



*Weekend*  
**Yoga Workshops**  
*For*  
**Executives**  
*to Stretch, Relax & Meditate*

Venue : MDNIY

Starting from 28-29 April, 2023



**Morarji Desai National Institute of Yoga**

Ministry of Ayush, Government of India

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# PREAMBLE

Executives occupy high-ranking managerial positions responsible to take crucial strategic decisions and oversee day-to-day operations at a workplace. However, the demands of an executive lifestyle can lead to lack of sleep, frequent travels, long working hours, difficulty in maintaining balance between work and personal life. These factors increase the risk of various health problems, such as heart diseases, depression, stroke, hormone imbalance, indigestion, constipation, heartburn, diabetes and the like.

Yoga is an invaluable gift of the ancient Indian tradition. It is time honored way of life encompassing both a scientific and an artistic approach to achieving balance and harmony in one's existence. Fortunately, Yoga can significantly improve the physical and mental health of executives, helping them manage stress and enhance their overall well-being.

The aim of the Yoga workshop is to familiarize executives and senior officers with the proposed two Yoga Protocols, which can enhance their flexibility, lengthen the breath and body mind alignment. By regulating the HPA-axis, these Yoga protocols can help, balance the autonomic nervous system and decrease cortisol levels. The workshop is designed to educate participants on stress and its management through Yoga while imparting the knowledge of Yoga practices for health and well-being.

## AIM

The aim of workshop is to give an insight about simple Yogic techniques to manage stress, its consequences and also to restore health and happiness.

## OBJECTIVES

The objectives are:

- To promote Yoga Break at workplace.
- To relieve stress.
- To stretch the body and relax the mind.
- To encourage individuals to adopt Yogic lifestyle.

## PRINCIPLES

- Detoxification
- Proper Stretching and Alignment
  - Breath Modification
  - Action in Relaxation
    - Mind Management through Meditation

## OUTCOME

To refresh and rejuvenate for health and well-being.

# PROGRAMME SCHEDULE

## Day 1 (Friday)

### MODULE - 1 (DE-STRESS & REFRESH)

4:00PM-4:30PM	Inauguration & Introduction
4:30PM-6:00PM	Technical Session 1 (Stretch & Relax)
6:00PM-6:30PM	Break/Discussion with Experts
6:30PM-8:00PM	Technical Session 2 (Art of breathing and relaxation leading to Meditation)

## Day 2 (Saturday)

### MODULE - 2 (STRETCH & RELAX)

7:00AM-8:30AM	Technical Session 3 (Detox, Stretch, & Relax)
8.30AM-9:00AM	Breakfast
9:00AM-10:30AM	Technical Session 4 (Yoga Nidra: An Art of Relaxation)
10.30AM-11.00AM	Break/Discussion with Experts

### MODULE - 3 (BREATH & MEDITATE)

11:00AM-12:30PM	Technical Session 5 (Yogic Practices leading to Meditation)
12:30PM-1:30PM	Technical Session 6 (Art & Science of Meditation)
1:30PM-2:00PM	Concluding Session: Two take-away Yoga Protocols 1. Y- Break @ Workplace 2. Stretch, Relax & Meditate
2:00PM	Lunch

## Online Registrations will start from 21<sup>st</sup> April, 2023.

\*The first workshop will commence on 28-29 April, 2023 and continue every weekend until 23-24 June, 2023 as a part of IDY-2023 celebrations.

Necessary health assessments such as, Body composition analysis, Vital signs analysis, Stress level analysis and Biochemical analysis may be conducted for free or at nominal charges, depending on the specific type of evaluation.

**CLICK HERE**



<https://forms.gle/xhDufJvMJDKWcphr8>

### Accommodation

*Accommodation (on Payment) will be arranged on request ranging from Rs 2000/- Rs. 4000/per night as per norms.*

### Refreshment

*Tea & Healthy Breakfast & Lunch will be provided during the Programme*

**Participation Capacity:**  
*Registration is limited to 30 participants and that will be on first come first served - basis*

**Total Workshop fee: Rs 1000/-**

#### Fee:

**Registration fee**

**Course fee**

**Food and Refreshment**

**Rs 250/-**

**Rs. 500/-**

**Rs. 250/-**

### General Guidelines:

- It is recommended to complete registration in advance. Nonetheless, on-the-spot registrations may be offered depending on the availability of seats.
- The spot registration and health assessment may be done on every Friday 2:00PM -4:00 PM.
- Bring loose clothes kurta/Pyjama, salwar kameez or track-suit for Yoga Practical sessions.
- The practice should be performed with a light or empty stomach. A difference of at least 1-2 hours should be maintained between food consumption and practice.
- Practice must be followed according to one's own capacity and any kind of jerk movement should be avoided.
- Related reading material in soft copies will be provided.
- Breakfast, Tea and lunch during the workshop will be provided by the Institute.

# Yoga Practices



# PATRONS



**Shri Sarbananda Sonowal**  
Hon'ble Union Minister  
of Ayush & Ports, Shipping  
and Waterways



**Dr. Munjpara Mahendrabhai Kalubhai**  
Hon'ble Union Minister of State  
for Ayush and Women  
& Child Development



**Vaidya Rajesh Kotecha**  
Secretary, Ministry of Ayush,  
Government of India



**Ms. Kavita Garg**  
Joint Secretary, Ministry of Ayush,  
Government of India

## Concept & Guidance



**Dr. Ishwar V. Basavaraddi**  
Director MDNIY  
Ministry of Ayush, Government of India

Dr. Ishwar V. Basavaraddi is an accomplished Yoga Scientist, Philosopher, and an eminent Yoga Master, with over 35 years of teaching and research experience in the field of Yoga. He is known for developing diseases specific Yoga protocols and Yoga protocols for various target groups. He has provided Yoga education, training and therapy to lakhs of Yoga teachers and millions of Yoga enthusiasts. He is one of the leading architects of the Common Yoga Protocol (CYP), a widely practiced Yoga regimen adopted by millions of people across the globe.

## Workshop Faculties



**Dr. S. Lakshmi Kandhan**  
Assistant Professor (Yoga Therapy)  
MDNIY, Ministry of Ayush,  
Government of India

Dr. S. Lakshmi Kandhan has a degree in physiotherapy and doctorate in Yoga. With an specialization in 'Yogic Management of Musculoskeletal disorders', he has 8 years of experience in the field of Yoga Therapy teaching and research. He has several publications to his credit.



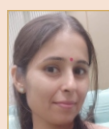
**Dr. Rameswar Pal**  
Assistant Professor (Human Physiology)  
MDNIY, Ministry of Ayush,  
Government of India

Dr. Rameswar Pal is a physiologist and has an experience of 10 years in the field of Human Physiology and Yoga. He is specialized in cardiorespiratory research and physical fitness. He has several publications to his credit.



**Dr. Pawan Kumar**  
Assistant Professor (Education)  
MDNIY, Ministry of Ayush,  
Government of India

Dr. Pawan Kumar has expertise in Yoga Education and training. He has conducted several Yoga workshops and training programmes. He has good demonstrative skill and public relations.



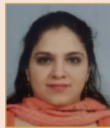
**Ms. Neetu Sharma**  
Senior Yoga Consultant, MDNIY,  
Ministry of Ayush, Government of India

Ms. Neetu Sharma, a double Post Graduate one in Biochemistry and another in Yoga Science. She has more than 10 years of experience in Yoga Teaching and Training. She provided Yoga Therapy and Training to many executives, senior officers of GOI, and contributed for the promotion of Yoga Institutionally.



**Sh. Tanuj Yadav**  
Yoga Instructor MDNIY,  
Ministry of Ayush,  
Government of India

Sh. Tanuj Yadav a good Yoga teacher of the Institution, have more than 05 years of experience in Yoga teaching and training. He has conducted several workshops and training programmes on different platform. He assisted Yoga Therapy workshops under the guidance of the Director, MDNIY.



**Ms. Madhu Khurana**  
Yoga Therapist  
MDNIY, Ministry of Ayush,  
Government of India

Ms. Madhu Khurana is Yoga Therapist and Physiotherapist, has more than 10 years of experience in the field of Yoga Therapy. She has worked in CGHS - wellness centers. She has expertise in the management of Musculo-skeletal disorders. She is attending executives in MDNIY Yoga OPD.

### PG Yoga Internees:



**Ms. Chanchal Vijay**  
M.Sc. (Yoga)



**Ms. Samiksha Nehra**  
M.Sc. (Yoga)

### Contact Persons:

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