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# MDNIY NEWS LETTER

A Quarterly News Letter of Morarji Desai National Institute of Yoga, New Delhi

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*Sri Ghulam Nabi Azad*  
Union Minister of Health  
& Family Welfare



*Sri S. Gandhiselvan*  
Union Minister of State for Health  
& Family Welfare



*Sri Dinesh Trivedi*  
Union Minister of State for Health  
& Family Welfare



*Smt. S. Jalaja, Secretary AYUSH inaugurating the activities of Advanced Centre for Yoga at NIMHANS, Bangalore*



*Dr. S. K. Panda, Joint Secretary (AYSUH) addressing the participating children and parents during the Valedictory Function of one month Summer Yoga Workshop 2009 for Children*

**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**  
(An autonomous organization under Deptt. of AYUSH, Ministry of Health & F. W., Govt. of India )



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## From the Director's Desk...

**I**t gives me immense pleasure in presenting the Newsletter of Morarji Desai National Institute of Yoga for the quarter April-June, 2009.

Health and Happiness are the aspirations of every individual. Yoga is such a system of health care which prevents the diseases and promotes positive health. The world has accepted the utility and efficacy of Yoga in healthy living. Ministry of Health and Family Welfare and Department of AYUSH and its autonomous bodies are making all out efforts to take Yoga to every citizen of the country.

Shri Ghulam Nabi Azad has joined as Hon'ble Union Minister for Health and Family Welfare & Shri S. Gandhiselvan and Shri Dinesh Trivedi as Hon'ble Ministers of State in the Ministry of Health and Family Welfare in the cabinet of Hon'ble Prime Minister, Dr. Manmohan Singh. MDNIY congratulate all the Ministers, welcome them whole-heartedly and seek their advice and guidance in making the role of the Institute a unique one for propagation and promotion of Yoga. The Institute look forward for their guidance and enthusiastic support with their vast experience so that the state of Yoga has got recognition and shall be elevated to the new heights.

Yoga is being practiced from the ancient times. However, the best age to start Yoga Sadhana is the childhood. Many efforts have been made by the Govt. and the leading Yoga Institutions to introduce Yoga in Schools. To consolidate the existing expertise in this field, MDNIY organized a National Yoga Week in the year 2009 with the theme "Role of Yoga in School Health", which was a big success. Accordingly a scheme "Introduction of Yoga in School Health" has been devised as per the guidance of Department of AYUSH. Under the scheme, in each district a lead School will be selected and from each lead school one teacher would be provided Yoga training for a month and he will act as a Resource Person to impart Yoga in his/her School and also in their district. It is intended to facilitate with Yoga training to 640 teachers during this year. I hope with the support of all the leading Yoga Institutions it will become a successful event.

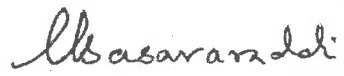
In the light of raising popularity of Yoga and its role in education and research, the Institute has set up four Advanced Research Centers for Yoga in premier Medical Institutions i.e. NIMHANS, Bangalore; JIPMER, Puduchery; DIPAS, Delhi and GAU, Jamnagar last year. All these centers have started their activities and are running successfully to promote Yoga therapy to the needy people. I hope in the days to come, these advanced centers for Yoga will come up with good standard research which will be very useful for the promotion of Yoga in all its aspects.

The Department of AYUSH is mainstreaming the AYUSH systems. Accordingly different programmes like CME, RoTP for medical professionals have been introduced. The Institute is also conducting the RoTP for the Medical/Ayush professionals. The Institute has also come up with a programme to introduce Yoga to the Medical professionals and accordingly a scheme has been devised to impart Yoga Training of 48 hours to the medical graduates/professionals in their colleges/hospitals.

The Institute is conducting Diploma in Yoga Science of one year duration for graduates and the present strength of students for the Diploma Course is  $115+5=120$  students. The Institute is also conducting Certificate Course in Yoga Science of 3 ½ months duration for the target groups like BSF, Air Force Personnel etc. Many initiatives have been taken by the Institute to promote and propagate Yoga in all its aspects.

I hope, a brief report of all the activities of the Institute being conducted shall prove its strength. The suggestions are always welcome to upgrade the Institute's activities.

With warm wishes,

  
(Dr. Ishwar V. Basavaraddi)  
Director

## SHRI GHULAM NABI AZAD NEW UNION MINISTER OF HEALTH & FAMILY WELFARE



*Shri Ghulam Nabi Azad*

**S**hri Ghulam Nabi Azad, Member of Parliament from Jammu & Kashmir joined new Council of Ministers under the leadership of Dr. Manmohan Singh, as Union Minister of Health & Family Welfare.

Shri. Azad was first elected as Member of Parliament from Washim Parliamentary constituency in 1980. In 1981-82 and 1980-89, he served as the Member of Consultative Committee for the Ministry of Defence, and in 1982 as Chairman Youth Service Committee, IX Asian Games; Member, Special Organizing Committee, IX Asian Games and Member Consultative Committee of Information & Broadcasting. He served as the Union Deputy Minister in the Ministry of Law, Justice & Company Affairs during 1982-83 and then as Union Minister of Information &

Broadcasting in 1983-84. Shri Azad was the Union Minister of State in the (i) Ministry of Parliamentary Affairs from December 31, 1984 to May 11, 1986, (ii) Home Affairs from May, 1986 to October, 1986 and (iii) Food and Civil Supplies from October, 1986 to September, 1987.

Shri. Azad was elected to the Rajya Sabha in April 1990. He was the Minister of Parliamentary Affairs from June 1991 to January 1993 and December 1995 to May 1996. He also served as the Minister of Civil Aviation & Tourism during January 1993 to May 1996.

In November 1996, he was re-elected to the Rajya Sabha. Then, during 1996-97, he became the Member of the Consultative Committee for the Ministry of Home Affairs and in 1998, he was the Member of Standing Committee on Energy and Consultative Committee for Ministry of Railways. He was also the Member of Rajghat Samadhi Committee from December 1999 to February 2004.

Shri Azad, born on March 07, 1949 at Village Soti, Bhadarwah, Distt. Doda (Jammu & Kashmir), accomplished his Post-Graduation

in Zoology from Govt. Degree College, Bhadarwah. Active in cultural, social and political events, he was an outstanding N.C.C. Cadet in Government Degree College, Bhadarwah, G.G.M. Science College and S.P. College, Srinagar; courted arrest more than dozen times and jailed during Janata Government during 1977-79 in different parts of the country.

Shri. Azad has acquired a potential stature as a social and political worker and executed himself in various vital positions in the Congress Party. He was the Member, (i) Jammu and Kashmir Gandhi Smarak Nidhi as Member and organizer of Jammu and Kashmir Gandhi Smarak Nidhi, 1970-75, organized hundreds of camps, symposia and seminars on teachings of Mahatma Gandhi, (ii) Central Haj Committee, 1980-82, (iii) Governing Council, Rajaji International Institute of Public Affairs and Administration, 1980-82, (iv) Jammu and Kashmir Gandhi Centenary Committee, 1969, (v) Jammu and Kashmir Bhoodan Committee, (vi) Delegation to the 11th World Youth and Students' Festival, Hawana (Cuba), 1978, (vii)

Parliamentary Delegation to Mexico and Greece, (viii) Committee on Public Undertakings, 1980-82.

He lead the (i) Indian Delegation of Sarvodaya to Sri Lanka to visit one thousand Gandhian model villages, 1973, (ii) Young M.Ps' Delegation to Iraq, 1981, (iii) Youth Congress Delegation to Yugoslavia, Czechoslovakia, Romania and Russia, 1980-82, (iv) Indian Goodwill Haj Delegation to Saudi Arabia, 1987, (v) Indian Parliamentary Delegation to Sweden, 1991 as Parliamentary Affairs Minister,

(vi) Indian Parliamentary Delegation in the Inter-Parliamentary Union meeting held in New Delhi, 1992 as Parliamentary Affairs Minister and (vii) a number of Congress Party and Ministry of Civil Aviation Delegations to more than three dozen countries during 1991-96.

Travels abroad: Shri Azad has visited around 64 countries on important Government of India assignments.

Special interest: Organizing camps, symposia and seminars on the teachings of Mahatma

Gandhi.

Shri. Azad in his capacity as the Union Minister of Health and Family Welfare is the President of Governing Body of Morarji Desai National Institute of Yoga.

The Morarji Desai National Institute of Yoga congratulates him on his joining and seeks his advice and directions for more sincere and dedicated functioning of the Institute and to make the role of Institute a unique one in spreading the message of Yoga.



**DHYANA**



**SHRI DINESH TRIVEDI  
NEW UNION MINISTER OF STATE FOR  
HEALTH & FAMILY WELFARE**



*Shri Dinesh Trivedi*

**S**h. Dinesh Trivedi was born on June 04, 1950. He got his M.B.A. degree from the University of Texas, U.S.A, joined as Hon'ble Union Minister of State, Ministry of Health & Family Welfare in May 2009. He was elected as a Member of Parliament to the 15<sup>th</sup> Lok Sabha from the Barrackpore Lok Sabha Constituency in West Bengal. Sh. Trivedi, in his shining career, has served as a Member of Rajya Sabha from 1990 to 2008. He is the General Secretary of AITC, Chairman, Indo-European Union Parliamentary Forum (IEUPF) established on April 02, 2005. He has also served as the Vice Chairman of Rajya Sabha and Chairman of Passengers Amenities Committee, Ministry of Railways.

He has been a member of various committees in the past, like Committee on Rules, Consultative Committee for the Ministry of Civil Aviation, Civil Aviation Committee, Committee on Finance, Committee on Commerce, General Purposes Committee, Committee on Petitions, Committee on Public Undertakings, and Co-Convenor of the Sub Committee for Special Economic Zones of the Committee on Commerce.

The Morarji Desai National Institute of Yoga welcomes Shri Dinesh Trivedi Ji as the Minister of State for Health & Family Welfare. The Institute looks forward to his support and guidance in the near future.

**SHRI S. GANDHISELVAN  
NEW UNION MINISTER OF STATE FOR  
HEALTH & FAMILY WELFARE**



*Shri S. Gandhiselvan*

**S**h. S. Gandhiselvan, an active politician from Namakkal, Tamil Nadu, joined as Union Minister of State for Health & Family Welfare, in May 2009. Sh. Gandhiselvan began his political career as a student's leader of A.A.A. Arts College, Namakkal, in 1984. Thereafter, from 1986-1991, he served as a member of Namakkal Municipal Committee.

The other posts of repute that he has held in the past include Director, Namakkal Urban Cooperative Bank, Organizer, District DMK Students Wing, District Deputy Secretary (DMK) and Chairman, Namakkal Urban Cooperative Bank, District Secretary (DMK), Chairman, Namakkal Municipal Committee and Chairman, Namakkal District Panchayat Committee.

In May 2009 Lok Sabha elections, Sh. S. Gandhiselvan was elected as the Member of Parliament, and subsequently appointed as Hon'ble Minister of State (MOS) for Health & Family Welfare, Govt. of India. As an MOS, Sh. Gandhiselvan will also be looking after the functioning of the Dept. of AYUSH and its autonomous bodies, one of them being Morarji Desai National Institute of Yoga.

The Morarji Desai National Institute of Yoga welcomes Shri S. Gandhiselvan Ji and hopes to deliver its best in the field of Yoga, with his full support and patronage.



## REVIEW MEETING OF STATE HEALTH SECRETARIES / DIRECTORS OF INDIAN SYSTEM OF MEDICINE & HEALTH MEET

**A** Meeting of the State Health Secretaries/ Directors of AYUSH was held under the Chairmanship of Smt. S. Jalaja, Secretary (AYUSH) in the Committee Room of the Department of AYUSH on 21, 22, 25, 26, and 27, May 2009.

Welcoming the participants, Secretary (AYUSH) made general remarks on mainstreaming of AYUSH to be undertaken by the State Governments and the agenda of the meeting with brief introduction of scheme of Department of AYUSH, Quality of Drugs, National Campaigns and the issues of the pending of Utilization Certificates. Secretary (AYUSH) has also made remarks on the following points:

- Ground level activities including posting of AYUSH doctors and pharmacist, collocation of AYUSH facilities in all Primary Health Centres (PHCs), Community Health Centres (CHCs) and District Hospitals (DHs) should be completed by 2010.
- Existing AYUSH facilities should not be relocated to Allopathic health care facilities in the name of collocation.
- The AYUSH doctors posted under NRHM should be
- oriented regarding their roles and responsibilities in the collocate facilities. The AYUSH doctors posted at PHCs/ CHCs/ DHs should practice their respective systems of medicine and the activities under National Health Programme after training. In PHCs run only by AYUSH Doctors, in such conditions some essential modern medicines for common ailments may be practiced along with AYUSH system after training.
- District Ayurvedic officers may be assigned the task of monitoring the activities of AYUSH doctors on technical matters.
- There is a need to provide training to lowest level health functionaries such as ASHAs, ANMs, AWWs, Nurses, AYUSH doctors and allopathic doctors on strengths of AYUSH systems of medicine. The training module developed by Chhattisgarh state for Mitans may be taken as a guideline for replication in other states to develop training material for ASHA/ ANM/ Health workers etc.
- All the states are requested to take appropriate steps as

indicated in joint letter of Secretary Health and Secretary AYUSH circulated in the month of May, 2009.

- All the State Governments are advised to maintain the parity in pay and posting of allopathic & AYUSH doctors in remote areas.

Shri S. K. Panda, Joint Secretary, Department of AYUSH briefed on the need of preparation of AYUSH PIP incorporating financial requirements from NRHM Flexi pool for manpower and training and from hospital dispensary scheme for infrastructure and medicine. He also briefed on provisions under modified scheme of hospital and dispensaries which is expected to be cleared by the cabinet soon. Apart from increase in allocation for infrastructure creation in PHCs, CHCs etc. the scheme also proposes Rogi Kalyan Samities in AYUSH hospitals, State Programme Implementing Unit of Mainstreaming of AYUSH, Upgradation of existing AYUSH hospital and strengthening AYUSH hospitals through PPP mode. The training under NRHM for AYUSH systems also should be planned by states and for this a brief plan also presented.





## INTRODUCTION OF YOGA IN SCHOOL HEALTH

**H**ealth is one of the core issues and important indicator for the growth and development of a nation. If health is given a thrust right at the stage of childhood, the dream of a healthy and strong nation would become a reality. Appropriately, schools are the focal centre of education and health.

The Yoga experts were of the strong opinion that the MDNIY should take some concrete initiative in the direction of introduction of Yoga in the school health programmes. In this context, the Institute has organized the National Yoga Week 2009 with a theme of **Role of Yoga in School Health**, from 16 to 22 February, 2009. More than 1500 schools have actively participated in the Yoga awareness programmes, conducted during the period all over the country.

### Aim and Objectives

The aim of the scheme is to introduce Yoga in the School Health Programme. The specific objectives of the scheme are:

- To impart Yoga education in the schools for the prevention of disease and promotion of health.
- To train the school teachers in Yogic principles and practices.
- To prepare and distribute standardized Yoga teaching and training materials with reference to school health.

The MDNIY has identified 6 leading Yoga Institutes to implement the proposed programme in a phased manner i.e. in 3 phases.

The details of Lead Yoga Training Institutes are as under:

### LEADING YOGA INSTITUTES

Dev Sanskriti Vishwavidyalaya, Haridwar
The Yoga Institute, Santacruz, Mumbai
Kalvalyadhama, Lonavla
Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore
Krishnamacharya Yoga Mandiram, Chennai
Morarji Desai National Institute of Yoga, New Delhi & Adhyatma Sadhana Kendra, Chattarpur, Delhi

### Selection of Lead Schools and Teachers

- The State Governments shall be requested to select one Government School for leading Yoga training programme in each district, from among the schools, which have not got similar benefits under the scheme of HRD.
- From the identified Lead Schools, one Teacher preferably of below 40 years of age (other than the Physical Education Instructor), shall be selected for training in Yoga practices.
- The selected Trainers Teachers will be trained (four week duration) in selected Lead Yoga Institutions of repute identified by the MDNIY.

### Yoga Training

- In order to maintain a uniform training and teaching pattern, the MDNIY will formulate a common syllabus and study

material with the help of the leading Yoga Institutes.

- These teachers will run the specified programme of minimum 20 minutes duration (before the class hours or after the class hours or during the PT hours) to the children of their schools.
- The teacher will conduct the specified programme of Yoga, at least twice in a week in the school premises for each class.
- Gender separation will be taken care while conducting the classes.

### Preparation of study materials

A Committee of Experts from the leading Yoga Institutes will prepare the draft and finalize the contents of the syllabus and the study material.

The teaching and training material for the teachers will be prepared in Hindi and English. This will be translated to the regional languages by the MDNIY in phases.

### Present Status

A meeting of the Heads/ Representatives of the participating Yoga Institutes under the scheme has been scheduled on July 08, 2009. The draft syllabus and the course contents, prepared by the Expert Committee headed by Smt. Hansa Jayadeva, The Yoga Institute, Santacruz, Mumbai will be finalized by the Experts during the meeting. MDNIY is funding to the Yoga Institute for the purpose. It is expected that the 1<sup>st</sup> phase of teachers training will be launched in August 2009.

## SUMMER YOGA WORKSHOP FOR CHILDREN



*Director, MDNIY welcoming the Chief Guest Dr. G. Ravindra, Joint Director, NCERT & Dr. B.P. Bharadwaj, Reader, NCERT at the Inaugural function of Summer Yoga Workshop 2009 for Children*

The Institute organized the Summer Yoga Workshop 2009 for Children from May 18 - June 17, 2009.

The workshop was formally inaugurated by Dr. G. Ravindra, Joint Director, NCERT by lighting the lamp, Dr. B.P. Bharadwaj, Reader, NCERT was the Guest of Honour. 162 children from different schools of Delhi participated in the one month workshop and 129 children successfully completed the programme. This workshop got an overwhelming response from the children and their parents and a shoot up in participation rate from 92 children last year to 162 children this year.

The workshop was focused on Shatkarma, Yogic Sukshma

vyama, Suryanamaskar, Yogasanas, Pranayama, Bandha, Mudra, Dhyana, Yoga Nidra. In addition, awareness on Yogic diet was given to the participants by the Dietician of the Institute.

To uplift the awareness & create interest of Yoga in children, the Institute also organized a Quiz programme with the participants of the Summer Yoga Workshop. Inspiring prizes were also distributed to the winners.

During the Summer Yoga Workshop a Drawing Exhibition was

also organized wherein all the participating students expressed their understanding of Yoga on the canvas. It was appreciated by all.

The Valedictory Function of the programme was organized on June 17, 2009. Dr. S.K. Panda, Joint Secretary (AYUSH), Ministry of Health & F.W. Govt. of India was the Chief Guest of this function. Dr. Ishwar V. Basavaraddi, Director, MDNIY and other Senior Officers of the Institute were present during the occasion. The programme was highly appreciated by the Joint Secretary (AYUSH). The participating children and their parents also expressed their views about the excellence of the programme. They were satisfied with the teachings as well as also wanted to participate in these type of courses of longer duration conducted by MDNIY.



*Participating Children of the Summer Yoga Workshop demonstrating Parvatāsana*





## ADVANCED CENTRES FOR YOGA

**M**DNIY is engaged in the promotion of Yoga Education, Training, Therapy and Research Programmes. To bring out the advancement in the Yoga Education, Therapy, Research and Training, the Institute has initiated collaborative research activities with the premier Institutes in the field of medicine and allied subjects. In this direction, the following four Advanced Centres have been set up and research activities were initiated.

### ADVANCED CENTRE FOR YOGA THERAPY AND RESEARCH (ACYTR) IN MENTAL HEALTH & NEUROSCIENCES AT NIMHANS, BANGALORE

#### Inauguration of the activities of the Centre by Secretary (AYUSH)

The activities of the Centre were inaugurated by Smt. S. Jalaja, Secretary (AYUSH), Govt. of India, on May 14, 2009. Other dignitaries present on the occasion were Sh. B.Anand, Joint Secretary, Deptt. of AYUSH, Dr. D. Nagaraja, Director, NIMHANS, Mrs. Savitri, Registrar, NIMHANS and Dr. B.N. Gangadhar, Medical Superintendent & Program Director, ACYTR, NIMHANS.

A total of 160 patients suffering from different psychiatric and neurological disorders were referred from inpatient and outpatient services of NIMHANS and were treated during the quarter. Each patient received Yoga therapy sessions ranging from 7 days to one month.

The Advanced Centre has also conducted regular Yoga session at 8.30 am for children admitted in Child & Adolescent Psychiatry Ward. Approximately 35 children along with caregivers participate in the Yoga sessions every day.

#### Research Activities

Following are the on going research projects :

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. Knowledge, Attitude and practice about Yoga among patients with epilepsy at NIMHANS, Bangalore - A Survey.</li> <li>2. Efficacy of Yoga in Attention Deficit Hyperactivity Disorder (ADHD) An open trial.</li> <li>3. Effect of Yoga therapy on neuroplasticity and cognitive</li> </ol> | <ol style="list-style-type: none"> <li>4. Yoga therapy for Mild Cognitive Impairment fMRI and biochemical correlates.</li> <li>5. Effects of Yoga as an add on treatment in patients with functional psychosis.</li> <li>6. Yoga, Pharmacotherapy &amp; its combination in panic disorder ARCT.</li> </ol> |
|--|--|

functions of patients with depression A randomized controlled study.

#### PATIENTS CONSULTED AT THE OPD OF ACYTR DURING APRIL - JUNE, 2009

Sl.	Diagnosis	No. of Patients
1.	Schizophrenia	86
2.	Depression / Dysthymia	24
3.	Bipolar Affective Disorder	10
4.	Delusional Disorder	02
5.	Obsessive Compulsive Disorder	09
6.	Anxiety Disorders / Panic Disorder	02
7.	Epilepsy	17
8.	Head Ache	01
9.	Stroke	01
10.	Mild Cognitive Impairment	02
11.	Other Neurological Disorder	06
<b>Total number of patients</b>		<b>160</b>

### Ph D protocols approved by the Registration Committee

1. The PhD work entitled “**Efficacy of Yoga based intervention in Mild Cognitive Impairment (MCI) A RCT**” by Dr. Hariprasad is under progress.
2. PhD thesis “**A randomized controlled trial of combined Yoga & antidepressant therapy in depression Neuroplastic correlates**” by Dr. Naveen is also under progress.

### Upcoming Research Projects

1. Effect of Yoga on metabolic parameters in Schizophrenia.
2. Neuro-immunological effects of Yoga in depression.

3. Adjuvant Yoga therapy in late onset depression MRI and biochemical correlates.
4. Efficacy of Yoga therapy on anxiety, burden, coping and quality of life among care givers of inpatients with neurological disorders: A research work taken for M.Sc Nursing thesis by Ms. Umadevi. The protocol was presented by the student in the weekly meeting held on June 16, 2009. This protocol is awaiting approval by the Nursing department of the Institute.

### Proposed activities

- A National seminar-cum Workshop will be conducted on Mental Health & Neurosciences.

- Yoga Therapy sessions will be provided to the target group i.e. patients suffering from various disorders viz., Schizophrenia, Depression/ Dysthymia; Obsessive Compulsive Disorder (OCD), Attention Deficit Hyperactivity Disorder (ADHD), Epilepsy, Migraine, Back pain, Cervical and Lumber Spondylosis, Mild Cognitive Impairment (MCI), Caregivers of patients with Schizophrenia and Caregivers of patients with non-affective psychosis.
- Already the centre has taken up seven research projects and two more are in pipeline.

## YOGA APPRECIATION COURSE FOR NURSES



*Smt. S. Jalaja, Secretary, Deptt. of AYUSH addressing the participants of one month Yoga Appreciation Course for nurses at NIMHANS, Bangalore*

**A** one month Yoga Appreciation Course was conducted for hospital staff including doctors & nurses from April 15 - May 14, 2009. Total 19 participants completed the course. Students

underwent theory & practical classes. The Valedictory Function was held on May 14, 2009 wherein the Chief Guest, Smt. S. Jalaja, Secretary, AYUSH distributed the certificates to the participants.

Sh. B Anand, Joint Secretary (AYUSH) was the Guest of Honour. Dr. B. N. Gangadhar (Program Director, ACYTR), Dr. S. Varambally (Member of Monitoring Committee, ACYTR) and Dr. Ramachandra, Principal, Nursing College, NIMHANS expressed their views regarding the benefits of this course.

Yoga follow ups were offered to all the students & staff of NIMHANS, who had previously attended the Yoga appreciation course. In this follow up, 15 participants are undergoing practical Yoga sessions since May 26, 2009.

## ADVANCED CENTRE FOR YOGA THERAPY, EDUCATION AND RESEARCH (ACYTER) IN CARDIO-VASCULAR DISORDER AND DIABETES MELLITUS AT JIPMER, PUDUCHERRY



*ACYTER at JIPMER, Puducherry*

The ACYTER at JIPMER, Puducherry is functioning under Dr. Madan Mohan, Professor, Deptt. of Physiology, JIPMER as the Program Director and Dr. Ananda Balayogi as the Programme Co-ordinator. The centre has recruited all the staff on contractual basis.

### Activities

- An Orientation Programme was conducted from 1<sup>st</sup> June, 2009 to 15<sup>th</sup> June, 2009 for the staff of ACYTER on Research methods and teaching methods in Yoga. A workshop was also conducted by Dr. E. S. Prakash from Asian Institute of Medical Studies Institute, Malaysia.
- ACYTER OPD facility for Yoga Therapy was started on June 15, 2009 in Super Specialty Block of JIPMER. About 154 patients with various ailments attended

consultation by Dr. Ananda Balayogi Bhavanani and Dr. Zeena Sanjay.

- Yoga therapy sessions were started on June 15, 2009 and are being conducted regularly on Monday, Wednesday and Friday from 10.00 am to 4.00 pm for patients of diabetes, cardiovascular disease and other complications.
- Regular Yoga class for general public was started on June 15, 2009 regularly on Monday, Wednesday and Friday between 6.30-7.30 am & 4.30-5.30 pm. The classes are running successfully.

### Proposed activities

- A National seminar-cum-workshop will be conducted on Cardio-Vascular Disorders and Diabetes mellitus.
- Yoga Therapy sessions will be provided to the target group i.e. patients suffering from Cardio-Vascular Disorders and Diabetes mellitus
- Two Research projects will be taken up on Yogic management of Cardio-Vascular disorders and Diabetes mellitus.

PATIENTS CONSULTED AT ACYTER DURING APRIL - JUNE, 2009		
Sl.	Name of the disorders	Patients consulted
1.	Diabetes mellitus	53
2.	Hypertension	27
3.	Coronary Artery Disease	8
4.	Respiratory Disorders	9
5.	Endocrine Disorders	8
6.	Stress	6
7.	Urology	2
8.	GI Disorders	3
9.	Neurology	1
10.	Musculoskeletal Disorders	10
11.	Non specific complaints	27
Total Number of Patients		154

## CENTRE FOR ADVANCED RESEARCH AND TRAINING IN YOGA (CARTY) IN OPERATIONAL STRESS AND PERFORMANCE IMPROVEMENT FOR DEFENCE PERSONNEL AT DIPAS, DELHI



*Dr. U. S. Ray, Programme Director, CARTY explains DG (Navy) about the activities of the Centre as Director, DIPAS looks on*

### Training Programme

In line with its objective to train the scientists along with Defence personnel in Yoga, CARTY has started Yoga training programme for the Scientists of DIPAS. The duration of the Yoga practice session was 50 minutes daily. A batch (8-9 am) has been trained for 4 weeks from May 11 June 05, 2009. Relevant physiological parameters have also been monitored for assessment of the progress in training before and after Yogic practices. Feedback from the first batch of trainees was quite positive about their feelings of well-being and improved state of health and mind. The second batch has been started from June 08 - July 03, 2009.

### Scientific Trial of BSF Personnel

Second phase of scientific trial on BSF personnel after three months of intensive training of Yogic practices has been accomplished. Scientists from CARTY and MDNIY were involved in monitoring the various physiological parameters of the study. The parameters evaluated are as follows:

- Cardiovascular parameters.
- Respiratory parameters.
- Muscular strength.
- Physical performance.

The results of this study are very encouraging. Parameters related to physical performance and respiration showed improvement due to Yoga practices.

### Other programmes

Several high profile visitors visited the CARTY. DGMS Army, Navy and Air Force visited CARTY in April, 2009 and they appreciated the endeavour at the CARTY. Besides them a team of Scientists from Kyrgyzstan also visited CARTY.

### Proposed activities

- A National seminar-cum-workshop will be conducted on Operational Stress and performance improvement of Defence Personnel.
- Yoga Therapy sessions will be provided to the target group including Defence Personnel, DRDO Scientists and staff.
- Two Research projects will be taken up on role of Yoga in Operational Stress and performance improvement for Defence Personnel.



*Staff participating in Yoga Classes at CARTY*



**ADVANCED CENTRE FOR YOGA EDUCATION AND RESEARCH (ACYER)  
IN RESPIRATORY DISEASES AND GERIATRIC CARE  
AT GAU, JAMNAGAR, GUJARAT**

The centre is functioning since the last quarter of 2008-09. The Centre is directed by Dr. Arpan A. Bhatt, HOD, Deptt. of Swasthavrutta. The staff recruitment on contractual basis has been completed, however due to unavailability of suitable candidates, the post of Programme Co-ordinator and Yoga Instructor is once again advertised for walk-in-interview.

The Centre is running successfully and patients suffering from Respiratory disorders were benefitted by the consultancy of the Centre.

**Yoga Education**

The Centre has conducted "Foundation Course in Yoga for Ayurved Medical Graduates". The course was successfully conducted as well as appreciated by the participants.

**Yoga Awareness Programme**

ACYER conducted Yoga Awareness Camps during this quarter in six different Institutes at Jamnagar from June 17 - June 30, 2009 wherein more than 339 people got benefitted by the Camp. The response of the participants was overwhelming.

**Yoga Therapy Camps**

ACYER has conducted 21 days Camp on Respiratory Care and Geriatric Care from May 12 - June 16, 2009. More than 34 patients were benefitted by the consultancy and the results of the camp was very encouraging.

**Promotion & Propagation**

The Yoga Therapy and Practice Charts was prepared in Gujarati, translated from the original English charts made by MDNIY. They were distributed to the Governor House, Chief Minister Office, Health Minister Office, Directorate of AYUSH, Collector Office, and other Government Departments.

**Proposed activities**

- A National seminar-cum-workshop will be conducted on Respiratory Diseases and Geriatric Care.
- Yoga Therapy sessions will be provided to the target group including patients suffering from various respiratory disorders and geriatric problems.
- Two Research projects will be taken up on Yogic management of Respiratory Diseases and Yoga for Geriatric Care.

**OUTCOME OF FOUNDATION COURSE IN  
YOGA SCIENCE FOR  
AYURVED MEDICAL GRADUATES**

Benefit	No. of Student	%
<b>Enhanced Physical Benefits</b>		
Physical Fitness	38	100
Relaxation	38	100
Stamina	29	76.3
Flexibility	25	65.8
Reduction of Weight	30	78.9
Lightness	31	81.6
Better Respiratory Health	33	86.8
Better Digestive Power	35	92.1
Better Immunity Power	25	65.8
Relief from pain	28	73.6
Improve Health of Eye	10	26.3
Improve Health of Skin	15	39.5
<b>Enhanced Mental Benefits</b>		
Mental Fitness	27	71
Pleasant	31	81.6
Increased concentration power	25	65.8
Improve Memory Power	20	52.6
Freshness	38	100
Calmness of Mind	30	78.9
Good Sleep	24	63.2
<b>Enhanced Spiritual Benefit</b>		
Awareness of Spirituality	28	73.6
<b>Others</b>		
Benefit	38	100
Awareness	38	100
Changing of Life Style	26	68.4



## YOGA THERAPY AND RESEARCH CENTRES IN TERTIARY HOSPITALS OF MODERN MEDICINE

The Institute has started Yoga Therapy and Research Centres at various tertiary hospitals and its initiation had been taken from Delhi. The Institute is already providing multi-dimensional services on Yoga to the people. The different programmes of the Institute are in great demand and the Institute is fulfilling the present need and demand of the people at large.

Yoga Therapy and Research Centres have been established in Delhi & outside are running successfully: These Yoga Centres

are catering to the health needs of the people, who are attending the OPD on daily basis. Also, the services are being provided to the patients who are admitted in the wards as in-patients. The Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Delhi has started the general OPD from June, 2009. A meeting of Nodal Officers and Yoga physicians of these Centres was convened on April 28, 2009 in the Institute.

PATIENTS TREATED AT YOGA THERAPY AND RESEARCH CENTRES IN TERTIARY HOSPITALS			
Name of the Hospital	April 2009	May 2009	June 2009
LRS Institute of Tuberculosis & Allied Sciences, Delhi	107	124	143
Vallabhbhai Patel Chest Institute, Delhi.	57	58	70
Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Delhi	60	63	87
Institute of Human Behavior & Allied Sciences, Delhi.	66	84	68
<b>Total</b>	<b>290</b>	<b>329</b>	<b>368</b>

## PREVENTIVE HEALTH CARE UNITS OF YOGA IN CGHS DISPENSARIES

The Institute has started Preventive Health care Units of Yoga in 10 CGHS Dispensaries in Delhi and National Capital Region (NCR) from January, 2009. The response to these Centres is overwhelming. In two of these Centres, Summer Yoga Camp for Children was organized by the Yoga Instructors.

Several people have expressed their appreciation to this programme. One among them is reproduced here:

### PATIENTS CONSULTED AT CGHS DISPENSARY DURING APRIL - JUNE, 2009

Sl.	CGHS Dispensary	April 2009	May 2009	June 2009
1	Noida	258	258	200
2	Kingsway camp	170	163	232
3	Pushpa Vihar	454	432	499
4	Sadiq Nagar	190	124	394
5	Kidwai Nagar	606	788	675
6	Pandara Road	155	128	190
7	Janakpuri	145	143	222
8	Hari Nagar	143	132	173
9	Nangal Raya	369	561	667
10	Delhi Cantt	316	406	315
	<b>Total</b>	<b>2806</b>	<b>3133</b>	<b>3567</b>



**LALJI SRIVASTAVA**

Deputy Director

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Ministry of Defence  
Defence Research & Development Orgn  
Directorate of Planning & Coordination  
124 'A' Wing DRDO Bhawan  
Rajaji Marg  
New Delhi-110 105

04 Mar 2009

Dear Sir,

For the last one month I am practicing Yoga under the guidance of Mr. Satyendra Kumar Singh, Yoga Teacher, attached with CGHS Dispensary, Sadiq Nagar, New Delhi. It is a very good step and in right direction taken by the 'Morarji Desai National Institute of Yoga'. I feel that Yoga is the only way to get rid of all medicines. I was having BP problems for the last few years but within a month of practicing yoga, I feel relaxed.

2. Though we all have heard and practiced yoga at some stage of our life but the correct way of practicing yogic exercises is more important. I feel privileged to learn yogic practices from a specialist Yoga teacher Mr. Satyendra Kumar Singh of your institute. He takes great pain in teaching and helping us to practice yogic exercise correctly and regularly. He gives personal attention to each and every individual in a very friendly and easy communicative way.

3. I, request yourself to increase the timings of yoga at the above dispensary up to 1330 hrs as it will help a large number of household lady to get themselves physically fit.

4. I wish for the success of the 'Morarji Desai National Institute of Yoga'.

With Regards,

Morarji Desai National Institute of Yoga  
68 Ashok Road,  
Near Gole Dak Khana  
New Delhi-110 001

Res: 152, Sector-3, Type-IV, Sadiq Nagar, New Delhi-110 049  
Telephone : 2625 4554, 26264674 Mobile : 9911107755

## DIPLOMA IN YOGA SCIENCE (DYSC.-2008-09) STUDY TOUR



*MDNIY Students at Parmarth Nature Cure & Yoga Centre, Haridwar*

On April 24, 2009, students of Diploma in Yoga Science proceeded on Study Tour as part of their curriculum. Four officials of MDNIY, Sh. H.N. Chaudhary, Asstt. Director (Yoga), Sh. B.M. Singh, ARO (Yoga) & Coordinator, D.Y.Sc. Mrs. Seema Sagar, Co-coordinator, D.Y.Sc. & Mrs. Lalita Mathur, ARO (Yoga) along with total 74 students (40 girls & 34 boys) of D.Y.Sc. (2008-09) visited Paramarth Niketan, Swargashram, Rishikesh, Uttarakhand. All the students visited the Yoga and Naturopathy Centre and were introduced with the activities. The students then visited 'Swami Rama Sadhaka Grama, Rishikesh, Uttarakhand. A total of four sessions were conducted there. In the first session, twenty minutes documentary on 'Swami Rama's life' was shown by Sh. Vishnu Panigrahi. In the second session

they were introduced to 'Digestive Breathing' by Dr. Vimal and the third session was a lecture delivered by Dr. Raskesh Adhikari on the topic 'Basic Meditation Techniques'.

In the last session they were blessed with the lecture on 'Dhyana Yoga' by Swami Veda Bharati, Spiritual Director, Swami Rama Sadhaka Gram. on April 26, 2009 the students visited Dev Sanskriti Vishwavidyalaya, Shanti Kunj, Hardwar. A lecture on 'Yoga and its Importance' was delivered by Dr. Zaidi.

On April 27, 2009 the students proceeded to Gurukul Kangri Vishwavidyalaya, Hardwar, Uttarakhand. A lecture was delivered by Prof. Swantantra Kumar, Chancellor and he introduced the students

with the historical background of the University. A visit of the entire campus was also organized. The students also visited to Patanjali Yogapeeth Haridwar, Uttarakhand. Officials of the Patanjali Yogapeeth introduced the various activities run by their institute specially the Research Wing. Lecture by Yogacharya Sh. Balakrishna, Secretary, Patanjali Yogapeeth delivered a lecture on 'The principles and practices of Yoga' followed by a visit to herbal garden.

On April 28, 2009 they visited Shanti Kunj to seek the blessings of Dr. Pranav Pandya, Chancellor, Dev Sanskriti Vishwavidyalaya, Hardwar and his wife Mata Salaja Devi.

The tour completed on April 28, 2009 as they returned back to MDNIY.



*Swami Veda Bharati offering his blessings the students of MDNIY at Swami Rama Sadhaka Gram, Rishikesh*

## SUMMER YOGA CAMPS CONDUCTED BY THE STUDENTS OF DYSc.



*DYSc Student demonstrating Yoga during summer Yoga Camp*

The Institute conducts Summer Yoga Camps during the month of May-June every year. This time the Summer Yoga Camps were conducted by the students of Diploma in Yoga Science (2008-09) of one year duration. 74 students of DYSc. conducted the camps of one month duration (June 01 - 30, 2009) in 51 parks of Delhi & NCR. Around 2021 people were benefitted by these Yoga Camps. Details of these Camps are given below:

### LIST OF PARKS OF DELHI AND NCR WHERE SYC WERE CONDUCTED

Sl.	Place of Camp	No. of Sadhaka	Sl.	Place of Camp	No. of Sadhaka
1	Laxmi Park, Nangloi	22	27	Japanese Park, Sector-11, Rohini	54
2	Makshudabad Colony, D.D. Park, Najafgarh	40	28	E-Block, Saket	26
3	Arya Samaj Aggarwal mandi, Tatiri Baghpat, UP	28	29	Plot No. 19, Sector- 4, Dwarka	25
4	Delhi University Park	25	30	Aakansha Hostel, Mandi House	22
5	Lions Park, Raghuraj Nagar	75	31	Jheel Park, Prasad Nagar	35
6	Vardan Apartments, 64, I.P. Extn	16	32	Shivaji Park, Bank Colony, Gandhi Nagar, Aligarh	60
7	Delhi University Park, Near Vice Chancellor office	62	33	DDA Park, Siri fort Road	29
8	C-3 Block, Janakpuri	15	34	Bhagwan Das Nagar Park, East Punjabi Bagh	40
9	General Park, IIIrd Pusta, Ushmanpur	50	35	G.T.B. Dilshad Garden, Shahdara	57
10	BalKrishna Ganju Smriti Park, Kali Bari Marg,	33	36	DDA Park, Sector-6, Dwarka	38
11	Pkt-1, Phase-1, Mayur Vihar	15	37	Veer Sarwarkar Park, Punjabi Bagh	30
12	Vardan Apartment, IP Extn.	18	38	Sarvodya Enclave Park, Sarvodya Enclave	48
13	M-69, Kirti Nagar	42	39	Arya Samaj Mandir, Sagarpur	66
14	Club Ghar, Tihar Central Jail,	37	40	Sant Kabirdas Park, Toda Pur	21
15	Choudhri lekhrum Children Park, Ashok Vihar	20	41	KG-II, Vikas Puri	24
16	D.D.A Park CP-Block Pitam Pura	10	42	Sant kripal Aashram Shiv Enclave, Nangali Road, Najafgarh	35
17	DDA Park, kesho Pur, Vikas Puri	25	43	Central Park, J-Block, May Field Gardens, Sec-51, Gurgaon	87
18	Musical founta in Park, Shahdara	43	44	Hanuman Mandir Park, Vasant Vihar	51
19	District Park, Janak Puri	48	45	Dharam Bhawan, South Extn-1, Kotla	42
20	Masjid Madarsa Babul Uloom, Jafrabad	110	46	Satyam Hospital, Sec-16, Rohini	48
21	Joggers Park, Indirapuram, Gaziabad	72	47	Jheel Wala Park, Opp. Welcome Metro Station, Shahdara	15
22	NHP Park, D-Block Janak Puri	29	48	Leisure Valley Garden, Sec- 21, Gurgaon	48
23	Jheel Park, Near M2K, Pritam Pura	43	49	Jheel Wala Park, Madipur	43
24	Police Station Amar Colony Lajpat Nagar-IV	28	50	Pocket M, Main Panchavati Park, Dilshad Garden	34
25	Jagat Ram Park, M-Block, Near Sabji Mandi, Laxmi Nagar	64	51	<b>Central Park, Narayana</b>	<b>53</b>
26	C-block, Kunwar Singh Nagar, Nangloi	20			
				<b>Total</b>	<b>2021</b>





## INTERNSHIP OF STUDENTS OF DIPLOMA IN YOGA THERAPY (DYT)

The students of DYT (2007-09) are undergoing the Internship in different Yoga Therapy and Research Centres at Delhi, Advanced Centre of Yoga

at NIMHANS, Bangalore, Swami Vivekananda Yoga Research Foundation, Bangalore as well as in MDNIY.

The Internship programme started on May 17, 2009 and it is going to be complete by November 2009.

## PHILOSOPHICO-LITERARY RESEARCH PROJECT

The Institute has undertaken a Philosophico-Literary Research Project entitled "Philosophy and Practices of Hatha Yoga Traditions" (An anthological Presentation of Basic Hatha Yoga Treatises), as a pilot project in the field of Hatha Yoga.

During the quarter, following activities were carried out under the project:

- Compilation of resources on "The Philosophy of

Hathayoga" with special focus on origin & history of Hathayoga.

- The resource on general introduction of Mahayoga has been collected and compilation work is under progress.
- The origin, meaning, definitions, aim of Hathayoga, tradition of Hathayoga, relation between Hathayoga and Rajayoga, misconceptions about Hathayoga and general

introduction to Hathayogic texts have been compiled.

- Evolution of universe according to Hathayoga has been prepared in chart form.
- Regarding the "Yogasanas", the reference work has been completed from the various sources like Upanisads, Puranas and all selected Hathayogic texts.

## "LEARNING RESOURCE CENTRE (LRC)" PARTIALLY FUNDED BY WHO

MDNIY has taken up a project to set up a "Learning Resource Centre (LRC)" facilitated with teaching and learning resources print, non-print and electronic media, and providing information for easy access and use by all. When hosted on internet, people from across the globe can access and use the information/ services. It is considered as the heart of an education, training and learning centre for Yoga.

The contract to set up the LRC was awarded to National

Informatics Centre Services Inc. (NICSI). Accordingly, National Informatics Centre has prepared a proposal of developing LAN to facilitate sharing of e-contents and running OPD application, installation of fibre optics with around 120 nodes and networking security issues etc. The redesigning and development of MDNIY Website has been carried out. The newly designed website will be hosted shortly on the internet.

The work related to LRC is under progress as it will play a proactive

role to ensure that the information resource are acquired and organized to meet the present and future needs of users within MDNIY as well as external users. The centre is under the process of adopting and implementing the information technology facilities to ensure that the resources are accessible globally at any time. The issues like information on Yoga, end users information dissemination, networking of Yoga Institutions etc. will be also met in near future.

### PREPARATION OF DISEASE-WISE BOOKLETS

MDNIY has brought up the following disease wise booklets:

- Yogic Management of Diabetes Mellitus
- Yogic Management of Back pain and Neck pain
- Yogic Management of Arthritis
- Yogic Management of Obesity
- Yogic Management of Cardio-vascular diseases
- Yogic Management of Respiratory disorders
- Yogic Management of Gynecological disorders
- Yogic Management of Geriatric disorders
- Yogic Management of Psychiatric disorders
- Yogic Management of Neurological disorders

Each booklet shall be peer reviewed by the experts of Yoga and Modern Medicine. Therefore, ten experts of Modern Medicine and ten experts of Yoga were identified and booklets were sent to them for peer review. The peer review of eight booklets has been already completed. After completion these booklets will be published by WHO in various foreign and Indian languages.

#### **Preparation of Study Material for Foundation Course in Yoga Science: An Appreciation Course for Medical graduates/ professionals**

Yoga is practiced as a way of healthy living from the ancient times in India. During recent times modern medical system also started realizing the need of lifestyle intervention in effective management of many diseases. There is a need to introduce Yoga in the health care modalities and in mainstream of medical care. In this direction, MDNIY has made its efforts and prepared a capsule course **“Foundation Course in Yoga Science: An Appreciation Course for Medical graduates/**

**professionals.”** The Standing Finance Committee of MDNIY has approved the scheme for the Foundation Course.

In this connection, two Courses were conducted at Jawaharlal Institute of Postgraduate Medical Education and Research (JIPMER), Puducherry and National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore. A pilot basis workshop was also conducted at the JIPMER and experience of the workshop is also brought up in printed form.

For the preparation of study material of the course, 30 experts of Modern Medicine and Yoga

were assigned the task. MDNIY has already received response from some of these experts. The work is under progress. Finally, 20 experts will be shortlisted for the proposed workshop under WHO project.

#### **Preparation of Atlas of Yoga Practices**

Three male and three female Yoga performing experts were identified and trained for selected 100 Yogic practices. High resolution photographs will be taken by an expert photographer. The photographs of these practices will be used for the preparation of the Yoga Atlas. The work is under progress.

### TRADITIONAL KNOWLEDGE DIGITAL LIBRARY

Traditional Knowledge Digital Library (TKDL) is a collaborative project between Council of Scientific and Industrial Research (CSIR), Ministry of Science and Technology and Deptt. of Ayurveda, Yoga, Unani, Siddha and Homoeopathy (AYUSH), Ministry of Health and Family Welfare.

Establishment of TKDL (Yoga) project has started functioning in the MDNIY premises. Activities on TKDL Yoga were initiated in January, 2008 and so far approx. 900 Yoga techniques have been identified and transcribed. These Yoga techniques have been taken from 14 books of Yoga, identified

by a team of Eminent Yoga experts. Details of these Yoga techniques will be converted into five international languages. The identified Yoga postures will be videographed in coming 2-3 months and will be included in the TKDL.



## FOUNDATION COURSE IN YOGA SCIENCE FOR PROMOTION OF HEALTH

Foundation Course in Yoga Science for Promotion of Health is the basic course of one-month duration, to make and create awareness for beginners in the field of Yoga. 76 participants

have completed the course successfully during the quarter. During the course, the participants were given special lecture on various aspects of Yoga. They were issued participation

certificate for the same. From this quarter, the Institute has started distributing course material to the participants which joining the course.

## SHANKHAPRAKSHALANA YOGIC KRIYA (SYK)

A new programme of Shankhaprakshalana Yogic Kriya (SYK) has been started by the Institute from the month of May, 2009. This programme is

conducted on every last Saturday of the month. Participation and interest of the people to join this course was overwhelming. Keeping this in view, the Institute

has rescheduled this programme to be conducted every Saturday of the month.

## WEEKEND YOGA CLASSES

Weekend Yoga classes were conducted at the Institute for sadhakas for promotion of health. During the quarter 43 sadhakas attended the classes.

### YOGA TRAINING PROGRAMMES (APRIL - JUNE 2009)

Sl.	Programme	April	May	June
1.	Health Promotion Programme (HPP)	93	120	162
2.	Foundation Course in Yoga (FCY)	38	43	40
3.	Weekend Yoga Programme (WYP)	11	04	20
4.	Yoga programme for Women (YPW)	21	08	15
5.	Meditation Programme (MP)	08	10	15
6.	Yoga Introductory Programme (YIP)	06	02	—
7.	Institutional Yoga Practices Programme (IYP)	07	11	—
8.	Special Yoga Programme for Women (SYPW)	07	33	04

### YOGA THERAPY PROGRAMMES (APRIL - JUNE 2009)

Sl.	Programme	April	May	June
1.	Respiratory Disorders (Br. Asthma/Bronchitis/Sinusitis etc)	37	38	48
2.	Obesity related Health Problems (Diabetes, GIT disorders etc.)	50	72	72
3.	Cardio-Vascular Disorders (CAD, Hypertension etc.)	20	25	37
4.	General Yoga Therapy class	15	20	12
5.	Neurological Disorders (Migraine, Paralysis etc.)	04	02	02
6.	Psychiatric Disorders	02	01	01
7.	Musculoskeletal Disorders (Back ache, Arthritis etc.)	30	25	30

## RE-ORIENTATION TRAINING PROGRAMME (RoTP) ON YOGA FOR AYUSH/ALLOPATHY DOCTORS



*Faculties & Participants during Re-Orientation Training Programme in the Institute*

A total of twelve lecture sessions and twelve practical sessions were conducted during the programme. A training kit was supplied to all the participants along with the faculty lecture notes. The programme ended on May 30, 2009.

The Valedictory function of the programme was organized on May 30, 2009. Dr. V. V. Prasad, Director, RAV & Nodal Officer (RoTP/CME) was the Chief Guest. Dr. I.V. Basavaraddi, Director MDNIY, Dr. I. N. Acharya, PO (YT), Sh. H.N. Chaudhary, AD (Yoga) and Shri J. Majumder, Asstt. Research Officer (Scientific) and Coordinator (RoTP) were present on the occasion. Participation certificates were distributed to the participants. The Coordinator in his programme report revealed that as per the feedback received from the participants, they were immensely benefited by the Yoga training and deliberations during the programme. The effect of the last two CMEs was that Govt. Medical College, Jammu and Govt. Ayurvedic College, Guwahati University; Guwahati has already expressed their desire to open a centre of Yoga in their Institute. Some other leading medical Institutes have also shown their interest in this propagation process & introduce Yoga to their students. This effort is very promising in the growth and propagation of Yoga in the mainstream medical science.

**T**he Re-Orientation Training Programme on Yoga for AYUSH/Allopathy doctors has been organized in the Institute from May 25-30, 2009. This programme was sponsored by Deptt. of AYUSH, Ministry of Health and Family Welfare, Govt. of India. 23 participants attended the programme.

The programme started as per the schedule on May 25, 2009 with all the 23 participants. The programme was formally inaugurated by Director MDNIY by lighting the lamp. Six external experts and scholars of national as well as international repute were invited to deliver lectures and conduct practical sessions to the participants.

1. Dr. Manoj Naik, Ramamani Iyengar Yoga Instt, Pune.
2. Dr. Shantaram Shetty, The Yoga Institute, Santacruz, Mumbai.

3. Smt. Shyama Nath, The Yoga Institute, Santacruz, Mumbai.
4. Smt. Vijaya Magar, The Yoga Institute, Santacruz, Mumbai.
5. Swami Lalji Maharaj, Mukti Marg Mission, New Delhi.
6. Dr. U. S. Ray, Scientist F, Defence Institute of Physiology & Allied Sciences, Delhi.

Five internal experts also delivered lectures and conducted practical sessions during the programme namely:

1. Dr. Ishwar V. Basavaraddi, Director, MDNIY.
2. Dr. I. N. Acharya, PO (YT), MDNIY.
3. Shri H. N. Choudhary, AD (Yoga), MDNIY.
4. Shri Yogi Udai, ARO (Yoga), MDNIY.
5. Shri. K. Doren Singh, ARO (Yoga), MDNIY.

## CERTIFICATE COURSE IN YOGA SCIENCE FOR BSF PERSONNEL



*BSF Personnel demonstrating Yoga in the Valedictory function*

In combating the modern time challenges, Yoga has played a great healing role. Keeping this in view, a three and half months Certificate Course in Yoga Science for the BSF Personnel was organized by the Institute. The course started on February 02, 2009 and ended on May 29, 2009. The aim of the course was to develop Yoga trainers in the BSF who can train other BSF Personnel as well as to develop a basic knowledge of Yoga in promotion of health as a whole.

A total of 60 BSF Personnel completed the course successfully. Along with the appointed teaching faculties and Director, MDNIY four Yoga Experts from the Institute were deputed to take the classes and they were:

1. Dr. Sadhana Arya, Guest Faculty, MDNIY.
2. Sh. H.N. Chaudhary, AD (Yoga), MDNIY.
3. Sh. K. Doren Singh, ARO (Yoga), MDNIY.
4. Sh. Vinay Kumar Bharti, Yoga Instructor, MDNIY.

The field work during the course was organized from May 07-12, 2009 at Chhawla and Bhaundsi Training Centre of BSF. All the 60 candidates completed the field work successfully. During the course, physiological as well as psychological assessment tests were also carried out, which are under statistical analysis.



*BSF Personnel demonstrating Yoga*



*Director, MDNIY distributing Certificates to BSF Personnel*

The Valedictory Function of the course was organized in the Institute on May 29, 2009. Sh. S.N. Pandey, Deputy Commandant (Trg.) was the Chief Guest. Dr. Ishwar V. Basavaraddi, Director MDNIY, Sh. H.N. Chaudhary, AD (Yoga), Sh. K. Doren Singh, ARO (Yoga), & Course Coordinator and Sh. Vijay Kumar Singh (Programme Coordinator) were present during the occasion. Participation certificates were distributed to the candidates. 27% candidates passed the examination with distinction, 70% in First Division and 3% in Second Division. The BSF Personnel also demonstrated Yoga practices before the dignitaries.

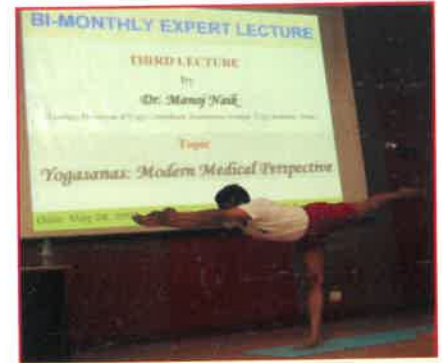
This programme definitely developed a good number of Yoga trainers among the BSF Personnel who will be of great resource to their colleagues.

### THIRD BI-MONTHLY EXPERT LECTURE

The third lecture under this series was organized in the Institute on May 28, 2009.

**Dr. Manoj Anand Naik**, Leading Physician & Yoga Consultant Ramamani Iyengar Yoga Institute, Pune, delivered the lecture on the topic "Yogasanas: Modern Medical Perspective" shedding the light on the complementary nature of

Modern medicine with Yoga. He also demonstrated number of Yoga Postures which was extremely applauded by the audience. The programme continued for 2 hours wherein medical professionals and people from different sections of the society were enlightened by the lecture and demonstration.



*Dr. Manoj Naik demonstrating Yoga posture during his lecture-cum-demonstration*

### PARTICIPATION OF THE STAFF IN VARIOUS PROGRAMMES

1. Dr. Ishwar V. Basavaraddi, Director, MDNIY attended the meeting of the State Advisory Board in Naturopathy and Yoga convened by Himachal Pradesh on June 29, 2009 in the Office of Chief Secretary, Secretariat, Shimla. The meeting was chaired by Hon'ble Minister of Health and Ayurveda, Govt. of Himachal Pradesh.
2. Dr. I. N. Acharya, PO (YT) delivered a Lecture-cum-Demonstration on the topic

"Stress Management through Yoga" for the staff of CBI (ACU-III) HQ, New Delhi on June 19, 2009

3. Shri H.N. Chaudhary, AD (Yoga) delivered Guest Lecture on Yoga to newly recruited Tax Assistants, who have joined 35 days Induction course at New Delhi on April 21, 2009.
4. Dr. Ishwar V. Basavaraddi, Director, MDNIY visited Dev Sanskriti Vishwavidyalaya, Haridwar; Gurukul Kangri University, Haridwar; to discuss the implementation of Yoga in

school Health. He also visited Institute of Medication & Interfaith, Yoga Sadhaka Grama, Rishikesh to discuss the collaborative Medication Programmes from May 08-10, 2009.

5. Dr. Ishwar V. Basavaraddi, Director, MDNIY attended the National Seminar on Yoga, Mental Health and Society organized by Govt. M.B.P.G. College at Haldwani, Nainital as Guest of Honour on May 23, 2009 and delivered a key-note address.

### DIGNITARIES VISITED

1. Dr. Dilip K. Sardar, MD, FACS, Associate professor of Clinical Surgery, Eastern Virginia Medical School. U.S.A. visited the Institute on April 15, 2009. He appreciated the effort of MDNIY and assured for collaboration with MDNIY for the advancement and promotion of Yoga.
2. Shri A.R. Talwar. IAS, Principal Secretary, Health and

Family Welfare, Govt. of Punjab, Chandigarh visited the Institute on April 24, 2009 and showed keen interest to establish Yoga centres in Punjab for the benefit of the common people.

3. A team of 12 delegates from Ayurveda Korea of South Korea visited the Institute on June 13, 2009 to gather information on the activities of

the Institute. They have expressed their desire to have collaboration with the Institute for the Yoga activities at Korea.

4. A team of 5 delegates from China visited the Institute on June 22, 2009 to collect knowledge about the activities of the Institute.

## ADMINISTRATION

Smt. Rashpal Mitra, Technical Assistant (Laboratory) was superannuated from the Institute on June 30, 2009. She was felicitated by Director and other officials of MDNIY.

## SH. S.C. JAIN, CONSULTANT TO THE DEPTT. OF YOGA RESEARCH

Sh. S.C. Jain, former Assistant Director (Biochemistry), MDNIY provided his services as Consultant to the Deptt. of Yoga Research during April 2009.

He undertook the following works:

1. Editing and compilation of the Fundamental and Scientific Research carried out at MDNIY during last two decades.
2. Suggested some Laboratory equipment useful for Yoga
3. Formulation of innovative research proposals on Yoga.

## PANCHAM SWAR

The Socio Cultural Programme "Pancham Swar": Phulwari was organized in the Institute on May 29, 2009. Children of Summer Yoga Workshop participated in the

Programme. It was an effort to bring smiles on the face of the children. 'Phulwari' was colourful cultural programme, consisted of songs, dances, play and instrumental music. The main point to organize this programme was to bring out the potential of the children. The programme ended with presidential remarks by Dr. Ishwar V. Basavaraddi, Director, MDNIY. Shri H.N. Choudhary, Assistant Director (Yoga) proposed the Vote of Thanks. The Programme was Coordinated by Mrs. Manjot Kaur and was highly appreciated by the audience.

## YOGA EXPONENT PATTABHI JOIS EXPIRED

Renowned Yoga exponent K. Pattabhi Jois (94) passed away in Mysore, Karnataka on May 18, 2009 after a prolonged illness.

Born in 1915 at Koushika in Hassan district, Krishna Pattabhi Jois studied Yoga under the renowned T. Krishnamacharya from 1927 to 1945. He then enrolled in the Sanskrit Maha Pathashala at Mysore and learnt Sahitya Veda and Advaita Vedanta from 1930 to 1936.

Pattabhi Jois was introduced to Yoga when he was 12 years old. He left Hassan for Mysore to meet T. Krishnamacharya and became his disciple.

Pattabhi Jois studied Yogic texts such as Pathanjali Yoga Darshana, Hatayoga Pradeepika, Suta Samhita, Yoga Yajnavalka and the Upanishads and went on to establish the Ashtanga Yoga Research Institute where

thousands of students from around the world received training of Yoga. He caught the attention of the then Maharaja Nalmadi Krishnaraja Wadiyar who persuaded him to teach Yoga and



*Late Sh. K. Pattabhi Jois*

extended him an invitation to join the Maharaja's Sanskrit College. Pattabhi Jois joined the college and taught in the Department of Yoga between 1937 and 1973. He was also the Honorary Professor

of Yoga at the Government College of Indian Medicine from 1976 to 1978.

He was honoured with the title of Yogasana Visharada by Jagadguru Shankaracharya of Puri in 1945. He authored many books special mention being, Yoga Mala in Kannada that has been translated and published by major publishing houses.

In 1986, the Karnataka Government conferred him with the Pathanjali Gold Medal and in 2002 he was conferred the title of Shastra Nidhi by Veda Shashtra Poshini Sabha.

As the news of his death spread, a large number of his disciples, followers and admirers arrived to pay their last respects.

The MDNIY family mourns his demise. We pay tribute to this Yoga exponent and pray that his soul may rest in peace.

*(Courtesy: The Hindu, Tuesday, May 19, 2009)*



## APPLICATIONS INVITED FOR DIPLOMA IN YOGA SCIENCE (DYSc.) 2009-10

The Institute is conducting the Diploma in Yoga Science (DYSc.) course of one year duration for the graduates. The applications are invited from the candidates who are interested in undergoing this course.

The details of the course are as under:

1. **Duration :** Regular course, of one year and comprised of two Semester (Aug. Jan. and Feb. - July)
2. **Eligibility:**
  - a. **Qualification:** A graduate degree in any faculty from a recognized University in India or abroad with minimum 40% of marks in aggregate. Candidate with P.G. degree in any faculty will be given 5% additional marks to the qualifying examination.
  - b. **Age limit:** Below 30 years as on 1.8.2009 and 10 years age relaxation for in service personnel on deputation through proper channel.
- c. **Medical Test:** Selection will be subjected to clearing the medical examination conducted by the Institute.
- d. **Medium of Instruction:** Hindi/English
3. **Intake Capacity:** 115 seats (General-58, OBC-31, SC-17 and ST-9). Two seats for A&N Island students and NE States Students. One seat is reserved for foreign student.
4. **Selection Procedure:** Selection will be on the basis of Merit-cum-Reservation at all India basis, which will be subjected to production of Medical Fitness Certificate.
5. **Scholarship:** A scholarship of Rs. 3,000/- per month each will be awarded to 13 Indian meritorious students (General7, OBC-3, SC2 and ST1) based on their performance in the first Semester examination of the course.
6. **Fellowship:** A Fellowship @ Rs. 8,000/- per month will be awarded to two students each from Andaman & Nicobar Islands and North-East States.
7. **Hostel facility:** The Institute will provide Hostel facilities (Boarding and Lodging) for 25 meritorious students (states other than Delhi and NCR). The Hostel charges will be Rs. 2500/- per month.
8. **Fees per semester:** Rs. 3000/- for General /O.B.C. students. Rs. 1650/- for SC/ST students. All students shall also pay a refundable one time caution money of Rs. 2000/- at the time of admission.
9. **Award of Diploma:** On successful completion of both the semesters student will be awarded a "Diploma in Yoga Science".

### ISSN ALLOTTED

The MDNIY Newsletter has been assigned the International Standard Serial Number (**ISSN 0975 2538**) which is displayed by the top right corner of the Newsletter. This is of particular interest to the Yoga academicians, researchers, trainers, trainees, students, sadhakas and general public, globally. It will provide this Newsletter an international publicity and inclusion in the International Standard Serials Directories.



## PHOTO GALLERY



*MDNIY students practicing Vastra Dhauti*



*MDNIY students during the Prayer & Meditation Session*



*MDNIY students attending the lecture of Director (MDNIY)*



*Patient undergoing X-ray at MDNIY*



*Participant receiving the Certificate of Foundation Course in Yoga*

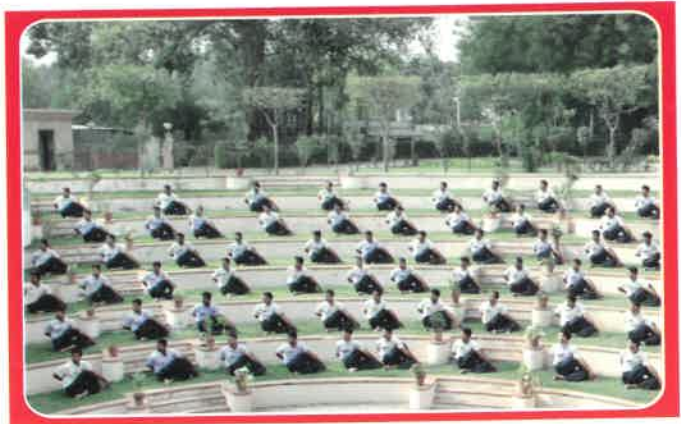


*Children performing during Pancham Swar*

PHOTO GALLERY



*Dr. W. Selvamurthy, DG (LS&HR) on his visit to CARTY*



*BSF Personnel of CYSc practicing Yoga*



*Dignitaries, faculties and Participants of CYSc. (BSF) at the valedictory session in the Institute*



*Dr. S. K. Panda, JS (AYUSH) with the participating Children during SYW - 2009*



*MDNIY students seeking the blessings of Dr. Pranav Pandya, Chancellor, DSVV and his wife Mata Salaja Devi.*



*Dr. S K Panda, JS (AYUSH) distributing prizes to the participating Children in SYW-2009*

## MORARJI DESAI NATIONAL INSTITUTE OF YOGA PROGRAMMES

Course / Programme	Duration	Timings	Eligibility	Intake capacity	Fees
Diploma in Yoga Science (DYSc.)	1 year comprising of 2 semesters (Aug. to Jan. and Feb. to July)	Full time 7:00 am to 2:00 pm on all working days	Any graduate with 40% of marks; below 30 years of age as on 1 <sup>st</sup> of August	115 + 5 = 120 candidates	Rs. 3,000/- per Semester
Certificate in Yoga Science (CYSc.) course (For Target group)	3 months + 2 weeks field work (on demand)	Full time, residential, at the campus of Target Group	10 + 2 or its equivalent	Max. 60 candidates in each Batch	-
Foundation Course in Yoga Science for Promotion of Health (FCYPH)	1 month	6:30 am to 9:00 am	Matriculate or individual who can read and write	50 candidates	Rs. 500/- per month
Health Promotion Programme (HPP)	1 month	6:00 am to 7:00 am 7:00 am to 8:00 am 4:00 pm to 5:00 pm 5:00 pm to 6:00 pm	Open for all	50 candidates	Rs. 100/- per month
Pranayama and Meditation Programme (PMP)	1 month	8:00 am to 9:00 am	Open for all	50 candidates	Rs. 100/- per month
Healthy Aging Programme (HAP)	1 month	10:30 am to 11:30 am	Only for Senior Citizens	50 candidates	Rs. 100/- per month
Yoga Programme for Woman (YPW)	1 month	11:30 am to 12:30 pm	Only for Ladies	50 candidates	Rs. 100/- per month
Weekend Yoga Programme (WYP)	1 month (Only on Saturdays & Sundays)	6:30 am to 9:00 am	Open for all	50 candidates	Rs. 100/- per month
Shankhprakashalana Kriya	One day (On all Saturdays)	6:30 am – 10:30 am	Open for all	30 candidates	Rs. 200/- per Session
Yoga Workshop for Children (YWC)	1 Month (During Vacations – May – June & October)	6:30 am to 9:00 am	Only for children	----	Rs. 100/- per month
Respiratory Disorders	1 Month	6:00 am – 7:00 am	For patients	30 candidates	*Rs. 400/- per month
Obesity related Health Problems	1 Month	7:00 am – 8:00 am	- do -	30 candidates	*Rs. 400/- per month
Hypertension and Back ache problems	1 Month	8:00 am – 9:00 am	- do -	30 candidates	*Rs. 400/- per month
General Yoga Therapy	1 Month	10:30 am – 11:30 am	- do -	30 candidates	*Rs. 400/- per month
General Yoga Therapy	1 Month	11:30 am – 12:30 pm	- do -	30 candidates	*Rs. 400/- per month
Back ache and Arthritis problems	1 Month	4:00 pm – 5:00 pm	- do -	30 candidates	*Rs. 400/- per month
Diabetes mellitus	1 Month	5:00 pm – 6:00 pm	- do -	30 candidates	*Rs. 400/- per month

(\* On second month onwards the amount will be Rs. 200/- per month)

### a. Yoga Therapy and Research Centres at Delhi (from 8:00 am to 4:00 pm on all working days)

1. Vallabhbhai Patel Chest Institute, University of Delhi, North campus, Delhi-110 007
2. Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Dhaka Colony, Kingsway Camp, Delhi-110 009.
3. LRS Institute of Tuberculosis and Respiratory Diseases, Sri Aurobindo Marg, New Delhi-110 030.
4. Institute of Human Behavior and Allied Sciences, Jhilmil Colony, Dilshad Garden, Delhi-110 095.
5. Yoga Therapy and Training Centre, DSR District HQ Hospital, SPSR, Nellore (A.P.)
6. Yoga Education and Therapy Centre, AYUSH Hospital, Port Blair, A & N Islands

### b. Preventive Health Care Unit of Yoga in 10 CGHS Dispensaries of Delhi (7:00 am to 11:00 am on all working days)

## PRICED PUBLICATIONS OF MORARJI DESAI NATIONAL INSTITUTE OF YOGA

S.N.	Title of Publication	Price
01	Yoga Calendar on TEN topics ( English)	Rs. 10/- each
02	Yoga Calendar on TEN topic ( Hindi)	Rs. 10/- each
03	Yoga Calendar ( Yogic Practices)	Rs. 10/-
04	Yoga for Common Disorders	Rs. 10/-
05	Yogic Management for Diabetes Mellitus	Rs. 50/-
06	Yogic Management of Back Pain and Neck Pain	Rs. 50/-
07	Yogic Management of Arthritis	Rs. 50/-
08	Yogic Management of Obesity	Rs. 50/-
09	Yogic Management of Cardiovascular Disorders	Rs. 50/-
10	Yogic Management of Respiratory Diseases	Rs. 50/-
11	Yogic Management of Gynecological Disorders	Rs. 80/-
12	Yogic Management of Geriatric Disorders	Rs. 80/-
13	Yogic Management of Neurological Disorders	Rs. 80/-
14	Yogic Management of Psychiatric Disorders	Rs. 80/-
15	Yogasana	Rs. 60/-
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17	Shat karma	Rs. 60/-
18	Patanjala Yoga Sutra: Ek Adhyayana (Hindi)	Rs. 150/-
19	Pratah Smarana (Hindi & English)	Rs. 30/-
20	Yoga Darshana	Rs. 30/-
21	Yoga for All ( CD) ( Hindi and English)	Rs. 100/-
22	Yoga for Women ( CD) ( Hindi and English)	Rs. 100/-

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