



सत्यमेव जयते

Ministry of Ayush
Government of India



MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of Ayush, Government of India
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E-NEWSLETTER
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HON'BLE UNION MINISTER OF AYUSH VISITS MDNIY STALL AT IITF

Sh. Sarbananda Sonowal, Hon'ble Union Minister of Ayush and Port, Shipping & Waterways and Dr. Munjpara Mahendrabhai Kalubhai, Hon'ble Union Minister of State for Ayush and Women & Child Development visited the MDNIY stall at Ayush Pavilion at the 40th India International Trade Fair, Pragati Maidan on 23rd November, 2021. The Hon'ble Union Minister of Ayush appreciated MDNIY's Yoga programmes at the Ayush pavilion. The minister also witnessed the fantastic performance of fusion yoga by the students of MDNIY and stressed on the importance of Yoga in our daily lives.



The Hon'ble ministers were accompanied by Vaidya Rajesh Kotecha, Secretary Ayush; Sh. Pramod Kumar Pathak, Special Secretary, MoA; Dr. Dharmendra Singh Gangwar, AS& FA, Ministry of Ayush along with seniors officers of the ministry.

Dr. Ishwar V Basavaraddi, Director MDNIY briefed the various Yoga activities viz. Yoga Fusion Program, Yoga Break Protocol, Yoga Therapy Consultancy and distribution of IEC publication to the Hon'ble dignitaries.

MDNIY sent a full-fledged Yoga team at the 40th India International Trade Fair, PragatiMaidan, New Delhi from 14-27 November, 2021. Various Yoga Facilities viz. Yoga Therapy Consultancy, Yoga Break Protocol, Yoga Fusion Program, distribution of IEC publication etc., were given to the public.





MDNIY CELEBRATES 4TH NATUROPATHY DAY

Gandhi Smriti and DarshanSamiti, New Delhi in collaboration with MDNIY organized an event at Rajghat, New Delhi on 18th November, 2021 to celebrate 4th Naturopathy Day.

Sh. Vijay Goel, former Minister of State for Parliamentary Affairs and Statistic and Implementation and & the present RajyaSabha Member of Parliament inaugurated the event. Dr. Ishwar V Basavaraddi, Director MDNIY was the Guest of Honour in the event. In his address, the Director MDNIY highlighted the Government initiatives to promote and propagate the system.



About 100-125 students & staff including senior officers of the institute participated in the event



MDNIY JOINS HAND TO CELEBRATE AYURVEDA DAY

Morarji Desai National Institute of Yoga actively participated in the celebration of the 6th Ayurveda Day. To promote the event, the institute shared the Ayurveda Day creatives through its various social media platforms. To celebrate the day in a befitting way, MDNIY also organized a webinar on Ayurveda by inviting Dr. Shiva Kumar S Harti, Associate Professor, and In-charge IT, All India Institute of Ayurveda (AIIA), New Delhi on 2nd November, 2021.





CIVIL SERVANTS FROM REPUBLIC OF MALDIVES VISIT MDNIY

A team of 34 Civil Servants from Republic of Maldives along with 3 officers and staff of National Centre for Good Governance (NCGG), Mussoorie visited MDNIY on 17.11.2021. Md. Taiyab Alam, Communication & Documentation Officer (C.&D.O.) welcomed the delegation on behalf of Director MDNIY.



The C&D.O. made a brief presentation about MDNIY, and also briefed them regarding various activities and programmes of the Institute. Yoga Break Protocol @ workplace followed by Yoga Fusion programme was also conducted for the delegates. Sh. Mudit Sharma, Administrative Officer along with other officers and staff also joined the team.

Overall, the feedback of the delegation was quite satisfactory.



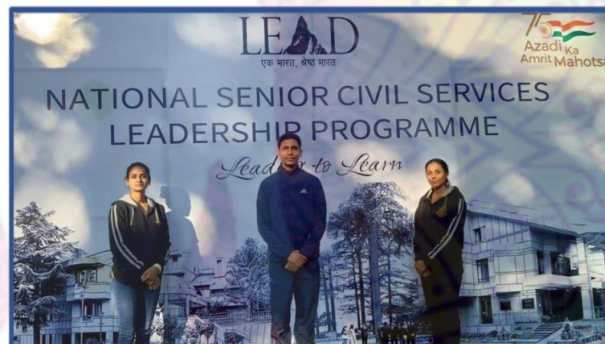
The team was visiting India as part of 'Capacity Building Programme in Field Administration for the Civil Servants of Maldives' which was being conducted from 08-19 November, 2021 at NCGG Mussoorie.

MID- CAREER TRAINING PROGRAMME FOR CENTRAL OFFICERS BY MDNIY

A Mid- Career training programme (CMCTP) for the officers of all India Services and Other Central group 'A' Services Officers for the batches of 2000 and 2001 was commenced in LBSNAA, Mussoorie from 26th October- 2nd November, 2021.



The program was attended by Senior Level Officers and they were given a practical session of SukshmaVyayama, Yogaasana, Pranayama, Relaxation and Meditation by Mrs. Neetu Sharma, Yoga Therapist, Mr. Dalip Kumar, Yoga Instructor and MsNeetu, Yoga Instructor, MDNIY.



MDNIY CELEBRATES DIWALI

Dr. Ishwar V. Basavaraddi, Director MDNIY inaugurated the Diwali&Dhanterasfunction by lightening the lamp. Director, MDNIY in his inaugural address wished everyone Happy Diwali and good health. The students of various courses of the institute enthusiastically participated in the celebration. The students actively performed many cultural programmes such as Singing, Folk dance, Rhythmic Yoga activities, Poetry, Group dance, etc. The performers received huge applaud from the audience.



MDNIY ORGANIZES YOGA RE-ORIENTATION WORKSHOP & YOGA CERTIFICATION

Director, MDNIY was invited as a Special Guest in the 3rd National Wellbeing Summit under the aegis of Shri JP Mathur Charitable Trust on 9th October 2021 at Le Meridien, New Delhi. Director, MDNIY delivered a Keynote Address on “Emerging Areas of Research & Innovation in Yoga.” Shobhit University organized the event with an objective to promote world class quality education, innovation and research in the areas of Ayurveda, Yoga, and Naturopathy.



MDNIY ORGANIZES YOGA RE-ORIENTATION WORKSHOP & YOGA CERTIFICATION

Yoga Re-orientation Workshop & Yoga Certification was organized by MDNIY from 15-21 November, 2021 for Ayush Health and Wellness Yoga instructors of UT of J&K Division

Director, MDNIY was the Chief Guest during the concluding session of Re-orientation program & Yoga Certification at Unani Hospital Shalteng Srinagar. The function was also attended by Dr. Mohan Singh, Director AYUSH UT of J&K including other officers of the UTs. Total 136 Yoga Wellness instructors of Kashmir division were certified.

Similarly, a six days offline Workshop and YCB Examination for Yoga trainees of Kashmir Division by faculty members of Morarji Desai National Institute of Yoga, New Delhi concluded at Govt. Unani Hospital Shalteng, Srinagar.





THE INSTITUTE CELEBRATES CONSTITUTION DAY

Constitution Day also known as 'SamvidhanDivas', is celebrated in our country on 26th November every year to commemorate the adoption of the Constitution of India. On 26th November 1949, the Constituent Assembly of India adopted the Constitution of India, which came into effect from 26th January 1950.

Director, MDNIY and the entire fraternity of the institute celebrated Constitution Day or Samvidhan Diwas on November 26, 2021 at 11 AM by reading the Preamble of the Constitution.



WEBINAR ON HEALTH BENEFITS THROUGH YOGASANA

The institute organized a live webinar on “Health Benefits Through Yogasana” by Yogacharya Sunil Gautam, President, Maha MrityunjayYog and Natural Sciences & Delhi Coordinator of M.A. ,Yoga (Distance Education), Jain Vishva Bharti Institute (Deemed University) on 5th Nov., 2021. He also elaborated on the various facets of Yogic diets as well as components of Yoga.

Join Webinar
on
Health Benefits Through Yogasana

Date: 05.11.21
Time: 6:00 PM

Yogacharya Sunil Gautam
President, Maha Mrityunjay Yog and Natural Sciences &
Delhi Coordinator of M.A. Yoga (Distance Education),
Jain Vishva Bharti Institute (Deemed University)

Introductory Remarks By
Dr Ishwar V. Basavaraddi
Director MDNIY



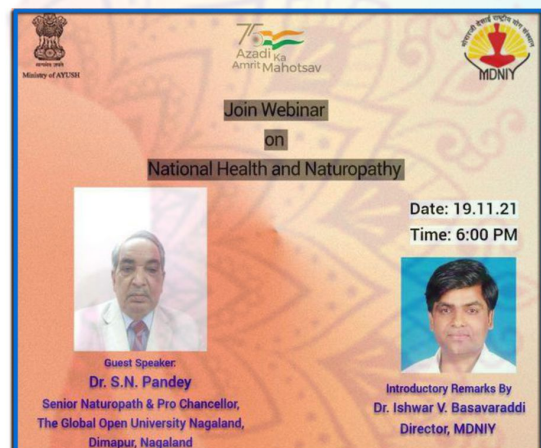
WEBINAR ON HEALTH THROUGH NATUROPATHY

The institute organized a live webinar on “Health through Naturopathy” with, Dr. Hemanshu Sharma, Principal, Sant Hirdaram Medical College of Naturopathy & Yogic Sciences for Women, Bhopal and Director, MDNIY on 12th November, 2021. Dr. Hemanshu Sharma stressed that Naturopathy stimulates positive thinking, lowers stress, anxiety & depression. He also added that naturopathy improves overall health, enhances outlook, boosts optimism, and improves one's ability to cope with health-related issues. It is an individualized treatment that aims at transforming one's overall well-being.



WEBINAR ON NATIONAL HEALTH AND NATUROPATHY

A webinar held on “National Health and Naturopathy” with Dr. S.N. Pandey Senior Naturopath & Pro Chancellor, The Global Open University Nagaland, Dimapur, Nagaland and Director, MDNIY on 19th November, 2021. In his address, Dr. S.N. Pandey said that Public health can look to naturopathy for answers to the emergence of chronic disease through natural therapies, many of which can take the role of primordial and primary prevention of several diseases. Some selected naturopathic therapies include nutrition, hydrotherapy, fasting therapy, yoga, behavioral therapy, and health promotion can play an important role for the health care system.



WEBINAR ON CONCEPT OF YOGASANA

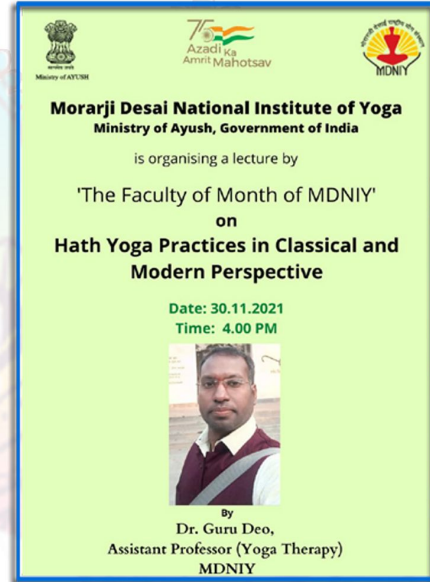
A Live Webinar organized on “Concept of Yogasana and its Difference from Physical Exercise” with Dr. Sony Kumari, Professor, S-VYASA University, Bengaluru and Director, MDNIY on 26th November, 2021. Dr. Sony Kumari, detailed that the actual meaning of Yogasana. She said it's a term that, in its narrow definition, describes a seated posture in yoga typically used for meditation, such as a basic cross-legged position like Sukhasana. She also highlighted that how asanas tone the muscles, develop flexibility and improve posture and spinal alignment. Asanas, or Yoga postures, fundamentally act as a lubricating routine to the joints, muscles, ligaments and other parts of the body, increasing circulation and flexibility.





A SCHOLARLY LECTURE BY DR. GURU DEO

A scholarly lecture organized by 'the Faculty of Month of MDNIY' on "Hath Yoga Practices in Classical and Modern Perspective" by Dr. Guru Deo, Assistant Professor (Yoga Therapy), on 30.11.2021. He explained very precisely and pin-pointedly the very meaning of the word 'Hatha' as per classical text Siddhasiddhantapaddhati of Gorakshanath. The etymological meaning of Hatha indicates two pathways of energy flow called in Hatha Yoga Ida and Pingala Nadis, Chandra and Surya Nadis. Dr Guru Deo also put emphasis to discuss two classical texts where talked on the different components of Hatha Yoga as mentioned in Hatha Yoga Pradipika and Gheranda Samhita.



MDNIY JOINS HAND TO CELEBRATE AYURVEDADAY

Advance Centre of Yoga for Cardiac Rehabilitation and Prevention, Centre for Yoga and Exercise Science, Dept of Physiology, BLDE (Deemed to be University) in collaboration with Morarji Desai National Institute of Yoga, Ministry of Ayush, Govt. of India organized/conducted various activities viz. Awareness about Yoga Protocol (Y-Break) module, Awareness about Yoga and Meditation among school children and Foundation Course in Yoga Science for Wellness. Many people were benefited from these programs.

