



MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of AYUSH, Govt. of India

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NEWSLETTER | MAR-2020



Hon'ble Prime Minister Shri Narendra Modi Ji Interacted with AYUSH Sector Practitioners Via Video Conference.



Hon'ble Prime Minister Shri Narendra Modi Ji interacted with AYUSH sector practitioners via video conference. Prime Minister said that the AYUSH sector has a long tradition of keeping the nation healthy and its importance has increased manifold in the ongoing efforts to tackle COVID-19. Prime Minister observed that their network is spread through the length and breadth of the country, so it's imperative for them to utilize this network, while working according to WHO guidelines, to spread the message of good practices which need to be adopted in the efforts to control the spread of the virus. He also praised the ongoing efforts of AYUSH Ministry in promoting #YogaAtHome to de-stress the mind and strengthen the body during this difficult phase.

MDNIY Organized a Technical Review Meeting with WHO TRM



In the process finalization and Development of mYoga- Mobile App on “Common Yoga Protocol for General Wellness”, MDNIY organized A Technical Review meeting in consultation with WHO TRM, through Video conferencing on 13th and 14th March, 2020. The meeting was chaired by Sh. P.N.Ranjit Kumar, Joint Secretary, Ministry of AYUSH Govt. of India. 14 Experts from WHO regions like, SEARO, WPRO, AMRO, and EURO were participated. The comments received from peer review experts discussed and the documents, video, and audio version are in the process of finalization.

CCYWI-CENTRAL ARMED POLICE FORCE AND DELHI POLICE

The specific course in Yoga entitled Certificate Course in Yoga for Wellness Instructor (CCYWI) for Central Armed Police Force (CAPF) and Delhi Police (DP) have successfully completed their course in the month of March, 2020. Total 103 of CAPF and 22 of DP completed the course.



Weekly orientation lecture for Paramilitary and Delhi Police were conducted by byShriRavikantGautam , the Second-in-Command, ITBP, New Delhi on13th March, 2020 at MDNIY.

Let's practice Yoga for healthier and fitter 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 hope too, amidst all the difficulties. Feeling stressed is natural during these testing times. Here is an opportunity to use Yoga to manage your stress levels while you stay at home during the lockdown period. Make good use of these difficult times, by keeping your spine healthy and flexible. Stretch and strengthen your spinal nerves while also improving your lung capacity with Yoga. With this Morarji Desai National Institute of Yoga have started Yoga tips on Stay at Home, Stay with Yoga.

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DHYĀNA

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Dhyāna or meditation is an act of continuous contemplation.


Technique

- Sit in any comfortable posture.
- Keep your spine comfortably erect.
- Adopt śhāna mudra or Dhyāna mudra as in the figure.
- Touch the tip of the thumb to the tip of the index finger, forming a circle. The other three fingers are straight and relaxed. All three fingers are side-by-side and touching.
- Keep your palms facing upwards upon the thighs.
- Arms and shoulders should be loose and relaxed.
- Close your eyes and sit with a slightly upturned face.
- You need not concentrate. Just maintain a mild focus between the eyebrows and be conscious of your breath.
- Dissolve your thoughts and try to attain single and pure thought.
- Meditate.

Benefits

- Meditation is the most important component of Yoga practice.
- It helps the practitioner to eliminate negative emotions like fear, anger, depression, anxiety and to develop positive emotions.
- Keeps the mind calm and quiet.
- Increases concentration, memory, clarity of thought and willpower.
- rejuvenates the whole body and mind giving them proper rest.
- Meditation leads to self-realisation.

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UTTĀNA PĀDĀSĀNA (Raised feet posture)

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Uttāna means to raise, hence the name.

Technique

- Lie comfortably.
- Hands should be held in front and bring the feet up.
- Maintain the feet together.
- Exhale, slow.
- Relax in Savitri.

Benefits

- It balances the body.
- It is helpful for the spine.
- It strengthens the muscles.
- Effective in relieving the stress.

Caution

- People with hypertension.

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UTTĀNA MANDŪKĀSĀNA (Stretch up-five posture)

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Ministry of AYUSH, Govt. of India
68, Ashok Road, New Delhi - 110 001

Uttāna means to raise, hence the name.

Technique

- Lie on your back.
- Spread both feet.
- Raise your feet.
- Shoulder and hip.
- How fold left leg.
- Maintain the feet together.
- Relax in Savitri.

Benefits

- Improves the blood circulation.
- This āsana is helpful for the spine.
- It improves the flexibility of the spine.

Caution

- Person with hypertension.

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ŚĀLABHĀSĀNA (The Locust Posture)

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Śalabhā means locust, hence the name.

Technique

- Lie down on your back.
- Rest the chin on the floor facing upwards.
- Inhale, raise the knees.
- Extend the arms.
- Stay in this posture.
- Exhale, bring the feet up.
- Rest for a few seconds.

Benefits

- Relieves in sciatica.
- Helps to reduce the weight.
- Helps to improve the posture.

Caution

- Please proceed with caution.
- People with high blood pressure.

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VAJRĀSĀNA (Thunderbolt Posture)

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This is considered practicing it eyes at the feet.

Technique

- Sit with knees on the ground.
- Fold the right knee.
- Similarly fold the left knee.
- Place both feet together.
- Position of the feet.
- Keep both feet together.
- Keep the spine straight.
- While returning take your feet up.
- Similarly extend the legs.
- Relax in Savitri.

Benefits

- This āsana is helpful for the spine.
- It improves the flexibility of the spine.

Caution

- Persons with sciatica.
- Those who have difficulty in sitting.

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VAKRĀSĀNA (The Spinal Twist Posture)

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Vakra means twisted. In this āsana, the spine is twisted which has a rejuvenating effect on its functioning.

Technique

- Bend the right leg and place the right foot beside the left knee.
- Bring the left arm around the right knee and clasp the right big toe or place the palm beside right foot.
- Take the right arm back and keep the palm on the ground with the back straight.
- Exhale, twist your body to the right.
- Remain in the posture for 20-30 seconds with normal breathing and relax.
- Inhale, take out your hands and exhale to relax.
- Repeat the same on the other side.

Benefits

- Helps to increase flexibility of the spine.
- Stimulates pancreas functions and helps in the management of diabetes.

Caution

- Please avoid this posture in case of acute back pain, spinal disorders, after abdominal surgery and during menstruation.

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PAVANA MUKTĀSĀNA (The Wind Releasing Posture)

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Pavana means wind and mukta means to release or to make free. As the name suggests, this āsana is useful in removing wind or flatulence from the stomach and intestines.

Technique

- Lie down flat on the back.
- Bend both the knees.
- Exhale, bring both the knees towards the chest.
- Inhale, interlock the fingers and clasp the shin below knees.
- Exhale, raise the head till your chin touches the knees and relax.
- This is Pavanamuktāsana.
- Bring the head back to the ground.
- While exhaling, bring the legs back to the floor.
- Rest in Savitri.

Benefits

- Removes constipation, gives relief from flatulence, decreases the bloating sensation in the abdomen and aids digestion.
- Generates deep internal pressure, improves stretching of the highly complicated network of muscles, ligaments and tendons in the pelvis and waist region.
- It tones up the back muscles and spinal nerves.

Caution

- Please avoid this practice in case of abdominal injuries, hernia, sciatica, severe back pain and during pregnancy.

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PRĀṆĀYĀMA

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The main characteristic of Prāṇāyāma is without or without breath.

Technique

- Sit in any comfortable posture.
- Keep the spine straight.
- Relax the neck.
- Keep the head in Nasagra.
- Place the right hand on the right knee.
- Open the left hand with the palm facing upwards.
- Inhale, raise the right hand.
- Exhale, bring the right hand down.
- Repeat for 10-15 times.

Benefits

- Increases the blood circulation.
- Increases the vitality.
- It alleviates the stress.

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ARDHA UŚṬRĀSĀNA (The Half Camel Posture)

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Uśṭra means camel, hence the name.

Technique

- Sit in Vajrāsana.
- Come to Dhanurasana.
- Fold your legs.
- Stand on your feet.
- Place the hands on the floor.
- Keep the feet together.
- Bend the hips backwards.
- Keep the spine straight.
- Remain in this posture.
- Return with inhalation.
- Relax in Vajrāsana.

Benefits

- It helps to stretch the spine.
- Releases the tension.
- Increases the blood circulation.

Caution

- In case of hernia avoid doing this posture.

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MAKARĀSĀNA (The Crocodile Posture)

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In Sanskrit, Makara resembles the crocodile.

Technique

- Lie down on your back.
- Bend both knees.
- Place the hands on the floor.
- Keep the feet together.
- This is Makarāsana.

Benefits

- Promotes the blood circulation.
- Helps in relieving the stress.
- Indicated in sciatica.

Caution

- Avoid this posture in case of hernia.

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ŚĀSAKĀSĀNA (The Horse Posture)

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Śaśaka means horse, hence the name.

Technique

- Sit in Vajrāsana.
- Spread both feet.
- Keep the feet together.
- Inhale and raise the head.
- Exhale, bring the head forward.
- Bend the knees.
- Keep the arms on the floor.
- Inhale and clasp the hands.
- Exhale, bring the head forward.
- Come to Dhanurasana.


Benefits

- Helps to tone up the muscles.
- Tones up the spine.
- Helps to relieve the stress.

Caution

- Please avoid this posture in case of hernia.
- Patients with sciatica.

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UŚṬRĀSĀNA (Camel Posture)

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Uśṭra means camel. The body in this pose resembles a camel, hence the name.

Technique

- Sit in Vajrāsana.
- Bring the knees and the feet about few inches apart and stand on your knees.
- While inhaling, bend backward place the right palms on right heel and left palm on left heel and exhale.
- Be careful not to jerk the neck while bending backward.
- In final position, thighs will be vertical to the floor and head tilted backwards.
- Weight of the body should be evenly distributed on the arms and legs.
- Remain in the posture for 10-30 seconds with normal breathing.
- Return with inhalation, sit in Vajrāsana.
- Relax in Vajrāsana.

Benefits

- Uśṭrāsana is extremely useful for defective eyesight.
- This is useful in relieving back and neck pain.
- It helps to reduce fat over the abdomen and hips.
- It is helpful in digestive problems and cardio-respiratory disorders.

Caution

- Those suffering from heart diseases or hernia should not practice it.

Yoga at Home for Kids Session at DD News

In the challenging time of lockdown, kids are also experiencing great difficulties. Feeling stressed, boredom and getting annoyed is natural during these testing times. Practicing Yoga at home is an excellent way to combat these conditions.

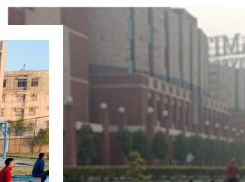
With this MsNeetu , Yoga Instructor, MDNIY conducted a Live Yoga session on DD to give a right balance in body and mind through simpler Yoga techniques.



Certificate Course in Yoga for Protocol Instructors for the students of Leh at Amity University.

Morarji Desai National Institute of Yoga (MDNIY) in collaboration with the National Research Institute of Sowa Rigpa, Leh has conducted the first batch of Certificate Course in Yoga for Protocol Instructors of one month duration (200 hrs.) for 100 students of Leh, at Amity University, Noida with effect from 24th February, 2020.

The basic motto of the course is to train the students from Leh who can take Yoga as their career in future and also to create awareness at their local area for International Day of Yoga to be held in June, 2020.. Total 99 students successfully completed the course.



Monthly Orientation Lecture

The monthly orientation lecture was delivered by Dr. Girishwar Misra former Vice Chancellor, MGAHV, Wardha, Maharashtra and former Head & Professor, Dept of Psychology, University of Delhi on the topic "Concept of Manas and Yoga". The program was presided over by Director MDNIY.



Admission Notice to B.Sc.(Yoga), M.Sc. and PGDYTMP, 2020-2021 at MDNIY

With B.Sc (Yoga), Morarji Desai National Institute of Yoga (MDNIY) started M.Sc. (Yoga) from the session 2019-20. It's Two Years course comprising four semesters. MDNIY has also started Post Graduate Diploma in Yoga Therapy for Medicos and Para-medicos (PGDYTMP) from the session 2019-20. It's One Year course comprising Two Semesters. All these course are affiliated to Guru Gobind Singh Indraprastha University, New Delhi. For more information, please visit institute's website www.yogamdny.nic.in

ADMISSION NOTICE 2020-21

Morarji Desai National Institute of Yoga
Ministry of AYUSH, Govt. of India
16, Ashoka Road, New Delhi - 110001
Phone: 011-23071986, 23072411-18 Fax: 23071981, 23071983
E-mail: admission@mdny.nic.in website: www.yogamdny.nic.in

POST GRADUATE DIPLOMA IN YOGA THERAPY FOR MEDICOS AND PARAMEDICOS (PGDYTMP)
(One Year course comprising Two Semesters)

AFFILIATED TO GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY, NEW DELHI
SECTOR 16-C, DWARKA, NEW DELHI-110078
ESTABLISHED BY GOVT. OF NCT OF DELHI, 'A' GRADED NAAC ACCREDITED UNIVERSITY

Morarji Desai National Institute of Yoga (MDNIY) is an autonomous organization under the ministry of AYUSH, Govt. of India. MDNIY is a premier institute for Planning, Training, Promotion and Propagation of all aspects of Yoga Education, Training, Therapy and Research. MDNIY was established to act as a Centre of Excellence in the field of Yoga. MDNIY possesses the state of the art complex of its own and is constructed in the Lutyens Zone of New Delhi, centrally located which has the privilege of having a beautiful architectural design and serene landscaping and greenery. The Institute's complex has been provided with all ultra-modern facilities and congenial atmosphere for education, training, research and allied activities. MDNIY has a trained and experienced faculty for teaching.

The course is affiliated to **Guru Gobind Singh Indraprastha University, New Delhi**. The course is designed to impart the Medical and Paramedical students to integrate Yoga Therapy in their practice.

1. The Guru Gobind Singh Indraprastha University invites online applications of Post Graduate Diploma in Yoga Therapy for Medicos and Paramedics as per proposed schedule:

Sl. No.	GET Code	GET Name	Last Date of Application (GET) (A.P.S)	GET Date	GET Time	Date of Declaration of Result (Subject Wise)
1.	104	PGDYTMP	04.04.2020	04.04.2020	10:00 AM to 02:00 PM	04.04.2020

Note: Candidates should report for document verification shall be considered for admissions subject to fulfillment of eligibility criteria/conditions. The venue for document verification shall be Guru Gobind Singh Indraprastha University Campus, Sector 16C, Dwarka, New Delhi (2020).

---The venue for counselling shall be Guru Gobind Singh Indraprastha University Campus, Sector 16C, Dwarka, New Delhi (2020).

ELIGIBILITY: (i) Any Medical/Para-Medical/Physiotherapy (minimum 4 years or more) Graduate Degree with 50% marks from a recognized University or Institution approved by the regulating body.
AGE LIMIT: Candidate should not be more than **35 years of age as on 04.04.2020**. Relaxation in age limit as per University norms.
INTAKE CAPACITY: 20 Seats. Reservation of seats will be as per University norms.
SELECTION PROCEDURE: Through Common Entrance Test (CET) of GGSIP University. Selection of the students will be made on the merit prepared on the basis of marks obtained in the above-said examination/ class and subject to the Medical fitness. Reservations of seats as per University norms.
SYLLABUS OF CET: (i) Anatomy - 30 questions
(ii) Physiology - 30 questions
(iii) General Awareness - 25 questions
(iv) English Language & Comprehension - 25 questions

Note: Admission Brochure along with Application Form for this programme and other details are available on the Admission Link of the Home page of the University website www.ggsu.ac.in

For details please contact: The Course Coordinator - PGDYTMP
Phone: 011-23074018

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E-mail: admission@mdny.nic.in website: www.yogamdny.nic.in

M.Sc. (Yoga)

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The course is affiliated to **Guru Gobind Singh Indraprastha University, New Delhi**. The course is designed to impart the Medical, Yoga, Skills and techniques of Yoga to enable them to become an institutionally qualified Yoga Professional and Yoga Therapist.

1. The Guru Gobind Singh Indraprastha University invites online applications of Master of Science in Yoga as per proposed schedule:

Sl. No.	GET Code	GET Name	Last Date of Application (GET) (A.P.S)	GET Date	GET Time	Date of Declaration of Result (Subject Wise)
1.	107	M.Sc. (Yoga)	07 March, 2020	08 March, 2020	10:00 AM to 02:00 PM	08 March, 2020

Note: Candidates should report for document verification shall be considered for admissions subject to fulfillment of eligibility criteria/conditions. The venue for document verification shall be Guru Gobind Singh Indraprastha University Campus, Sector 16C, Dwarka, New Delhi (2020).

---The venue for counselling shall be Guru Gobind Singh Indraprastha University Campus, Sector 16C, Dwarka, New Delhi (2020).

ELIGIBILITY: B.Sc. (Yoga) Graduate with 50% marks from a recognized University or Institute of National repute.
(i) B.Sc. (Medical/Paramedical/Physiotherapy/Graduation Level Degree) with one year Diploma in Yoga Science. The graduation level degree should be with 50% marks from a recognized University or Institute of National repute.
AGE LIMIT: Candidate should not be more than **35 years of age as on 04.04.2020**. Relaxation in age limit as per University norms.
INTAKE CAPACITY: 35 Seats. Reservation of seats will be as per University norms.
SELECTION PROCEDURE: Through Common Entrance Test (CET) of GGSIP University. Selection of the students will be made on the merit prepared on the basis of marks obtained in the above-said examination/ class and subject to the Medical fitness. Reservations of seats as per University norms.
SYLLABUS OF CET: (i) Anatomy - 30 questions
(ii) Physiology - 30 questions
(iii) General Awareness - 25 questions
(iv) English Language & Comprehension - 25 questions

Note: Admission Brochure along with Application Form for this programme and other details are available on the Admission Link of the Home page of the University website www.ggsu.ac.in

For details please contact: The Course Coordinator - M.Sc. (Yoga)
Phone: 011-23074018

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16, Ashoka Road, New Delhi - 110001
Phone: 011-23071986, 23072411-18 Fax: 23071981, 23071983
E-mail: admission@mdny.nic.in website: www.yogamdny.nic.in

B.Sc. (Yoga)
(Three Years course comprising Six Semesters)

AFFILIATED TO GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY, NEW DELHI
SECTOR 16-C, DWARKA, NEW DELHI-110078
ESTABLISHED BY GOVT. OF NCT OF DELHI, 'A' GRADED NAAC ACCREDITED UNIVERSITY

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Sl. No.	GET Code	GET Name	Last Date of Application (GET) (A.P.S)	GET Date	GET Time	Date of Declaration of Result (Subject Wise)
1.	101	B.Sc. (Yoga)	04.01.2020	04.01.2020	10:00 AM to 02:00 PM	04.01.2020

Note: Candidates should report for document verification shall be considered for admissions subject to fulfillment of eligibility criteria/conditions. The venue for document verification shall be Guru Gobind Singh Indraprastha University Campus, Sector 16C, Dwarka, New Delhi (2020).

---The venue for counselling shall be Guru Gobind Singh Indraprastha University Campus, Sector 16C, Dwarka, New Delhi (2020).

ELIGIBILITY: Pass in 12th class of 10+2 pattern of CBSE or Equivalent in any Science Stream with a minimum aggregate of 50% marks in any four subjects including English (core/Intricate/Functional) provided that the candidate has passed in each subject separately.
AGE LIMIT: Candidate should not be more than **21 years of age as on 04.01.2020**. Relaxation in age limit as per University norms.
INTAKE CAPACITY: 30 Seats. Reservation of seats will be as per University norms.
SELECTION PROCEDURE: Through Common Entrance Test (CET) of GGSIP University. Selection of the students will be made on the merit prepared on the basis of marks obtained in the above-said examination/ class and subject to the Medical fitness. Reservations of seats as per University norms.
SYLLABUS OF CET: (i) Physics - 30 questions
(ii) Chemistry - 30 questions
(iii) Biology - 30 questions or biotechnology - 30 questions
(iv) Mathematics - 30 questions
(v) General Awareness - 25 questions
(vi) English Language & Comprehension - 25 questions

Note: Admission Brochure along with Application Form for this programme and other details are available on the Admission Link of the Home page of the University website www.ggsu.ac.in

For details please contact: The Course Coordinator - B.Sc. (Yoga)
Phone: 011-23074018

Saturday CYP

Yoga helps to reduce stress and modifies ones attitude towards stress. It improves self-confidence, creates a feeling of relaxation and calmness in body-mind coordination. Dr. Ishwar.V. Basavaraddi, Director MDNIY led the IDY Common Yoga Protocol (CYP) followed by insightful discussion on Yoga and Dhyana. Let's be the part of CYP movement.



A proud moment for MDNIY

D.YSc student Arpita won 2nd prize in Poster making competition in Annual Festival held at "BCIIT FIESTA 2020" organized by BanarsidasChandiwala Institute of Information Technology, GGSIPU on 5th to 7th March 2020. The entire fraternity of MDNIY congratulates her.



Director MDNIY participates at 64th Annual National Conference of Indian Public Health Association

Director, MDNIY, on Monday, 2nd March, 2020 attended the 64th Annual National Conference of Indian Public Health Association (IPHA) organized by the Centre for Community Medicine (CCM), All India Institute of Medical Sciences (AIIMS), New Delhi state branch from 29th February to 2nd March, 2020 at AIIMS, New Delhi. The theme of the conference was 'Promoting Public Health Leadership for Universal Health Coverage in India'

New Course at MDNIY

Inaugural function of CCYPI was held at MDNIY on 2nd March, 2020.



STAY HOME
STAY SAFE
DO YOGA EVERY DAY

Yoga Training and Therapy Statistics

S. No.	Yoga Education	No. of Students/Sadhaks	Training Hrs.	Patient Days
1	M.sc (Yoga)	18	42	
2	B.Sc. (Yoga Science) course	27	180	
3	Post Graduate Diploma in Yoga Therapy for Medicos and Paramedics	03	42	
4	Diploma in Yoga Science (D.YSc) of one year duration for Graduates	83	54	
5	Certificate Course in Yoga Science for Special Interest Group 04 months regular course	125	85	
6	Certificate Course in Yoga Wellness Instructor -6 months course	71	64	
7	Certificate Course in Yoga Protocol Instructor -3 months course	54	24	
8	Certificate Course in Yoga Protocol Instructor -1 months course	30	63	
9	Foundation Course in Yoga Science for Wellness (One Month duration)	50		
10	Foundation Course in Yoga Science for Wellness (10 Days duration)	12	50	
11	CCYWI at Lajpat Bhawan	26	27	
12	CCYPI at Sports Authority of India Stadia (4 centre)	130	65	
13	Foundation at Sports Authority of India Stadia (4 centre)	142	200 hrs (for 3 months course period)	
14	CCYPI at Amity University	13	50	
15	HPP	158	200 hrs (for 3 months course period)	
16	OPD		15	
17	Individual Yoga Therapy Session			
18	YTC	823		3890
19	Yoga Therapy Programmes for patients and Sadhaks			
20	Preventive Health Care Units of Yoga in CGHS Dispensaries	550		6598
21	FCYScW at Amity University	26	50 hrs (for 1 months course period)	
22	Certificate Course in Yoga Wellness Instructor (Leh Ladakh)	99	200	

FCYScW: Foundation Course in Yoga Science for Wellness.

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

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







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