



सत्यमेव जयते



MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of AYUSH, Govt. of India

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NEWSLETTER | APRIL-2020



MY DEAR COUNTRYMEN, NAMASKAR

Shri Narendra Modi ji Hon'ble Prime Minister of India in his Mann Ki Baat episode April, 2020 said that people across the world are paying special attention to the importance of India's Yoga and Ayurveda. Just look at the social media... How people everywhere are discussing India's Yoga and Ayurveda to boost immunity. I am sure you all are following the Corona- related protocol to boost immunity suggested by the AYUSH ministry. Warm water, decoction and other guidelines issued by AYUSH ministry, would be very helpful for you if you include it in your daily routine.

Leaders of AYUSH Sector get together through video conference



Shri Piyush Goyal, Union Minister for Commerce and Railways and **Shri Shripad Naik**, MoS (I/C) for AYUSH and MoS for Defence

interacted with **leaders of AYUSH Industry, Researchers and academia** yesterday.

Shri Piyush Goyal,
Union Minister for Commerce and Railways



Shri Shripad Naik,
MoS (I/C) for AYUSH and MoS for Defence

Shri Piyush Goyal , Hon'ble Union Minister for Commerce and Railways and Shri Shripad Naik Hon'ble Minister of State (I.C.) Ministry of AYUSH and Minister of State for Defence, Govt. of India interacted with leaders of AYUSH Industry, Researchers and academia on 9th April, 2020. Over 115 representatives of the Sector participated in the video conference (VC) which extended over two hours.

Efforts to generate evidence based solutions for the management of COVID-19, steps to streamline the logistics for movement of AYUSH supplies across the country in the lock down period and steps to promote AYUSH solutions for enhancing immunity among the public were discussed.

Director MDNIY also participated in the VC and many steps were taken in this direction.

15th April 2020
Wednesday 05.00 pm IST



Role of AYUSH in Combating COVID-19

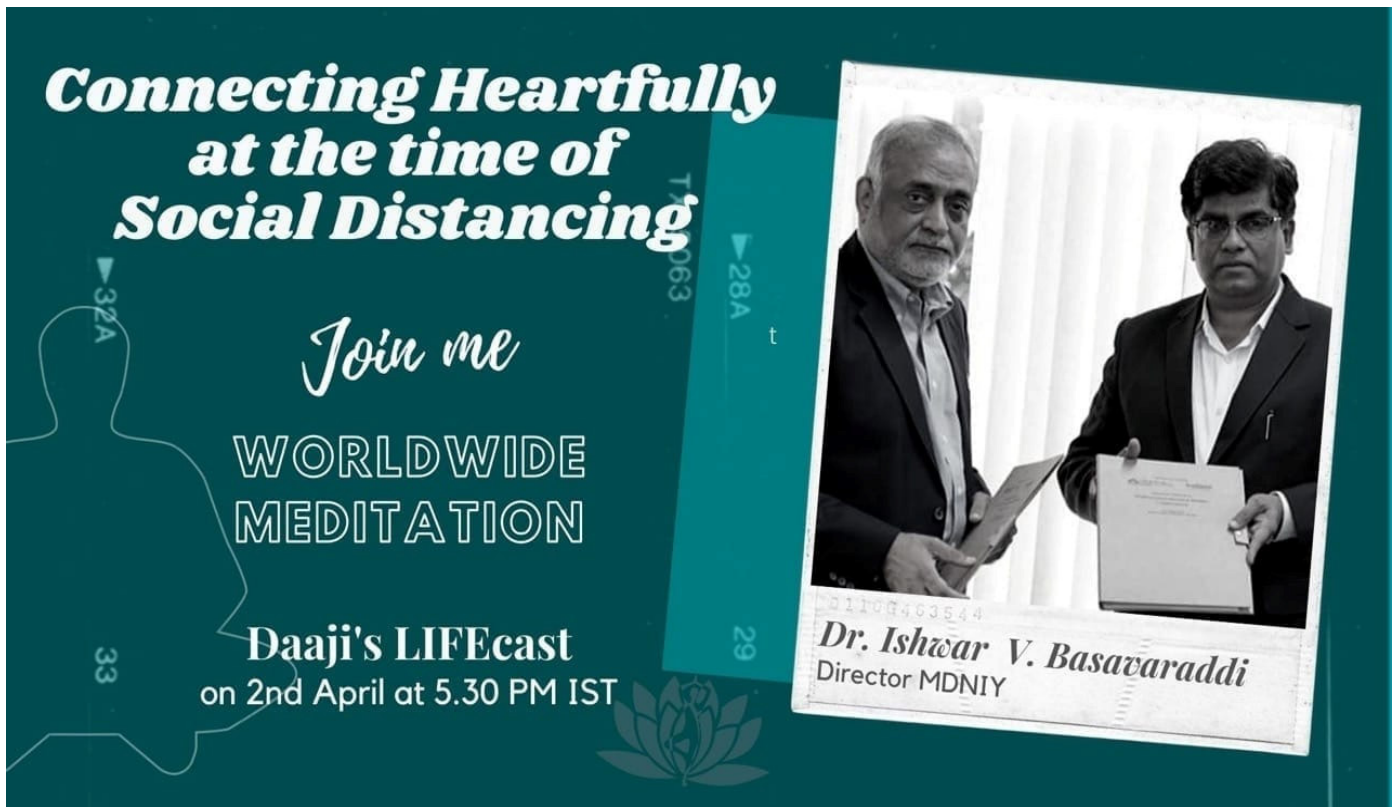
Watch live on Vijnana Bharati official Youtube Channel / Facebook Page

www.youtube.com/c/VijnanaBharatiOfficial
www.facebook.com/vibhaindia.org



Vaidya Rajesh Kotecha
Secretary, Ministry of AYUSH
Government of India.

Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, Govt. of India delivered a talk in combating COVID-19 on 15th April, 2020 on Vijnana Bharati official Youtube Channel/Facebook Page.



Director MDNIY participated in a Worldwide Meditation program organized by Heartfulness Education Trust, Kanha Shantivanam, Hyderabad, at the time of social distancing with Daaji Kamlesh D Patel, a silent changemaker and the Heartfulness guide on 2nd April at 05:00pm.

Director, MDNIY on DD News Total Health Programme

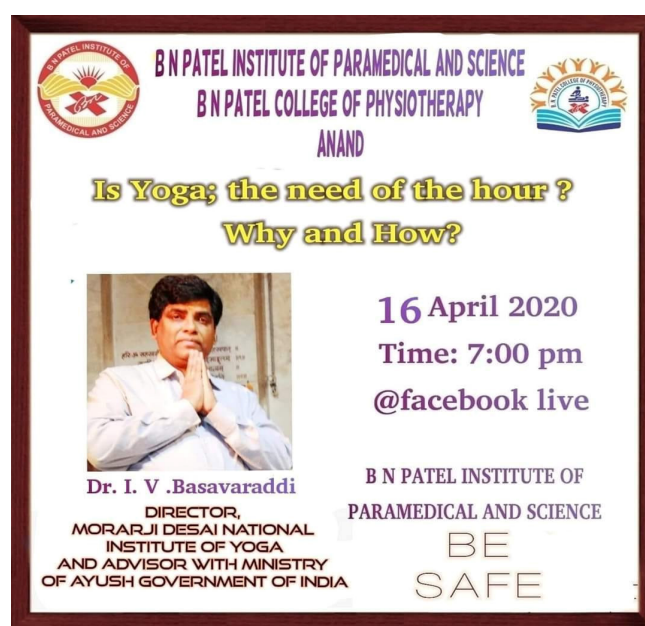
Dr. Ishwar V Basavaraddi, Director, MDNIY on DD News Total Health Programme on 05.04.2020 wherein the Director explained the significance of Yoga for COVID-19 Prevention. Other important panellists Shri Manoj Nesari, Advisor, Ministry of AYUSH, Govt. of India; Dr K.C Suri, Senior Pulmonologist and Dr Nikhil Tandon, Head, Endocrinology, AIIMS were also joined the programme.





JOIN THE LIVE YOGA SESSION WITH
DR. I V BASAVARADDI
 DIRECTOR, MDNIY
PRATAH SMARANA
 (PRAYER)
 &
DHYANA (MEDITATION)
 FROM **20.04.2020**
 AT **06:30 AM**

Director MDNIY has been started Live Yoga Sessions on Pratah Smarana, Pranayama, Dhyana and Yoga Sutra since 20th April, 2020. It's regular feature on every morning at 6.30 am. Join with Director MDNIY on Facebook pages viz. MDNIY AYUSH and Dr. I. V. Basavaraddi.



B N PATEL INSTITUTE OF PARAMEDICAL AND SCIENCE
B N PATEL COLLEGE OF PHYSIOTHERAPY
 ANAND
Is Yoga; the need of the hour ?
Why and How?
16 April 2020
Time: 7:00 pm
@facebook live
Dr. I. V .Basavaraddi
 DIRECTOR,
 MORARJI DESAI NATIONAL
 INSTITUTE OF YOGA
 AND ADVISOR WITH MINISTRY
 OF AYUSH GOVERNMENT OF INDIA
 B N PATEL INSTITUTE OF
 PARAMEDICAL AND SCIENCE
BE SAFE

Director, MDNIY delivered a talk through video conferencing on the topic "Is Yoga; the need of the hour? Why and how?" on 16th April on B N Patel Institute Of Paramedical official Facebook Page.

Online Yoga classes for M.Sc, PGDYTMP, B.Sc. and Diploma students

Online Yoga classes were conducted by Assistant Professors of irrespective subjects through different apps for the students of M.Sc., PGDYTMP, B.Sc. and Diploma students. Reading materials and assignments were provided.

Online Yoga classes were also conducted for the students of Certificate Course in Yoga for Wellness Instructor (CCYWI) and Certificate Course in Yoga for Protocol Instructors (CCYPI).

Advisory from Ministry of AYUSH for meeting the challenge arising out of spread of CoronaVirus (COVID-19) in India

Ministry of AYUSH | New Delhi

The Ministry of AYUSH, wide their letter D.O. No. S. 16030/18/2019 - NAM; Dated: 06th March, 2020 had shared the following AYUSH Advisory with the Health Departments of all states and UTs of the country with recommendation to communicate the same through AYUSH personnel and facilities as per the prevailing system of medicine in consultation with other stakeholder departments responsible for public health in respective state/UT.

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). The new Coronavirus disease (COVID-19) was first reported from Wuhan, China, on 31 December 2019. 72 countries reported COVID-19 incidence with 90,870 confirmed cases and 3112 deaths as per WHO fact sheet as on 03.03.2020. As on 03.03.2020, 05 confirmed cases are reported in India from various parts.

Common signs of infection include fever, cough, myalgia, fatigue and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

The function of the immune system is critical in the human response to infectious disease. Viral infections induce oxidative stress and cause damage to airway epithelial cells.

A growing body of evidence identifies stress, nutrition and immunity as a cofactor in infectious disease susceptibility and outcomes. The mainstay in management of corona viral infections has been supportive care, nutrition and preventing further progression in the absence of any antiviral agent or vaccine. During the Ebola outbreak in 2014 an expert group of WHO has recommended that "it is ethical to offer unproven interventions with as yet unknown efficacy and adverse

effects, as potential treatment or prevention" keeping in view no vaccine or antivirals were available

Approach of AYUSH systems

The holistic approach of AYUSH systems of medicine focuses on prevention through lifestyle modification, dietary management, prophylactic interventions for improving immunity and simple remedies based on presentations of the symptoms. For instance, emphasis on avoidance of causative factors and enhancing the immunity against host infections are characteristics of Ayurveda management.

The preventive aspect of Homoeopathy is well known, and historically, Homoeopathy has reportedly been used for prevention during the epidemics of Cholera, Spanish Influenza, Yellow fever, Scarlet fever, Diphtheria, Typhoid etc.

The genus epidemicus (GE) is the remedy found to be most effective for a particular epidemic once data have been gathered from several cases. It was reported that, during recent past GE had been used during various disease outbreaks for preventing the spreading of diseases like Chikungunya, Dengue Fever, Japanese Encephalitis and Cholera with good results. As detailed accounts of use of homoeopathy in control of epidemics are given in recent publications.

The AYUSH approach to manage the outbreak

The AYUSH approach to manage the outbreak broadly comprise of:

- I. Preventive and prophylactic
- II. Symptom management of COVID-19 like illnesses
- III. Add on Interventions to the conventional care

Based on potential and strength of AYUSH systems supported by evidences for promotion of immunity and help in improving the respiratory symptoms in similar diseases and as per the recommendations from the research councils under Ministry of AYUSH following system wise approach is recommended:

I. Preventive and prophylactic:

Ayurveda:

Samshamani Vati 500 mg. twice a day with warm water for 15 days The medicine contains aqueous extract of *Tinospora cordifolia*.

Siddha:

Nilavembu Kudineer decoction 60 ml. twice a day for 14 days. The medicine contains aqueous extract of *Andrographis paniculata* & others.

Unani:

Preparation of decoction by boiling Behidana (*Cydonia oblonga*) 3 gm, Unnab (*Zizyphus jujube*) 5 in number. Sapistan (*Cordia myxa*) 9 in number in water. (Boil these in 250 ml water- boil it till it remains half- filter it — keep in a glass bottle and use it lukewarm). The drugs used in the preparation of this decoction have been reported to have Antioxidant activity, Immuno-modulatory, antiallergic, smooth muscle relaxant activity and Anti-influenza activity. This decoction may be taken twice a day for 14 days.

Homoeopathy:

Arsenicum album 30, daily once on empty stomach for three days. The dose should be repeated after one month by following the same schedule till Coronavirus infections prevalent in the community. In one of the studies Arsenic album as one of the constituents in a formulation affected HT29 cells and human macrophages. Also, it showed .j.NF-KB hyperactivity (reduced expression of reporter gene GFP in transfected HT29 cells), .J,TNF-a release in macrophages. Moreover, Arsenic album is a common prescription in the cases of respiratory infections in day to day practice.

II. Symptom management of COVID-19 like illnesses

Ayurveda

1. AYUSH-64 : 02 tablets twice a day
2. Agasthya Hareetaki : 05 gm twice a day with warm water
3. Anuthaila/Sesame oil 02 drops in each nostril daily in the morning

Siddha

1. Nilavembu Kudineer/Kaba Sura Kudineer— decoction 60ml twice a day
2. Adathodai Manapagu — Syrup 10 ml twice a day

Homoeopathy

Various medicines which found to be effective in treating flu like illness are Arsenicum album, Btyonia alba, Rhus toxico dendron, Belladonna Gelsemium Eupatorium perfoliatum .

All these medicines should be taken in consultation with qualified physicians of respective AYUSH systems.

III. Add on Interventions to the conventional care

Ayurveda

1. AYUSH-64 : 02 tablets twice a day
2. Agastya Hareetaki: 05 gm twice a day with warm water

Siddha

1. Vishasura Kudineer: decoction 60ml twice a day
2. Kaba Sura Kudineer — decoction 60ml twice a day

Homoeopathy

Medicine mentioned Symptom management of COVID-19 like illnesses" under subhead Homoeopathy can also be given as add on to the conventional care. All these medicines should be taken in consultation with qualified physicians of respective AYUSH systems.

General preventive measures (already notified):

1. Observe good personal hygiene.
2. Practice frequent hand washing with soap.
3. Follow respiratory etiquettes - cover your mouth when coughing or sneezing.
4. Avoid close contact with people who are unwell or showing symptoms of illness, such as cough, runny nose etc.
5. Avoid contact with live animals and consumption of raw/undercooked meats.
6. Avoid travel to farms, live animal markets or where animals are slaughtered.
7. Wear a mask if you have respiratory symptoms such as cough or runny nose.

In addition, the following AYUSH specific measures may be adopted:

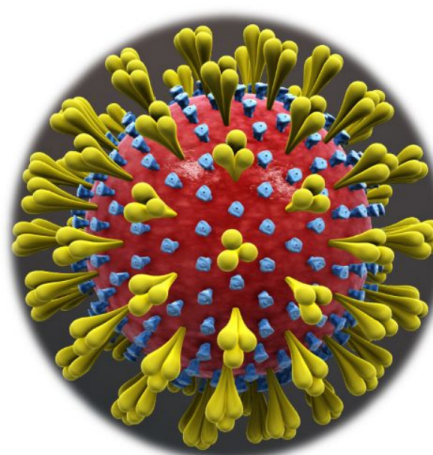
The diet should be fresh, warm, easy to digest, containing whole cereals, seasonal vegetables etc. Frequent sipping of water boiled with Tulsi leaves, crushed ginger, and turmeric would be beneficial. Honey with a pinch of pepper powder is also beneficial in case of a cough. Cold, frozen and heavy foods may be best avoided. It is always beneficial to avoid direct exposure to cold breeze. Appropriate rest and timely sleep are advisable. The practice of Yogasana and Pranayama under the guidance of qualified Yoga instructors is recommended. Common medicinal plants useful in similar symptoms are Tulsi (*Ocimum sanctum*), Guduchi (*Tinospora cordifolia*), Ginger (*Zingiber officinale*) and Turmeric (*Curcuma longa*)

Ministry of AYUSH accelerates scientific efforts to fight COVID19

Ministry of AYUSH | New Delhi

The Ministry of AYUSH has announced a mechanism to support short-term research projects for evaluating the impact of AYUSH interventions/ medicines in the prophylaxis and clinical management of COVID-19.

Hospitals/Institutions involved in the management of COVID-19 cases have been invited to participate in this scheme which falls under the extramural (i.e., for those from outside the AYUSH Ministry establishment) research category. The proposals should be related to evaluating the role and impact of AYUSH interventions/medicines in the prophylaxis and clinical management of SARS-CoV-2 infection and COVID-19 disease.



Project proposals of a maximum of six months duration with Institutional Ethics Committee (IEC) clearance will be considered for support up to Rs. 10.00 lakhs to meet the expenditure on engaging AYUSH clinicians, technical manpower, laboratory investigations and related contingencies

Further details @: <https://www.ayush.gov.in/docs/124.pdf/>

Additional Details

<p>Link for details including eligibility criteria, mode for submission of application and application format</p>	<p>https://main.ayush.gov.in/event/mechanism-support-short-term-research-projects-evaluating-impact-ayush-interventions-cum</p>
<p>Email address for application submission</p>	<p>emrayushcovid19@gmail.com</p>

Role of Yoga in boosting immunity

S. Lakshmi Kandhan | New Delhi

As Covid-19 scare grapples the whole country, people are getting increasingly concerned about their health. To overcome this present scenario, Yoga is one way that can naturally uplift immunity, improve the respiratory system and alleviate stress, depression and anxiety.

The immune system is essential for survival. Without a strong immune system, our bodies get prone to diseases caused by attack from pathogens such as bacteria, viruses etc. Immune system plays a vital role in keeping our body healthy. White blood cells (leukocytes) are on constant patrol and look for pathogens. They get circulated by blood vessels and the lymphatic vessels in the body. They get stored at different places in the body, called lymphoid organs such as Thymus, Spleen, Bone marrow, Lymph nodes.



Regular practice of Yoga can strengthen the immune system by reducing stress. Yoga plays a vital role in reducing the stress via down-regulation of the hypothalamic-pituitary-adrenal axis (HPA) and the sympathetic nervous system. Deep relaxation and calming down of the mind through Yoga lead to effective reduction in blood pressure, pulse rate, respiratory rate, stress and depression by increasing melatonin, GABA, serotonin, and dopamine level, decreasing the level of cortisol (98) and acetylcholine. As a result, it reduces psychological conflicts, suppressions, and hypersensitivities, which are recognized as the triggering factors for psychosomatic problems. Practicing Yoga helps boost resistance to infection by stimulating the lymphatic system to oust toxins from the body, and bringing oxygenated blood to the various organs to ensure their optimal function. Yogic relaxation techniques help to regulate sleep, which is crucial for wellness; sleep is one of the most important factors in healing and maintaining a healthy immune system. Yoga increases natural killer cells (5) and rejuvenates immune organs and channels.

Detailed information on 'Yoga Protocols' may be accessed at:

<http://www.yogamdniy.nic.in//Contents.aspx?lsid=1084&lev=1&lid=691&langid=1>

Online Practical Yoga Sessions



Ministry of AYUSH

SCHEDULE-III OF ONLINE LIVE PRACTICAL SESSION

FROM 23rd APRIL 2020 ONWARDS



(Pratah Smaranam + Kapalabhati+ Pranayama + Meditation by Dr. IV Basavaraddi, Director, MDNIY)

(6.30 to 7.10am)

Sr. No	Instructor's Name	Topics of Practical session	Date & Time of Class (8.00 am)	Link of FB/Url
1.	Mr. Karamvir Arya	Prayer + Sukshma Vyayama + Closing Prayer.	18.05.2020	https://www.facebook.com/karamvir.foji09
2.	Ms Suneela Pradhan	Prayer + Sthula Vyayama + Closing Prayer	19.05.2020	https://www.facebook.com/suneela.pradhan
3.	Mr. Sachendra Badoni	Prayer + Suryanamaskar+ Shavasana + Closing Prayer	20.05.2020	https://www.facebook.com/sachendra.badoni
4.	Ms Neetu	Prayer + Standing & Balancing + Shavasana + Closing Prayer	21.05.2020	https://www.facebook.com/profile.php?id=100050172052122
5.	Mr. Tanuj Yadav	Prayer + Sitting Asana +Shavasana + Closing Prayer	22.05.2020	https://www.facebook.com/profile.php?id=100011027040016
6.	Mrs Sonu Rani	Prayer + Supine Posture +Closing Prayer	24.05.2020	https://www.facebook.com/swaran.swati
7.	Mr. Dalip Kumar	Prayer + Prone Postures + Closing Prayer	25.05.2020	https://www.facebook.com/dkinsa137
8.	Mr. Amit Sharma	Prayer + Forward & back Bending + Closing Prayer	26.05.2020	https://www.facebook.com/amit.amitsharma.31
9.	Mrs Shivani Khatri	Prayer + Sitting and Twisting Asana + Closing Prayer	27.05.2020	https://www.facebook.com/shivani.khatri.5203
10.	Mrs Pooja Adhikari	Prayer + Topsy-turvy Posture + Twisting + Closing prayer	28.05.2020	https://www.facebook.com/pooja.adhikari.5030927
11.	Mrs Neetu Sharma	Prayer + Bandhatrya +Shavasana + Closing Prayer	29.05.2020	https://www.facebook.com/neetu.kalonia
12.	Mrs Seema Sagar	Prayer + Intro & Practice of Yoga Nidra+Closing Prayer	31.05.2020	https://www.facebook.com/seema.sagar.7165



Due to the pandemic nature of COVID-19, the institute has started online practical Yoga sessions from 23rd April, 2020. These are the live Yoga classes to encourage people to practice Yoga at their home, with participation from the entire family.

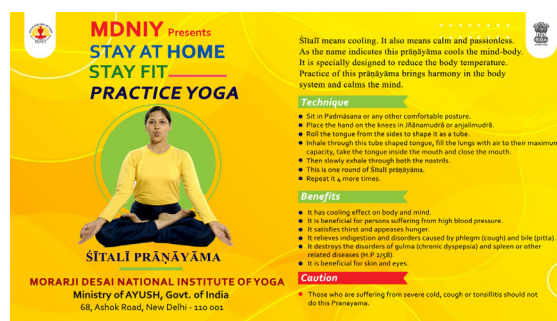
Sanitization and cleanliness drive at MDNIY

The sanitization drive is in full swing at MDNIY premises against the coronavirus pandemic. The institute has put special emphasis on sanitization, disinfection and cleaning. NDMC has been approached to sanitize the entire premises today. Sh. P C Joshi, Account Officer took a special interest in such drives under the supervision of Director MDNIY.



Saturday CYP

Yoga helps to reduce stress and modifies one's attitude towards stress. It improves self-confidence, creates a feeling of relaxation and calmness in body-mind coordination. Saturday Common Yoga Protocol is a regular feature at the institute.



MDNIY Presents
STAY AT HOME
STAY FIT
PRACTICE YOGA

ŚĪTALĪ PRĀṆĀYĀMA

MORARJI DESAI NATIONAL INSTITUTE OF YOGA
 Ministry of AYUSH, Govt. of India
 68, Ashok Road, New Delhi - 110 001

Shaiti means cooling. It also means calm and passionless. As the name indicates this pranayama cools the mind-body. It is specially designed to reduce the body temperature. Practice of this pranayama brings harmony in the body system and calms the mind.

Technique

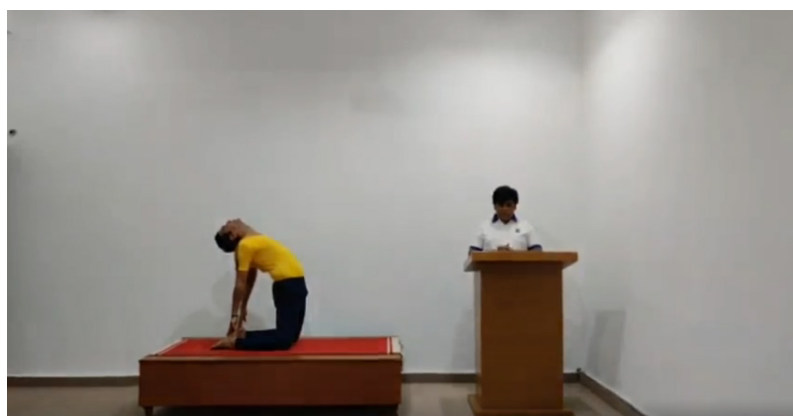
- Sit in Padmasana or any other comfortable posture.
- Place the hand on the knees in dhyan mudra for anjumudra.
- Roll the tongue from the sides to shape it as a tube.
- Inhale through the tube shaped tongue, fill the lungs with air to their maximum capacity. Take the tongue inside the mouth and close the mouth.
- Then slowly exhale through both the nostrils.
- This is one round of Shaiti pranayama.
- Repeat it 4 more times.

Benefits

- It has cooling effect on body and mind.
- It is beneficial for persons suffering from high blood pressure.
- It satisfies thirst and appears hunger.
- It relieves indigestion and disorders caused by phlegm (krothi) and bile (gitta).
- It destroys the disorders of gulma (chronic dyspepsia) and spleen or other related diseases (P.P. 159).
- It is beneficial for skin and eyes.

Caution

- Those who are suffering from severe cold, cough or tonsillitis should not do this Pranayama.



Let's practice Yoga for a fitter and healthier you during India Lockdown!

The world is going through challenging times at the same time there is a surge of optimism by working in unison mankind can surmount the challenges. There is a hope too, amidst all the difficulties, feeling stressed is natural during these testing times. Here is an opportunity, practice Yoga to manage your stress levels while you stay at home. Make good use of these difficult times, by keeping your mind and body healthy and happy with Morarji Desai National Institute of Yoga.



Online Yoga classes for SAI Stadia students

S.No.	Name of YI	Total No. of online classes conducted	Name of Stadium
1.	Ms. Upma Sharma, Y.I. (on contract)	15 Theory & Practical classes conducted via online to FCYScW Batch of March, 2020	Dr. Shyama Prasad Mukherjee Swimming Pool Complex
2.	Sh. Shivam Bhardwaj Y.I. (on contract)	10 theory classes conducted via online to FCYScW Batch of March, 2020	Dr. Shyama Prasad Mukherjee Swimming Pool Complex
3.	Ms. Ujjawala Sharma Y.I. (on contract)	Theory & Practical classes conducted via online in the entire month of April, 2020	Major Dhyan Chand National Stadium
4.	Sh. Rajesh Kumar Y.I. (on contract)	Theory & Practical classes conducted via online for the FCYScW Batch of March, 2020 til 20th April, 2020.	Major Dhyan Chand National Stadium
5.	Ms. Priyanka Sharma Y.I. (on contract)	Theory & Practical classes conducted via online in the entire month of April, 2020	Indira Gandhi Indoor Stadium
6.	Sh. Rahul Mishra Y.I. (on contract)	Online practical classes conducted for the CCYPI till 24th April, 2020	Indira Gandhi Indoor Stadium
7.	Sh. Shubham Arya Y.I. (on contract)	Online Theory & Practical classes conducted for FCYScW Batch of March, 2020 w.e.f. 26th March to 15th April 2020	Jawaharlal Nehru Stadium
8.	Sh. Anil Arya Y.I. (on contract)	17 online theory & practical classes conducted to FCYScW batch of March, 2020	Yoga Center at AMITY University, Sec-125, Gautam Buddha Nagar, Noida, U.P.







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