



NEWSLETTER | OCTOBER-DECEMBER, 2019



MDNIY plays a pivotal role at International Conference on Yoga for Heart Care

Shri Shripad Yesso Naik, Hon'ble Minister of State for AYUSH (I/C) and Minister of State for Defence inaugurated the Two-Day International Conference on Yoga for Heart Care at Karnataka State Open University, Mysuru on 15.11.2019.

The function was also graced by Shri Vaidya Rajesh Kotecha, Secretary (AYUSH); Yogrishi Swami Ramdev, Founder, Patanjali Yogpeeth, Haridwar; Dr. H.R. Nagendra, Chancellor, SVYASA University, Bengaluru; Shri Kamlesh D.Patel, President, Ramchandra Mission, Hyderabad; Shri Pratap Simha, Member of Parliament, Mysuru; Dr Dharmendra Singh Gangwar, Additional secretary & Financial Advisor, Ministry of Health & Family Welfare, Govt. of India; Shri Pramod Kumar Pathak, Additional Secretary (AYUSH); Dr. Ina Stephens, Charlottesville, VA, USA; Dr. Ishwar.V. Basavaraddi, Director, MDNIY including senior officials of AYUSH Govt. of Karnataka and other officials from the Ministry were present in the conference. Total 800 delegates and experts both from India and abroad were participated in the conference including delegates from 20 countries viz, UK, USA, Italy, Netherland etc.



MDNIY Celebrates 150th Birth Anniversary of Mahatma Gandhi

Morarji Desai National Institute of Yoga organized Prayer, Dhyan, Bhajan on the occasion of Mahatma Gandhi Ji's 150th Birth Anniversary. Gandhi Ji's Priye Bhajans were recited, which uplifted the staff and students to the different levels of spirituality. The Director, Staff and Students also spared their time for the Swachh Abhiyan.



The institute participates at Mega Naturopathy Camp in Goa



MDNIY participated at Mega Naturopathy Camp, Goa. The event was organised by NIN, Pune to celebrate 150 years of Mahatma Gandhi. The Institute displayed Yoga training, therapy, diet counselling and Yoga Fusion Program.



Director, MDNIY leads Swachh Bharat Abhiyan



A small effort of MDNIY's fraternity towards Swachh Bharat Abhiyan under the leadership of Dr. Ishwar.V. Basavaraddi, Director, MDNIY.

Paryatan Parv

The institute conducted so Yoga programs viz. Yoga therapy, training, demo, counselling, Common Yoga Protocol, Folk dances, Play on the journey of a Yogi, etc., besides Yoga Fusion Program, during the Parv. The Ministry of Tourism devoted 6.00 pm to 6.20 pm solely for the Yoga Fusion Program in the Paryatan Parv. The Yoga activities of the institute got appreciation both from the Ministry of Tourism as well as the public.



David Tredinnick's visits MDNIY

David Tredinnick's MP, House of Commons, London visited MDNIY. The Director, MDNIY explained him about the different activities and programmes of the institute.



The institute organized 74th Pancham Swar on the theme of "Aardhana" with the special performance of "Shri Anwar Khan Langa and Troupe (Rajasthani Folk)" by SPIC-MACAY society on 6th December 2019, Friday at 3:00 PM.

The main motto of Pancham Swar is to encourage extra-curricular activities and to explore the hidden potential of students and staff.

Pancham Swar





MDNIY secured FIRST position in Swachhta Ranking

Morarji Desai National Institute of Yoga has participated in Swachhta ranking and stood FIRST position among offices in New Delhi Municipal Council (NDMC) area for the Quarter April-June, 2019. It has been the proud moment for the institute.



Harshit Manav wins Gold Medal

Harshit Manav, student of M.Sc. (Yoga), 1st semester, won a GOLD medal in the Individual Category (Yoga) at the 16th Intercollegiate Annual Sports meet at Guru Gobind Singh Indraprastha University (GGSIU), Dwarka, New Delhi.



Mohan Lal wins Gold Medal



Mr. Mohan Lal, student of Diploma in Yoga Science (DYSc.), Batch 2018-19 has participated in the Yoga Competition at Mega Naturopathy Camp held at Goa and has secured the FIRST position. Sh. Pramod Sawant, Hon'ble CM of Goa handed over the certificate to Mr. Mohan. The event was organised by National Institute of Naturopathy (NIN), Pune, Ministry of AYUSH, Govt. of India.



Satyam Tiwari wins Gold Medal

Sh. Satyam Tiwari, B.Sc. Student (Batch: 2016-19), awarded a Gold Medal in the 13th Convocation of Guru Gobind Singh Indraprastha University, Dwarka, Delhi for securing the 1st position in B. Sc. (Yoga Science). The Institute congratulates him.

The institute participates at National Youth Fest, 2019



Ms Namrata a student of Diploma in Yoga Science (DYSc.): 2019-2020 for Graduates of the institute got SECOND prize in Mehandi Competition of National Youth Fest 2019, held at Jawaharlal Nehru Stadium.

M.Sc. and B.Sc. students at Inter Collegiate Annual Sport



Girls team of M.Sc (Yoga) and B.Sc (Yoga) of the institute got FIRST prize in the 16th Intercollegiate Annual Sports meet at Guru Gobind Singh Indraprastha University (GGSIPU), Dwarka, New Delhi.

BOYS team of M.Sc (Yoga) and B.Sc (Yoga) of MDNIY also got FIRST prize in the 16th Intercollegiate Annual Sports meet at Guru Gobind Singh Indraprastha University (GGSIPU), Dwarka, New Delhi



Dr. Ishwar V. Basavaraddi assumes additional charge of Advisor (Yoga & Naturopathy)

Consequent upon the approval of the Appointment Committee of the Cabinet vide AYUSH order dated 18.10.2019, Dr: Ishwar V. Basavaraddi, Director Morarji Desai National Institute of Yoga (MDNIY) has assumed the additional charge of the newly created post advisor (Yoga & Naturopathy) in the Ministry of AYUSH, Government of India on 21-10-2019.

it is a great moment for the promotion and development of Yoga & Naturopathy systems.

On this great day, the entire fraternity of MDNIY cheers him on his new journey.

It also gives us great pleasure to extend our warmest congratulations to Advisor (Y&N)

Valedictory function of 22nd Batch of Central Armed Police Forces and 4th Batch of Delhi Police of Certificate Course in Yoga Science for Wellness



Smt. Anupam Kulshreshtha, IPS, Inspector General (Prov.), CRPF, New Delhi was the Chief Guest of the valedictory function of 22nd Batch of Central Armed Police Forces and 4th Batch of Delhi Police of Certificate Course in Yoga Science for Wellness. The function was presided over by Dr. I.V. Basavaraddi, Director, MDNIY.



Launch of Wall and Desk Calenders-2020

Vaidya Rajesh Kotecha, Secretary AYUSH, Govt. of India launched Morarji Desai National Institute of Yoga's Wall and Desk Calendars - 2020 on the theme 'Yoga for Heart Care' at AYUSH Bhawan, New Delhi on 31.12.2019. The calendar launch ceremony was also graced by Sh. Pramod Kumar Pathak, Additional Secretary AYUSH; Shri Roshan Jaggi, Joint Secretary AYUSH; Sh. P.N. Ranjit Kumar, Joint Secretary AYUSH; Dr. Ishwar.V. Basavaraddi, Advisor (Yoga & Naturopathy) and Director MDNIY; Dr. Manoj Nesari, Advisor (Ayurveda); Dr. Tanuja Nesari, Director, AIIA and Sh. Vikram Singh, Director AYUSH.



A team of Mekong Ganga Co-operation visits MDNIY



A delegation of 25 members from Mekong Ganga Co-operation (MGC) Countries along with some staff of Ministry of AYUSH visited the institute on 23rd October, 2019. The Communication and Documentation Officer (C&DO) explained them about the various programmes and activities of the Institute. The C&DO also presented a brief presentation about MDNIY. The delegation appreciated Yoga Fusion Programme and activities of the institute.

Festival of Lights - Diwali Evening

The Staff and students of the institute participated in the festival of light where many performances were organized.





A Yoga session by MDNIY was organized for WHO Delegates at Taj Mansingh Hotel



Saturday CYP

MDNIY has been playing a pivotal role for the successful organization of International Day of Yoga (IDY) since its very beginning. The Common Yoga Protocol (CYP) session is a perennial feature in the institute on Every Saturday throughout the year. Now, with more fervor and enthusiasm, the CYP sessions are being conducted by Dr. Ishwar.V. Basavaraddi, Director MDNIY from 7.30 am to 8.30 am followed by Discourse and Dhyana Session from 9.00 am to 10.30 on every Saturdays.



Clinical Yoga Therapy Workshop on Yoga for Musculoskeletal Disorders

Clinical Yoga Therapy Workshop on "Yoga for Musculoskeletal Disorders" by Sh. VM Janakiraman, Senior Yoga Mentor & Teacher, Krishnamacharya Yoga Mandiram, Chennai was conducted on 30.11.2019 at MDNIY. More than 250 students, Yoga Sadhaks were participated.



Shri VM Janakiraman
Senior Yoga Mentor & Teacher .
Krishnamacharya Yoga Mandiram,
Chennai

For Online Registration Click Here:
<https://forms.gle/mWKR8ZoxdNuhAtgt7>



Know India Programme

40 Diaspora youth of Indian Origin from different countries visited the institute under the 56th Know India Programme. Yoga Session of one hour duration was conducted for the delegates and they were also explained about the various activities and programmes of the Institute.



Orientation Lecture

Shri Manoj Dhyani, DIG (Rectt), CRPF, New Delhi conducted a Weekly Orientation Lecture for Paramilitary and Delhi Police at the institute on 19/10/2019.

Lecture on 'Neuro Physiological Mechanism of Yogic Practices' by Dr. Kaviraja Udupa, MD, Ph.D, Additional Professor, Department of Neurophysiology, NIMHANS, Bangalore on 19th Nov, 2019.

Smt. A. Yamini Priya , DIG (Tech, Trg) CISF conducted weekly orientation lecture of Paramilitary and Delhi Police at the institute.



Monthly Orientation Lecture

Dr. Jivasu, Founder, Naturality Movement, Rishikesh, Uttarakhand delivered the Monthly Orientation Lecture on 'NATURALITY- A Natural Path of Spiritual Awakening and Integrative Medicine' on 6th December, 2019. Dr. Dharmendra Singh Gangwar, Additional Secretary & Financial Advisor, Ministry of Health & Family Welfare, Govt. of India presided over the function.



The lecture was also graced by Senior Officers of Ministry of Health & Family Welfare, Ministry of AYUSH, Councils and Sister Organizations of Ministry of AYUSH, officers of modern medical hospitals viz. Vallabhbhai Patel Chest Institute, University of Delhi, North Campus including other senior level officers. Director MDNIY welcomed all the dignitaries and officers for their participation.

A Monthly Orientation Lecture by Sh. Shekhar Iyer, Senior Journalist & Analyst on The Essence of Communication Skills on 8th November, 2019 at 02.00 p.m

A Lecture on YOGA PHILOSOPHY AND MODERN SCIENCE by Prof. Ramnath Jha, School of Sanskrit & Indic Studies, Jawaharlal Nehru University, New Delhi was also delivered in the month of October.

Foundation Course in Yoga Science for Wellness at Heartfulness Education Trust (HET), Kanha Shantivanam, Hyderabad by MDNIY

Foundation Course in Yoga Science for Wellness and CCYPI was started at Heartfulness Education Trust (HET), Kanha Shantivanam, Hyderabad by MDNIY. It's the part of MoU signed between MDNIY and HET. Dr. Ishwar V Basavaraddi, Director MDNIY delivered an Orientation Class to the participants of Foundation Course in Yoga Science for Wellness at Heartfulness Education Trust (HET), Hyderabad. The course students include from India, Germany, France, Russia, Iran and Switzerland. And it has been jointly conducted by MDNIY and HET under an MoU signed between them.



Certificate Course in Yoga for Protocol Instructor (CCYPI)

MDNIY also conducted a new Certification Course in Yoga for Protocol Instructor (CCYPI) of one month duration (200 Hrs.) at HET.

Director's Visit

- Director, MDNIY, attended a "SKY YOGA Conference" on 1st November, 2019 as a "Keynote Speaker" which was held from 1-3 November, 2019 for Allopathic doctors at the Temple of Consciousness, Aliyar, Coimbatore, Tamil Nadu.
- Director, MDNIY delivered an Orientation Lecture and guides the participants of the 7-days Foundation Course in Yoga Science for Wellness (FCYScW) conducted by MDNIY in association with Heartfulness Institute, held on 2nd November, 2019 at Heartfulness Institute, Kanha Shantivan, Hyderabad. The course students participated were from India, Germany, France, Russia, Iran and Switzerland.



- An International Conference on Yoga for Heart Care was organized by Ministry of AYUSH, GOI from 15 to 16 November, 2019 at the Auditorium of Convocation Hall, Karnataka State Open University, Mysore with the theme "Yoga for Heart Care". Director, MDNIY, was invited as a Resource Person in Technical Session No.1 on the topic "Yoga for Heart Care: Evidence Based Yoga Modules" held on 15th November, 2019.
- Director, MDNIY, attended a Departmental Screening Committee held on 1st October, 2019 at 03:00 pm at All India Institute of Ayurveda, Sarita Vihar, New Delhi, for consideration of clearance of probation period in respect of Dr. Namrata Raj, Yoga Instructor, All India Institute of Ayurveda.

Directorate of AYUSH, Dhanwantri Road, Bangalore, to review the preparedness and to finalize the arrangements of the International Yoga Conference to be held in Mysore during 15-16 November, 2019.

Director, MDNIY, participated in a review meeting held by Government of Karnataka on 18th October, 2019 at 03:00 pm in the Meeting Hall,



- Director, MDNIY, was invited as Chief Guest of Valedictory Function for Continuing Education Programme (CEP) entitled 'Yoga for Performance Improvement in Different Operational Environmental Conditions' conducted by Defense Institute of Physiology and Allied Sciences (DIPAS) held on Wednesday, 23rd October, 2019 at DIPAS, Lucknow Road, Timarpur, Delhi.

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 October-December, 2019:

Sl. No.	Total No. of Sadhaks	Place
1	40	India Red Cross Society
2	98	Nirman Bhawan
3	43	R.W.A. Kaka Nagar
4	115	R.W.A. New Rajendra Nagar
5	91	R.W.A. Kaveri Appartment, Vasant Kunj
6	24	Air Force Station, Palam
7	08	Ministry of Govt. Account and Finance
8	110	BIS

PROGRAMME REPORTS

Morarji Desai National Institute of Yoga

	October	November	December
FCYScW	49	50	48
CCYPI	73	73	73

Dr. Shyama Prasad Mukharjee Swimming Pool Complex, Talkatora Garden

	October	November	December
FCYScW	51	45	45
CCYPI	55	55	55

Jawahar Lal Nehru Stadium Complex

	October	November	December
FCYScW	41	36	31
CCYPI	45	45	45

FCYScW: Foundation Course in Yoga Science and Wellness.
 CCYPI: Certificate Course in Yoga for Protocol Instructor, 3 months course
 CCYWI: Certificate Course in Yoga for Wellness Instructor, 6 months course

Morarji Desai National Institute of Yoga Ministry of AYUSH, Govt. of India

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Major Dhyan Chand Stadium Complex

	October	November	December
FCYScW	19	10	07
CCYPI	12	12	12

Indira Gandhi National Stadium

	October	November	December
FCYScW	43	17	16
CCYPI	30	30	30

Amity University

	October	November	December
FCYScW	24	15	19
CCYPI	34	34	34

OPD (HCP, DIABETES, YTS)

HCP	450
DIABETES	57
YTS	181
TOTAL	688