012 is as under:

Group	Sanctioned Strength	No. of employee	SC	ST	OBC	Total
(i)	(ii)	(iii)	(iv)	(v)	(vi)	(iv)+(v)+(vi)
Group 'A'	13	03	01	---	01	02
Group 'B'	26	18	05	01	---	06
Group 'C'	22	19	02	01	01	04
Group 'C' *	28	22	12	01	01	14
Group 'D'	02	02	02	-	-	02
Total:	91	64	22	03	03	28

*Up-graded into Group 'C' posts as per the recommendations of 6th CPC

Retirement/Appointment, etc. during the year

- One Assistant Research Officer (Yoga) retired on superannuation on 31.01.2012.
- One Assistant retired on superannuation on 31.01.2012.
- One Research Officer (Scientific), one Assistant Research Officer (Scientific) and one Accountant relieved on 05.01.2012, 25.05.2011 and 20.05.2011, respectively, consequent upon acceptance of their resignations from their posts.

1.7 ADMINISTRATION

During the year under report, meetings of different committees were convened as under:

Standing Finance Committee

Two meetings of Standing Finance Committee (SFC) (24th & 25th) of MDNIY were convened on 26.08.2011 & 07.02.2012, respectively, under the Chairpersonship of Joint Secretary (AYUSH).

Governing Council

One meeting of Governing Council (GC) (14th) of MDNIY was convened on 24.10.2011 under the Chairpersonship of Secretary (AYUSH) wherein several new initiatives and important decisions were taken.

- A Communal Harmony Campaign Week was organized from 19th to 25th November, 2011 in the Institute and Pledge Ceremony was conducted on 19th November, 2011.

- Flag Day was also organized on 19th November, 2011 to raise donations for the rehabilitation of Child Victims of Communal Violence and for promotion of Communal Harmony, National Integration and Fraternity.

1.8 DETAILS OF STAFF PARTICIPATION IN DIFFERENT PROGRAMMES

1. Mrs. Meera Chauhan, Yoga Instructor Gr. 'A', Smt. Bimla Chaudhary, Tech. Assistant (Literary) and ex-students of MDNIY were deputed to participate in Arogya Fair in Dehradun, Uttarakhand from 08-11 July, 2011 organized by Department of AYUSH, Ministry of Health & Family Welfare.
2. Shri Bal Mukund Singh, Assistant Research Officer (Yoga) was deputed as an Expert to attend "Indian Summer Festival" at Vancouver, **Canada** from 09-10 July, 2011.
3. Shri K. Doren Singh, Assistant Research Officer (Yoga) was deputed as an Expert to attend "The Fetes de Geneva" at Geneva, Switzerland from 04-14 August, 2011.
4. Shri Vinay Kumar Bharati, Yoga Instructor Gr. 'A', Smt. Seema Sagar, Yoga Instructor Gr. 'A', Smt. Bimla Chaudhary, Tech. Assistant (Literary) along with ex-students of MDNIY were deputed to participate in Perfect Health Mela organized by Heart Care Foundation of India, New Delhi from 19-23 October, 2011 at NDMC Ground, Near Laxmi Nagar, New Delhi.
5. Shri P.C. Rawat, Yoga Instructor Gr. 'A', Smt. Seema Sagar, Yoga Instructor Gr. 'A', Smt. Bimla Chaudhary, Tech. Assistant (Literary) and ex-students of MDNIY were deputed to participate in Arogya at Jaipur, Rajasthan from 06-09 January, 2012.
6. Smt. Bimla Chaudhary, Tech. Assistant (Literary) along with the other staff of MDNIY were deputed to participate in Surajkund Craft Mela-2012 at Surajkund, Faridabad, Haryana from 01-15 February, 2012.
7. Shri Yogi Udai, Assistant Research Officer (Yoga) along with the other staff of MDNIY were deputed to participate in Arogya at Thiruvananthapuram, Kerala from 09-14 February, 2012.
8. Director along with Shri K. Doren Singh, Assistant Research Officer (Yoga) participated in Yoga and Wellness Camp at Johannesburg, South Africa on 11.09.2011.
9. Shri Bal Mukund Singh, Assistant Research Officer (Yoga) was deputed to participate in Business Seminar at Oman on 31.10.2011 and in Fair on India Medical Tourism Destination, 2011 in Kuwait from 02-03 November, 2011.

10. Smt. Gurjeet Gambhir, Assistant Research Officer (Yoga) was deputed to participate in World Travel Market-2011 in London from 07-10 November, 2011.

1.9 DETAILS OF VISITS AND PARTICIPATION OF DIRECTOR, MDNIY

1. Visited Assisi, Italy to attend the Italian National Yoga Conference along with Joint Secretary (DDS), Department of AYUSH, Govt. of India from 1st April, 2011 to 3rd April, 2011.
2. Visited Indian Institute of Management (IIM), Ahmedabad to attend 3-day Workshop on Management for AYUSH personnel from 7th May, 2011 to 9th May, 2011.
3. Visited Dev Sanskriti Vishwavidyalaya, Haridwar to participate in CME programme sponsored by RAV as a Resource Person, delivered lectures and conducted practical sessions from 10th to 11th June, 2011.
4. Visited Uttarakhand Open University, Haldwani to attend the National Seminar on Ayurveda, Yoga and Naturopathy – The Ancient Way of Healthy Living through Open and Distance Learning as a Chief Guest during Valedictory Session on 12th June, 2011.
5. Visited Johannesburg, South Africa to attend Yoga Well-being Experience Camp from 10th to 12th September, 2011.
6. Visited Ujjain to participate in 2nd International Yoga Seminar on the theme Yoga for Health, Illness and Diseases, as a Resource person and Guest speaker from 23rd to 24th September, 2011.
7. Visited Jaipur to participate in Workshop on Traditional Medicine for African Countries organized by Dept. of AYUSH at Hotel Clark, Amer Road, Jaipur from 18th to 20th October, 2011, gave presentation on Yoga and conducted practical sessions for foreign dignitaries.
8. Visited Beijing, China to attend the 6th meeting of Directors of WHO Collaborative Centres for Traditional Medicine from 6th to 8th December, 2011.

CHAPTER – II

YOGA EDUCATION

2.1 YOGA EDUCATION PROGRAMMES

The Institute has conducted diploma course during the year under report:

2.1.1 DIPLOMA IN YOGA SCIENCE (D.Y.Sc.) FOR GRADUATES OF ONE YEAR DURATION : 2011-12

The Diploma in Yoga Science for graduates, 2011-12 is a full time, regular, non-residential course of one-year duration and comprised two semesters.

Objectives

The basic objectives of the course were:

- To prepare well trained Yoga Instructors.
- To impart the knowledge of Yoga and Yogic practices.
- To develop personality of the learners.
- To create awareness of positive health and spiritual evolution.
- To motivate graduates to take up Yoga as a profession.

Total number of students admitted to the course was 94 (including 01 North East student). Out of this, 75 students completed the course. The selected student of North East was provided a fellowship of Rs. 8,000/- per month as per rule. Based on the performance in the 1st Semester examination of the course, 12 meritorious students were also granted Scholarship of Rs. 3000/- per month each. Hostel facility and transportation has been provided to maximum 25 students admitted to the course at Adhyatma Sadhana Kendra, Chhattarpur, New Delhi on concessional rates for outside Delhi and NCR students.

The course commenced on 16th August, 2011 and the classes were conducted regularly on all working days (Monday to Friday) from 07:00 AM to 3:00 PM. Special classes were also conducted on Saturdays and holidays whenever necessary.

The entire group was divided into two different batches of Boys and Girls. K. Doren Singh was the Co-ordinator of the course. The Practical Yoga classes were conducted by Sh. Vinay Kumar Bharati, Smt. Seema Sagar, Smt. Neelam, Smt. Samrita Sital and Sh. K. Doren Singh.

Eminent subject experts from various Universities and Institutes were invited to deliver lectures of related papers according to the syllabus. The experts were:

1. Swami Anant Bharti, Eminent Yoga Expert and Director, Sw. Keshawananda Yoga Institute, Delhi.

2. Prof. S.P. Singh, Former Professor of Sanskrit, AMU, Aligarh.
3. Dr. Rakhee Mehra, Asst. Director, Central Council for Research in Ayurveda & Siddha, New Delhi.
4. Dr. Sadhana Arya, Psychologist, New Delhi.
5. Dr. Anuradha Palta, Psychologist, Amity University, Noida.
6. Dr. Satya Prakash Pathak, Laxmibai National University of Physical Education, Gwalior.
7. Dr. Charu Sharma, Laxmibai National University of Physical Education, Gwalior
8. Dr. Ritu Chaku, New Delhi.
9. Dr. Jyoti Chauhan, Delhi and
10. Dr. Nideesh Yadav, New Delhi.

Among the Institute's teaching faculty, other than the Director, MDNIY, were Dr. Ishwara N. Acharya, Dr. Rakesh Kumar and Smt. Manjot Kaur.

Swami Ananta Bharati also conducted workshops on Sanskrit Language.

2.1.2 Bi-MONTHLY EXPERT LECTURES

MDNIY has been organising Bi-Monthly Expert Lectures for the students of D.Y.Sc., staff of the Institute and some interested public to create awareness about the science of Yoga and allied subjects by inviting eminent experts of the field.

The details of the Bi-monthly Expert Lectures conducted during the year are as under:

S. No	Date	Expert	Topic
1.	31-03-2011	Dr. Smita N. Deshande, Prof. and Head, Dept. of Psychiatry & De-addiction, Dr. R ML Hospital, New Delhi	Yoga in Depression
2.	30--06-2011	Dr. S.P. Mishra, Vice Chancellor, Dev Sanskriti Vishwavidyala, Haridwar	Emerging Dimensions and Implications of Yoga towards Human Resource Management
3.	07-10- 2011	Ms. Richa Jaiswal, Assistant Dietician, All India Institute of Medical Sciences (AIIMS), New Delhi	Balance Diet : Healthy means for the Prevention of Non - Communicable Diseases
4.	09-11-2011	Dr. Chandramouli S. Naikar, Registrar, Karnataka Sanskrit University, Bangalore	Hath Yoga: Its Philosophy and Application in Day-to-Day Life
5.	30-11-2011	Sn. Guru Premanand, Founder President, Yoga Anusandhan Sansthan, Lucknow	Yoga and Personality Transformation
6.	03-02-2012	Dr. (Smt.) Indulata Das, Director, Academy of Yoga and Oriental Studies, Bhubaneshwar	Patanjala Yoga Sutra: It's Author and Traditional Commentaries

2.1.3 PANCHAMSWAR: Bi-monthly Socio-Cultural Programme

Five Pancham Swar: Bi-monthly Socio-Cultural Programmes were organized by D.Y.Sc. students for every alternate month during the year. This is to encourage the students to exhibit their talents and to develop a healthy interpersonal relationship. Every programme was based on specific health themes.

Sl. No.	Date	Theme
1.	17.06.2011	Utkrasha
2.	01.07.2011	Samyama
3.	30.09.2011	Smriti
4.	30.12.2011	Yoga ek Jeevan Kalaa
5.	08.02.2012	Seekh

2.1.4 YOGA TRAINING CAMPS CONDUCTED BY THE D.Y.Sc. STUDENTS

Yoga Training Camps – 2011 were conducted by the D.Y.Sc. students of 2010-11 Batch of MDNIY at the following places. Total number of Sadhakas benefited from these camps was 2968.

Sl. No.	Place of Yoga Camp	Participants
1.	Govt. Sarvodaya Kanya Vidhyalaya Bakhtawarpur, Delhi – 110036	34
2.	Guru Nanak Charitable Hospital EA/80-81, Inderpuri, New Delhi – 110012	20
3.	Vidhya Public School Bangla Sahib Road., Opposite Kali Mandir, C.P., New Delhi	24
4.	Govt. Sarvodaya Vidhyalaya Aliganj Lodhi Colony, New Delhi – 110003	36
5.	Vidhya Comfort Academy Gurgaon, Sec – 37	30
6.	M.B.P.B.M. School Shahdara, Delhi – 110032	72
7.	St. Andrews Scots School G-26, Jagatpuri Street No. 17, Delhi – 110051	34
8.	Govt. Sarvodaya Vidhyalaya Rohini, Sec. 6, New Delhi	34
9.	New Delhi Convent Sr. Sec. School Palam Colony, New Delhi	34

Sl. No.	Place of Yoga Camp	Participants
10.	G.G.S. School Anand Vas Kohat Enclave, Delhi - 110034	22
11.	Nigam Pratibha Vidyalaya Padam Car Jairani Bagh, Sadar, Paharganj, Delhi – 110007	43
12.	Vidhya Bal Bhawan Sr. Sec. School Mayur Vihar, Phase – III, Delhi – 110026	33
13.	Navyur School Mandir Marg, New Delhi	68
14.	National Rajdhani Public School Ekta Vihar, Jaitpur Extn., Badarpur, Delhi	50
15.	Govt. Co. Ed. Sec. School Preet Vihar, Delhi – 110092	34
16.	Acharya Tulsi Sarvodaya Bal Vidyalaya Chhatarpur, New Delhi – 110074	30
17.	Gyan Sagar Public School Sec.8, Dwarka Palam Colony, New Delhi – 110045	32
18.	Park near LIG MIG Flats Loni Road, Delhi – 110093	26
19.	Dashmesh Public School Sr. Secondary, Vasundhara Encl., Mayur Vihar Phase – III, Delhi – 56	25
20.	Bharti Public School Swasthya Vihar, Vikas Market, Delhi – 110092	34
21.	Hanuman Mandir Park Vasant Gram, Adarsh Sanskrit Vidyalaya, Vasant Vihar, Delhi	26
22.	Haripur Kala Kendra Park Haridwar, U.K.	28
23.	Emmanuel Fitness World 12/1, East Patel Nagar, New Delhi	20
24.	Prince Public School Mehrauli, New Delhi	32
25.	Arya Samaj Najafgarh, New Delhi – 110043	16
26.	Harit Patti Uddiyan Bagdola, Mahila Betalian 88, Sec. 8, Dwarka, New Delhi	16

Sl. No.	Place of Yoga Camp	Participants
27.	A.I.W.C. Hostel Mandi House, New Delhi	32
28.	Community Hall Alok Vihar – 1, Sec-50, Noida	7
29.	National Mountain Biking Exn. (16th August to 3rd September)	110
30.	New Delhi Convent Sr. Sec. School Palam Colony, Delhi	44
31.	C-D Block Park Ashok Vihar, Phase – I, Delhi	10
32.	Mira Model School Janak Puri, New Delhi – 110018	43
33.	Gurugobind Singh Public School Tilak Nagar, New Delhi	30
34.	Indraprastha Hindu Girl Sr. Secindary School Near Jama Masjid, Old Delhi – 110006	30
35.	Regency Park – 2 DLF Phase – 4, Gurgaon, Haryana	20
36.	Shishu Mandir Arya Samaj, Chirag Delhi	70
37.	Community Hall of Vijay Ratan Vihar Sec. 15-1, Gurgaon, Haryana	26
38.	House No. 4910, DLF City, Phase – IV, Gurgaon	20
39.	Carmel Convent School Sec. 7/D, Faridabad, Haryana	50
40.	A.R.S. Sr. Sec. School Ajmeri Gate, Delhi – 110006	30
41.	St. Anjel's Sr. Sec. School Sec-15, Rohini, New Delhi – 110085	61
42.	Agarwal Model School 2586, Maharaja Aggersain Marg, Tri Nagar – 110035	58
43.	Body Works Gym I.P. College for Women Civil Lines, New Delhi	30
44.	Sam International School Dwarka, Delhi	31

Sl. No.	Place of Yoga Camp	Participants
45.	Sr. Sec. School Brahampuri X Block, Delhi	40
46.	Vidhy Comfort Academy School Gurgaon, Haryana	30
47.	Near Vijay Ges Aveny Badli Park, Delhi	30
48.	Nivedita Girls Hostel Dev Sanskriti Vishwavidyalaya, Haridwar	22
49.	Holy Child Sr. Sec. School Tagor Garden, Delhi	30
50.	M.C.D. Pry. School Ganesh Pura, Tree Nagar, Delhi – 110035	36
51.	Saraswati Bal Mandir Jhandewalan, New Delhi – 110005	30
52.	Little Fairy Public School Ashok Vihar, Phase – IV, Delhi – 110052	42
53.	D.A.V. Public School Ashok Vihar, Delhi	32
54.	Rajkiya Sarvodaya High School Aligarh, New Delhi - 110003	43
55.	Lovely Public Sr. Sec. School New Layal Pur, Delhi – 110005	32
56.	Sarvodaya Kanya Vidhyalaya No. 2, Sagarpur Cant. Wala, New Delhi - 110046	46
57.	Children Park Basant Kunj, New Delhi	23
58.	Bapu Nature Cure Hospital & Yogashram Gandhi Nidhi, Mayur Vihar ph. 1, Delhi-91	53
59.	Moserbear Pvt. Ltd. 66, Udyog Vihar, Greater Noida	80
60.	Adarsh Secondary School D-Block, Vikaspuri, New Delhi – 110018	30
61.	Bhartiya Mandir Sr. Sec. School GT Road, Naveen Shahdara, Delhi - 110032	30
62.	Central Public School S-213, School Block, Shakarpur, Delhi – 110092	32

Sl. No.	Place of Yoga Camp	Participants
63.	Park, Munirika Village, Delhi	18
64.	Navchetna School Northern Railway (Delhi Division) Railway Colony, Kishan Ganj, Delhi	31
65.	Haripur Kala Kendra Park Haridwar	26
66.	Gagan Bharti Sr. Sec. Public School Om Vihar, New Delhi – 110059	34
67.	Karl Huber School 4A, Sec-62, Noida	34
68.	Acharya Tulsi Sarvodaya Bal Vidyalaya Chhatarpur, New Delhi – 110074	47
69.	Goodwill Public School Vill. Chholera, Sec-44, Noida	25
70.	Dau Dayal Charitable Trust E-73, Sec-52, Noida	25
71.	CZ Block Park, Palam Vihar, Gurgaon	10
72.	Kendriya Vidyalaya C-Z, Area, Janakpuri, New Delhi – 110058	30
73.	Akshay Pratisthar D-III, Vasant Kunj, New Delhi – 110070	34
74.	Bal Bharti Public School Dwaraka, Sec. 12, New Delhi – 110075	40
75.	Navayug Public School Peshwa Road, New Delhi	32
76.	Vidya Bharti School Sec – 15, Rohini, Delhi – 110085	50
77.	D.L. & A.V. Model School ND Block, Pitam Pura, Delhi – 110085	32
78.	Bhatnagar International School Vasant Kunj, New Delhi	132
79.	Delhi University park North Campus, Delhi University, Delhi	21

Sl. No.	Place of Yoga Camp	Participants
80.	Rashtriya Public Junior High School Near Jain Mandir, Gulab Watika, Loni, Ghaziabad	30
81.	RWA Colony B-Block, Susant Lok, Near Huda City Centre	18
82.	DAV Model School ND Block, Pitampura, Delhi	32
83.	Community Centre Vill. Kauhan, Near Guda City Centre, Metro Station, Gurgaon	8
84.	Kendriya Vidyalaya C-2, Janakpuri, New Delhi – 110058	43
	Total	2968

2.1.5 ANNUAL DAY FUNCTION

The Institute has organized the Annual Day Function for D.Y.Sc. batch: 2010-11 on 1st July, 2011. Dr.(Smt.) Aruna Goel, former member of UGC and chairperson USOL, Chandigarh, and Prof. S.P Mishra, V.C., DSVV, Haridwar, both were the GB member of MDNIY have graced the occasion as Chief Guest and Guest of Honour, respectively.

2.1.6 CERTIFICATE COURSE IN HEALTH PROMOTION THROUGH AYURVEDA & YOGA

In order to improve the lifestyle management through ancient sciences of Ayurveda and Yoga for proper healthy 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 the Department of AYUSH and with technical support of CCRAS and MDNIY. Director, MDNIY has been given the responsibility of the Coordinator for Yoga component.

Accordingly, a module of 24 hours Yoga Training had been prepared and 2 (two) male and 2 (two) female Yoga Therapists / Instructors were engaged for imparting Yoga training.

Director, MDNIY has also delivered 2 lectures in every course and conducted workshops on Yoga.

The details of the courses conducted during the year under report as under :

1. 22.02.2011 to 26.05.2011
2. 21.06.2011 to 13.09.2011
3. 08.11.2011 to 02.02.2012
4. 23.02.2012 to -----

The programme were highly appreciated by the participants.

CHAPTER – III

YOGA THERAPY & TRAINING

3.1 YOGA TRAINING PROGRAMMES (INSIDE THE INSTITUTION)

3.1.1 YOGA TRAINING PROGRAMMES

The Institute 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 3991 People have been benefited by the Yoga Training Programmes during the year.

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

Details of Participants in Yoga Training Programmes (April 2011 to March, 2012)

DETAILS OF THE YOGA TRAINING PROGRAMME

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

S. No.	Programme	Apr 2011	May 2011	Jun 2011	Jul 2011	Aug 2011	Sept 2011	Oct 2011	Nov 2011	Dec 2011	Jan 2012	Feb 2012	Mar 2012	Total
1.	Health Promotion Programme	312	313	323	297	248	233	219	180	170	113	134	198	2740
2.	Pranayama & Meditation Programme	048	048	063	042	027	032	029	025	034	021	028	026	423
3.	Yoga Programme for Woman	000	024	026	024	017	015	017	015	013	013	019	014	197
4.	Weekend Yoga Programme	024	066	056	075	064	064	081	047	039	034	031	050	631
	Total	384	451	468	438	356	344	346	267	256	181	212	288	3991

3.1.2 FOUNDATION COURSE IN YOGA SCIENCE FOR WELLNESS (FCYScW)

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

The objectives of the course are:

- a. To introduce basic wellness principles and practices of Yoga to common people.
- b. To make the people aware of the fundamentals of Yoga for Wellness in their daily life.
- c. To create mass awareness about positive health and spiritual well-being.
- d. To develop healthy lifestyle in the common people.
- e. To bring health and harmony in the society at large by introducing the Yogic way of life.
- f. 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 philosophy, Practices, Diet, Physical and Mental Hygiene. Participation Certificates were issued to the successful participants as per rule.

The details of the participants in each month are as under:

S. No.	Month	Total No. of Sadhakas participated the FCYScW
1	April,11	34
2	May,11	36
3	June,11	67
4	July,11	58
5	Aug.,11	32
6	Sept.,11	31
7	Oct.,11	27
8	Nov.,11	00
9	Dec.,11	26
10	Jan.,12	27
11	Feb., 12	32
12	Mar,13	41
	Total	411

3.1.3 SUMMER YOGA WORKSHOP FOR CHILDREN

Institute is conducting the Summer Yoga Workshop for Children during summer vacations of the schools. 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. The said programme is also aimed at personality development based on Yogic

principles and concepts. During 2011-12, the Institute had organized Summer Yoga Workshop - 2011 for Children from 18th May– 17th June, 2011. Total 92 children from different schools of Delhi were participated. 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 were also given to them.

3.2 YOGA TRAINING PROGRAMMES (OUTSIDE THE INSTITUTION)

The Institute has conducted Yoga Training programmes outside the Institute as well. During the year, the Institute has conducted the Yoga training programme in the following places outside the Institute, based on the requests received from different organisations:

1. Intelligence Bureau, New Delhi.
2. Nirman Bhavan, New Delhi.
3. Pusa Institute, New Delhi.
4. Efforts Group, Safdarjung Enclave, New Delhi.
5. Director General of Audit, New Delhi.
6. Office of the Addl. Deputy Commissioner of Police, Special Police Unit for Women and Children, Nanakpura, New Delhi.
7. Civil Administration, Air Force Station, Palam, New Delhi.
8. Air Force Station, Race Course and AFCAO, Subrato Park.

3.3 YOGA THERAPY PROGRAMMES

3.3.1 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 Physicians and Dietician provide consultation in the Out Patients Block. The timings of the OPD were 8:00 am to 4:30 pm on all working days.

3.3.2 HEALTH CARE PROGRAMMES

The Yogic lifestyle intervention has fascinated everybody, with its potential not only for promoting the health but also in the management and treatment for many of the psychosomatic and the stress-related disorders. It was found that Yogic intervention is very effective in the management of these disorders.

The Institute has conducted regular Health Care programmes for the patients suffering from different diseases on all working days. Total no. of participants who availed the benefit of these programmes on the basis of monthly registration are 2757 and the details are as under:

Month	Respiratory Disorders	Obesity related disorders	Hyper tension/ CVD	Musculo-skeletal disorders	General Therapy Programmes	Diabetes Mellitus	Total
April,11	22	60	22	44	57	24	229
May,11	23	55	34	44	63	19	238
June,11	33	62	23	34	69	27	248
July,11	24	36	42	28	70	14	214
Aug.,11	24	38	53	36	61	11	223
Sept.,11	31	33	53	34	60	20	231
Oct.,11	18	51	30	29	48	11	187
Nov.,11	40	50	38	33	54	25	240
Dec.,11	42	41	58	43	67	18	269
Jan.,12	35	28	58	43	50	16	230
Feb.,12	32	34	52	34	52	14	218
Mar.,12	51	57	36	26	39	21	230
Total	375	545	499	428	690	220	2757

3.4 YOGA THERAPY AND RESEARCH CENTRES IN GOVT./TERTIARY HOSPITALS

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 centres 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:

1. LRS Institute of Tuberculosis and Respiratory Diseases, Sri Aurobindo Marg, New Delhi – 110 030.
2. Vallabhbhai Patel Chest Institute, University of Delhi, North Campus, Delhi – 110 007
3. Rajan Babu Tuberculosis Hospital, Dhaka Colony, Kingsway Camp, Delhi – 110 009.
4. Institute of Human Behavior and Allied Sciences, P.O. Box No. 9520, Jhilmil, Dilshad Garden, Delhi – 110 095.
5. Yoga Therapy and Training Centre, DSR District HQ Hospital, Nellore (A.P.)

6. Yoga Education and Therapy Centre, AYUSH Hospital, Port Blair, Andaman & Nicobar Islands

The response of the public for these Centres is quite satisfactory. During the period from April, 2011 to March, 2012, total 14,188 number of patients have been benefited from these Centres. The details are as under:

S. N o.	Name of the Hospital	Total Number of Patients treated												
		Apri 2011	May 2011	June 2011	July 2011	Aug. 2011	Sep. 2011	Oct. 2011	Nov. 2011	Dec. 2011	Jan. 2012	Feb. 2012	Mar. 2012	Total
1.	LRS Institute of Tuberculosis and Allied Sciences, Sri Aurobindo Marg, N.D.	133	145	145	179	161	135	143	146	153	153	090	160	1743
2.	Vallabhbhai Patel Chest Institute, University of Delhi, Delhi.	147	140	143	140	135	134	122	142	166	161	171	156	1757
3.	Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Kingsway Camp, Delhi-09	104	164	140	255	206	204	227	216	305	186	253	236	2496
4.	Institute of Human Behavior & Allied Sciences, Dilshad Garden, Jhilmil, Shahdra, Delhi.	086	149	172	141	126	147	076	252	476	484	355	479	2943
5	Yoga Therapy and Training Centre, DSR District HQ Hospital, Nellore (A.P.)	180	153	116	130	116	123	150	098	115	123	108	115	1527
6	Yoga Education and Therapy Centre, AYUSH Hospital, Port Blair, Andaman & Nicobar Islands	280	386	452	465	286	327	255	356	189	246	256	224	3722
	Total	0930	1137	1168	1310	1030	1070	0973	1210	1404	1353	1233	1370	14188

3.5 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) in January, 2009. The aim of the project is to provide Yoga training and therapy to the interested CGHS beneficiaries.

The objectives of the proposed units 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 for 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. Also, the timings of these units have been extended and open from 7:30 am to 1:30 pm on all working days (including Saturdays).

The details of the month-wise patients treated at these Centres from April, 2011 to March, 2012 are as under:

Details of Patient Attendance

3.6 Monthly Workshops

Sl. No.	Name of the Dispensaries	Apr 11	May 11	Jun 11	Jul 11	Aug 11	Sept 11	OCT 11	NOV 11	DEC 11	JAN 12	FEB 12	MAR 12	Total
1.	Noida	146	169	202	312	285	216	185	127	99	150	118	145	2154
2.	Kingsway Camp	203	257	203	287	339	321	229	297	239	171	232	269	3047
3.	Pushp vihar, MB Road	423	277	284	377	333	401	302	329	354	348	315	344	4087
4.	Sadiq Nagar	237	290	322	307	278	344	303	275	387	211	275	309	3538
5.	Kidwai Nagar	419	518	704	844	790	701	638	205	623	713	683	894	7732
6.	Janakpuri	221	239	240	287	335	378	307	619	201	225	205	166	3423
7.	Hari Nagar	102	110	116	219	307	365	346	144	254	236	231	260	2690
8.	Nangalraya	525	601	643	697	581	678	583	513	518	419	496	344	6598
9.	Delhi Cantt.	502	699	558	000	000	144	195	155	140	188	210	230	3021
10.	Ghaziabad	-	-	-	166	372	528	310	450	282	377	581	580	3646
11.	Shahdara	-	-	-	137	349	429	416	235	333	183	201	209	2492
12.	Chanakyapuri	-	-	-	073	206	348	240	251	240	239	248	247	2092
13.	Laxmi Bai Nagar	-	-	-	094	247	422	432	285	570	351	320	433	3154
14.	Lajpat Nagar	-	-	-	027	224	330	325	688	251	258	248	303	2654
15.	Inderpuri	-	-	-	053	284	426	368	178	468	407	443	482	3109
16.	RK Puram, Sector-6	-	-	-	094	421	406	412	223	452	457	398	549	3412
17.	Pushpavihar, Sector-4	-	-	-	000	103	502	500	496	321	262	333	319	2836
18.	Karol Bagh	-	-	-	101	201	226	150	252	157	148	165	182	1582
19.	Manglapuri	-	-	-	186	333	375	245	117	281	243	120	113	2013
20.	Laxmi Nagar	-	-	-	271	370	406	398	303	128	119	202	243	2440
	Total	2778	3160	3272	4532	6358	7946	6884	6142	6298	5705	6024	6621	65720

Details of Patient Treated

Sl. No.	Name of the Dispensaries	Apr 11	May 11	Jun 11	Jul 11	Aug 11	Sept 11	Oct 11	Nov 11	Dec 11	Jan 12	Feb 12	Mar 12	Total
1.	Noida	074	084	097	150	138	104	85	125	101	107	126	130	1321
2.	Kingsway Camp	060	066	052	083	096	099	64	70	111	95	87	104	987
3.	Pushp vihar, MB Road	010	066	022	042	030	134	47	72	64	43	45	74	649
4.	Sadiq Nagar	062	094	100	054	052	077	51	54	40	31	34	43	692
5.	Kidwai Nagar	028	048	067	064	069	053	89	34	123	108	125	131	939
6.	Janakpuri	154	153	159	163	180	157	165	76	215	168	178	251	2019
7.	Hari Nagar	051	056	062	108	122	144	136	137	148	131	124	135	1354
8.	Nangalraya	073	085	083	112	80	093	85	76	85	70	74	77	993
9.	Delhi Cantt.	240	252	209	000	000	058	63	72	89	94	97	129	1462
10.	Ghaziabad	-	-	-	118	211	164	80	173	114	90	81	80	1111
11.	Shahdara	-	-	-	065	123	142	128	111	110	89	92	101	961
12.	Chanakyapuri	-	-	-	036	075	114	43	83	145	152	161	173	982
13.	Laxmi Bai Nagar	-	-	-	021	036	024	15	19	13	14	15	20	177
14.	Lajpat Nagar	-	-	-	027	075	026	48	45	31	21	19	25	317
15.	Inderpuri	-	-	-	030	035	047	37	35	19	13	18	16	250
16.	RK Puram, Sector-6	-	-	-	046	078	065	30	47	45	39	38	38	395
17.	Pushpavihar, Sector-4	-	-	-	000	021	036	49	28	28	24	23	28	237
18.	Karol Bagh	-	-	-	088	067	070	39	67	49	29	38	49	496
19.	Manglapuri	-	-	-	063	053	60	57	61	30	44	29	81	478
20.	Laxmi Nagar	-	-	-	248	307	370	252	482	253	160	137	158	2367
	Total	752	904	851	1518	1848	2037	1563	1867	1813	1522	1541	1843	18187

3.6.1 Workshop on Yogic Management of Executive Stress

Morarji Desai National Institute of Yoga (MDNIY) is conducting workshops on “Yogic Management of Executive Stress” on last Saturday's of every month from 8.00 am to 6.00 pm for the benefit of the general Public. It is a specialized programme designed for the executives of Government/ Public Sector/ Private Sector/ Industries or Organizations/ Senior Medical Officers and Educational Institutes.

The objective of the programme is to give an insight to the executives about the role of Yoga in managing excessive stress faced by them. The said programme is conducted by the eminent experts in the field from within and outside the Institute.

3.6.2 Workshop on Yogic Management of Lifestyle-related Disorders

Morarji Desai National Institute of Yoga (MDNIY) is conducting workshops on “Yogic Management of Lifestyle-related Disorders” on last Sunday of every month from 8.00 am to 6.00 pm for the benefit of the public on specific topics.

The objective of the programme is to give an insight to the patients about the condition of the disease and to encourage them to adopt the Yogic lifestyle for the prevention and management of specific disorders.

This is 9 hours comprehensive programme (9.00 am to 6.00 pm), conducted by the experts of the field from within and outside the Institute.

S.No.	Month	Diseases Covered	No. of Participants
01	April, 2011	Bronchial Asthma	15
02	May, 2011	Obesity	52
03	June, 2011	Hypertension	26
04	July, 2011	Migraine and Headache	57
05	August, 2011	Arthritis	76
06	September, 2011	Diabetes Mellitus	81
07	October, 2011	Back and Neck Pain	67
08	November, 2011	Depression	55
09	December, 2011	Geriatric Disorders	53
10	January, 2012	Sleep Disorders	46
11	February, 2012	Cardio-vascular Diseases	45
12	March, 2012	Gastro-intestinal Disorders	48
Total			621

CHAPTER – IV

YOGA RESEARCH

4.1 ADVANCED CENTRES FOR YOGA

The Institute has established Advanced Centres for Yoga in collaboration with premier Medical/AYUSH institutes of the country. The objectives of these centres are as under:

- a. To integrate the system of Yoga in the modern medical health care.
- b. To impart Yoga therapy to the patients of specific disease conditions.
- c. To conduct clinical research with reference to efficacy of Yoga in the specialized areas.

The Institute has established five Advanced Centres for Yoga, which are as under:

1. Advanced Centre for Yoga Therapy & Research Centre in Mental Health & Neurosciences, National Institute of Mental Health & Neurosciences (NIMHANS), Hosur Road, Bangalore – 560 029
2. Advanced Centre for Yoga Education, Therapy & Research in Cardio-vascular Diseases & Diabetes mellitus, Jawahar Institute of Post Graduate Medical Education & Research (JIPMER), Dhanvantari Nagar, Puducherry – 605 006
3. Advanced Centre for Yoga Education & Research Centre in Respiratory Disorders and Geriatric Care, Gujarat Ayurveda University, Jamnagar, Gujarat
4. Centre for Advanced Research & Training in Yoga in Operational Stress and Performance improvement defence personnel, Defence Institute of Physiology and Allied Sciences, Lucknow Road, Timarpur, Delhi – 110 054
5. Advanced Centre for Yoga Therapy and Research in Chest Diseases at Govt. Medical College, Jammu, J&K

The details of the work done by the above Centres are as under:

4.2 ADVANCE CENTRE FOR YOGA THERAPY AND RESEARCH IN MENTAL HEALTH & NEUROSCIENCES AT NIMHANS, BANGALORE

4.2.1 Outpatient Department for Yoga Therapy:

Over 7213 Patients/ Therapy sessions have been conducted for nearly 990 patients suffering from different psychiatric and neurological disorders referred from clinical services of NIMHANS. About 2077 Yoga Training sessions were conducted. Each patient received Yoga therapy sessions ranging between seven days to one month.

4.2.2 Seminar/ Conference/ Workshops conducted:

Theme	Month & Year	Number of Participants
World Alzheimer's Day & World Elder's Day – Public Forum for Senior Citizens and Caregivers conducted in association with Geriatrics Clinic, NIMHANS	27 th September, 2011	50 Senior Citizens attended the workshop
One day seminar on “ Yoga & Cognition ”	2 nd March, 2012	150 Yoga experts and Mental Health Professionals attended the seminar.

4.2.3 IEC ACTIVITIES:

Courses/ Programmes/ Camps conducted:

Programme	Date & Year	Number of Participants
One month Yoga classes for elderly were held at: VLN Prabudhalaya, Jigani Road, Bangalore	September & October, 2011	Around 30 elders participated in the Yoga sessions held every day for a period of one month
Organized “World Mental Health Day” in association with Dept. of Nursing, NIM HANS	13 th October, 2011	Exhibition of posters, IEC materials related to Yoga was organized

Following are some of the Yoga education initiatives carried out during the period under report :

- Poster Presented at 10th World Congress of Biological Psychiatry 29 May – 2 June 2011, Prague, Czech Republic
- Poster presented at 21st Annual Conference of Indian Psychiatric Society-Karnataka Branch held at Mysore Medical College, Mysore on 20th & 21st August, 2011 [Best Poster Award]
- Poster presented at the 19th International Conference on Frontiers in Yoga Research and its' Application (INCOFYRA 2011) at SVYASA University, Bangalore [Best Poster Award]
- Library Services
- Yoga Teachers Training for Staff Nurses
- Guest Lectures by eminent experts in the field of Yoga
- Quarterly Newsletter – SAMATVAM

4.3 ADVANCED CENTRE FOR YOGA EDUCATION, THERAPY AND RESEARCH IN CARDIOVASCULAR DISEASES AND DIABETES MELLITUS AT JIPMER, PUDUCHERRY

4.3.1 Outpatient Department: The details of patients treated at OPD are given in table below:

Diagnosis	Number of Patients
Diabetes	2379
Hypertension	1909
Other disorders	2389
Yoga classes for senior citizens	459
Yoga classes for normal subjects	2558
Number of patients studied in research lab	231
Total	9952

4.3.2 Seminar/Conference/Workshop: During the year under report, the centre has participated/conducted following Conference:

Activity	Theme	Month & Year
Conference	ACYTER participated in “Yoga and Education” in the 19 th International Yoga Conference at SVYASA, Bangalore.	21 st December, 2011
Conference	Integrating Yoga in Conventional Medical Education	10 th February, 2012

4.3.3 IEC ACTIVITIES:

Courses/ Programmes/ Camps conducted:

Programme	Date & Year	Number of Participants
Foundation Course in Yoga for Paramedical Students	August 20 to September 15	16
Foundation Course in Yoga for Paramedical Students	January 2012	06
Yoga Awareness programme at JIPMER	January 21, 2012	60

4.3.4 RESEARCH PROJECTS UNDERTAKEN:

	In Progress	Completed
Ph.D. Thesis	Effect of Yoga therapy on cardiac autonomic functions and oxidative stress in prehypertensive subjects: a randomized controlled study.	—
	Effect of Yoga therapy on cardiac function, response to exercise, oxidative stress and quality of life in heart failure patients: a randomized controlled trial.	—
MD Dissertations	Effects of slow and fast pranayams on pulmonary function, handgrip strength and endurance in young healthy volunteers – a randomized controlled trial.	Effect of 12 week Yoga therapy as a lifestyle intervention in patients of type 2 diabetes mellitus with distal symmetric polyneuropathy – a randomized controlled study.
	Effect of Yoga training on autonomic functions and reaction time in young healthy females during different phases of menstrual cycle.	Effect of Yoga therapy on cardiac autonomic function in patients of essential hypertension – a randomized controlled study.
	Effect of pranayam on maximal exercise performance, pulmonary function, recovery heart rate and blood pressure in healthy adults.	—
M.Sc Dissertations		Effect of Yoga training on cardio-respiratory functions of normal young volunteers
		Effect of yoga therapy on reaction time, biochemical parameters and wellness score of pre and post menopausal diabetic patients.
		Effect of Yoga training on heart rate, blood pressure and lipid profile of patients with essential hypertension.
		Effect of yoga training on physical and biochemical variables of type 2 diabetes mellitus patients.
Other Research Projects	Effect of slow and fast pranayams on cognitive and autonomic parameters in young healthy subjects.	Patient feedback survey and retrospective wellness questionnaire was completed for 100 patients in June 2011.
	Effect of mid trimester Yoga on the incidence of pre-eclampsia in high risk women.	—

4.4 CENTRE FOR ADVANCED RESEARCH & TRAINING IN YOGA IN OPERATIONAL STRESS AND PERFORMANCE IMPROVEMENT IN DEFENCE PERSONNEL) AT DIPAS, DELHI

4.4.1 YOGA TRAINING PROGRAMMES

During the period under report, the CARTY has conducted the following Yoga training programmes:

1. Yoga training programme by DIPAS in Delhi where total 431 participants were benefited.
2. Yoga training programme at 2 Aero Medical Training Centre, Air Force Academy, Dundigal, Hyderabad where 57 participants participated.
3. Yoga training programme at High altitude on Army located at Siachen Base Camp where 797 participants participated.

4.4.2 Yoga Consultation and Therapy

Yoga consultation and therapy have been given to cases of low back pain, obesity, anorexia nervosa, stress, anxiety, reflux oesophagitis, pregnancy, health promotion, hypothyroidism, arthritis, migraine, cervical spondylitis and asthma at DIPAS. All the patients received individual Yoga therapy sessions ranging between two to eight weeks.

Table 3: Yoga Therapeutic Training

S. No.	Diseasewise Batches	No. of Participants
1.	Low Back Pain	3
2.	Obesity	5
3.	Anorexia Nervosa	1
4.	Stress	1
5.	Anxiety	2
6.	Reflux Oesophagitis	1
7.	Pregnancy	1
8.	Health Promotion	3
9.	Hypothyroidism	1
10.	Arthritis	1
11.	Migraine	2
12.	Cervical Spondylitis	1
13.	Asthma	1
	Total	23

4.4.3 CONFERENCE, SEMINAR, WORKSHOP AND PUBLICATION

- Attended International Yog Culture and Spirituality, organized by DSVV (Haridwar) during 02 – 06 October, 2011.
- ‘Sayukt Takniki Sanghosthi’ organized by Institute of Nuclear Medicines and Allied Sciences (INMAS), Delhi, 11th November, 2011.
- ‘Hindi Sanghosthi’, organized by DIPAS, Delhi in 08 – 09 December, 2011.
- Physiological Effect of Yogic Practice on Young Indian Students: a Comparative Approach’ APPICON 2011, 57th annual conference of association of physiologist & pharmacologist of India, organized by All India Institute of Medical Sciences (AIIMS), New Delhi during 13 – 17 December, 2011.
- Yoga for Combatants’ APPICON 2011, 57th annual conference of association of physiologist & pharmacologist of India, organized by AIIMS, New Delhi during 13 – 17 December, 2011.
- Effect of Yoga on diabetes mellitus: a therapeutic approach. APPICON 2011, 57th annual conference of association of physiologist & pharmacologist of India, organized by AIIMS, New Delhi during 13 – 17 December, 2011.
- Improvements of Autonomic and Physiological Functions through Raj Yoga Meditation’ International Symposium On Recent Trends in Neurosciences & XXIX Annual Conference of Indian Academy of Neurosciences organized by DIPAS, New Delhi during 30 Oct – 01 Nov, 2011.
- Improvement of autonomic stability in terms of heart rate variability and valsava after 12 months of Yogic practice. International conference on frontiers in Biological research, organized by Dept. of Human Physiology with community health, Vidyasagar University, Medinipur during 26 – 27 February, 2012.
- Attended ‘National Yoga Week - 2012’ organized at MDNIY, New Delhi during 12 – 18 February, 2012.
- Effects of One Year Yogic Practice on Lung Function, Strength and Flexibility of Students’ International conference on frontiers in Biological research, organized by Dept. of Human Physiology with community health, Vidyasagar University, Medinipur during 26 – 27 February, 2012.
- ‘Akhil Bhartiya Rajbhasa Vighyanik Sangosthi’, organized by DIPAS, Delhi, during 19 – 20 January, 2012.

4.4.4 RESEARCH PROJECTS UNDERTAKEN:

- Effects of Yoga on Physical and Physiological Parameters of Air Force Personnel, field study is completed.
- Physiological and biochemical assessment of Air Force personnel before and after 3 months of Yogic practice, field study is completed.
- Impact of Yoga Protocol of a one year Diploma in Yoga Science for Graduates within the Age Group of 21 – 30 Years, field study is completed.

4.5 ADVANCED CENTRE FOR YOGA EDUCATION AND RESEARCH IN RESPIRATORY DISORDERS & GERIATRIC CARE AT GAU, JAMNAGAR**4.5.1 O.P.D. AT ACYER**

O.P.D. of ACYER for Yoga Therapy is being run every Tuesday & Thursday from 4:00 to 6:00 pm at SGAM Hospital, GAU, Jamnagar. Total 25 OPDs were run and 2227 patients (1059 male and 1168 Females) had availed this facility during the year 2011-12.

4.5.2 Seminar/ Conference/ Workshop conducted/Participated:

Theme	Date/ Duration
International Seminar on Yoga	23/09/11 to 25/09/11
National Workshop and Seminar on “Music Therapy”	08/01/12
National Conference on Traditional Physical Culture, Sports & Games	15/01/12 to 17/01/12
Yoga & Holistic Personality	12/02/11 to 14/02/11
Naturopathy & Yoga National Conference	24/03/12 to 25/03/12

4.5.3 IEC ACTIVITIES**4.5.3.1 Courses/ Programmes/ Camps conducted:**

Programme	Date/Duration	Number of Participants
Yoga Awareness Camps	21/06/11 to 25/06/11	13
	16/06/11 to 21/06/11	21
	28/06/11 to 02/07/11	26
5 days special camp of Korean Gynecologist Doctors	27/04/11 to 01/05/11	4
Special Diagnostic Camp at MP Shah Vriddhaashrama, Jamnagar	20/07/11	41
	21/07/11	48
5 days special camp for 2 nd year Ayurveda Graduate Students of SGAM, GAU, Jamnagar	04/08/11 to 09/09/11	43
Sarvaroga Nidana Camp at Anadabava Mahila Vriddhaashrama, Jamnagar	25/06/11	33
	17/09/11	32
5 days special camp for Second Year Ayurvedic Graduate, ICAS students of SGAM, GAU	04/10/11 to 10/10/11	8
15 days special camp for Foreigners	11/11/11 to 28/11/11	5

4.5.3.2 Educational Activities:

ACYER had organized “Foundation Course in Yoga” for Ayurved Students (2nd term, 2nd year BAMS at Shri G.A.M., Jamnagar) and Medical Graduates from 04/07/11 to 03/08/11. Total 43 participants have undergone this programme.

4.5.3.3 Awareness Programmes:

To create an awareness about the centre and its activities, 15 days camps for “Respiratory Care”, “Geriatric care” and “General Awareness” were organized in the year 2011-12 as per the under mentioned details. The outcome of such camps has been very positive and it is believed that it will be of great value for organizing the treatment/ research activities in future.

No.	Name of the Activities		No. of Batches	Total Male Participants/ Patients	Total Female Participants/ Patients	Total Participants/ Patients
1	General Awareness		24	90	102	192
2	Care Camps	Respiratory	16	19	27	46
		Geriatric Care	18	34	31	65
	Grand Total		58	143	160	303

4.5.3.4 Apart from these, **Disease-wise Yoga Awareness Camps** were organized in the year 2011-12

No.	Name of the Activities	No. of Batches	Total Male Participants/ Patients	Total Female Participants/ Patients	Total Participants/ Patients
1	Hypertension	24	26	74	100
2	Diabetes Mellitus/ Obesity	24	19/29	25/102	44/131
3	Arthritis/ LBP	24	42	157	199
	Grand Total	72	116	358	474

4.5.3.5 The centre has organized 3 Yoga Awareness Camps at various Colleges/Institutes during the year. Total 60 participants have participated and benefited. Out of these participants, 14 were male and 46 were females.

4.5.3.6 Developmental-Extension Activities:

31 **Lectures – demonstration** sessions at various places have been held during the year by the experts from the centre. Number of participants have participated and benefited from these.

4.5.3.7 Publications:

- Pamphlets released on “**Sthaula mate Yoga**” and “**Chintajnit rogo mate Yoga**” by

Shri Narendra Modi, Hon'ble Chief Minister, Gujarat.

- Booklets released on “Sthaula mate Yoga” and “Chintajnit rogo mate Yoga” by Shri Narendra Modi, Hon'ble Chief Minister, Gujarat

4.4.4 RESEARCH PROJECTS UNDERTAKEN:

Research protocols prepared by ACYER on “The Role of Yoga Therapy in the Management of Janu Sandhivata (Osteoarthritis of the knee) in Geriatric Care” and “The Role of Yoga Therapy in the Management of Bronchial Asthma (Tamaka Shwasa)” have been completed and counselling for the probable project were carried out.

4.5 ADVANCED CENTRE FOR YOGA THERAPY AND RESEARCH IN CHEST DISEASES AT GOVT. MEDICAL COLLEGE, JAMMU

A MoU between MDNIY and Government Medical College, Jammu has been signed on 11.11.2010 to establish one more Advanced Centre for Yoga Therapy and Research in chest diseases. The new building and infrastructure work of the centre has been initiated with the financial support of Ministry of Health and Family Welfare, Jammu. The process of recruitment of contractual staff for the centre has also been initiated. The Centre has imparted Yoga Training to the staff, students and general public which was appreciated.

CHAPTER – V COMMUNICATION & DOCUMENTATION

5.1 NATIONAL YOGA WEEK –2012

National Yoga Week –2012, a mass awareness programme for Health, Happiness and Harmony all through Yoga was organized from 12 – 18 February, 2012 in the Institute. The theme of National Yoga Week-2012 was "Yoga for Holistic Personality Development".

The event was inaugurated by Swami Nikhilananda Saraswati, Spiritual Head, Chinmaya Mission, New Delhi. The valedictory session was presided by Sh. Bala Prasad, Joint Secretary, Govt. of India, MHFW, Dept. of AYUSH. The souvenir and abstract book were released during the inaugural function.

Objectives

The objectives of National Yoga Week-2012 were to provide a common platform to policy makers, Yoga experts, specialists, professionals, students and researchers from Yoga allied disciplines to discuss and deliberate upon the theme; and also to propagate knowledge among the masses

National Yoga Week-2012 comprised the following three events:

National Conference on Yoga for Holistic Personality Development (Feb.12 - 14, 2012)

The Conference was on the theme of "Yoga for Holistic Personality Development", which was held from 12-14 February, 2012. The three-day conference comprised the following sub-topics:

1. Self Awareness and Personality Diagnosis
2. Role of Yoga in the Development of Inter-personal Relationship
3. Role of Core Ideology in Individual Excellence
4. Yogic Management of Personality Problems
5. Aspects of Personality according to various ancient and modern literatures

National Seminar on Yogic Intervention for Personality Development (Feb.15, 2012)

The seminar was on the theme of Yogic Intervention for Personality Development which was held on 15th February, 2012.

National Workshops on Yoga for Holistic Personality Development (Feb. 16-18, 2012)

During the 'National Yoga Week-2012', workshops were conducted by eminent experts of leading Yoga Institutes of the country, imparting knowledge on the applied aspects of Yogic practices. The participating Institutes and Modern Psychologists were:

1. Ramamani Iyengar Memorial Yoga Institute, Pune

2. The Yoga Institute, Santacruz, Mumbai
3. Kaivalyadhama, Lonavla, Distt. Pune
4. SVYASA University, Bangalore
5. International Centre for Yoga Education & Research, Puducherry and Morarji Desai National Institute of Yoga, New Delhi
6. Prof. C.G. Despande and Prof. P.A. Bhagwatwar, Modern Applied Psychologists, Pune

On this occasion, 6 booklets prepared by the above Institutes and modern pshychologist were published and released on the Inaugural day.

The additional events of the National Yoga Week-2012 were:

1. Yoga Demonstration
2. Satsang
3. Cultural Events
4. Exhibition
5. Yoga Multimedia
6. Poster Presentation
7. Best Research Paper presentation

Eminent Yoga experts, Professionals and Specialists from Yoga and Allied Sciences participated in the week long mega event. Total 1079 delegates and students from different parts of the country participated. 80 experts of Yoga and Allied Sciences presented and shared their views.

5.2 Swami Vivekananda District Yoga Wellness Centres (SVDYWC)

Morarji Desai National Institute of Yoga is providing financial assistance to run Swami Vivekananda District Yoga Wellness Centre (SVDYWC) through Public Private Partnership for the propagation and promotion of Yoga and as an intervention in public health care initiatives. The scheme is aimed at to support Non-Government Organizations (NGOs), partially to promote Yogic activities for public/ community health care and to encourage utilization of Yoga professionals in public health care delivery programme. This scheme is launched with following specific objectives:

1. To increase mass awareness about the health benefits of Yoga.
2. To impart training facility on standard Yoga practices for physical, mental and spiritual well-being of the people.
3. To create a network of Yoga Training Institutes/Centers for propagation and

promotion of Yoga.

4. To co-ordinate Yoga in School Health Programme of MDNIY with the help of teachers trained in each district under School Health Programme by leading Yoga Institutes.

Under this scheme, one centre per district is to be established through eligible NGOs. They will be financially assisted with Rs. 3.90 lakh per annum as recurring grant and Rs. 0.60 lakh as non-recurring grant (one time) for carrying out different Yoga propagation and promotional activities at district level with the help of one male, and one female Yoga Instructor, possessing at least a regular degree or diploma in Yoga from any university or Institute of repute, and an attendant.

The scheme launched during the year 2010-11 and total 100 districts were selected for financial grants under PPP mode to establish SVDYWC with the monitoring assistance of eight leading Yoga Institutions of the country in their assigned States.

Out of these, 98 SVDYWCs had been made functional to conduct the following Yoga Training Programme as scheduled within the scheme.

Achievements :

- a. Foundation Course in Yoga Science for Wellness of one month duration has been conducted by the Centres with an aim to introduce Fundamentals of Yogic Practices to the common man for wellness. This course is having 36 hours of practical training with 12 hours of related theory lectures for the matriculated participants. Nearly 500 such courses have been conducted where total 12000 people participated.
- b. As a part of the scheme, Quarterly Yoga Awareness Camps/Workshops have been organized to increase the mass awareness about Yoga and its practices. Total 400 such awareness programmes were conducted and 40,000 people have been benefited.
- c. Nearly 600 Special Yoga Programmes have also been conducted by the centres and more than 3500 people were benefited.
- d. Regular Yoga Training Programmes by each SVDYWC were separately conducted for Males & Females. Total 20,000 people were benefited.

Thus, all the established SVDYWC under the scheme, progressing significantly to achieve the objectives of the scheme.

5.3 PROPAGATION: Arogya/ Health Mela/Exhibition

5.3.1 AROGYA Dehradun

The Institute has participated in AROGYA Dehradun, Uttarakhand from 8th -11th July, 2011. The AROGYA was inaugurated by Sh. Ramesh Pokhriyal "Nishank, Hon'ble Chief Minister, Uttarakhand on 8th July, 2011.

Following activities were performed by MDNIY during the Health Mela:

- Live Yoga Demonstration.
- Consultation was given on different diseases.
- Free distribution of IEC material.
- Exhibition on Yogic practices.

5.3.2 MTNL Perfect Health Mela, New Delhi

The Institute has participated in MTNL Perfect Health Mela organized by Heart Care Foundation of India, New Delhi at NDMC ground, Near Laxmibai Nagar, New Delhi, from 19th-23rd October, 2011.

The following activities were performed by the Institute:

- Live Yoga Demonstration, Yoga & Music Fusion programme.
- Display and distribution of IEC material.
- Display of Yogic postures through posters and translites.
- Free consultation by Yoga experts.
- Sale of priced publication.

5.3.3 Arogya Jaipur

The Institute has participated in AROGYA Jaipur from 6th-9th January, 2012. The Health Mela was inaugurated by Sh. Ashok Gehlot, Hon'ble Chief Minister, Rajasthan.

Following activities were performed during the Health Mela by MDNIY:

- Live Yoga Demonstration.
- Consultation was given on different diseases.
- Free distribution of IEC material.
- Exhibition on Yogic practices.

5.3.4 Surajkund Mela

Morarji Desai National Institute of Yoga has participated in Surajkund Mela from 1st-15th February, 2012. The Institute conducted the following programmes during the Mela:

- Exhibition of Yogic practices
- Free distribution of IEC material
- Sale of priced publications

5.3.5 AROGYA Trivandrum

The Institutes has participated in AROGYA Trivandrum, Kerala from 9th-14th February, 2012. The Health Mela was inaugurated by Sh. Vayalar Ravi, Hon'ble Union

Cabinet Minister of Overseas Indian Affairs. Sh. S. Gandhiselvan, Hon'ble Union Minister of State Health for Health & Family Welfare, Govt. of India highlighted the importance of Alternative System of Medicine during the valedictory function on 14th February, 2012.

The following programmes were conducted by MDNIY during the Health Mela:

- Sale of priced publications.
- Posters and banners were displayed.
- Exhibition of Yogic practices.
- Free distribution of IEC material.

Separate Audit Report of the Comptroller and Auditor General of India on the Accounts of Morarji Desai National Institute of Yoga for the year ended on 31 March 2012.

We have audited the attached Balance Sheet of Morarji Desai National Institute of Yoga, (the Institute), as at 31st March, 2012, the Income and Expenditure Account and Receipts & Payments Account for the year ended on that date under Section 20(1) of the Comptroller and Auditor General's (Duties, Power & Conditions of Service) Act, 1971. The audit has been entrusted for the period upto 2015-16. These financial statements are the responsibility of the Institute's management. Our responsibility is to express an opinion on these financial statements based on our audit.

2. This Separate Audit Report contains the comments of the Comptroller & Auditor General of India (CAG) on the accounting treatment only with regard to classification, conformity with the best accounting practices, accounting standards and disclosure norms, etc. Audit observation on financial transactions with regard to compliance with the Law, Rules & Regulations (Propriety and Regularity) and efficiency-cum performance aspects, etc., if any, are reported through Inspection Reports/CAG's Audit Reports separately.

3. We have conducted our audit in accordance with auditing standards generally accepted in India. These standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatements. An audit includes examining, on a test basis, evidences supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management as well as evaluating the overall presentation of financial statements. We believe that our audit provides a reasonable basis for our opinion.

4. Based on our audit, we report that:

- i. We have obtained all the information and explanations, which to the best of our knowledge and belief were necessary for the purpose of our audit.
- ii. The Balance Sheet, Income & Expenditure Account and Receipts and Payments Account dealt with by this report have not been drawn up in the format prescribed by the Govt. of India, Ministry of Finance.
- iii. In our opinion, proper books of accounts and other relevant records have been maintained by the Morarji Desai National Institute of Yoga in so far as it appears from our examination of such books.
- iv. We further report that:

A. Balance Sheet

A.1. Liabilities

A.1.1. Provision for retirement benefits

Provision for Pension, Gratuity, and Leave encashment as required in the common format of accounts for the central autonomous bodies has not been made on actuarial basis.

B. General

- B.1. The Institute had released an advance amounting to Rs. 10.10 crore to HSCC limited for construction work and had shown it as Capital work in progress. Settlement bills for the same were not received during the year 2011-12. This needs to be reconciled.

C. Grants-in-aid

Morarji Desai National Institute of Yoga received a Grant of Rs. 1131.29 lakh (Plan Rs. 730.82 lakh and Non-plan Rs. 404.47 (lakh) during 2011-12, in addition to unspent balance of previous year Rs. 11.73 lakh (Plan) and Rs. 4 lakh (Non-plan). Out of grant received, Rs. 311.42 lakh was received in March, 2012. The Institute utilized Rs. 1048.90 lakh (Rs. 692.08 lakh (Plan) and Rs. 356.82 lakh (Non-plan) leaving an unutilized balance amounting to Rs. 98.12 lakh (Rs. 50.47 lakh (Plan) and Rs. 47.65 lakh (Non-plan) as on 31st March, 2012.

D. Management letter: Deficiencies which have not been included in the Audit Report have been brought to the notice of the Director, Morarji Desai National Institute of Yoga, through a management letter issued separately for remedial / corrective action.

v. Subject to our observations in the preceding paragraphs, we report that the Balance Sheet, Income and Expenditure Account and Receipts and Payments Account dealt with by this report are in agreement with the books of accounts.

vi. In our opinion and to the best of our information and according to the explanations given to us, the said financial statements read together with Accounting Policies and Notes on Accounts, and subject to the significant matters stated above and other matters mentioned in Annexure to this Audit Report give a true and fair view in conformity with accounting principles generally accepted in India;

a. In so far as it relates to the Balance Sheet, of the state of affairs of the Morarji Desai National Institute of Yoga as at 31st March, 2012; and

b. In so far as it relates to Income and Expenditure Account of the surplus for the year ended on that date.

For and on behalf of the C & AG of India

Director General of Audit
Central Expenditure

Date :

Place: New Delhi

Annexure

1. Adequacy of Internal audit system

The internal audit has been conducted by the Ministry of Health & Family Welfare for the period up to 2010-11 and 2011-12 but final report is awaited.

2. System of physical verification of Fixed Assets

The Physical verification of fixed assets had been conducted till 2011-12.

3. System of physical verification of inventory

Physical verification of inventory like stationery, consumable and library books and publication had been conducted up to 2011-12.

4. Regularity in payment of statutory dues

As per accounts, no payment over six months in respect of statutory dues is pending as on 31.03.2012.