

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of AYUSH, Govt. of India

E-Newsletter : May - June, 2019

PM Leads IDY 2019 at Ranchi

Shri Narendra Modi Ji, Hon'ble Prime Minister of India led the 5th celebration of International Day of Yoga (IDY) at the Prabhat Tara Maidan, Ranchi, Jharkhand where more than **30,000** Yoga enthusiasts practiced Common Yoga Protocol along with the Hon'ble Prime Minister.

The event was also graced by Smt. Draupadi Murmu, Hon'ble Governor of Jharkhand and Sh. Raghubar Das, Hon'ble Chief Minister of Jharkhand; Shri Shripad Yesso Naik, Hon'ble Minister of State (I.C.), Ministry of AYUSH, Govt. of India including dignitaries, senior officers of Govt. of India and Govt. of Jharkhand as well as Yoga experts and enthusiasts.

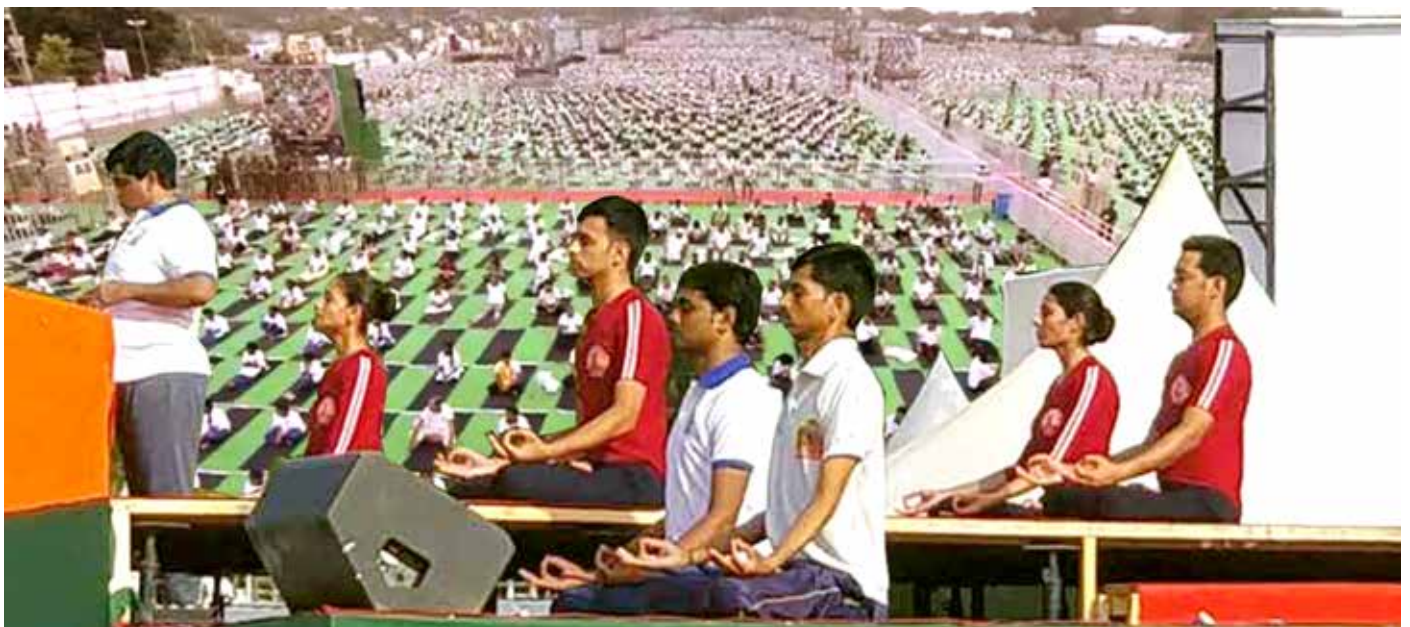




Ministry of AYUSH in association with leading Yoga Institutions, Centre and State Governments, State Departments and Ranchi Administration successfully organised the 5th edition of IDY on 21st June, 2019.

MDNIY actively participated in the 5th International Day of Yoga (IDY) on June, 21 at Ranchi. The Institute played a pivotal role in making the event a grand success. Common Yoga Protocol Booklets and DVDs were prepared and got printed by the Institute in consultation with eminent Yoga Experts and the official of various Ministries of Govt. of India.

A team of MDNIY led by Dr. I V Basavaraddi, Director MDNIY facilitated all the technical supports in celebration of 5th International Day of Yoga at Prabhat Tara Maidan, Ranchi, Jharkhand to make the event grand success. Director MDNIY was the Master of Ceremony and staff and students of the institute performed Yoga demo on the stage.





Curtain Raiser Programme for IDY at Ranchi

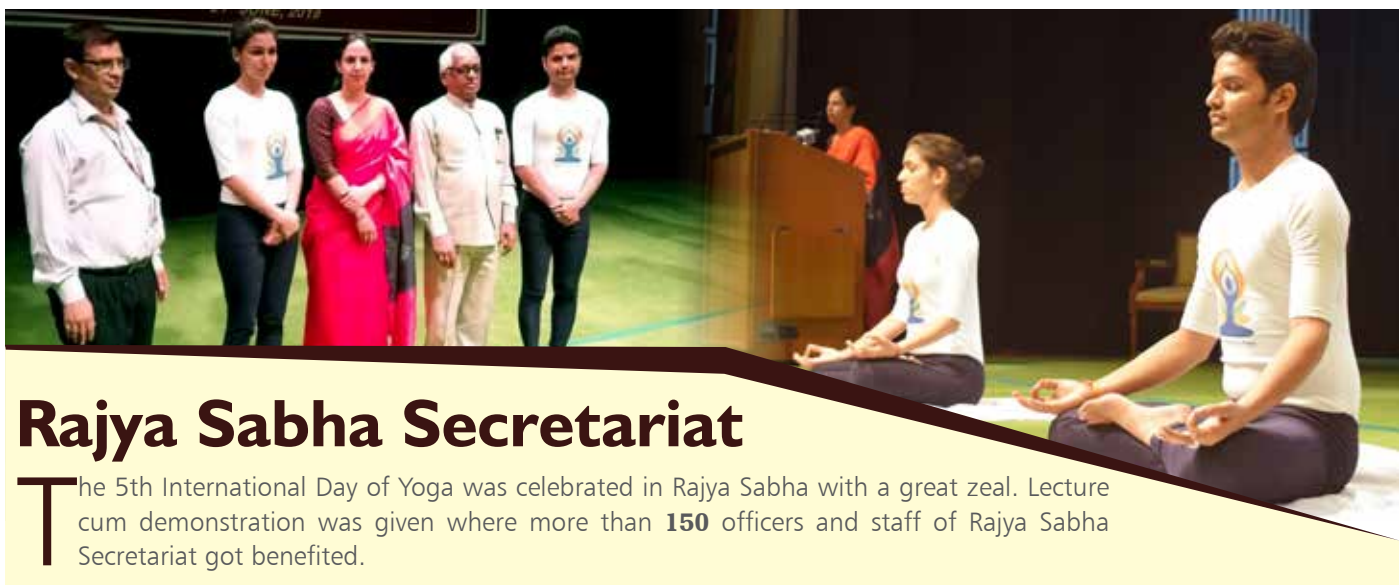
A Curtain Raiser Programme for International Day of Yoga-2019 was held at Raj Bhavan, Ranchi. The programme was graced by Smt. Draupadi Murmu, Hon'ble Governor of Jharkhand and Sh. Raghubar Das, Hon'ble Chief Minister of Jharkhand. The programme also witnessed the presence of dignitaries, senior officers of Govt. of India and Govt. of Jharkhand including Yoga experts and enthusiasts.

Dr. IV Basavaraddi, Director MDNIY led the Common Yoga Protocol session during the Curtain Raiser programme.

Lok Sabha

The Institute provided technical supports in the celebration of 5th International Day of Yoga in the Lok Sabha. Shri Om Birla, Hon'ble Speaker of Lok Sabha led the Yoga Day celebration at Parliament premises. The Common Yoga Protocol session was also graced by Shri Prahlad Joshi, Hon'ble Parliamentary Affairs Minister; Shri, Locket Chatterjee, Hon'ble MP; Shri Suresh Prabhu, former Aviation Minister along with other dignitaries and senior officers and staff. More than **400** people participated in the event.

Total five Yoga experts and instructors were involved in the IDY programme at Parliament.



Rajya Sabha Secretariat

The 5th International Day of Yoga was celebrated in Rajya Sabha with a great zeal. Lecture cum demonstration was given where more than **150** officers and staff of Rajya Sabha Secretariat got benefited.

MDNIY at Rajpath

The Institute played a pivotal role in the grand celebration of 5th International Day of Yoga at Rajpath by deputing about **2000** Yoga Sadhakas at the grand event. A team of MDNIY led by senior officers of the institute under the supervision of Director MDNIY facilitated all the technical support in celebration of the Rajpath event to make it a grand success. The students and teachers of the Institute performed live Yoga demo, commentary and prayer on the stage.

The event witnessed the auspicious presence of Shri Rajnath Singh, Hon'ble Defence Minister; Shri Prakash Javadekar, Hon'ble Minister of Environment, Forest and Climate Change; Dr. Pramod Sawant, Hon'ble Chief Minister of Goa; Shri Prem Singh Tamang, Hon'ble Chief Minister of Sikkim; Sh Prahlaad Singh Patel, Hon'ble Minister of State for Tourism (Independent Charge); Shri Anil Baijal, Lieutenant Governor of Delhi; Smt Meenakshi Lekhi, Hon'ble Member of Parliament from New Delhi including many dignitaries and senior officials of Govt. of India.

More than **15,000** Yoga enthusiasts attended the programme. The participant Institutions were Morarji Desai National Institute of Yoga, Art of Living, Patanjali Yoga Samiti, Brahmakumari, Isha Foundation, Gayatri Parivar, Delhi Police, CISF, etc.



IDY at Tihar Jail

Prison Headquarters, Central Jail, Tihar, New Delhi in association with Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Govt. of India conducted IDY Common Yoga Protocol at Tihar Jail for the celebration of International Day of Yoga, 2019 where more than **16,000** Jail inmates participated. In a historic development MDNIY and Tihar Jail had started a project Sanjeevan for jail inmates to keep them physically and mentally fit and also to help them in their reformation, rehabilitation and re-integration.



IDY Session for Radio Jockeys

National Summit of Radio Jockeys of FM Radio Channels in India was organized by Ministry of Information and Broadcasting, Govt. of India in association with Ministry of AYUSH at Nalanda Auditorium, Dr. Ambedkar International Centre, 15, Janpath, New Delhi wherein about 80 Radio Jockeys were participated.

The programme was graced by Sh. PN Ranjit Kumar, Joint Secretary, Ministry of AYUSH; TCA Kalyani, Joint Secretary, Ministry of Information and Broadcasting; Director MDNIY along with other senior officials of Govt. of India.

Director MDNIY conducted an interactive & elaborative session on IDY and health benefits of Yoga.



Talkatora stadium

To make the event successful, MDNIY provided Yoga Expert in Talkatora stadium in the celebration of 5th International Day of Yoga where more than **2000** people attended the event. The event was led by Sh. Dharmendra Debendra Pradhan, Hon'ble Minister of Petroleum & Natural Gas and Minister of Steel, Govt. of India



IDY at Ministries/Departments/Organizations

To make the event successful, MDNIY provided technical supports by deputing more than **250** Yoga experts and instructors in about **112** Ministries Departments, Institutes and organizations for the celebration of 5th International Day of Yoga. In all these places, more than **15,000** people practiced the Common Yoga Protocol.



CYP at MDNIY

Morarji Desai National Institute of Yoga has been conducting Common Yoga Protocol classes of one hour duration on every Saturday throughout the year with same zeal and fervor under the guidance of Director MDNIY. Common Yoga Protocol was hugely appreciated on the social media.



IDY celebrations by DYSc. Students

Diploma in Yoga Science student (DYSc.) for Graduates, batch 2018-19 of Morarji Desai National Institute of Yoga organised Yoga camps and workshops at **103** places in Delhi and NCR for the period of one month in celebration of 5th International Day of Yoga. More than **15000** people were benefited from these camps.

IDY promotion through Electronic Media



Director MDNIY was invited as a guest/expert for discussion on TV channels including DD News (Hindi), DD India (Eng) regarding the celebration of IDY 2019. Staffs of MDNIY also participated at TV shows for IDY related activities.

IDY Social Media buzz



The institute widely publicized IDY through different social media platforms viz. Facebook, Twitter, YouTube, etc. 100 Days & 50 Days countdown to IDY 2019 were powerful social media buzz.



Cuban delegation visits the Institute

A Cuban delegation visited the institute on 21st May, 2019. They were explained about the different activities and programmes of the Institute by the senior officials. A brief presentation was also given by Dr. I N Acharya, PO (YT).

MDNIY organizes Yoga Mahotsav-2019



Inaugural session.

The inaugural function was also graced by Smt. Meenakshi Lekhi ,Hon'ble member of Parliament; Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH; Dr. H. R. Nagendra, Chancellor, SVYASA University, Bengaluru; Hansa Jayadeva, Director, The Yoga Institute, Mumbai; P.K. Bhardwaj, Spl commissioner, Delhi Police; Sh. PK Pathak, Additional Secretary, AYUSH, Sh. PN Ranjit Kumar, Joint Secretary AYUSH, Dr. I. V. Basavaraddi, Director, MDNIY including Senior officials from various ministries. The programme was also attended by eminent Yoga Experts and yoga Sadhaks of leading yoga institutions. About **5500** Yoga enthusiasts participated in the event.

MDNIY organised the Yoga Mahotsav-2019, a Curtain Raiser for International Day of Yoga (IDY)-2019 to sensitize the masses for celebration of IDY at Indira Gandhi Indoor Stadium, New Delhi from 1-2 June, 2019. Shri Rajeev Kumar, Vice-Chairman, NITI AYO, Govt. of India inaugurated the Yoga Mahotsav-2019 on 1st June, 2019. Shri Shripad Naik, Hon'ble Minister of State (Independent Charge), Ministry of AYUSH, Govt. of India presided the

First Inter-Ministerial Meeting for Celebration of International Day of Yoga-2019



The first Inter-Ministerial meeting for celebration of International Day of Yoga-2019 was held under the Chairmanship of Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, Govt. of India on May 13 at AYUSH Bhavan. The meeting was also attended by Shri Pramod Kumar Pathak, Additional

Secretary, Ministry of AYUSH; Sh. Roshan Jaggi Joint Secretary, Ministry of AYUSH; Sh. P. N. Ranjit Kumar, Joint Secretary, Ministry of AYUSH; Director, MDNIY along with Senior Officers from various ministries of Govt. of India and Eminent experts and head of leading Yoga Institutions.

Annual Day Function of DYSc. Students 2018-19



The institute celebrated the Annual Day Function of Diploma in Yoga Science for Graduate of one year duration. Dr. Anubhuti Yadav, Head, Department of New Media & Course Director, Advertising and Public relations, Indian Institute of Mass Communication, New Delhi was the Chief Guest of the Function. In her maiden speech, she encouraged the students. She also suggested that there should be collaboration between yoga and media. The function was presided over by Dr. I.V. Basavaraddi, Director, MDNIY. The function was also attended by Officers, teaching faculty and students of the Institute.

Monthly Orientation Lecture



Monthly Orientation Lecture was conducted by the institute on 4th May, 2019. Dr. Sanjay Chaturvedi, Professor and Head, Dept. of Community Medicine, University College of Medical Sciences, Delhi delivered a lecture on the topic "Polio Eradication: Lessons from 2013 and the Last Mile that Never Ends". Director MDNIY welcomed the guest and also made him aware about the various activities of the institute.



National Seminar on Art and Science of Common Yoga Protocol for Wellness

The institute organized a National Seminar on Art and Science of Common Yoga Protocol for Wellness on 2nd May, 2019 at Talkatora Indoor Stadium to mark 50th Day Countdown for International Day of Yoga-2019. Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, Govt. of India inaugurated the Seminar on 2nd May, 2019.



The inaugural function was also graced by Shri Pramod Kumar Pathak, Additional Secretary, Ministry of AYUSH; BK Sister Asha, Director, Om Shanti Retreat Centre, Gurugram, Prajapita Brahma Kumaris, Ishwariya Vishwavidyalaya; Dr. N. Saravana Kumar, Joint Secretary (ICC), Ministry of HRD, Govt. of India; Sh. Roshan Jaggi Joint Secretary, Ministry of AYUSH; Sh. P. N. Ranjit Kumar, Joint Secretary, Ministry of AYUSH and Director, MDNIY along with senior officials of various ministries.

Eminent experts of Yoga and Allied Sciences viz, Dr. R. Nagarathna, Dr. W. Selvamurthy, Dr. M.V. Bhole, Yogacharya Shri S. Sridharan, Dr. B.R. Sharma, Prof. Yatish Agarwal, Prof. Asha Gandhi, Dr. Ajay Kumar Singh, Dr. Jaideep Arya, Swami Ullasa, Dr. M.K. Taneja, Dr. Nivedita Joshi, Sister B.K. Lakshami, Shri Desh Raj, Dr. Akshay Anand, Dr. J. Mohanakrishnan and Dr. Praseeda Menon participated the event. The seminar was attended by around **3500** Yoga teachers.



Common Yoga Protocol and Mass Yoga Demonstration were also organized at Talkatora Garden on the occasion of the National Seminar.

MDNIY introduces M.Sc. (Yoga) and PGDYT

M.Sc. (Yoga)

The institute has introduced M.Sc. (Yoga). It's a two years course (4 semesters) with intake capacity of 30. The basic motto of M.Sc (Yoga) is to generate manpower to assist in Yoga Research Projects and to assist physicians/ consultants to give Yoga Training and Therapy at hospitals. The course is affiliated to Guru Gobind Singh Indraprastha University (GGSIPU), Dwarka, New Delhi.

Post Graduate Diploma in Yoga Therapy (PGDYT) for Medicos and Para-medicos

The institute has introduced another course Post Graduate Diploma in Yoga Therapy (PGDYT) for Medicos and Para-medicos. It's a One year course (2 semesters) with intake capacity of 20. The basic motto of the course is to teach medical professionals to integrate Yoga therapy in their medical practice for prevention and treatment of lifestyle diseases. It is also to orientate paramedical and medical Graduates of any system of medicine to learn and administer Yoga therapy modules for lifestyle related common ailments. The course is affiliated to Guru Gobind Singh Indraprastha University (GGSIPU), Dwarka, New Delhi.

PM Yoga Awards 2019

The Prime Minister's Awards for outstanding contribution for Promotion and Development of Yoga 2019 were announced by the Ministry of AYUSH.

Award Recipients in various categories are:



Swami Rajarshi Muni of Life Mission, Gujarat: Individual Category - National

Swami is a practicing Yogi from Limbdi, Gujarat and is also spiritual Head and Chairman of Gujarat's Lakulish Yoga University, an institution that facilitates students to excel in Yoga and to explore its different facets.



Antonietta Rozzi of Italy: Individual Category - International

She is a practicing Yoga Teacher from Lerici, Italy with more than 42 years of experience in Yoga. Her work has supplemented recognition to Yoga as a promising academic field and to Yoga Therapy as a viable healing system in Europe.



Bihar School of Yoga, Munger: Organisation Category - National

The school was founded in 1964 by Sri Swami Satyananda Saraswati and is known for varieties of Yoga techniques.



Japan Yoga Niketan of Japan: Organisation Category - International

It was established in 1980 and since then has been a torch-bearer of Yoga in Japan. The Yoga Institute runs many high quality Yoga training and therapy courses through which Yoga have developed roots in Japan.

Summer Yoga Workshop for Children



The institute has organized a Summer Yoga Workshop for Children between the age group of 8 to 16 years from 21st May to 20th June, 2019. The Yoga programme comprised of Shatkarma, Yogic Sukshma & Sthula Vyayama, Surya Namaskar, Yogasana, Pranayama, Meditation, Lectures, and other Yoga related Competitions for personality development. Total 82 children participated in the workshop.

MDNIY hires 10 Media Interns from IIMC to promote IDY2019

Keeping the importance of International Yoga Day in mind, Morarji Desai National Institute of Yoga hired 10 media students from various disciplines of communication and journalism of Indian Institute of Mass Communication to promote International Day of Yoga 2019 through social media using blogs, articles, videos etc.

The students were entrusted with the responsibility of propagating pre-Yoga Festival hype and post Yoga Festival impacts. IDY bulletin (Hindi and English) covered detailed explanation about Yoga programs across the country including leading Yoga institution's plan for IDY 2019 was successfully published under the leadership of Sh. PN Ranjit Kumar, Joint Secretary, Ministry of AYUSH, Govt. of India and Director MDNIY. The bulletin also highlighted the significance of Yoga in corporate culture.



15 minutes Yoga practice work as panacea for Hypertensive Patients: Research report

A research study published in the world's leading multidisciplinary science journal 'Nature' claims that a short home-based Kundalini yoga programme of 15 min twice-daily during the 12-week is effective in reducing blood pressure in hypertensive patients along with improvements in their depression, anxiety and stress levels.

Journal of human hypertension publishes this multi-centre randomised control trial in recent years. Data obtained from 191 patients allocated to yoga intervention (n=96) and control group (n=95), with a total proportion of 52% women, showed a significant reduction in systolic and diastolic BP for both groups.

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 May June:

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

PROGRAMME REPORTS

Yoga Training Programmes

Morarji Desai National Institute of Yoga

	May	June
FCYScW	49	148
CCYPI	60	60
CCYWI	95	95

Jawahar Lal Nehru Stadium Complex

	May	June
FCYScW	59	64
CCYPI	49	49

Dr. Shyama Prasad Mukherjee Swimming Pool Complex, Talkatora Garden

	May	June
FCYScW	70	66
CCYPI	42	42

CCYWI: Certificate Course in Yoga for Wellness Instructor, 6 months course

CCYPI: Certificate Course in Yoga for Protocol Instructor, 3 months course

FCYScW: Foundsation Course in Yoga Science for Wellness

Major Dhyan Chand Stadium Complex

	May	June
FCYScW	19	26
CCYPI	14	14

Indira Gandhi National Stadium

	May	June
FCYScW	39	47
CCYPI	22	22

Amity University

	May	June
FCYScW	17	20
CCYPI	29	29

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