

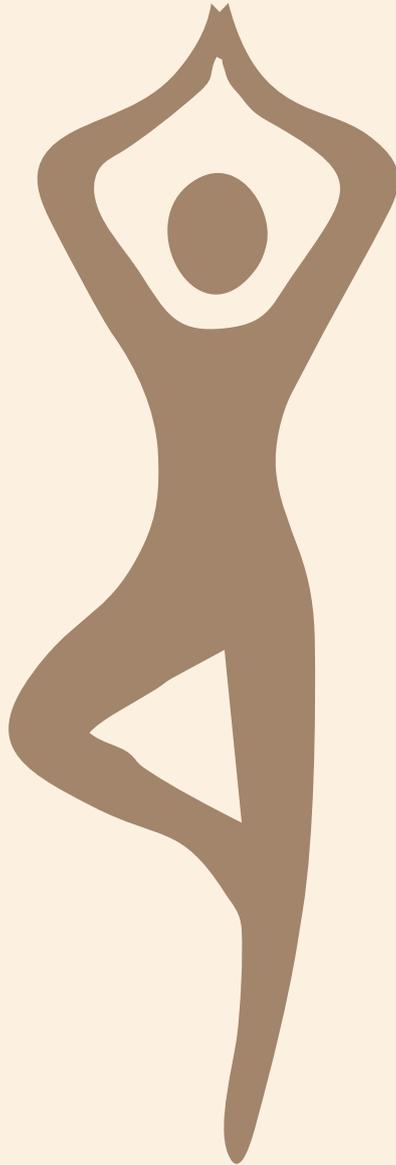
E-NEWSLETTER
JANUARY, 2022

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of Ayush, Government of India

68, Ashok Road, New Delhi-110001

www.yogamdniy.nic.in



Message from Director MDNIY



Dr. Ishwar V. Basavaraddi
Director MDNIY

Yoga is one of the perfect lifestyle modules & also holistic in nature. Yogic principles of lifestyle help to strengthen & develop positive health enabling to understand stress better.

Various Yogic practices such as Yogasana, Pranayama, Meditation and various Yogic relaxation techniques has known to modulate the Physiologic response to stressed. Happiness is the ultimate aim of life and one strives to achieve it through communion with supreme soul. Yoga is the 'Life Mantra' to achieve this aim in the contemporary age.

Once Swami Vivekananda said “Through practice comes Yoga, through Yoga comes knowledge, through knowledge love, and through love bliss.” Yoga asanas build strength, flexibility and confidence. With Yoga you will become healthier, more relaxed, self-aware, disciplined, focused and super-productive at work. Yoga gives you mental clarity and it is also a great way to get closer with your like-minded colleagues, which is also important for successful work performance.

Yoga education could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations. Students hold the key to the future of any society. Hence nurturing its student, ensuring and satisfying their emotional, intellectual and educational needs and promoting their all-round developments is one of the major responsibilities of our society. Yoga can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.

MDNIY played an important role for successful organisation of Mass Surya Namaskar Demonstration Programme to mark the auspicious occasion of Makar Sankranti on 14th January, 2022 under the Azadi Ka Amrit Mahotsav celebrations @India 75 wherein more than one crore people participated across the world. MDNIY prepared Surya Namaskar Videos & brochure (H&E) to disseminate the finer aspects of the module among the masses through the social media platform of the MDNIY, Ministry of Ayush & other Yoga institutions.

Yoga plays significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. As we are aware, lakhs of people are under home isolation due to the current COVID -19 Pandemic conditions. As a public cause, MDNIY, Ministry of intended to disseminate a LIVE YOGA Session along with Interactive Session on Yoga Advisory for Home Isolated Covid-19 Patients.

Recently, an MoU was signed between Morarji Desai National Institute of Yoga and Prison Headquarters, Tihar in order to ensure the physical and mental well-being of jail inmates.

We are always looking for new ways to improvement of our esteemed organisation .We are always open to refreshing views and suggestions which can add more value to us.

Face of the month



Sh. Sarbananda Sonowal
Minister of Ports, Shipping,
Waterways and Minister of
Ayush, Govt. of India

Sh. Sarbananda Sonowal Ji is the Hon'ble Cabinet Minister of Ayush and Ports, Shipping and Waterways, Government of India.

Under the dynamic leadership of Sh. Sarbananda Sonowal Ji, the Ministry of Ayush organized a Mass Surya Namaskar Demonstration Programme to mark the auspicious occasion of Makar Sankranti on 14th January, 2022 under the Azadi Ka Amrit Mahotsav celebrations @ India 75, wherein more than ONE crore people participated the event enthusiastically across the world.

The Union Minister of Ayush Sarbananda Sonowal ji led the programme through DD National on 14th January, 2022 from 7.00 am - 8.00 am. The Hon'ble Minister himself practiced Surya Namaskar. During the televised programme, he said that his ministry is encouraging more and more people to practice Surya

Namaskar. He also said that Surya Namaskar is a good way to raise the immunity level, which has become necessary due to COVID-19 pandemic. The Ministry of Ayush has decided to utilize this occasion to reach out to humanity with a special and topical message of rejuvenation through the Surya Namaskar—the set of yogasanas used to “salute” the sun.

Under the leadership and guidance of Prime Minister Shri Narendra Modi ji, Yoga and Surya Namaskar is being promoted for the wellness and health of mankind, said the Minister.

Shri Sonowal ji in one of his briefings also underlined the importance of Yoga in building a health body and healthy mind, which in the process would lead to a healthy society and health nation.

Hon'ble Minister believed that Yoga can go a long way in strengthening peace and tranquillity, friendship and brotherhood in the society. Yoga can also maintain equilibrium between good physical and mental health. Therefore, yoga has attained immense popularity throughout the globe. He also advised to at least spend five minutes on Yoga practices as it yield quick and effective results.

In one of the interviews, Union Minister highlighted the significance of Ayush medicare services and said that good public health through the intervention of innovative and traditional practices is the top most concern of the government.

The Minister said that institutions of Ayush are being strengthened at grass root level and every possible step shall be taken in this regard. He added that the Ministry is working in collaboration with Ministry of Health and Family Welfare for giving me people a happy and healthy life. The Minister further added that special thrust shall be given for establishing a research lab where scientific study on medicinal herbs shall be carried out so as to explore their benefits.

Director MDNIY and entire fraternity of the institute whole heartedly thanks to the Hon'ble minister for his keen interest in Yoga and the activities of MDNIY as well as the promotion of entire Ayush system.

MDNIY actively participates at Mass Surya Namaskar Demonstration Programme

The Ministry of Ayush organized a Mass Surya Namaskar Demonstration Programme to mark the auspicious occasion of Makar Sankranti on 14th January, 2022 under the Azadi Ka Amrit Mahotsav celebrations @ India 75, wherein more than ONE Crore people participated the event across the world. Every individual practiced 13 rounds of Surya Namaskar or as per one's capacity from their respective places around sunrise or any time of the day in between sunrise to sunset.

Sh. Sarbananda Sonowal Ji, Hon'ble Minister of Ayush led the programme through DD National wherein the Hon'ble Minister said that on the festival of Makar Sankranti, the Sun changes its path and enters Uttarayan, which is considered auspicious. He appreciated the leadership of Hon'ble Prime Minister Narendra Modi ji and said that under his able guidance Yoga and Surya Namaskar are being promoted for the health and wellness of mankind. The Hon'ble Minister himself also practiced Surya Namaskar.



Dr. Munjpara Mahendrabhai ji, Hon'ble Minister of State for Ayush said that many research has been conducted on Surya Namaskar has shown that it increases the immunity of the body and keeps it healthy too. Dr. Mahendrabhai also emphasized that this event is a part of the series of programs under Azadi Ka Amrit Mahotsav. He also mentioned that Surya Namaskar is one of the best ways to stay fit and healthy.



On this occasion, Vaidya Rajesh Kotecha, Secretary Ayush welcomed all the dignitaries who attended the event. Ayush Secretary said that Surya Namaskar is for Vitality and the Ministry of Ayush has conceived this programme to promote the healing power of Solar energy. He especially expressed his gratitude to the eminent personalities of different fields for giving their valuable time in this program.



The Surya Namaskar festival turned out to be a phenomenal success due to the enthusiastic support provided by all leading Yoga Institutes both from India and abroad, Indian Yoga Association, National Yogasana Sports Federation, 75crore suryanamaskarcom, Yoga Certification Board, FIT India, Morarji Desai National Institute of Yoga, Nehru Yuva Kendra, Central Armed Forces, NCC, NSS, Common Services Centre, DD National, Missions abroad, Ayush institutions, Naturopathy Colleges, Schools, Colleges, Universities, and many Government & Non-Government organizations.

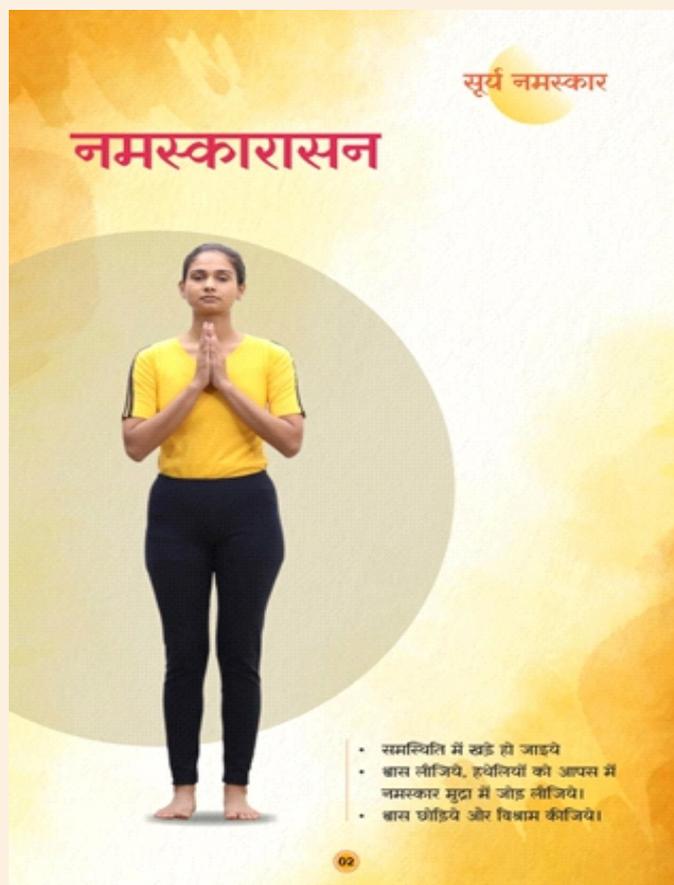
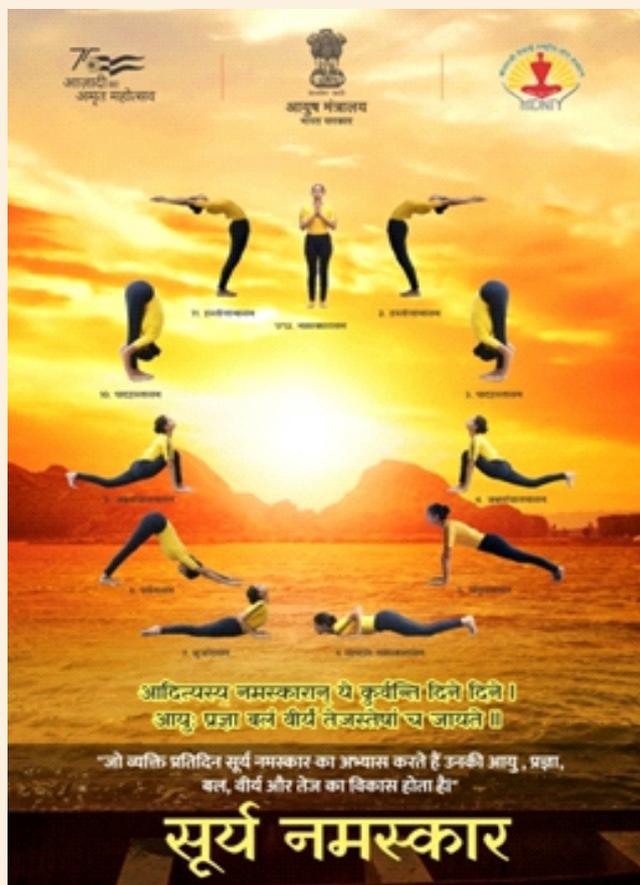
Under the leadership of Dr. Ishwar V. Basavaraddi, Director MDNIY, a Live Demonstration of 13 cycles of Surya Namaskar was performed by the students of Institute during the one hour of DD National programme (7.00 am-8.00 am). Director MDNIY was the Master of Ceremony of this televised Doordarshan programme. Director MDNIY said that Surya Namaskar plays a big role in strengthening our respiratory system and made as free from many diseases.



Yog Rishi Swami Ramdev; Founder, Patanjali Yogpeeth, Shri Shri Ravishankar; Founder, Art of Living, Mrs. Hansaji Jayadeva, Director, The Yoga Institute, Dr. H. R. Nagendra, Chancellor, SVYASA University, Sadhguru Jaggi Vasudeva, Founder, Isha Foundation, Padmashri Bharat Bhushan, Founder Mokshayatan Yogashram, Daadji Kamlesh D Patel, President, Sri Ram Chandra Mission, Raj Yogini B.K. Asha, Director Brahma Kumaries, Sadhvi Bhagwati, President, Divine Shakti Foundation, Shri Sridharan, Krishnamacharya Yoga Mandiram, Chennai, Dr. Antonietta Rozzi President, Yoga Association, Italy, Ms. Ichikawa Amami, Miss Word, Japan 2021, Dr. Indranill Basu Ray, Chairman, American Academy of Yoga and Meditation.



Morarji Desai National Institute of Yoga, being a coordinating institute played an important role for the overall execution of the Surya Namaskar Festival. MDNIY developed Surya Namaskar Videos and Brochures (Hindi & English) for better dissemination of the programme among the public, which were made available on social media platforms of MDNIY, Ministry of Ayush & other leading Yoga Institutions.



This festival brings with it many Yoga activities and their rewards into the lives of people. At the same time, keeping the pandemic condition in mind, it's best to embrace Yoga and its benefits from the safety of our homes. It was celebrated both nationally and internationally quite enthusiastically.



Yoga Protocol for Home Isolated COVID 19 Patients by MDNIY

As we are aware, lakhs of people are under home isolation due to the current COVID-19 Pandemic condition. As a public cause, MDNIY, Ministry of Ayush, Government of India intended to disseminate a LIVE YOGA Session's along with Interactive Session on Yoga Advisory for Home Isolated Patients developed by the ministry of Ayush, Government of India.

The proposed programme intends to be of 45

minutes for 06 days a week for one month from 24.01.2022 onward twice a day (8 AM to 8.45 AM and re-telecasted at 8 PM to 8.45PM). This is to create awareness about the efficacy of Yoga in the management of COVID-19 and also to promote the practice of Yoga for a better living. The programme is being lived through DD free dish, Jio TV, Social Media, Handles of Ministry of Ayush, MDNIY and NCERT Official.





LIVE Yoga Advisory for
Home Isolated COVID -19 Patients

LIVE YOGA & INTERACTIVE SESSIONS
Conducted By Yoga Experts from

MORARJI DESAI NATIONAL INSTITUTE OF YOGA & MINISTRY OF AYUSH
FROM: 24TH JANUARY, 2022 ONWARDS (MONDAY TO SATURDAY)



LIVE TELECAST TIME: 08:00 AM to 08:45 AM
RE-TELECAST TIME: 08:00 PM to 08:45 PM



Watch on:

 MOA & Director MDNIY

 DD Free Dish

 Jio TV

 NCERT OFFICIAL

Sukshma Vyayama



Standing Postures



Sitting Postures



Prone postures



Dhyana



Supine postures



Kriyas



Pranayama





For Query
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 www.ayush.gov.in

The first of its live interactive session was helmed by Director MDNIY, wherein he briefed the various Yoga activities and said that if you do this Yoga module for 20 minutes every morning and evening, it will help you to make fit and healthy. He also told that the Ministry of Ayush has introduced many advisories like

decoction during the Covid-19 period, by consuming which we can increase our immunity system.

Overall, live interactive sessions on Yoga Protocol for Home Isolated COVID 19 Patients was very meaningful and appreciated on the social media.



Live Schedule (24-29 January, 2022)

Day / Time	Expert	Name of Commentator	Name of Demonstrator
24.01.22	Dr. Ishwar V. Basavaraddi, Director, MDNIY	Mr. Lalit Madaan, Yoga Therapist, MDNIY	Ms. Shruti, DYSc. Student
25.01.22	Dr. Ishwar V. Basavaraddi, Director, MDNIY	Mr. Lalit Madaan, Yoga Therapist, MDNIY	Ms. Shruti, DYSc. Student
26.01.22	Dr. I. N. Acharya, PO (YT), MDNIY	Ms. Neetu, Yoga Instructor, MDNIY	Mr. Murli, M.Sc. Student
27.01.22	Dr. I. N. Acharya, PO (YT), MDNIY	Ms. Madhu Khurana, Yoga Therapist, MDNIY	Mr. Ashish Kumar Yadav, Ex-student
28.01.22	Sh. Rahul Singh Chauhan, Yoga Instructor, MDNIY	Sh. Rahul Singh Chauhan, Yoga Instructor, MDNIY	Ms. Kanchan, Technical Assistant (Yoga), MDNIY
29.01.22	Ms. Madhu Khurana, Yoga Therapist, MDNIY	Ms. Madhu Khurana, Yoga Therapist, MDNIY	Mr. Ashish Kumar Yadav, Ex-student

A MoU between MDNIY and Tihar Prison



A MoU was signed between Morarji Desai National Institute of Yoga and Prison Headquarters, Tihar in order to ensure the physical and mental well-being of jail inmates.

The MoU was signed in the presence of Dr. Ishwar V Basavaraddi, Director MDNIY and Sh. Sandeep Goel, DG (Prison) at Prison Headquarters, Tihar. Senior officials were also present during the event.

The main scope of the MoU is to provide Foundation Course in Yoga (1-month

duration) to over 10,000 inmates of Delhi Prison. For this, MDNIY will provide Yoga teachers who will also train some inmates as Master Yoga Trainers who will then train other inmates too. These basic yoga courses will not only keep the inmates physically and mentally fit but also help them in their reformation, rehabilitation and re-integration.

Those inmates who undergo Yoga trainers course can also look for employment opportunities in yoga teaching after coming out of jail, said Delhi Prisons.



5 Min Yoga Break @ Workplace at Nathdwara

Dr. Munjpara Mahendrabhai Kalubhai, Hon'ble Union Minister of State for Ayush and Women & Child Development was Chief Guest at this Mahotsav.

During the Mahotsav, the Hon'ble Minister told that the whole world is battling the corona epidemic. In such a situation,

scientists and doctors around the world are advising to include Yoga in their lifestyle.

Students and Staff of MDNIY, also participated in the event and demonstrated the 5 Min Yoga Break @ workplace during the Yoga Mahotsav in Rajasthan.



MDNIY Offers Certificate Course for Yoga Therapy Assistant (CCYTA)

Department of Yoga therapy introduced Six months duration of certificate course entitled "Certificate Course for Yoga Therapy Assistant (CCYTA)" starts from February, 2022 to Eligibility to apply the course is pass in 10+2 (any stream) from a recognized Board or equivalent and Certificate Course in Yoga for Wellness Instructor (CCYWI) from MDNIY or YCB Certified Level- II (Yoga Wellness Instructor) there no age restriction. During the course, the student will be taught about the concepts of Yoga therapy for the treatment and prevention of various psychosomatic and lifestyle related ailments. The very motto of the

Certificate Course for Yoga Therapy Assistant (CCYTA)
(Six Months duration from February to July, 2022)

Eligibility criteria

- I. A pass in 10+2 (any stream) from a recognized Board or equivalent, and
- II. Certificate course in Yoga for Wellness Instructor (CCYWI) from MDNIY (or) Valid Yoga Certification Board Level- II (Yoga Wellness Instructor) certification.

Age Limit OPEN TO ALL

For further details, kindly visit MDNIY Website: www.yogandalya.in, and go through ADMISSION NOTICE

For any queries related to admission, Please contact Ph: 011-23714732 (Ext. 205) or mail yogatherapyccyta.com

Last Date for apply: 20th January, 2022 (09:00 pm)

Note: Due to Covid-19 pandemic situation, the CCYTA course may be start with **ONLINE**. However, students may be called for **OFF- LINE** classes/ examination, once COVID-19 pandemic situation improves.

Morarji Desai National Institute of Yoga
Ministry of AYUSH, Government of India
48, Ashok Road, New Delhi - 110 001
Ph: 011-23738027, 23738418, 23355899 Fax: 011- 23710487
Email: mdniy@ysha.co.in Web site: www.yogandalya.in

CCYTA to impart therapeutic skills to students for executing traditional medical knowledge for general public and total personality development..

Foundation Course for newly recruited Officers of LBSNAA by MDNIY

MDNIY conducted Foundation Course for newly recruited Officers of All India Services started from 20th January, 2022 at Lal Bahadur Shastri National Academy of administration (LBSNAA), Mussoorie. The programme will continue till 17th March, 2022 wherein total number of trainees are expected to be 488.

The basic moto of the programme was to promote overall development of personality, foster greater coordination among the members of different civil services.



Webinars:

I. 'Yoga for Human Excellence'

A webinar held on 'Yoga for Human Excellence' on 7th January, 2022 with Dr. Govind Prasad Mishra, Associate Professor, Department of Philosophy, Indira Gandhi National Tribal University, Amarkantak, Madhya Pradesh and Dr. Ishwar V. Basavaraddi, Director, MDNIY.

Dr. Govind Prasad Mishra said that human flourishing is the goal of human life. Utkarsh means all round development. Yoga helps us in physical, mental and spiritual development. In life, the senses are both a seeker and a hindrance. The mind can be controlled by the senses. And the mind should be controlled by the intellect, only then life progresses on the path of excellence.

Director, MDNIY told that Yoga is an art of excellent living. The principles of Yoga help the practitioners to achieve higher aims of life.

Join Webinar
on
"Yoga for Human Excellence"

Date: 07/01/2022
Time: 06:00 pm

Speaker
Dr. Govind Prasad Mishra
Associate Professor,
Department of Philosophy,
Indira Gandhi National Tribal University,
Amarkantak, Madhya Pradesh

Introductory Remarks by
Dr. Ishwar V. Basavaraddi
Director, MDNIY

II. Swami Vivekananda : Thoughts & Vision

A Webinar was organised on 'Swami Vivekanand: Thoughts and Vision' with Acharya N.R. Bhargava, Yogacharya, Bihar Yoga Vidyalaya, Madhya Pradesh and Dr. Ishwar V. Basavaraddi, Director, MDNIY on 14th January, 2022.

During the webinar, Acharya N.R. Bhargava, Yogacharya said that the whole life of Swami Vivekananda is inspirational. Swami Vivekananda's Raja Yoga, Karma Yoga, Gyan Yoga and Bhakti Yoga are the essence of all human life. Swami Vivekananda's life was only forty years, but even at such a young age, with the help of his deeds and knowledge, he illuminated the name of India in the whole world.

Director, MDNIY highlighted that Swami Vivekananda was a source of inspiration in himself. Swami Vivekananda is still the role model of achievers. The feeling of dedication towards any work leads any person towards greatness.

Join Webinar
On
**Swami Vivekanand:
Thoughts and Vision**
Date: 14 January, 2022
Time: 6:00 PM

INTRODUCTORY REMARKS BY:
Dr. Ishwar V. Basavaraddi
Director, MDNIY

GUEST SPEAKER
Acharya N.R. Bhargava
Yogacharya, Bihar Yoga Vidyalaya
Madhya Pradesh

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III. From Illness to Wellness... Begin your Journey Now

A webinar was held on "From Illness to Wellness... Begin your Journey Now" on 21st January, 2022 wherein Mrs. Fharzana Siraj Founder, Orange Ray Alternative Medicine Clinic, Chennai and Dr. Ishwar V. Basavaraddi, Director, MDNIY were participated.

Mrs. Fharzana Siraj was delivered an elaborative and informative lecture and she said that Good health can be achieved by few collective and sustainable practices. Yoga has taught us how to live to maintain wellness. Immunity plays a vital role in health. Immunity acts as the shield against infections. She added Immunity can be categorized in 3 ways Innate: by birth, Adaptive: developed throughout our lives via process of Immunization and Passive: Borrowed from other source.

Join Webinar
ON
**"From Illness to Wellness...
Begin your Journey Now"**
Date: 21 January, 2022
Time: 6:00 PM

Speaker
Mrs. Fharzana Siraj
Founder
Orange Ray Alternative Medicine Clinic
Chennai

INTRODUCTORY REMARKS BY:
Dr. Ishwar V. Basavaraddi
Director, MDNIY

Catch us live on
[f @mdniyayush](#)
[v Director Mdniy](#)

IV. "Necessity of Sports for Health"

A webinar was held on "Necessity of Sports for Health" with Dr.H.Sreedharan (Sports Scientist); CEO, Asha Wellness and Former Head, High Performance Centre, TransIndia, and Director, MDNIY.

Dr. H. Sreedharan defines the Necessity of Sports for Health. He highlighted the importance of sports for good health. Dr. Sreedharan told that Sports have been given a lot of importance in Indian culture from the point of view of better health. In ancient times, to keep the healthy, a lot of attention was given to Sports. Health has a vast sense in our life. It not related only physical it's also part of mental and social.

The poster is for a webinar titled "WEBINAR On Necessity of Sports for Health". It is dated 28th January, 2022, at 6:00 PM. The speaker is Dr. H. Sreedharan, a Sports Scientist, CEO of Asha Wellness, and former head of High Performance Centre, TransIndia. The introductory remarks will be given by Dr. Ishwar V. Basavardhi, Director of MDNIY. The poster includes logos for the Government of India, Ministry of Health, Azadi Ka Amrit Mahotsav, and MDNIY. Social media handles for @mdniyayush, @mdniy, @yogamdniy, and Director Mdniy are provided at the bottom.

V. "Role of Yoga in Mental Illness"

A webinar was organised by 'the Institute as part of Faculty of Month Programme on "Role of Yoga in Mental Illness" by Dr. Priyanka Rai, Assistant Professor, Human Consciousness, MDNIY on 31st January, 2022.

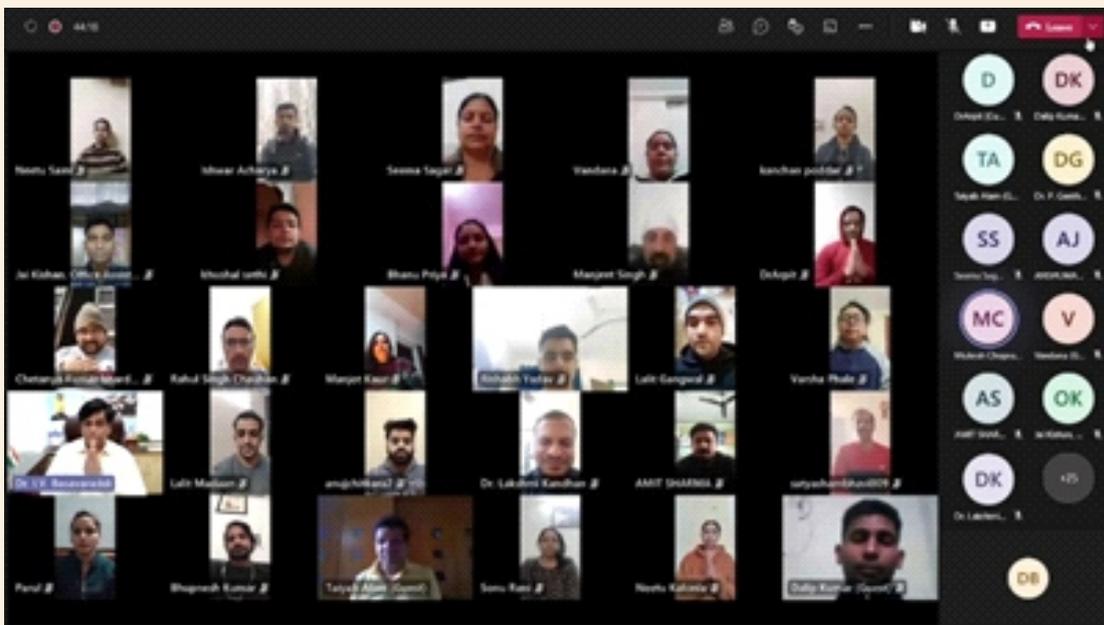
She delivered an informative lecture wherein she said that since last 2-3 years we all are suffering with covid-19. Yoga plays a vital role in this miserable situation. When you do Yoga, your brain cells develop new connections, and changes occur in brain structure as well as function, resulting in improved cognitive skills, such as learning and memory. Yoga strengthens parts of the brain that play a key role in memory, attention, awareness, thought and language.

The poster is for an online lecture titled "Online Lecture by 'The Faculty of Month of MDNIY' on 'Role of Yoga in Mental Illness'". It is dated 31.01.2022, from 4:00-5:00 PM. The speaker is Dr. Priyanka Rai, Assistant Professor, Human Consciousness, MDNIY. The poster includes logos for the Government of India, Ministry of AYUSH, Azadi Ka Amrit Mahotsav, and MDNIY. Social media handles for @mdniyayush, @mdniy, @yogamdniy, and Director Mdniy are provided at the bottom.

MDNIY Observes Martyrs' Day

Director MDNIY, Officers and staff of the institute observed Martyrs' Day on January 30, 2022 and observed two minutes silence virtually to pay homage to Mahatma Gandhi & freedom fighters.

Director MDNIY also recited Gandhi's Priye Bhajan during the programme.



Extension Activities

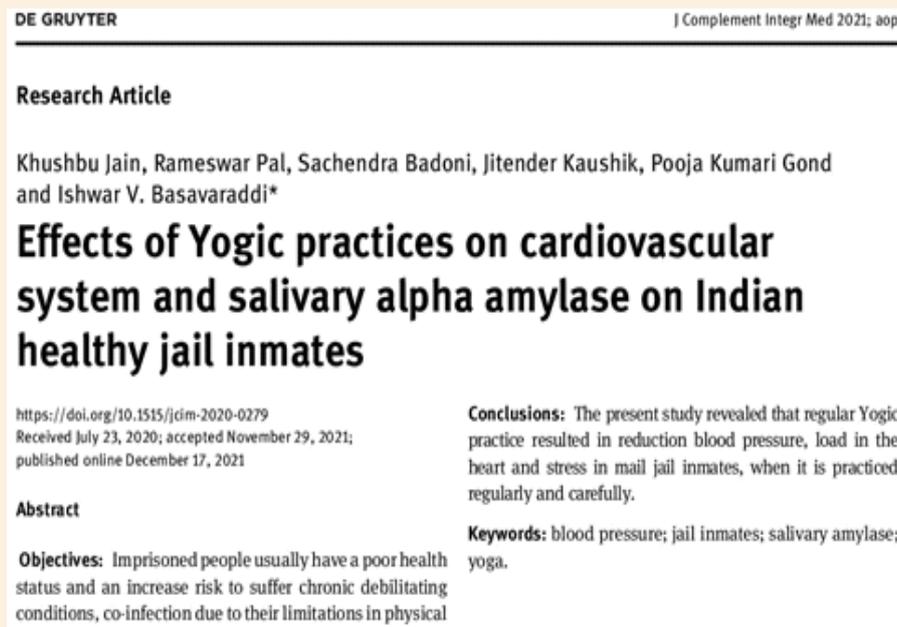
Advance Centre of Yoga for Cardiac Prevention and Rehabilitation Centre for Yoga and Exercise Science, Department of Physiology, BLDE (Deemed to

be University) of conducted foundation course. Camp regarding Yoga and Meditation.



Scientific Research publication by MDNIY

A research paper titled “Effects of Yogic practices on cardiovascular system and salivary alpha amylase on Indian healthy jail inmates” published on Journal of Complementary and Integrative Medicine by Dr. Khushbu Jain, Assistant Professor (Biochem) Dr. Rameswar Pal, Assistant Professor (Human physiology) Sachendra Bodoni, (Yoga Instructor) Jitender Kaushik, (Yoga Instructor) Pooja Kumari Gond (Yoga Instructor) and Dr. Ishwer V. Basavaraddi (Director MDNIY).



Director, MDNIY Wishes Happy New Year

Director, MDNIY wished Happy New Year-2022 to the staff and students through a Virtual Conference. During his address, Director MDNIY gave his wishes to the MDNIY fraternity and said that for the next 2-3 months, we need to be very careful due to new Omicron variant of COVID-19. MDNIY, being a premier institute in the country providing health care; accordingly our responsibility increases even more in this condition. He also requested that we should take special care of ourselves and should strictly follow COVID guidelines. All the staff and students joined the VC.

