



Guru Gobind Singh Indraprastha University
(A State University established by the Government of NCT of Delhi)
Sector 16-C, Dwarka, New Delhi 110078



ACADEMIC AUDIT PROFORMA (2024-25)

Academic Session: 2023-24

Institution Name:.....Morarji Desai National Institute of Yoga , Ministry of Ayush, Govt. of India, New Delhi

Date of Audit:.....

Members of the Academic Audit Committee:

(i) (ii)

(iii) (iv)

(iv) (v)

A. Institute Information		Type text here	
Name of the Institution	:	Morarji Desai National Institute of Yoga , Ministry of Ayush, Govt. of India, New Delhi	
Name of the Director/Principal	:	Dr. Kashinath Samagandi	
Address	:	68, Ashoka Road, New Delhi - 110001	
	Mobile No. (Director/Principal)	:	7877444353
	Telephone No. (Institution)	:	011-23351099, 23721472
	Email ID	:	dir-mdniy@nic.in
	Institution website URL	:	www.yogamdniy.nic.in

B. Details of Academic Programmes								
(a)	Academic Programmes							
	S. No.	Programme	Start Year	Regulatory Body	Sanctioned Intake in the Assessment Year			Total Students (for all years)
					1 st Shift	2 nd Shift	Total	
	1.	B.Sc. Yoga	2012	-	30			90
	2.	M.Sc. Yoga	2019	-	30			60
	3.	PGDYTMP	2019		20			20
	4.							
	5.							
	6.							
	7.							
	8.							
	9.							
(b)	Programme-wise list of faculty for the assessment year (to be uploaded under mandatory disclosures).							
(c)	Programme-wise Class-wise Time Table for the assessment year (to be uploaded under mandatory disclosures).							

1. Status of Accreditation			
1(a)	Applicability of Accreditation:		
	NBA Only	:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
	NAAC Only	:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
	NBA and NAAC	:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
1(b)	Status of Accreditation		
	NBA (Out of 25 scaled to 50, if only NBA accreditation applicable)	:	
	NAAC (Out of 25 scaled to 50, if only NAAC accreditation is applicable)	:	
	NBA and NAAC (Out of 50, if both NAAC & NBA accreditation are applicable and marks would be awarded as per availability of accreditations, out of total of '25' marks each for NBA and NAAC)	:	
			Marks (Max. Marks: 50)

2. Status of Teachers' Availability

As per statutory body (UGC, AICTE, BCI, NCTE, COA, RCI, NMC, AYUSH, etc.) norms or to be assessed for UG as 1:20, PG as 1:15.

2(a)	Total No. of Students							
	In UG	:	32					
	In PG	:	57					
2(b)	Number of Regular* Teachers							
	In UG	:	11					
	In PG	:	11					
	In UG and PG	:	11					
	Total	:	11					
	Teachers' Ratio							
	S. No.	Programme(s) and duration (in Years)	Sanctioned Intake x duration of the programme = total students (a)	No. of Required Teachers (b)	No. of Regular* Teachers Available			Student-Teacher Ratio (a/(c+d))
					Assistant Professor (Jr. Faculty) (c)	Associate Professor + Professors (Sr. Faculty) (d)	Cadre Ratio (d:c)	
	1.	B.Sc. Yoga -3	90	05	11	-		
	2.	M.Sc. Yoga 2	60	04	11	-		
3.	PGDYTMP-1	20	01	11	-			
4.								
5.								
Total								
Marks (Max. Marks: 115)								
<p>*Teacher who stayed for 90% of the time in a year. Marks be awarded proportionate to the status of the faculty, for Required vs. Available. Visiting / Adjunct Faculty shall be counted as per the norms. List of faculty should be uploaded on website under mandatory disclosures. If Student-Teacher Ratio is as per statutory body, Give full 65 marks, else give proportionate marks and if less than 50% give 0 marks. If cadre ratio is as per statutory body, give full 50 marks, else give proportionate marks.</p>								

3. Quality of Teachers and Teaching				
		No.	Details	Marks
3(a)	No. of teachers with Ph. D. (awarded)	10		
3(b)	No. of publications only in WoS/SCOPUS/PuBMed (UGC CARE Category-II) listed journals in the assessment year (List to be uploaded under mandatory disclosures) P1	20		
	No. of publications only in UGC-CARE (Category-I) listed journals in the assessment year (List to be uploaded under mandatory disclosures) P2	00		
	No. of publications only in any referred journal other than the above indexing above (with ISSN No.) in the assessment year (List to be uploaded under mandatory disclosures) P3	00		
3(c)	(i) No. of publications in conferences in the assessment year (List to be uploaded under mandatory disclosures)			
	• Indexed by WoS/SCOPUS	00		
	• With ISBN Number	00		
	• Any other	00		
	No of Patents Published/Granted	00		
3(d)	No. of Books Authored/ Edited Books / Book Chapters published with ISBN (List to be uploaded under mandatory disclosures)	06		
3(e)	Course/teaching plan with details of number of lectures on each unit of curriculum, in the assessment year	Attached		
3(f)	No. of courses on Learning Management System (LMS) Software other than youtube, ppt, etc. (List to be uploaded under mandatory disclosures)	NA		
3(g)	Classrooms available with mounted projectors and ICT facilities (Geo tagged photos should be uploaded and available under mandatory disclosures)	Yes		
3(h)	Percentage of teachers using ICT for teaching (having PPTs, Videos, etc.)	80%		
				Marks (Maximum Marks: 100)
	List of Total number of publications for the assessment year to be uploaded at the Website under mandatory disclosures			

4. Institutional Support for Faculty Development			
		Details	Marks
4(a)	Documentary evidence of awards like best teacher/best researcher with implementation, etc. (Upload report)	: No	
4(b)	Documentary evidence of mechanism and its utilisation for grant of study leave to teachers with full pay for faculty to pursue higher studies at other institutions (Upload report with List)	: NA	
4(c)	Documentary evidence of grant of funds to teachers to attend conferences, or seminars, or FDP, or workshops, etc. including registration fee, TA/DA, and grant of special casual leave or duty leave for this purpose (Upload report with List)	: NA	
4(d)	Individual computing facilities with Internet provided to teachers	: Yes	
			Marks (Maximum Marks: 40)

5. Framework for Students' Grievance Redressal Mechanism			
		Details	Marks
5(a)	Availability of Students' Grievance Redressal Committee (SGRC) and its compliance with UGC's Regulations 2012 (Upload List with notification)	: Yes	
5(b)	Whether the Grievance Redressal Committee has elected students representative?	: Yes	
5(c)	Whether meticulous and verifiable documentations of the proceedings of Students' Grievance Redressal Committee is maintained (upload relevant minutes)	: Yes	
5(d)	Availability of Psychiatrist, Psychologist and professional students counsellors (Upload List with schedule and notification)	: Yes	
5(e)	Whether the institute has published/notified prominently the details of SGRC on website	: Yes	
5(f)	Whether students are satisfied with the effectiveness of the SGRC (upload survey report)	: Yes	
5(g)	Whether reports of the proceedings of SGRC is sent to the University every semester	: Yes	
			Marks (Maximum Marks: 100)

6. Institutional Support for University Examinations (during the Assessment Year)			
		Details	Marks
6	Percentage of faculty participation in university examinations as evaluators / university representatives	: 100%	
			Marks (Maximum Marks: 30)

7. Status of Library

7(a) Books						
Total Books Added During the year:..... Total Volumes Added During the Year:.....						
S. No.	Programme	Title (a)	Volume (b)	Score	Details	Marks
1.	B.Sc. Yoga	8631	16713			
2.	M.Sc. Yoga	8631	16713			
3.	PGDYTMP	8631	16713			
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
Total Score						
Marks (Maximum Marks: 70)						
7(b) Journals						
No of Journals Added or Discontinued during the year: Added..... Discontinued.....						
Does the Journals cover all the disciplines offered by the College: Yes/No						
<i>Upload the list of all Journals under mandatory disclosures.</i>						
S. No.	Type of Journal	No. of Journals	Ratio (Cap to 1)	Details	Marks	
1.	Indian	a = 19	a/12 =			
2.	International	b = 22	b/3 =			
Marks (Max. Marks: 30)						
Total Marks [7(a) + 7(b)] (Max. Marks: 100)						

8. Status of Laboratories

				Details	Marks
8(a)	Status of Laboratories other than Computer Lab (as required by statutory body)		No.	<i>(Upload the images of the labs with list under mandatory disclosures)</i>	
	(i)	Number of Labs	06		
	(ii)	Status of Instruments / Equipments	Yes		
	(iii)	Up-gradation undertaken as per new technological developments and requirements of the course curriculum (Provide Details)	Yes		
Marks (Max. Marks: 50)					
8(b)	Status of Computer Labs (UG: 1 per 6 students; PG: 1 per 3 students across all years or as per statutory body)				
	(i)	Total Number of computers available in labs	30		
	(ii)	Total number of available licensed software required as per course curriculum (as required by statutory body)	NA		

	(iii)	Quality of Internet connectivity	Very Good		
					Marks (Max. Marks: 50)
					Total Marks [8(a) + 8(b)] (Max. Marks: 100)

9. Co-Curricular Activities Conducted by the Institution (Assessment Year)

9(a)	Conferences Organized (Brochures, Proceedings, Resource persons/session chairs to be provided under disclosures)	No.	Details	Marks
	International / National Conferences	:	00	
	Proceedings are indexed with WoS / SCOPUS	:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
	Proceedings with ISBN Only	:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
	Proceedings without ISBN	:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
9(b)	Seminars Organized (02 Half Day Seminars may be considered as One Full Day Seminar). Brochures, Resource persons/session chairs to be provided under disclosures). Guest Lectures not to be included.			
	No. of One Day Seminar	:	00	
	No. of Half Day Seminar	:	18	
9(c)	Faculty / Management Development Programme Organized (At least one week/5days duration). Details to be provided with Brochures, Resource persons, etc. under disclosures. Guest Lectures not to be included			
	FDP/MDP	:	00	
9(d)	Workshops Organized (Details to be provided with Brochures, Resource persons, etc. under disclosures. Guest Lectures not to be included)			
	No. of Workshop	:	01	
9(e)	Short Term / Value Added Programmes Organised (Details to be provided with Brochure, Participants, etc. under disclosures)			
	No. of Programme	:	00	
9(f)	Webinars / Online Extension Lectures Organised (Details to be provided under disclosures)			
	No. of Lectures	:	00	
				Marks (Max. Marks: 100)

10. Publications of the Institutions

10(a)	Publication of Journal(s)	No.	Details	Marks
	International / National Journal	:	00	
	Frequency	:	Monthly / Quarterly / Half Yearly / Yearly	
	Publisher	:	00	
	Indexed at WoS/SCOPUS	:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
	Indexed in UGC-CARE	:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
	Any other Indexing (please specify)	:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
	No indexing	:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	

10(b)	Publication of Newsletters and Magazines			
	Magazine	:	No	
	Frequency	:	Monthly / Quarterly / Half Yearly / Yearly	
	Publication Type	:	<input type="checkbox"/> Print <input type="checkbox"/> Online	
	Newsletter	:	Yes	
	Frequency	:	<input checked="" type="checkbox"/> Monthly / Quarterly / Half Yearly / Yearly	
	Publication Type	:	<input type="checkbox"/> Print <input checked="" type="checkbox"/> Online	
				Marks (Max. Marks: 40)

11. Students' Personality Development Activities				
11(a)	Activities like mock interview, role play, group discussions, quizzes, workshops, competitions, etc.			
	Activities		No.	Details
	Mock Interview	:	10	
	Role Play	:	10	
	Group Discussion	:	100	
	Workshop	:	01	
	Competition	:	10	
11(b)	Personality development labs, Provisions for trained faculty to conduct practical sessions and existence of qualified student counsellors			
	Personality development labs	:	01	
	Availability of trained faculty to conduct practical sessions	:	11	
		:		
		:		
	Existence of NSS/NCC Technical and Cultural Clubs/Societies		NO	
11(c)	Sports facilities in the Institutions			
	Indoor facilities	:	Yes	
	Outdoor facilities	:	Yes	
	Sport Equipments	:	Yes	
				Marks (Max. Marks: 35)

12. Status of Placement

		No.	Details (Student wise placement list)	Marks
(i)	Total No. of Students having Passed out (in that Assessment Year)	: 45		
(ii)	Total No. of Students, who are eligible and have registered for Placements (a)	: 45		
(iii)	Total No. of students going for Higher Education (b)	: 45		
(iv)	Total No. of Students having been placed (c)	: 00		
(v)	Total No. of Students placed + Higher Education (d=b+c)	:		
(vi)	Total Percentage (%age) of Placements + Higher Education {e= (d/a) * 100}	: 100		
(vii)	No. of companies visited the campus	: 00		
(viii)	Average salary offered	: 00		
(ix)	Existence of training and placement office with TP Officer	: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No		
(x)	No of Entrepreneurship activities conducted with any Startups (provide details)	: 00		
Marks (Max. Marks: 60)				
Note: Eligible and registered students shall be considered as total count of students to be placed				

13. General Parameters about the Institution

Upload pictures under mandatory disclosures on the website		Details	Marks
(i)	Individual seating arrangements for faculty with suitable furniture	: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
(ii)	Institution Website URL	: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
(iii)	Common rooms for girls (separate)	: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
(iv)	Cleanliness of toilets	: <input checked="" type="checkbox"/> Good <input type="checkbox"/> Bad	
(v)	Students' canteen and drinking water arrangements	: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Marks (Max. Marks: 30)			

14. Other Facilities Available in the Institute (Based on Feedback)

14(a)	Details	Marks
Feedback from the Faculty/Employers Collected: Analysed: Action taken: (on parameters like salary as per norms, leaves, research facility, recognition of their contributions, their respect, promotions, and overall academic environment). Details of Feedback analysis and action taken if any to be provided under disclosures.	: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	

14(b)	Feedback from the Students/Alumni Collected: Analysed: Action taken: (on parameters like teaching environment, regularity of classes, availability of teachers outside classes, support for conducting extra – curricular activities such as field visits, cultural festivals etc., administrative support, career guidance, counselling, support for training and placements, and student’s interaction with experts from industry and academia) Details of Feedback analysis and action taken if any to be provided under disclosures.	: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No		
-------	--	--	--	--

Marks			
(Max. Marks: 50)			

15. Removal / Completions of Identified Deficiencies

Removal / Completions of deficiencies, as identified in previous Academic Audit (If last year, there was no audit, then no marks to be awarded, and the maximum marks component of this parameter not to be counted in total marks). Only deficiencies, as deviations from the standard norms, to be considered.

		No.	Details	Marks
(i)	No. of deficiencies identified in last report (a)	:		
(ii)	No of deficiencies removed / completed (b)	:		

Marks			
(Max. Marks: 50)			

16. Summary of Marks

S. No.	Name of the parameters	Maximum Marks	Marks Obtained	Remarks
1.	Status of Accreditation	50		
2.	Status of Teachers’ Availability	115		
3.	Quality of Teachers and Teaching	100		
4.	Institutional Support for Faculty Development	40		
5.	Framework for Students’ Grievance Redressal Mechanism	100		
6.	Institutional Support for University Examinations	30		
7.	Status of Library	100		
8.	Status of Laboratories	100		
9.	Co-Curricular Activities Conducted by the Institution	100		
10.	Publications of the Institutions	40		
11.	Students’ Personality Development Activities	35		
12.	Status of Placement	60		
13.	General Parameters about the Institution	30		
14.	Other Facilities Available in the Institute	50		
15.	Removal / Completions of Identified Deficiencies	50		
Total Marks		1000		
Percentage (%age) Obtained				

18. Deficiencies Identified (only deviations from the standard norms, to be mentioned here):

S. No.	Details of the identified deficiencies
1.	
2.	
3.	
4.	
5.	

19. Overall Observations and Recommendations

S. No.	Observations and Recommendations
1.	
2.	
3.	
4.	
5.	
6.	
7.	

Name and Signature of the Members of Academic Audit Committee

(i)

(ii)

(iii)

(iv)

(v)

(vi)

X. Details of Computer Centre

Name of Laboratory	No. of Computers/Software/Peripherals	Number of Staff (Faculty/Non-Faculty)
Multimedia Lab	31	10

Append Duly Attested Details if required. Annexure No. _____

XI. Teaching Staff(Programwise)

Sl. No.	Name of Staff	Date of Birth	Post Held	Qualification	Specialization	Start Date of Teaching	Appointment Type (Regular/Visiting/Contract)	Appointment Order No.	Pay Band	Grade	Basic Salary	Dearness Allowance	Other Allowances	Total Salary	Designation
1	Dr. Arpit Kumar Dubey	03/08/1988	Assistant Professor	Ph.D., MA	sanskrit	15/12/2017	Regular	No	15600-39100	5400	126422	86.8	8	Assistant Professor	
2	Dr. Guru Deo	06/07/1980	Assistant Professor	P.H.D	Yoga Therapy	20/12/2017	Regular	No	15600-39100	5400	126422	76.58	8	Assistant Professor	
3	Dr. L. N. Acharya	14/08/1971	Programme Officer	M.Phil	Naturopathy and Yoga	21/06/2005	Regular	No	15600-39100	7600	236104	57	28	Programme Officer	
4	Dr. Indu Sharma	01/08/1982	Assistant Professor	P.H.D	Yoga education	24/01/2018	Regular	No	15600-39100	5400	122962	75	13	Assistant Professor	
5	Dr. Kushbu Jain	10/06/1985	Assistant Professor	P.H.D	Biochemistry	19/12/2017	Regular	No	15600-39100	5400	126422	72	8.5	Assistant Professor	
6	Dr. Pawan Kumar	12/12/1989	Assistant Professor	Ph.D.	Yoga	21/03/2022	Regular	No	15600-39100	5400	110506	71	3	Assistant Professor	
7	Dr. Rameswar Pal	25/04/1984	Assistant Professor	P.H.D	HUMAN PHYSIOLOGY	27/12/2017	Regular	No	15600-39100	5400	126422	61.3	8	Assistant Professor	
8	Dr. S.Lakshmi Kandhan	12/05/1983	Assistant Professor	Ph.D., M.Sc.	Yoga therapy	15/12/2017	Regular	No	15600-39100	5400	126422	81	9	Assistant Professor	
9	Dr. Shubham Kirar	08/02/1992	Assistant Professor	Ph.D.	Human Consciousness	12/12/2022	Regular	No	15600-39100	5400	110506	78.3	5	Assistant Professor	
10	Dr. Suman Rathore	08/02/1992	Assistant Professor	Ph.D.	English	13/04/2022	Regular	No	15600-39100	5400	110506	88.3	2	Assistant Professor	
11	Dr. Vandana Singh	03/11/1985	Assistant Professor	P.H.D	Hindi	27/12/2017	Regular	No	15600-39100	5400	126422	75	8	Assistant Professor	
12	Mr. Dalip Kumar	06/05/1988	Yoga Instructor	M.Sc	Yoga	29/05/2018	Regular	No	9300-34800	4200	76359	67.6	10	Yoga Instructor	
13	Mr. Lalit Gangwal	22/07/1992	Yoga Instructor	B.Com	Yoga	17/06/2019	Regular	No	9300-34800	4200	74283	68.42	7.5	Yoga Instructor	
14	Mr. Rahul Singh Chauhan	10/07/1988	Yoga Instructor	M.Sc	Yoga	29/05/2018	Regular	No	9300-34800	4200	76359	80	10.3	Yoga Instructor	
15	Mr. Tanuj Yadav	02/07/1987	Yoga Instructor	M.Sc	Yoga	29/05/2018	Regular	No	9300-34800	4200	76359	70	8.5	Yoga Instructor	
16	Mr. Viney Kumar Bharti	01/07/1972	Yoga Therapist	M.A	Yoga	14/03/1997	Regular	No	9300-34800	4800	149884	70.5	27	Yoga Therapist	
17	Ms. Amrita Sharma	06/02/1989	Yoga Instructor	M.A	Yoga	30/05/2018	Regular	No	9300-34800	4200	76359	79	7	Yoga Instructor	

Sl No.	Name	Date of Birth	Designation	Date of joining	Regular / Adhnc / Contract	Pay Scale	Pay Band	Total Emoluments	Qualification	Percentage / Division (Last Exam)	Experience
18	Ms. Neelam	30/07/1971	Yoga Therapist	10/03/1997	Regular				9300-34800	4800/141580	26
19	Ms. Neetu Saini	11/08/1993	Yoga Instructor	25/02/2021	Regular				9300-34800	4200/70304	70
20	Ms. Samrita Sital	09/08/1977	Yoga Instructor	17/04/2007	Regular				9300-34800	4600/106634	70.46
21	Ms. Sobika Rao	18/10/1985	Assistant Professor (Paediatrics)	09/12/2019	Regular				15600-34800	5400/119675	70.5
22	Ms. Sonu Rani	24/12/1985	Yoga Instructor	08/06/2018	Regular				9300-34800	4200/76359	70

Append Duly Attested Details, if required. Annexure No. _____

XII. Non-Teaching & Technical Supporting Staff

Sl No.	Name	Date of Birth	Designation	Date of joining	Regular / Adhnc / Contract	Pay Scale	Pay Band	Total Emoluments	Qualification	Percentage / Division (Last Exam)	Experience
1	Avijit Mutsuddi	01/04/1968	Assistant Research Officer (ARO)	20/03/1997	Regular	9300-34800	4800	137601	M.Sc	58.4	17
2	Md. Talyab Alam	20/12/1975	Communication & Documentation Officer	05/01/2018	Regular	15600-39100	6600	146317	Master of Mass Communication	60	22
3	Mr. Anshuman Kumar Jha	05/03/1982	Accounts Officer	01/06/2012	Regular	15600-39100	5400	113447	MBA, B.Com	76	12
4	Mr. Ravi Kant Tyagi	04/10/1981	Tech. Assistant (Lab)	01/02/2011	Regular	5200-20200	4200	80684	M.Sc	67	17
5	Mr.k. Doren Singh	01/02/1970	Assistant Research Officer (ARO)	17/06/1997	Regular	9300-34800	5400	176246	M.Sc	65.17	26.9
6	Ms. Himani Sharma	23/02/1984	LIA	01/03/2007	Regular	9300-34800	4200	85182	M.Phil	72	18
7	Ms. Manjot Kaur	08/02/1966	Dietician	14/02/1997	Regular	9300-34800	5400	176246	M.Sc	65	24
8	Ms. Varsha Phale	12/10/1967	Lab. Technician	17/10/1997	Regular	9300-34800	4200	85182	B.Sc	57	26
9	Mudit Sharma	17/08/1985	Administrative Officer	03/07/2023	Regular	15600-39100	5400	129882	LLM	58.86	12.2
10	Parul	12/03/1995	Lab Assistant	25/02/2021	Regular	5200-20200	1900	36503	B.Sc	65	5.4

Append Duly Attested Details, if required. Annexure No. _____

MORARI DESAI NATIONAL INSTITUTE OF YOGA
68, Ashoka Road, New Delhi-110001

B.Sc. (Yoga) 2023-24

SEMESTER-II

Time Table w.e.f 21st August, 2023

Classroom: Tatak Room-

Time	Days				
	Monday	Tuesday	Wednesday	Thursday	Friday
07:00 AM To 09:00AM	Yoga Practicum-II (BS-CP 206) Neetu	Yoga Practicum-II (BS-CP 206) Neetu	Yoga Practicum-II (BS-CP 206) Neetu	Yoga Practicum-II (BS-CP 206) Neetu	Yoga Practicum-II (BS-CP 206) Neetu
09:00 AM To 10:00 AM	BREAK				
10:00 AM To 11:00 AM	Yoga in Principal Upanishads and Yogopanishads (BS-CT201) IS	Yoga in Principal Upanishads and Yogopanishads (BS-CT201) IS	Yoga in Principal Upanishads and Yogopanishads (BS-CT201) IS	Yoga in Principal Upanishads and Yogopanishads (BS-CT201) IS	Applied Bio-Chemistry (BS-CT204) KJ
11:00 AM To 12:00 NOON	Basics of Sanskrit Language-II (BS-CT205) AKD	Hatha Yoga Texts-I (BS-CT202) PK	Basics of Sanskrit Language-II (BS-CT205) AKD	Human Anatomy & Physiology-II (BS-CT203) RP	Human Anatomy & Physiology-II (BS-CT203) RP
12:00 NOON To 01:00PM	Applied Bio-Chemistry (BS-CT204) KJ	Human Anatomy & Physiology-II (BS-CT203) SR	Hatha Yoga Texts-I (BS-CT202) PK	Human Anatomy & Physiology-II (BS-CT203) RP	Basics of Sanskrit Language- II (BS-CT205) AKD
01:00 PM To 02:00PM	LUNCH BREAK				
02:00 PM To 03:00 PM	Hatha Yoga Texts-I (BS-CT202) PK	Bio-Chemistry Practicum- II (BS-CP208) KJ	Applied Bio-Chemistry (BS-CT204) KJ	Human Anatomy & Physiology Practicum-II (BS-CP207) RP	Bio-Chemistry Practicum-II (BS-CP208) KJ

*Intern will assist in class.

AKD: Dr. Arpit Kumar Dubey RP: Dr. Rameswar Pal

KJ: Dr. Khushbu Jain

IS: Dr. Indu Sharma

SR: Ms. Sobika Rao

PK: Dr. Pawan Kumar Ms. Neetu

Date: 18.08.2023

Copy to:-

1. Director Office / A.O.
2. Office copy
3. Notice card of B.Sc. (Yoga)

(Dr. Pawan Kumar)
Coordinator B.Sc. (Yoga) 2023-24

SHRI YOGI BHASKAR INTERNATIONAL INSTITUTE OF YOGA
68, Ashoka Road, New Delhi-110001

B.Sc. (Yoga) 2023-24
SEMESTER-III

Time Table w.e.f 21st August, 2023

Classroom: Tatak Room

Time	Days				
	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 AM To 10:30AM	Yoga Practicum-III (BS-CP306) LG				
10:30 AM To 11:30AM	Practicum - Practice of Teaching Yoga-I (BS-CP307) LG				
11:30 AM To 12:00 Noon	BREAK				
12:00 noon To 1:00PM	Hath Yoga Texts-II (BS-CT302) PK	Hath Yoga Texts-II (BS-CT302) PK	Functional English-I/Hindi-I (BS-CT305) VS/SR	Impact of Yogic Practices on Human Body (BS-CT303) RP	Functional English-I/Hindi-I (BS-CT305) VS/SR
1:00 PM To 2:00PM	LUNCH BREAK				
2:00 PM To 3:00PM	Impact of Yogic Practices on Human Body (BS-CT303) SR	Patanjala Yoga Darshana-I (BS-CT301) IS	Impact of Yogic Practices on Human Body (BS-CT303) RP	Hath Yoga Texts-II (BS-CT302) PK	Hath Yoga Texts-II (BS-CT302) PK
3:00 PM To 04:00 PM	Fundamentals of Pshycology (BS-CT304) SKS	Impact of Yogic Practices on Human Body (BS-CT303) RP	Fundamentals of Pshycology (BS-CT304) SKS	Functional English-I/Hindi-I (BS-CT305) VS/SR	Functional English-I/Hindi-I (BS-CT305) VS/SR
4:00 PM To 5.00 PM	Patanjala Yoga Darshana-I (BS-CT301) IS	Functional English- I/Hindi-I (BS-CT305) VS/SR	Patanjala Yoga Darshana-I (BS-CT301) IS	Fundamentals of Pshycology (BS-CT304) SKS	Psychology Practicum (BS-CP308) SKS

*Intern will assist in class.

RP: Dr. Rameswar Pal

SKS: Dr. Shubham Kirar Suryawanshi

IS: Dr. Indu Sharma
LG: Mr. Lalit Gangwal

VS: Dr. Vandana Singh
SR: Ms. Sobika Rao

PK: Dr. Pawan Kumar
SR: Dr. Suman Rathore

Date: 18.08.2023



(Dr. Pawan Kumar)

Coordinator B.Sc. (Yoga) 2023-24

Copy to:-

1. Director Office / A.O.
2. Office copy
3. Notice Board of B.Sc. (Yoga)

MUKARJI DESAI NATIONAL INSTITUTE OF YOGA
68, Ashoka Road, New Delhi-110001

B.Sc. (Yoga) 2023-24

SEMESTER-V

Time Table w.e.f 21st August, 2023

Classroom: Basement -I

Time	Days				
	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 AM To 10:30AM	Yoga Practicum-V BS-CP506 TY	Yoga Practicum-V BS-CP506 TY	Yoga Practicum-V BS-CP506 TY	Yoga Practicum-V BS-CP506 TY	Yoga Practicum-V BS-CP506 TY
10:30 AM To 11:30AM	Yoga Therapy Practicum-I (BS-CP507) TY	Yoga Therapy Practicum-I (BS-CP507) TY	Yoga Therapy Practicum-I (BS-CP507) TY	Yoga Therapy Practicum-I (BS-CP507) TY	Yoga Therapy Practicum-I (BS-CP507) TY
11:30 AM To 12:00Noon	BREAK				
12:00 noon To 1:00PM	Yogic Management of common Disorders (BS-CT502) LK	Yogic Management of common Disorders (BS-CT502) LK	Yogic Management of Disorders (BS-CT502) LK	Yogic Management of common Disorders (BS-CT502) LK	Research Methodology (BS-CT503) SKS
1:00 PM To 2:00PM	LUNCH BREAK				
2:00 PM To 3:00PM	Four Streams of Yoga (BS-CT501) AKD	Four Streams of Yoga (BS-CT501) AKD	Four Streams of Yoga (BS-CT501) AKD	Computer Applications (BS-CT505) GF2	Four Streams of Yoga (BS-CT501) AKD
3:00 PM To 4:00PM	Computer Applications (BS-CT505) GF2	Research Methodology (BS-CT503) SKS	Fundamental of Ayurveda (BS-CT504) GF1	Research Methodology (BS-CT503) SKS	Computer Practical (BS-CP508) GF2
4:00 PM To 5:00 PM	Computer Practical (BS-CP508) GF2	Research Methodology (BS-CT503) SKS	Fundamental of Ayurveda (BS-CT504) GF1	Fundamental of Ayurveda (BS-CT504) GF1	Computer Practical (BS-CP508) GF2

*Intern will assist in class.

LK: Dr. S. Lakshmi Kandhan

AKD: Dr. Arpit Kumar Dubey

GD : Dr. Guru Deo

RP : Dr. Rameswar Pal

SR: Ms. Sobika Rao

SKS : Dr. Shubhanga Kishor Suryawanshi

GF1: Guest Faculty 1

GF2: Guest Faculty 2

TY: Mr. Tanuj Yadav

Date: 18.08.2023

Copy to:-

1. Director Office / A.O.
2. Office copy
3. Notice Board of B.Sc. (Yoga)

(Dr. Pawan Kumar)
Coordinator B.Sc. (Yoga) 2023-24

68, Ashoka Road, New Delhi-110001
B.Sc. (Yoga) 2023-24
SEMESTER-IV
Time Table w.e.f 1st February, 2024
Classroom: Tratak Room

Time	Days				
	Monday	Tuesday	Wednesday	Thursday	Friday
09:30 AM TO 10:30 AM	Yoga Practicum-IV (BS-CP406) SA				
10:30 AM TO 11:30 AM	Practicum-Practise of Teaching Yoga-II (BS-CP407) & Field Work (BS-FW408) SA				
11:30 AM TO 12:00 NOON	BREAK				
12:00 NOON TO 01:00 PM	Hatha Yoga Texts-III (BS-CT402) PK	Hatha Yoga Texts-III (BS-CT402) PK	Hatha Yoga Texts-III (BS-CT402) PK	Hatha Yoga Texts-III (BS-CT402) PK	Patanjala Yoga Darshan-II (BS-CT401) IS
01:00 PM TO 02:00 PM	LUNCH BREAK				
02:00 PM TO 03:00 PM	Patanjala Yoga Darshan-II (BS-CT401) IS	Yoga and Health (BS-CT403) LK	Patanjala Yoga Darshan-II (BS-CT401) IS	Yoga and Health (BS-CT403) LK	Yoga and Health (BS-CT403) LK
03:00 PM TO 04:00 PM	Functional Hindi-II/ English-II (BS-CT405) VS/SR	Patanjala Yoga Darshan-II (BS-CT401) IS	Functional Hindi-II/ English-II (BS-CT405) VS/SR	Functional Hindi-II/ English-II (BS-CT405) VS/SR	Functional Hindi-II/ English-II (BS-CT405) VS/SR
04:00 PM TO 05:00 PM	Yoga and Health (BS-CT403) LK	Introduction to Common Ailments (BS-CT404) RP	Introduction to Common Ailments (BS-CT404) SR	Introduction to Common Ailments (BS-CT404) RP	Yoga and Health (BS-CT403) LK

SA: Mr. Shubham Arya

IS: Dr. Indu Sharma

VS: Dr. Vandana Singh

SR: Ms. Sobika Rao

PK: Dr. Pawan Kumar

SR: Dr. Suman Rathore

- Copy to:-
1. Director Office
 2. Office copy
 3. Notice Board of B.Sc. (Yoga)


 (Dr. Pawan Kumar)
 31/01/2024
 Coordinator B.Sc. (Yoga) 2023-24

MORARJI DESAI NATIONAL INSTITUTE OF YOGA
68, Ashoka Road, New Delhi-110001

B.Sc. (Yoga) 2023-24

SEMESTER-VI

Time Table w.e.f 1st February, 2024
Classroom: Basement Lecture Room

Time	Days				
	Monday	Tuesday	Wednesday	Thursday	Friday
V TO 10:30 AM	Yoga Practicum-VI (BS-CP606) Ms. Neetu	Yoga Practicum-VI (BS-CP606) Ms. Neetu	Yoga Practicum-VI (BS-CP606) Ms. Neetu	Yoga Practicum-VI (BS-CP606) Ms. Neetu	Yoga Practicum-VI (BS-CP606) Ms. Neetu
W TO 11:30 AM	Yoga Therapy Practicum-II (BS-CP607) Ms. Neetu	Yoga Therapy Practicum-II (BS-CP607) Ms. Neetu			
V TO 12:00 NOON	BREAK				
NON TO 01:00 PM	Yogic Management of Non Communicable Diseases (BS-CT602) LK	Fundamentals of Counselling (BS-CT604) SKS			
V TO 02:00 PM	LUNCH BREAK				
V TO 03:00 PM	Yoga and Human Consciousness (BS-CT601) SKS	Fundamentals of Counselling (BS-CT604) SKS	Fundamentals of Counselling (BS-CT604) SKS	Yoga and Human Consciousness (BS-CT601) SKS	Fundamentals of Naturopathy (BS-CT605) ED
V TO 04:00 PM	Yoga Protocols for Special Targeted Groups (BS-CT603) GD	Yoga Protocols for Special Targeted Groups (BS-CT603) GD	Yoga Protocols for Special Targeted Groups (BS-CT603) GD	Fundamentals of Counselling (BS-CT604) SKS	Project Work (BS-PW608)
V TO 05:00 PM	Yoga Protocols for Special Targeted Groups (BS-CT603) GD	Fundamentals of Naturopathy (BS-CT605) ED	Fundamentals of Naturopathy (BS-CT605) ED	Fundamentals of Naturopathy (BS-CT605) ED	Fundamentals of Counselling (BS-CT604) SKS

Rameswar Pal LK: Dr. S. Lakshmi Kandhan

GD: Dr. Gauri Deo

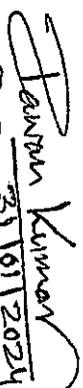
SKS: Dr. Shubham Kirar Suryawanshi

ED: Dr. Elnanchezyan Devarajan

u

Director Office
Office copy
Notice Board of B.Sc. (Yoga)

Coordinator B.Sc. (Yoga) 2023-24


(Dr. Pawan Kumar)
21/01/2024

MORARI DESAI NATIONAL INSTITUTE OF YOGA
68, Ashoka Road, New Delhi-110001

B.Sc. (Yoga) 2023-24

SEMESTER-VI

Time Table w.e.f 1st February, 2024
Classroom: Basement Lecture Room

Time	Days				
	Monday	Tuesday	Wednesday	Thursday	Friday
09:30 AM TO 10:30 AM	Yoga Practicum-VI (BS-CP606) Ms. Neetu	Yoga Practicum-VI (BS-CP606) Ms. Neetu	Yoga Practicum-VI (BS-CP606) Ms. Neetu	Yoga Practicum-VI (BS-CP606) Ms. Neetu	Yoga Practicum-VI (BS-CP606) Ms. Neetu
10:30 AM TO 11:30 AM	Yoga Therapy Practicum-II (BS-CP607) Ms. Neetu	Yoga Therapy Practicum-II (BS-CP607) Ms. Neetu			
11:30 AM TO 12:00 NOON	BREAK				
12:00 NOON TO 01:00 PM	Yogic Management of Non Communicable Diseases (BS-CT602) LK	Fundamentals of C (BS-CT60, SKS			
01:00 PM TO 02:00 PM	LUNCH BREAK				
02:00 PM TO 03:00 PM	Yoga and Human Consciousness (BS-CT601) SKS	Fundamentals of Counselling (BS-CT604) SKS	Fundamentals of Counselling (BS-CT604) SKS	Yoga and Human Consciousness (BS-CT601) SKS	Fundamentals of N: (BS-CT601) ED
03:00 PM TO 04:00 PM	Yoga Protocols for Special Targeted Groups (BS-CT603) GD	Yoga Protocols for Special Targeted Groups (BS-CT603) GD	Yoga Protocols for Special Targeted Groups (BS-CT603) GD	Fundamentals of Counselling (BS-CT604) SKS	Project Wo (BS-PW60
04:00 PM TO 05:00 PM	Yoga Protocols for Special Targeted Groups (BS-CT603) GD	Fundamentals of Naturopathy (BS-CT605) ED	Fundamentals of Naturopathy (BS-CT605) ED	Fundamentals of Naturopathy (BS-CT605) ED	Fundamentals of C (BS-CT60, SKS

RP: Dr. Rameswar Pal

LK: Dr. S. Lakshmi Kandhan

GD: Dr. Guru Deo

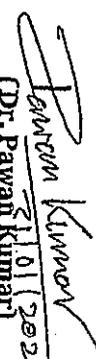
SKS: Dr. Shubham Kiran Suryawanshi

ED: Dr. Elanchezhyan Devara

Ms. Neetu

Copy to:-

1. Director Office
2. Office copy
3. Notice Board of B.Sc. (Yoga)


(Dr. Pawan Kumar)
Coordinator B.Sc. (Yoga) 2023-24

MORARJI DESAI NATIONAL INSTITUTE OF YOGA
 68, ASHOK ROAD, NEW DELHI-110001
 M.Sc. (YOGA), 2024
 SEMESTER-IV
TIME-TABLE W.E.F. 1st February, 2024 ONWARD (Classroom- Meditation Hall)

Time	Days				
	Monday	Tuesday	Wednesday	Thursday	Friday
09:00 AM To 10:00 AM	Field Work (MS-FW406) GD				
10:00 AM To 11:00 AM	BREAK				
11:00 AM To 12:00 NOON	Physiological Effects of Yoga Practices (MS-CT403) SR	Practicum in Applied Psychology (MS-CP405) SKS	Practicum in Applied Psychology (MS-CP405) SKS	Applied Yoga (MS-CT404) LK	Physiological Effects of Yoga Practices (MS-CT403) RP
12:00 NOON TO 01:00PM	Physiological Effects of Yoga Practices (MS-CT403) RP	Physiological Effects of Yoga Practices (MS-CT403) RP	Practicum in Applied Psychology (MS-CP405) SKS	Practicum in Applied Psychology (MS-CP405) SKS	Applied Yoga (MS-CT404) LK
01:00 PM TO 02:00 PM	Lunch Break				
02:00 PM To 03:00 PM	Yoga and Human Consciousness (MS-CT401) SKS	Yoga and Human Consciousness (MS-CT401) SKS	Technique of Psychological Counselling (MS-CT402) SKS	Yoga and Human Consciousness (MS-CT401) SKS	Yoga and Human Consciousness (MS-CT401) SKS
03:00 PM To 04:00 PM	Applied Yoga (MS-CT404) LK	Dissertation (MS-PW407)	Applied Yoga (MS-CT404) LK	Technique of Psychological Counselling (MS-CT402) SKS	Technique of Psychological Counselling (MS-CT402) SKS
04:00 PM To 05:00 PM	Dissertation (MS-PW407)	Dissertation (MS-PW407)	Technique of Psychological Counselling (MS-CT402) SKS	Dissertation (MS-PW407)	Dissertation (MS-PW407)

LK: Dr. S. Lakshmi
Knadhana

RP: Dr. Rameswar Pal

GD: Dr. Gury Deo

SR: Ms. Sushila Rao

SKS: Dr. Shubham Kir
Suryawanshi

- Copy to:**
1. Director Office
 2. Office Copy
 3. Notice Board


 Dr. Arpit Kumar Dabey
 Coordinator M.Sc. (Yoga) 2023-24

MURANGI DESAI NATIONAL INSTITUTE UP-YOGA
68, Astoka Road, New Delhi-110001
B.Sc. (Yoga) 2023-24
SEMESTER-II

TIME-TABLE W.E.F. 1st APRIL, 2024 ONWARDS

Time	Days				
	Monday	Tuesday	Wednesday	Thursday	Friday
07:00 AM TO 09:00 AM	Yoga Practicum-II (BS-CP 206) SA	Yoga Practicum-II (BS-CP 206) SA	Yoga Practicum-II (BS-CP 206) SA	Yoga Practicum-II (BS-CP 206) SA	Yoga Practicum-II (BS-CP 206) SA
09:30 AM TO 10:00 AM			BREAK		
10:00 AM TO 11:00 AM	Human Anatomy & Physiology-II (BS-CT203) RP	Human Anatomy & Physiology-II (BS-CT203) RP	Applied Bio-Chemistry (BS-CT204) KI	Yoga in Principal Upanishads and Yogopanshads (BS-CT201) IS	Yoga in Principal Upanishads and Yogopanshads (BS-CT201) IS
11:00 AM TO 12:00 NOON	Basics of Sanskrit Language-II (BS-CT205) AKD	Hatha Yoga Texts-I (BS-CT202) PK	Basics of Sanskrit Language-II (BS-CT205) AKD	Hatha Yoga Texts-I (BS-CT202) PK	Hatha Yoga Texts-I (BS-CT202) PK
12:00 NOON TO 01:30 PM	Applied Bio-Chemistry (BS-CT204) KI	Applied Bio-Chemistry (BS-CT204) KI	Applied Bio-Chemistry (BS-CT204) KI	Bio-Chemistry Practicum-II (BS-CP 208) KI	Basics of Sanskrit Language-II (BS-CT205) AKD
01:30 PM TO 02:00 PM	LUNCH BREAK				
02:00 PM TO 03:00 PM	Bio-Chemistry Practicum-II (BS-CP 208) KI	Yoga in Principal Upanishads and Yogopanshads (BS-CT201) IS	Hatha Yoga Texts-I (BS-CT202) PK	Yoga in Principal Upanishads and Yogopanshads (BS-CT201) IS	Human Anatomy & Physiology-II (BS-CT203) RP
03:00 PM TO 04:00 PM	Human Anatomy & Physiology-II (BS-CT203) SR	Basics of Sanskrit Language-II (BS-CT205) AKD	Human Anatomy & Physiology Practicum-II (BS-CP207) RP	Human Anatomy & Physiology Practicum-II (BS-CP207) RP	Bio-Chemistry Practicum-II (BS-CP208) KI

AKD: Dr. Aspit Kumar Dubey RP: Dr. Rameswar Pal KI: Dr. Khushbu Jain IS: Dr. Indu Sharma SR: Ms. Sobika Rao PK: Dr. Tawan Kumar
SA: Mr. Shubham Arya

Date: 28.03.2024
Copy to:
1. Director Office
2. Office copy
3. Notice Board of B.Sc. (Yoga)


(Dr. Pawan Kumar)
Coordinator, B.Sc. (Yoga) 2023-24

MORARJI DESAI NATIONAL INSTITUTE OF YOGA
68, ASHOK ROAD, NEW DELHI-110001

M.Sc. (YOGA) 2023-24
SEMESTER-II

TIME TABLE W.E.F. 1st APRIL, 2024 ONWARDS

Time	Days				
	Monday	Tuesday	Wednesday	Thursday	Friday
07:00 AM to 09:00 AM	Yoga Practicum-II (MS-CP205) DS/AS	Yoga Practicum-II (MS-CP205) DS/AS	Yoga Practicum-II (MS-CP205) DS/AS	Yoga Practicum-II (MS-CP205) DS/AS	Yoga Practicum-II (MS-CP205) DS/AS
09:00 AM to 10:00 AM	Break				
10:00 AM to 11:00 AM	Applications of Patanjali Yoga in Health Promotion (MS-CT-202) IS	Applications of Patanjala Yoga in Health Promotion (MS-CT-202) IS	Applications of Patanjala Yoga In Health Promotion (MS-CT-202) IS	Therapeutic Yoga-II (MS-CT204) LK	Synthesis of Gita and Yoga Vasistha (MS-CT201) AKD
11:00 AM to 12:00 Noon	Therapeutic Yoga-II (MS-CT204) LK	Therapeutic Yoga-II (MS-CT204) LK	Therapeutic Yoga-II (MS-CT204) LK	Biomechanics and Kinesiology (MS-CT203) SR	Biomechanics and Kinesiology (MS-CT203) SR
12:00 Noon to 01:00 PM	Synthesis of Gita and Yoga Vasistha (MS-CT201) AKD	Synthesis of Gita and Yoga Vasistha (MS-CT201) AKD	Synthesis of Gita and Yoga Vasistha (MS-CT201) AKD	Biomechanics and Kinesiology Practicum (MS-CT206) SR	Biomechanics and Kinesiology Practicum (MS-CT206) SR
01:00 PM to 02:00 PM	Lunch Break				
02:00 PM to 03:00 PM	Biomechanics and Kinesiology (MS-CT203) SR	Biomechanics and Kinesiology Practicum (MS-CT206) SR	Biomechanics and Kinesiology (MS-CT203) SR	Biomechanics and Kinesiology Practicum (MS-CT206) SR	Applications of Patanjala Yoga in Health Promotion (MS-CT-202) IS

LK: Dr. S. Lakshmi-Kandhan
AKD: Dr. Arpit Kumar
Dubey

IS: Dr. Indu Sharma

SR: Ms. Soubha Rao

DS: Sh. K. Dorian Singh

AS: Smt. Anvita Sharma

(Dr. Arpit Kumar Dubey)
Coordinator M.Sc. (Yoga)

- Copy to:
1. Director Office
 2. Office Copy
 3. Notice Board of M.Sc.

Dr. Arpit Kumar Dubey

Published Research paper Summary

1. A Comparative Analysis of Asana Techniques in the Hatha Yoga Pradipika and the Shandilya Upanishad.

Singh P, Sairem B, Dubey AK.

Sanskrit Vimarshah Vol. 26 2024 0975-1769

Summary of the paper:

The term "Asana" derives from the root 'as,' encompassing both the bodily posture for sitting and the object employed for sitting. This comparative analysis explores the nuances of asana techniques delineated in two traditional Yoga texts, Hatha Yoga Pradipika (HYP) and Shandilya Upanishad (SU) -the Yoga Upanishad. Both texts meticulously detail various asanas, and an exhaustive examination of available translations reveals striking similarities across the majority of the postures. Hatha Yoga Pradipika (HYP) elaborates 15 specific asanas, with a particular emphasis on the significance of Siddhasana as the most superior. Shandilya Upanishad, on the other hand, details 9 distinct asanas, highlighting Padmasana as ideal for the practice of Pranayama. Hatha Yoga Pradipika emphasizes that the practice of asanas imparts stability, health, and suppleness to the body's limbs. In contrast, Shandilya Upanishad asserts that the practice of asanas not only eradicates all diseases but also aids in digesting all poisons. While the arrangement of asanas varies between the two texts, Hatha Yoga Pradipika prioritizes steadiness and comfort (Sthira Sukham Asanam) and underscores the purification of Nadis. Clear aphorisms in Hatha Yoga Pradipika articulate the detailed benefits of practising asanas. Except for Muktasana, the techniques for the remaining asanas exhibit remarkable similarities in both texts. In conclusion, this comparative study underscores the close alignment between Hatha Yoga Pradipika and Shandilya Upanishad in describing most asana techniques. Variations primarily manifest in Muktasana offering valuable insights into the diverse perspectives within traditional Yoga literature.

2. Learning Leadership from Bhagavad Gita in Present Scenario.

Rajak S, Dubey AK, D'souza PK.

The e-Journal of Indic Studies Volume 3, Issue 2, 2024, p. 89-94. ISSN 2583-6331
Indira Gandhi National Open University.

Summary of the paper:

In today's era, the constantly changing world can be seen, a leader can take his organization to the level of progress with his thinking, wisdom and intelligence and that is certainly due to the right decisions. On the other hand, if we take these decisions without thinking and intelligence, then ourselves and organization do not move towards progress and start moving towards misfortune. Leadership is a very important skill, a good leader not only removes troubles but also motivates us to lead on the path of progress with innovate, problem solving, helping, dynamic, exciting, and inspiring way. Present Scenario is reshaping almost every individual in the world. The world we live in is becoming one in many ways. Leadership is about mapping out where you need to go to "win" as a team or an organization. The Bhagavad Gita is the one which can teach us the true way of Leadership. The Gita not only tells us about leadership but also gives us information about what qualities should be in a leader in today's era. The Gita is worthy of acceptance, only that, one's duty is to read Gita properly and wear it in the inner sense of meaning and emotion.

3. A Comparative Study on the Technique of Asana according to Jabala Upanishad and Gheranda Samhita.

Sairem B, Singh P, Dubey AK.

Lalita-kavi-Bharti (p.no 470-477), 2024 0975-6256

Summary of the paper:

The concept of "Asana" is widely acknowledged and discussed in various ancient texts tradition, including Ashtanga Yoga, Hatha Yoga literature and Upanishads. Despite its recognition across these texts, the techniques associated with it vary considerably from one book or tradition to another. The current review outlines a comparative study focusing on the depiction of and Jabala Asanas in Upanishad a significant yogic texts, namely Gheranda Samhita and a Hatha Yoga Text

Yogoponishad. Delving into the foundational texts of these two distinct yet interconnected traditions, the review seeks to identify and analyse the variations in terms of methodology attributed to the same or similar yoga postures. The study aims to uncover the evolving perspectives on asana within the larger context of yoga by examining the Gheranda Samhita which is renowned for detailing I Hatha yoga practices, including thirty-two asana, which include sitting, standing, supine and prone lying postures. It contrasts these with the Jabala Upanishad where nine asana are discussed and traditionally emphasizes the importance of stable and comfortable asana for meditation emphasizing the idea of a peaceful mind conducive environment for higher consciousness. The study reveals that eight of the nine asanas from the Jabala Upanishad except Sakhasana also found in the Gheramla Samhita, Among these, Swastikasana, Gomukhasana, Mayurasana, Virarona, and Mukrasana share similar techniques in both texts. On the other hand Padmarana, Bhadrasana and Samhasana, have different techniques in the two books. It is also found that Sukhasana in Jabala Upanishad is not mentioned in Gheranda Samhita. However, the commentary of Gheranda Samhita by Swami Niranjanaomanda Saraswati refers Sukhavana as another name of Mukhasana.

4. Yoga Philosophy: A Treatise on Human Values for Peaceful Living

Kaur K, Dubey AK.

Lalita-kavi-Bharti (p.no 519-23), 2024 0975-6256.

Summary of the paper:

This paper throws a light on the nature and Philosophy of Yoga and the Human values, which are essential for a harmonized society and ensure world Peace and Prosperity. Yoga is an ancient Indian art and science of holistic living. Yoga is a set of Physical, Mental and Spiritual practices, which lead onwards Health, Happiness and Harmony. According to Maharshi Patanjali, Yoga is the experience of Self when the mind and awareness is free from impressions. The elimination of union with sorrows is known as Yoga as Sadleona and the self connected state is also known as Yoga as Sadliva Yoga as Sats Sodhan and Sadhya course action establishes vivid values that are Ahimsa (Non-harming), Satya (Truthfulness), Asteya (Non-stealing), Brahmacharya (Chastity), Aparigraha (Non-greediness), Shama

(Cleanliness), Santosha (Contentment). Tapo (Immense Spiritual Efforts), Swadhyaya (Study of the Self and Scriptures) and Isvara-pranidhana (Complete Surrender to God).

5. An Analytical study on Pranayama in the light of Twenty Yogopanishads

Dubey AK, Tyagi P.

Sanskrit Vimarshah Vol. 25 2023 0975-1769

Summary of the paper:

concept and practice of Pranayama is explored in Hatha Yoga texts and the Yoga Upanishads, both. While Hatha yoga focuses on technique, the Upanishads offer a spiritual perspective. These Upanishads detail diverse Pranayama techniques which aim to refine awareness and purify Nadis. The core techniques of Pranayama overlap between the Upanishads and Hatha Yoga texts, suggesting a shared yogic knowledge base. The Upanishads are unique in emphasizing deity worship during Pranayama. Specific meditations on deities like Vishnu and Brahma accompany inhalation and exhalation. This focus on deities is less prominent in traditional Hatha yoga. The absence of Pranayama in some Upanishads suggests a focus on other yogic aspects. Overall, the detailed descriptions in most Upanishads highlight Pranayama's importance as a spiritual foundation. By linking breath with mantras, deities, and chakras, Pranayama becomes a holistic practice for spiritual development.

6. Effect of Pranayama as per Trishikhibrahmana Upanishad on Sleep Quality in Adults: An Experimental Study.

Tyagi P, Dubey AK, Pal R.

Indian Journal of Physical Therapy and Research 2023; 5:77-83. DOI: 10.4103/ijptr.ijptr_136_22.

Summary of the paper:

Context: The Upanishads are primary texts of Yoga philosophy and practices. Various Yoga Upanishads have given detailed description of various yogic practices along with their spiritual and physical benefits. This study aims to assess the effect of one Pranayama practice from Trishikhbrahmana Upanishad on sleep quality in adults. Aim: The aim of the study was to assess the effect of a Pranayama technique (described in the Trishikhbrahmana Upanishad) on sleep quality in adults. Settings and Design: An experimental study was conducted on volunteer participants from North India. Subjects and Methods: A pretest-posttest control group study was designed where the participants (30) were randomized into study (n=15) and control (n=15) groups. The study group was given the Pranayama intervention for 30 days whereas the control group was not given any intervention throughout the study. The sleep quality was assessed by using the Pittsburgh Sleep Quality Index (PSQI). Statistical Analysis Used: GraphPad InStat Software was used to carry out independent t-test. The mean and standard deviation were also calculated. Results: The results showed a significant improvement in the postglobal PSQI score in the study group ($P < 0.001$) whereas there was no significant change in the pre- and postglobal PSQI score in the control group ($P = 0.941$). Conclusion: The results suggest that the Pranayama technique from the text and its effects are true in improving the sleep quality in adults but future studies with a larger sample size and some other physiological parameter assessments may further support the textual claim.

7. The Logical Conclusion of Karmayoga Philosophy of the Bhagavadgītā.

Dubey AK, Kumari K.

Sanskrit Vimarshah Vol. 23 (pg no. 335-348) 2022 0975-1769.

Summary of the paper:

Srimadbhagavadgīna is a classical text of Indian Philosophy (Sankhya-Yoga, Vedanta). The unique contribution of Gitā to humanity is the concept of Sthitaprajñā (Ideal Man) and the theory of Karma Yoga (ideal way of doing). Shri Balgangadhar Tilak (commentator of Gitā) said that the message of Gina is Karma Yoga. The Gitā begins with rejection of one's own duties by Arjuna, but by the last scene of Gitā,

Arjuna is ready to perform his duty due to Sri Krsna's guidance. Thus, it can be argued that the message of Gita is Karma Yoga. Theory of Karma Yoga says

karmanyevādhikāraṣṭema phalesu kudacuna.

mā karmaphalaheturbhārmāte sango'stvakarmani. 247

A man is free to act but not to select the result of his action (Why?), he should not consider himself the only reason for the result of an action (Why?) and he also shouldn't stop following the course of action (wity?). The message of Karma Yoga is "Perfection in Action and balanced approach towards the result of Action" Kurma Yoga means detached action. Detached action is that action which is devoid of the wish for result, which is destined for oneself and related to the constant, ongoing processes of the world. This paper comprehensively analyzes the theory, philosophy and practice of Karma Yoga as described in Gita.

DR. S. LAKSHMI KANDHAN, Assistant Professor (Yoga Therapy)

JOURNALS- RESEARCH PAPERS

1. Dharana Singh¹, Deeksha Tripathi¹, S Lakshmi Kandhan² GD. Effect Of Cyclic Meditation On Healthy And Non -Healthy Individuals: A Systematic Review. J Re Attach Ther Dev Divers. 2023;6(7s):1056–62

Meditation is one of the well-known practices which increase attention and deep internal relaxation. Meditation is the seventh of eight steps prescribed to reach an ultimate stage of spiritual emancipation. Cyclic meditation (CM) is the meditation technique named as moving meditation taken from Mandukya Upanishad, which is a combination of the yoga postures and relaxation techniques. It is based on the principles of stimulation and relaxation. There are three relaxation techniques included in this meditation practice, which are instant relaxation technique, quick relaxation technique (QRT), and deep relaxation technique (DRT). Aim: The current review aims to find out the effect of Cyclic Meditation on Healthy and Non-Healthy individuals. Material & Method: In accordance with the PRISMA guidelines, the

electronic databases PubMed, Google Scholar, Cochrane, Scopus, Springer, Google and wave of science were searched. All studies identified for inclusion and published in English. Articles were searched by using the keyword “Effect of Cyclic meditation on mental health, Effect of Cyclic meditation on physical health, Cyclic meditation, Meditation, Cyclic meditation for Stress, Cyclic Meditation for Anxiety etc. Results: All included studies show positive effect of Cyclic Meditation on Healthy and Non-Healthy Individuals. Cyclic meditation has shown beneficial effects on sleep quality, psychological disorders, quality of life, blood pressure, pulse rate, anxiety and asthma. It is effective practice to keep cardio-respiratory and psychological status of health optimal even in healthy and non-healthy individuals. Cyclic meditation practice can lead to the development of higher levels of mindfulness state while improving overall psychological wellbeing in healthy individuals. Conclusions: The study of literature shows that cyclic meditation (CM) has great health benefits on the physiological as well as psychological wellbeing of both healthy as well as unhealthy individuals. More research is required to record data about the holistic benefits of CM for diverse problems and for diverse groups to establish the technique as a proper treatment tool for various health issues.

2. S. Lakshmi Kandhan, Shalini Singh, Divya Singh, K. K. C. (2023). Effect of Yoga on Stress Management in Healthcare Professionals: A Systematic Review. *Journal of Complementary and Alternative Medical Research*, 22(3), 17–27

This review study intends to explain that how healthcare professionals can manage their stress and how they can improve their work efficiency and regulate the emotions. Using Pubmed, Google scholar & Indian database electronic searches were performed using keywords Yoga, Stress management & Healthcare professionals which occurs in 77 studies over a period of time (2010-2020). Selections were made to include only studies written in English, published in peer reviewed journals & investigating effects of regular yogic practices on stress management in this study. Summary: Yoga can help healthcare personnel manage their stress. The reasons which contribute to workplace stress were highlighted, along with the belief among healthcare professionals that yoga practices can improve one's physical, emotional, and mental health. Yoga practice further aid to prevent various physical and physiological issues, enhances the quality of sleep and

decreases fatigue and exhaustion. So present study is designed to systematically review the effects of yogic practices on stress management.

3. S. Lakshmi Kandhan, Kautuk Kishore Chaturvedi Shalini Singh, Divya Singh. (2023). Effect of Yoga on Management of Migraine: A Systematic Review. *Journal of Yoga and Physiotherapy*, 10(4), 12

A migraine is a headache that can cause severe throbbing pain or a pulsing sensation, usually on one side of the head. It's often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Migraine attacks can last for hours to days, and the pain can be so severe that it interferes with your daily activities. In a developing country like India, neurological disorder migraine is one of the most important matter of concern in health care sector. Yoga is a mind-body practice that combines physical poses, controlled breathing, and meditation or relaxation. Yoga helps reduce stress, lower blood pressure and lower heart rate. There are few systematic reviews about this. So, the present study is designed to systematically review the effect of Yoga on management of migraine. Content: Using PubMed, Google scholar & Indian database electronic searches were performed using keywords Yoga, Migraine and Management which occurs in 42 studies. Selections were made to include only studies between (January 2012-May 2022), written in English, published in peer reviewed journals & investigating effect of Yoga on management of migraine in this study. Summary: Yoga appears to be effective in the management of Migraine. Who practice yoga techniques and mind-body meditation result in improvement in QOL and reduced headache frequency.

4. Shalini Singh, S. Lakshmi Kandan, Divya Singh, K. K. C. (2022). Effect of Yoga on Management of Polycystic Ovarian Syndrome (PCOS): A Systematic Review. *Journal of Complementary and Alternative Medical Research*, 20(4), 1–18

This Review study is aimed to review the trends in research conducted over a period of time frame. Only randomized Control Trials and Clinical Trials are subjected of interest in this study. Using PUBMED, Google Scholar and other Indian databases searches were performed using keywords "Yoga and PCOS" which yielded up to 31 relevant articles showing the effect of Yoga on PCOS. Selections were made to include only studies published in peer reviewed journals and investigating effects of

regular Yogic practices on hormonal imbalances, weight loss, stress reduction and various other related aspects pertaining to PCOS in these studies. Summary and Outlook: Noteworthy variance was observed between the interventional group participants on the domain of hormones, weight loss, Anxiety, Stress and physical function with better results in Yoga groups than in control group. Collectively these studies suggest that specific Yogic module may help to balance hormone, reduce body weight and released stress and it may improve the physical function of the body

Satyapriya Maharana, Prashanth Kumar M, S. Lakshmi Kandhan, G. D. (2022). Comparative Study of Immediate and Long-Term Effect of Kumbhaka Practice on Lung Capacities, Cognition and Anxiety in Healthy Volunteers. *International Journal of Food and Nutritional Sciences*, 11(8), 37–49.

Kumbhaka is one of phase on pranayama practice in hath yoga tradition. It is the ability of breath retention by practitioner to remain without breathing as long as possible, without any kind effort. Many studies are carried to see the changes on the various physiological and psychological parameters due to practice of kumbhaka in health volunteer. Aim: The aim of the present study is to evaluate the immediate and long-term effect of Kumbhaka practice on lung capacities, cognition and anxiety in healthy volunteers. Methodology: Sixty healthy male volunteers age range between 20-30 years (mean±SD; 26.03±2.54 years) underwent half an hour practice of kumbhaka (inhalation followed by retention of breath as long as possible then slow exhalation), five days in a week for 30 days. Selective attention, concentration, memory, maximum breath holding time (BHT) & peak expiratory flow rate (P.E.F.R), state and trait anxiety were assessed using appropriate assessment tools, before and after thirty days. Data were analyzed using SPSS version 16. Results: There was a significant improvement in digit letter substitution scores, six letter cancellation test scores and digit forward and backward score and state and trait anxiety score after one month of kumbhaka practice. Kumbhaka has shown the significant effect on BHT ($p=0.001$), P.E.F.R ($p=0.050$), State anxiety ($p=0.001$), Trait anxiety ($p=0.001$), DLST ($p=0.013$), SLCT ($p=0.045$) & DMT ($p=0.001$) also has immediate effects on BHT ($p=0.254$), P.E.F.R. ($p=0.224$), State anxiety ($p=0.001$), Trait anxiety ($p=0.008$), DLST ($p=0.554$) SLCT ($p=0.226$) & DMT ($p=0.066$). Conclusion: One-month practice of kumbhaka exhibited significant improvement on lung capacities, cognition and anxiety in healthy volunteers. However, further randomized controlled trial need to be performed to confirm findings on a bigger sample size to generalize the effect of practice for general population.

5. Lakshmi Kandhan S, G. D. and E. D. (2022b). Yoga for management of Text Neck Syndrome. *Journal of Advances and Scholarly Researches in Allied Education (JASRAE)*, 19(4), 194–197.

“Text neck” is a condition due to repetitive stress or overuse in the region of neck, induced by long term use of smart phone or computer devices with bent the head downward and not moving for long time. Due to frequent flexion of neck can change the curvature of cervical spine, supporting structures like ligaments, tendons, muscles, the bony parts, causing changes in body posture and induce pain on the neck and associated areas. Yoga practice can bring back the head and spine into proper alignment by strengthens the supporting structures like ligaments, muscles of neck and back.

6. Lakshmi Kandhan S, G. D. and E. D. (2022a). Impact of Yoga on Improving Immunity. *Novel Practices in Med Study*, 1(1), 10.

The immune system is essential for survival. The immune system is made up of lymphatic system, special organs (i.e spleen, thymus & bone marrow), white blood cells and antibodies that fight against infection (microbes). A weak immune system makes us more susceptible to infection and disease caused by microbes (bacteria, viruses, parasites, fungi etc.). Immune system plays a key role in defending the body against infection and maintaining its health. Stress is our body’s response to pressure. Many different situations can induce stress. Chronic stress can suppress immunity by decreasing immune cell numbers and function and/or increasing active immunosuppressive mechanisms. Regular practice of Yoga helps to balance the nervous system, reinforce the respiratory system, reduce stress hormones and activate the lymphatic system, which plays a major role in immune function.

7. Ishwar V Basavaraddi, L. K. S. (2018). Yoga and Body Alignment. *Journal of Yoga and Physiotherapy*, 6(3), 12

Yogasana practice in an aligned way is a better means of connecting and recognizing body’s natural rhythm. Alignment plays a key role in body strength and endurance [5]. Yogasana plays very vital role for ensuing the better coordination

with physical and mental aspect effectively for promotion of health. Moreover, Yogic practices are prone to impart better equanimity of nervous system across the body which allows the subtle energy to flow smoothly without any hindrances [6]. Yoga practice with principles of alignment increase the mind body coordination which is the primary objective of Yoga.

8. Lakshmi Kandhan S, G. D. and E. D. (2023). Yoga for management of piriformis syndrome. *International Journal of Physical Education, Sports and Health*, 10(6), 24–27

Piriformis syndrome is a condition in which compression of the sciatic nerve by the piriformis muscle. The sciatic nerve forms the roots of L4, L5, S1, S2 & S3 segments of the lumbosacral plexus. The sciatic nerve will pass under the muscle of piriformis, in the direction of the lower leg where it divides into common tibial and fibular nerves. Symptoms may include pain and numbness in the gluteal region (buttocks) and down the leg. The symptoms are getting worsened while standing, sitting and running. To incorporate Yoga practices specifically designed Yoga practices to target the piriformis muscle can bring relief from tightness, pain in the condition of piriformis syndrome.

9. Lata Aparajita Deori, S. Lakshmi Kandhan, Payal, “Das. (2023). Relaxation Techniques and Muscle Fatigue: A Meta-Analytic Review. *Journal of Physical Education, Recreation and Sports in Science & Technology*, VII(1), 156–160

Using relaxation techniques requires tensing and then releasing each individual muscle. This facilitates the release of physical tension, which may reduce stress, anxiety, and muscle pain. According to research, relaxation techniques have a number of advantages, including improved sleep and pain alleviation. Moreover, it might lessen TMJ symptoms, migraine attacks, and systolic blood pressure. a relaxed muscle means the period of a muscle twitch when a muscle settles back into a resting state. Aim: The purpose of this study was to review and evaluate the effects of relaxation techniques on fatigue (physical and mental) from numerous related literatures having heterogeneous subjects. Objective: The study aimed to analyse the empirical research based on the relationship between muscle tiredness and relaxation techniques. Methods: various search engines were used to collect the data such as

research gate, Scopus, Google Scholar, Shodhganga etc. Results: it has been proved that relaxation techniques are a great tool for reducing muscle fatigue and giving them ease in time. From childhood to old age people are get benefitted from relaxation techniques, very easy to perform and ready to perform by anyone due to their harmless side. Conclusion: from the data, it can be concluded that one should add relaxation techniques to their daily routine to gain muscle relaxation as well as mental ease.

10. Payal Das, S. Lakshmi Kandhan, P. C. (2023). Effect of Nostril Breathing Manipulation on cognition of Students: A meta-analysis. *Journal of Physical Education, Recreation and Sports in Science & Technology*, VII(1), 148–155

Swara and yoga are etymologically related to "the sound of one's own breath." As a result, Swara yoga aids in the attainment of unification through breathing. The nasal cycle is an ultradian rhythm characterised by the opposite congestion and decongestion of opposing nostrils. Because the nasal mucosal membrane is innervated by the autonomic nervous system, sympathetic dominance on one side produces nasal mucosal vasoconstriction, which enhances nostril patency on that side. The contralateral nostril would be partially or completely blocked due to parasympathetic dominance and nasal mucosal dilation. Aim: The aim of this study was to review and analyse the effects of nostril breathing manipulation on the cognition of students from a large body of relevant literature with diverse subjects (school-going & college-going students). Objective: The study's objective was to analyse empirical studies on the link between nostril breathing manipulation and student cognition (school-going & college-going). Methods: Data was gathered using a variety of search engines, including Research Gate, Scopus, Google Scholar, Shodhganga, Academia, and PubMed. It has been demonstrated that nostril breathing manipulation is an excellent technique for promoting cognitive development in students, providing them with a cost-effective tool for concentrating and regaining attention. If done correctly, people of all ages can benefit from the nostril breathing manipulation method and improve their cognitive development. Conclusion: Based on the data gathered, we concluded that to improve mental cognition, one should learn good breathing manipulation methods and use them to lead a healthier life.

BOOK CHAPTER:

1. Lakshmi Kandhan S., & D.A., D. D. (2022). Panchakarma and Shatkarma Practices for Self Care. In *In Self Care Through Yoga and Ayurveda* (pp. 174–190); ISBN 979-888717506-5.

In this Modern Era people are facing various set of health problems. Due to fast paced life, long working hours, immense work pressure, competitions people are getting weak, tired, burned out. Further, the working hours and modern lifestyle of remaining awake late at night has led to people getting less sleep which has further increased the stress and strain on the body and mind. This has led to more people getting afflicted with physical illness as well as mental disorders like anxiety and depression.

The above problems can be alleviated if certain ayurvedic and yogic self-care practices are incorporated into our dinacharya. Self-care is defined as process of taking care of oneself with behaviors that promote health and active management of illness when it occurs. The Ayurvedic and Yogic self-care practices are beneficial in countering the ill effects of modern day lifestyle. It reduces or eliminates anxiety and depression, reduces stress, improves concentration, minimizes frustrations and anger, increases happiness and improves energy levels. Self-Care through proper practice of Panchakarma and Shatkarma will immensely benefit in overall health of the person.

PUBLISHED BOOK

Pal R. (Editor). *Yoga - Exploring the Health Benefits and Diverse Dimensions*. IntechOpen. 2024. Doi: 10.5772/intechopen.1000297. ISBN - 978-0-85466-004-9. Print ISBN 978-0-85466-005-6. E-book (.pdf) ISBN- 978-0-85466-006-3. Academic Editor.

Summary:

Yogic practice brings many health benefits at both physical and mental levels. Yoga has many therapeutic aspects and the research on yoga therapy is increasing day by day. It encompasses yoga therapy for lifestyle-related disorders like hypertension, diabetes, cancer, stress, anxiety, depression, and more. *Yoga - Exploring the Health Benefits and Diverse Dimensions* explores different dimensions of yoga, such as

traditional knowledge, health impacts, and other aspects promoting mental, emotional, and physical health backed by scientific research.

PUBLISHED BOOK CHAPTER

1. Rao S, & Pal R. Exploring the multidimensional health effects of yogasana: a comprehensive overview. Page 1-13. Doi: 10.5772/intechopen.1005096. In Pal R. (Ed.) Yoga - Exploring the Health Benefits and Diverse Dimensions. IntechOpen. 2024. doi: 10.5772/intechopen.1000297. ISBN -978-0-85466-004-9. Print ISBN 978-0-85466-005-6. E-book (.pdf) ISBN- 978-0-85466-006-3.

Summary

The term “Yoga” is derived from the Sanskrit root “Yuj,” which translates to “to join,” “to yoke,” or “to unite.” Its global appeal stems from its evidence-based holistic approach. Today, a robust scientific consensus exists on the therapeutic benefits of Yoga, supported by a burgeoning body of research. Various Yogic practices, including asana (physical postures), pranayama (breath control), and dhyana (meditation), offer multifaceted health advantages. Yogasana, a cornerstone of Yoga, integrates physical postures with controlled breathing techniques to enhance physiological, psychological, and emotional well-being. As the third limb of Ashtanga Yoga, Yogasana yields diverse physiological effects, from cellular modulation to systemic improvements across the human body. Sukshma vyama, a subset of Yogasana, promotes localized blood circulation and facilitates articulation in synovial joints, thereby optimizing biomechanical alignment and mitigating muscular imbalances. Moreover, Yogasana induces slower, deeper breathing patterns, eliciting a predominant activation of the parasympathetic nervous system, which is crucial for stress management in modern society. Specific asanas stimulate digestive functions, facilitating the absorption and elimination of metabolic waste products, thereby fostering gastrointestinal health and optimizing the gut-brain axis. This chapter offers a comprehensive synthesis of scientific literature elucidating the physiological and psychological effects of Yogasana practice, providing an empirically grounded understanding of its therapeutic potential.

PUBLISHED / ACCEPTED FULL PAPERS IN JOURNALS

2. Khodnapur JP, Khodnapur GP, Basavaraddi IV, Podder A, Pal R, Patil SM, Doddamani M. P. Yoga Improves Vascular stiffness in COVID-19 Survivors of Vijayapur, Karnataka, India. *Biomed Pharmacol J* 2024;17(4). (In Press).

Summary:

The protective effect of yoga and other mind-body practices on cardiovascular health and stress reduction has been proven. However, the specific influence of common yoga protocol (CYP) on rate pressure product (RPP) and vascular stiffness in COVID-19 survivors requires rigorous scientific investigation. The purpose of the current study was to assess how a standard yoga program affected the vascular stiffness and RPP of COVID-19 survivors who had mild illness. This prospective observational research included seventy-two people who sought care at our hospital and had their COVID-19 diagnosis. Study participants were split up into a Yoga group and a control group, age and gender-matched. Physical anthropometry, physiological parameters and vascular stiffness indicators like brachial-ankle and carotid-femoral Pulse Wave Velocity (b-a PWV and c-f PWV) and brachial and ankle Arterial stiffness Index (bASI and aASI) were also assessed compared the effect of CYP at baseline and after three-month. Using SPSS software, a post hoc test and analysis of variance (ANOVA) were used for the statistical study. On day ninety of CYP practice, the yoga group displayed a notable decrease ($p < 0.05$) in heart rate (HR), systolic blood pressure (SBP), diastolic blood pressure (DBP), mean arterial pressure (MAP), pulse pressure (PP), b-a PWV, c-f PWV, bASI and aASI compared to baseline values observed at the time of enrollment. Similarly, the control group showed no significant alteration in physiological and vascular stiffness parameters at day ninety. Conclusion: The current study unequivocally demonstrated the influence of CYP on HR, SBP, DBP, MAP, PWV and ASI in the yoga group of COVID-19 survivors.

3. Pal R, Rao S, Deo G, Basavaraddi IV, Sharma N, Madaan L. Impacts of the Surya Namaskar on Body Composition and Physiological Parameters among Yoga and Non-Yoga Professionals: A Quasi-experimental Study. *Journal of Clinical and Diagnostic Research*. 2024;18(2):11-15. DOI: 10.7860/JCDR/2024/66733.19043.

Summary

Surya Namaskar (SN) (also known as Sun Salutation) in the Bihar School of Yoga tradition comprises eight different postures completed in twelve steps sequentially. There are different views and schools of SN according to various traditions. Several studies have been conducted to demonstrate the effects of SN on the physiological, physical, and mental aspects of practitioners; however, its comparative effect on Yoga professionals and Non Yoga professionals has not been extensively explored. To determine the impacts of SN on body composition and physical and physiological variables among Yoga and Non Yoga professionals. This was a quasi-experimental study conducted at Morarji Desai National Institute of Yoga, New Delhi, India from March 2021 to May 2021. The study involved three groups with 10 subjects each: the Non Yoga Professional Control group (NYPC), the Non Yoga Professional Surya Namaskar group (NYPS), and the Yoga Professional Surya Namaskar group (YPS). The NYPS and YPS groups practiced 12 rounds of SN, totaling 24 minutes daily for 5 days a week over 6 weeks. Height, weight, Body Mass Index (BMI), Heart Rate (HR), Systolic Blood Pressure (SBP), Diastolic Blood Pressure (DBP), Breathe Holding Time (BHT), Right Hand Grip Strength (RHGS), Left Hand Grip Strength (LHGS), Flexibility, Muscle mass, Percentage Body Fat (PBF%), total Body Fat (BF), Bone Mass (BM), Waist to Hip Ratio (WHR), and Basal Metabolic Rate (BMR) were recorded on the first day and after six weeks. GraphPad InStat Windows-based software, version 3.0, was used to complete the statistical analysis. Intergroup comparison was performed using Repeated Measure Analysis of Variance (ANOVA). Pre- and post-comparisons were made using t-tests. The level of significance was set at $p \leq 0.05$. A significant reduction was observed in HR ($p \leq 0.05$), SBP ($p \leq 0.01$), Pulse Pressure (PP) ($p \leq 0.05$), Double Product (DoP) ($p \leq 0.05$), and Rate Pressure Product (RPP) ($p \leq 0.05$) following SN in the NYPS group. A significant reduction was observed in SBP ($p \leq 0.01$), DBP ($p \leq 0.05$), and MBP ($p \leq 0.01$) following Surya Namaskar practice in the YPS group. BHT ($p \leq 0.05$), RHGS ($p \leq 0.05$), LHGS ($p \leq 0.05$), and flexibility ($p \leq 0.01$) significantly increased following SN in the NYPS group. Flexibility was significantly increased ($p \leq 0.05$) following SN in the YPS group. PBF and BF decreased significantly ($p \leq 0.001$) following SN in the NYPS group. The SN has demonstrated effects on the physical, physiological, and therapeutic aspects of practitioners. The present study established that the practice of SN improves body composition and cardiovascular function with increased efficiency, potentially aiding in the prevention of lifestyle-related cardiovascular diseases.

4. Vijay C, Pal R. The Efficacy of Yoga Nidra on Stress, Anxiety, and Aggression Levels in School-Going Children. *International Journal of Clinical and Experimental Physiology*. 2023;10(2): 36-39. 10.5530/ijcep.2023.10.2.10.

Summary

Stress, anxiety, and aggression are very common in school-going children. It is manageable through lifestyle modifications. This trial evaluated the efficacy of Yoga Nidra on stress, anxiety, and aggression levels in school-going children. Methods: 40 students participated in this trial. They were divided into two groups viz. control group (n=20) and the experimental group (n = 20). For four weeks, the experimental group engaged in daily Yoga Nidra practice for 25 min. The Control group didn't change their lifestyle. Questionnaire methods were used to assess stress, anxiety, and aggression. One-way ANOVA made all intergroup comparisons. A comparison of data before and after Yogic practice in each group was made using a t-test. Results: Stress, anxiety, and aggression levels decreased significantly in the experimental or Yoga Nidra group. The Control group showed no significant difference. Results obtained from the data analysis of the 30-day Yoga Nidra intervention show that the intervention helps reduce Stress, Anxiety, and Aggression Levels in School-Going Children.

5. Batra S, Pal R. Immediate effects of pranayama on cardiovascular parameters of hypertensive patients. *Current Medicine Research and Practice* 2022; 12(6):270-273. DOI: 10.4103/cmrrp.cmrrp_63_22.

Summary

Many clinical trials and studies have already been conducted and published to find out the effects of yogic practice as well as pranayama on cardiovascular system of hypertensive patients. Many studies also conducted to find out the immediate effects of yogic practice on hypertensive patients. However, a review is rarely been published to find out the immediate effects of pranayama on hypertensive patients. Searching was made through PubMed, Google Scholar, PsychINFO and Scopus using the keywords pranayama and hypertension. A total of seven studies were selected for this review from a 17 articles. Patients of essential hypertension performed different pranayama and showed a result of a significant decrease in

various cardiovascular parameters such as heart rate (HR) and blood pressure (BP). It may be concluded that pranayama practice immediately reduce BP and HR.

6. Arya S, Pal R, Jain K, Badoni S, Kaushik J, Gond PK, Basavaraddi IV. Effects of 6 month-yoga training on mental health of Indian jail inmates. *Yoga Mimamsa* 2022; 54:62-9. DOI: 10.4103/ym.ym_113_22.

Summary

Prisoners are vulnerable to mental health-related problems. The present study was conducted to determine the effect of 6 months Yoga practice on the mental health of jail inmates. The study's main objective was to assess the impact of 6 months of Yoga practice on the mental health of Jail inmates. A total of 37 Tihar Jail inmates (27 males and 10 females) participated in the study. With the help of questionnaires, anxiety, depression, stress, aggression, physical health, psychological health, and general well-being of the jail inmates were assessed. The study employed a Single Group Repeated Measures design. Pre and posttest methods were adopted in the study. Significant reduction in stress and aggression and improvement in physical health, psychological health, and general well-being were found after 6 months Yoga-training; however, there was no significant reduction in anxiety and depression in the combined group. In male inmates, anxiety, depression, stress, and aggression were reduced significantly, and their physical health, psychological health, and general well-being significantly improved after 6 months of Yoga training. In female inmates, aggression got reduced after 6 months of regular Yoga practice; but no significant changes were found in other parameters. Regular Yoga practice for 6 months significantly improved the mental health of Tihar Jail inmates, especially male inmates. However, there is a need to conduct more studies to confirm the results.

7. Pal R, Rai P, Rao S, Basavaraddi IV. Effects of Short-term Intensive Yoga Program on Yoga Instructors or Therapist. *Asian Pacific Journal of Health Sciences* 2022; 9(4S): 216-219. DOI: 10.21276/apjhs.2022.9.4S.41. DOI: 10.21276/apjhs.2022.9.4S.41.

Summary

Impacts of Yoga are recognizing day by day. Accordingly, the job has been created for Yoga Instructors and Therapist. Although many studies have already been published and elaborate the effects of Yogic practice on normal healthy population as well as disease population, effects of short-term intensive Yogic practice on Yoga Instructors or Therapist are rare. Yoga Instructors were randomly chosen from a 06 days intensive training course to find out the impacts of short-term intensive Yoga training on blood pressure (BP), muscle strength, flexibility body composition, and psychological parameters. BP decreased significantly. Body composition, muscle strength, and flexibility did not show any significant change. Exercise-induced efficiency increased significantly. This particular 06 day intensive Yoga program may relax mind and body, participants goes toward parasympathodominance as a result BP component reduced significantly. Short-term Yoga program may increase exercise induced efficiency in Yoga Instructors or Therapist. Short-term Yoga practices is beneficial for Yoga Instructors and Therapist in terms to reduce BP and enhance exercise-induced efficiency.

8. Mohan S, Pal R. Effect of yogic practices on thyroid hormones: A review. BLDE University Journal of Health Sciences 2022; 7:7-13. DOI: 10.4103/bjhs.bjhs_23_21.

Summary

The beneficial effect of Yoga on the parameters of thyroid hormone has been evaluated through the various clinical trials. Since its review has not been recorded earlier, this study has been performed to investigate the effectiveness of Yogic practices on thyroid hormones, more specifically T3, T4, and TSH. Searches were performed through February–June, 2020 using the PUBMED and GOOGLE. The keyword used for search was Yoga and thyroid or thyroid disorder. Only experimental studies were selected which were reported in English, printed in prevailed publications, and inspecting the effectiveness of the regular practice on thyroid hormones in these studies. A total of 41 studies were selected through various searches, among which 11 met criteria for the final review. Hypothyroid patients showed decrease in thyroid-stimulating hormone (TSH), hyperthyroid patients showed decrease in tetraiodothyronine (T4), polar tri-iodothyronine (T3) syndrome population also showed positive effect of Yoga. Perimenopausal women showed not so significant change in these parameters. Healthy middle-aged individuals showed increase in TSH in the male population and near significant

increase in this hormone was shown in the female population, also there was decrease in basal T3 and T4 in both male and female. All these changes were in normal range. Other two studies on healthy individuals did not show any significant change in T3, T4 or TSH. 1 study was done on hypothyroid patients using hand mudra only, showed significant changes in level of these parameters. In conclusion, it may be stated that yogic practice may regularize thyroid hormone functioning and improve total health.

Ms. Sobika Rao, Assistant Professor, Human Anatomy

PUBLISHED / ACCEPTED FULL PAPERS IN JOURNALS

1. Singh P, Rao S. Effect of yogic practices in the management of fibromyalgia: A review. Yoga Mimamsa 2023; 55(2):100-106. DOI: 10.4103/ym.ym_51_23

Fibromyalgia (FM) is characterized by widespread pain, fatigue, stiffness, sleep irregularities, and tenderness of joints and muscles due to dysregulation of neurophysiological functions. It is more common in women as compared to men. Till now, there is no specific treatment available for Fibromyalgia. The review aimed to review the literature on the effect of yogic practices on Fibromyalgia. The search was done in the following databases; Google Scholar and PubMed. The articles were searched by using the keywords Fibromyalgia, Fibromyalgia syndrome, Yoga, Pranayama, Yogic practices, and alternative therapy, without date restrictions which yielded 28 results, and 8 articles were included in the final review. Review of the included articles showed the significant role of Yogic practices in managing symptoms of Fibromyalgia, including stiffness, pain, sleep disturbance, fatigue, and depression. The yogic interventions such as Asanas, Surya namaskar, Nadishodhana Pranayama, and mindfulness Meditation of specific duration were helpful in relieving the symptoms of Fibromyalgia. Yogic practices are helpful in the management of Fibromyalgia symptoms. Future randomized controlled trials contrasting various forms of Yoga or exercise, however, will enable the identification of the most efficient treatments for Fibromyalgia and allow for more precise targeting of the patients who will benefit most from them.

PAPERS PRESENTED IN CONFERENCE :

The efficacy of a Structured Yoga Module on Core Strength in Corporate Professionals: A Pre- Post Test Study.

Oral Presentation by student at: “YANTRA – 2023, NIMHANS, Bengaluru, An International Conference from 23rd.Sept.2023 – 25th .Sept.2023

Author Details- Ujjwal Saxena¹, Sobika Rao², Samiksha Nehra³.

With the advent of technological advancements , sedentary desk jobs and long sitting hours is taking a heavy toll on the musculoskeletal health of an individual. Sitting for long hours creates various problems and major muscles that become weak are the muscles of the core which creates issues such as low back ache, poor posture, imbalance between the strength and flexibility of the muscles etc. Yogic practices offer an holistic approach to improve flexibility, strength, and body awareness and also promote the well-being of an individual. However to date, no structured and specific Yoga intervention are available to specifically strengthen the core of an individual . Therefore the aim of this study was to evaluate the efficacy of structured Yoga module in improving the core strength in corporate professionals. Twelve corporate professionals (n=12), aged 25-55 years (33.3 ± 4.28), were selected based on curl-up test scores below L3 standards for males and females (29-21 and 21-13) no. of curl ups respectively. The intervention was given for 30 minutes/ day for a period of 28 days. The impact of the structured Yoga module (comprising of 18 asanas specifically targeting core muscles , and breathing practices) was assessed using the Curl-up test and 1-minute Naukasana hold time (seconds).

Result: At the end of 28 days of intervention, the scores of the Curl-up test and 1-minute Naukasana hold time showed significant improvement , mean of (17.5 ± 5.21) and (13.7 ± 3.74), respectively. A paired t-test demonstrated significant statistical improvements in both Curl-up test ($p < 0.05$) and Naukasana ($p < 0.001$) scores.

Conclusion: There are many conventional core strengthening exercises and interventions available to strengthen a weak core, however, they fail to offer a holistic approach. This study suggests that a structured Yoga module may also be useful in improving the core strength among individuals with long sitting jobs . However, future research should incorporate larger sample sizes, comparative studies with other standard forms of core strength program available etc. for more generalization of results.

PUBLISHED BOOK CHAPTER

1. **Rao S, & Pal R.** Exploring the multidimensional health effects of yogasana: a comprehensive overview. Page 1-13. Doi: 10.5772/intechopen.1005096. In Pal R. (Ed.) Yoga - Exploring the Health Benefits and Diverse Dimensions. IntechOpen. 2024. doi: 10.5772/intechopen.1000297. ISBN -978-0-85466-004-9. Print ISBN 978-0-85466-005-6. E-book (.pdf) ISBN- 978-0-85466-006-3. (Information already shared by Dr. Pal)

Dr. Khushbu Jain, Assistant Professor (Biochemistry) from MDNIY during her seven year of job (from 19th dec 2017 to till date (7th Feb 2025)) worked in several research projects and clinical trials (registered on clinical trial registry of India (also available on for public through online/internet mode)) like **yoga for jail inmates (gave training to 1000s of jail inmates - done in collaboration with Tihar Jail, Delhi), yoga for health care professionals during COVID-19 (gave training to about 500 health care professionals during pandemic - Done in collaboration with Lady Hardinge medical college and various other hospitals), yoga for hypothyroid patients (administer yoga protocol to 100s of hypothyroid patients - done in collaboration with CRMM, INMAS, DRDO) and y-break for working professionals (done with various corporate offices)** and completed these projects successfully. The research papers also published from these research work (details attached) in peer reviewed, Scopus and PubMed indexed journals and easily accessible on google/internet. **Details of the research publications are attached herewith.**

MAJOR OUTCOME OF RESEARCH STUDIES:

1. Developed and Validated a Pranayama protocol for Health care professionals (HCPs)/COVID-19 warriors during the pandemic and make it publicly available through youtube channel- so that HCPs benefited with the protocol.
2. Published various systematic reviews on effect of yoga practices on Diabetes Mellitus Type-II, Hypertension, COVID-19 to find out the important yoga practices and the possible underlying mechanism of yoga on this disease. These systematic reviews provide the evidence based effective yogic practices for various disease.

3. Research study on Jail Inmates, done in collaboration of Tihar Jail, Delhi is majorly to train thousands of jail inmates with yoga to improve their mental and physical health and understand yoga's impact through data.
4. The Clinical trial registered in CTRI on Hypothyroid patients done in collaboration with INMAS, DRDO provided a validated and effective short yoga protocol for hypothyroid patients, effective and may be implemented in clinical settings for hypothyroid patients after few more trials as outcome. The study has been presented in the international conference of Endocrinology, Dubai in year 2024. Research paper is under publication.

BOOK PUBLISHED:

1. **Dr. Khushbu Jain** and Dr. Akhilesh Chandra Saxena. **Arham Dhyan Yog** published by Om Arham Social Welfare Foundation, Mandsaur, M.P, **ISBN number: 978-81-959068-3-3**

Summary: Arham Dhyan Yog is becoming popular among the masses. The youth is also understanding the importance of yoga and meditation. This book has been specially written for the students to pass on the benefits of this method to future generations. Till date, Arham Dhyan Yog was available for seekers, knowledge seekers, curious people, but this book is helpful in studying various aspects of Arham Dhyan Yog, such as theoretical and scientific aspects, in simple words, especially for the students who are interested in studying. The subject matter of the book is simple and systematic. The book is divided into five chapters. Arham Dhyan Yog has been introduced in the first chapter. Jain Yoga, tradition of Tirthankara, meaning of Yoga, known tradition of Eight limbs of Yoga, Shramana tradition of Yoga and inspiration of Arham Dhyan Yog etc. have been highlighted. In the second chapter, the appropriate method of doing Dhyan Yoga and its physical and mental benefits have been explained. Five centres, Pancha Namaskar Mudra, Kayotsarga, dhvani and naad, Spiritual Feelings and Vishwa Kalyani Arham Yoga Prayer are the main parts of Arham Dhyan Yog. The third chapter shows the importance of Pranayama. The main topics of this chapter are types of breath, practice and methods of different types of Pranayama and types and importance of Nadi. The fourth chapter is dedicated to Arham Ashtanga Yoga. Eight parts of yoga, eight parts of meditation, Ashtanga of meditation, meditator, meditation, fruit, aim, subject of meditation, area of meditation, time, rituals have been described in this chapter. In the last fifth chapter, the

theoretical and scientific approach of meditation has been explained. This chapter will mainly help in providing solutions to the curiosity related to meditation and yoga of the youth from a scientific point of view. In this chapter, what to do (Do's), what not to do (Don't's) has also been highlighted, and burning topics like how our food should be, vegetarianism, natural milk and synthetic milk have also been told.

RESEARCH PAPERS (ACCEPTED/PUBLISHED)

1. Prakhar Tyagi, **Khushbu Jain (Corresponding Author)**. Effects of Yogic practices on physiological and biochemical parameters of hypertensive patients: A systematic review on clinical trials (2025). *Journal of Ayurveda and Integrative Medicine*. Accepted-(2024) and at publication at present.

Impact Factor and Indexing: The *Journal of Ayurveda and Integrative Medicine* has an impact factor of 1.7 and a 5-year impact factor of 2.1. **It is published** by Elsevier and is indexed in Pubmed (Medline), SCOPUS, Web of science.

Study Registration: PROSPERO ID: CRD42024497060

Summary: This systematic review explores the effects of yogic practices on various physiological and biochemical parameters in hypertensive patients. Hypertension, affecting around 1.28 billion adults globally, can lead to severe health conditions if not managed properly, and while pharmacological treatments are available, they often come with side effects. Thus, this review examines the potential of yoga as a complementary approach. A thorough search of electronic databases identified 15 studies, including 5 randomized controlled trials (RCTs) and 10 clinical trials, with participant numbers ranging from 33 to 300. Yoga interventions lasted between two months and one year. The analysis found that various yoga practices—such as loosening exercises, Surya Namaskar, Tadasana, Trikonasana, Paschimottanasana, Shavasana, Anulom-Vilom Pranayama, Bhramari Pranayama, meditation, and Yoga Nidra—positively impacted markers related to hypertension. These included improvements in autonomic nervous system activity, oxidative stress, lipid metabolism, immune function, and inflammatory gene expression. **In conclusion, the review suggests that yoga may offer a positive influence on the management of hypertension, complementing traditional medical interventions. Future research should examine additional biomarkers like vasopressin, ACTH, and GABA to further**

understand the mechanisms by which yoga affects hypertension.

2. Chanchal Vijay, **Khushbu Jain (Corresponding Author)**. Effect of Advanced Yogasana Sadhana on Psycho-biochemical parameters in adults. (2024) *Traditional and Integrative Medicine*. 2024;9(3):283-288. <http://doi.org/10.18502/tim.v9i3.16532>

Impact Factor and Indexing: *Traditional and Integrative Medicine* is an open-access, peer-reviewed journal, as of 2024, the journal has a CiteScore of 0.6 and an H-index of 5. Indexed in SCOPUS.

Summary: This experimental cross-sectional study examined the effects of advanced yogasanas on psycho-biochemical parameters in 67 adult yoga practitioners (ages 20-54). Participants underwent a one-month training program led by certified instructors, with sessions held in the evening. Psychological assessments showed significant improvements in attention and self-efficacy, with scores improving at a statistically significant level ($p < 0.01$). Biochemically, there were no significant changes in total cholesterol, but triglycerides decreased, and high-density lipoprotein (HDL) increased, while low-density lipoprotein (LDL) and very low-density lipoprotein (VLDL) decreased. **These findings highlight the positive impact of advanced yogasanas on both psychological and biochemical health, suggesting that incorporating these practices into daily routines can contribute to overall well-being.**

3. Prakhar Tyagi, **Khushbu Jain**, Ishwara V. Basavaraddi. Yoga and other alternative therapies to fight against COVID-19 effectively: A systematic review of randomized controlled trials. *Indian Journal of Phys Ther and Research* 2024; 6:6-18

Impact Factor and Indexing: The *Indian Journal of Physical Therapy and Research* is a semi-annual, peer-reviewed journal, indexed in SCOPUS.

Summary: This systematic review investigates the impact of Yoga, Ayurveda, and Homeopathy on COVID-19 complications, highlighting their potential role in managing the disease alongside conventional medical treatments. A thorough search of multiple electronic databases, including Medline, Cochrane Library, AYUSH research portal, WHO COVID-19 Research Database, and Google Scholar, was conducted up to December 31, 2022. After screening 2034 articles, 15 randomized controlled trials were included, which featured Yoga (5 studies), Ayurveda (7 studies), Homeopathy (2 studies), and a combination of Yoga and Ayurveda (1 study). **The review**

found that all the studies showed significant positive effects of these alternative therapies on recovery time, inflammatory markers, and overall health in COVID-19-infected individuals or survivors. The findings suggest that Yoga, Ayurveda, and Homeopathy, when used alongside conventional treatments, can be effective in managing COVID-19-related complications. However, the review emphasizes the need for larger sample sizes and multi-level blinding in future studies to strengthen the evidence and further validate these findings.

4. Rakesh Sarwal, Rajinder K. Dhamija, **Khushbu Jain**, Ishwar V. Basavaraddi, Effect of Pranayama on Perceived Stress, Well Being and Quality of Life of Frontline Healthcare Professionals on Covid-19 Duty: A Quasi- Randomized Clinical Trial. *International journal of psychology* 2024 May 29. doi: 10.1002/ijop.13131. Epub ahead of print. PMID: 38808479.

CTRI Registration number: CTRI/2020/05/025470.

Indexing: The International Journal of Psychology is indexed in PubMed (Medline)

Summary: This quasi-randomized clinical trial examined the effects of a specially designed pranayama regimen on the mental health of frontline healthcare professionals (HCPs) during the COVID-19 pandemic. A total of 280 HCPs from five public hospitals in Delhi, India, participated in the study. Participants were divided into an intervention group (n=123) and a control group (n=127). The pranayama practice was performed for 4 weeks, and data on perceived stress, wellness, and quality of life were collected at the start and end of the study. The results showed that the intervention group experienced significantly lower perceived stress (p=0.028) and a notable improvement in their overall quality of life, particularly in the psychological domain (p=0.019), compared to the control group. **The study concludes that a 28-day pranayama regimen effectively reduced perceived stress and enhanced psychological quality of life for frontline HCPs working in COVID-19 hospitals.**

5. Bandana Sairem, **Khushbu Jain (Corresponding Author)**. Yogic practices for Dyslipidemia in Type 2 Diabetes mellitus: A Systematic review of randomized controlled trials. *BLDE University Journal of Health Sciences* 8(1): p 20-30, Jan–Jun 2023

Impact Factor and Indexing: The *BLDE University Journal of Health Sciences* has an impact factor of 0.5. The journal is indexed in the Indian Citation Index and the Directory of Open Access Journals (DOAJ).

Summary: The systematic review examines the impact of yoga on managing Type 2 diabetes and its associated complications, such as hypertension and dyslipidemia. After analyzing six randomized controlled trials with participants ranging from 20 to 231, **the study found that yoga interventions—specifically Surya Namaskara, asanas like Pawanmuktasana, Bhujangasana, and Ardha Matsyendrasana, along with pranayama and meditation—had a positive effect on lipid profiles and other diabetes-related markers like fasting blood glucose and postprandial blood glucose.** The findings suggest that yoga can be an effective alternative or complementary therapy for improving the health of individuals with Type 2 diabetes.

6. Arya S, Pal R, **Jain K**, Badoni S, Kaushik J, Gond PK, et al. Effect of 6 month-yoga training on mental health of Indian jail inmates. *Yoga Mimamsa* (2022); 54:62-9

Indexing: Yoga Mimamsa is indexed in databases like **IndMed** and **Google Scholar**, and it is also listed in the **Directory of Open Access Journals (DOAJ)**.

Summary: This study assessed the impact of 6 months of yoga practice on the mental health of 37 jail inmates (27 males, 10 females) at Tihar Jail. The results showed significant improvements in stress, aggression, physical health, psychological health, and general well-being after the yoga intervention. Male inmates experienced significant reductions in anxiety, depression, stress, and aggression, along with improvements in overall health. Female inmates showed a reduction in aggression, but no significant changes were found in other mental health parameters. **Overall, the study suggests that regular yoga practice can significantly improve the mental health of jail inmates, particularly male inmates, and highlights the need for further research to confirm these findings.**

7. Rakesh Sarwal, Rajinder K. Dhamija, **Khushbu Jain**, Ishwar V. Basavaraddi, Efficacy of Pranayama in Preventing COVID-19 in Exposed Healthcare Professionals: A Quasi-Randomized Clinical Trial. (2022), *Journal of Ayurvedic and Integrative Medicine*. 2022 May 6; 100586

CTRI Registration number: CTRI/2020/05/025470.

Impact Factor and Indexing: The *Journal of Ayurveda and Integrative Medicine* has an impact factor of 1.7 and a 5-year impact factor of 2.1. It is published by Elsevier and is indexed in Pubmed, SCOPUS and Web of science.

Summary: This quasi-randomized clinical trial evaluated the effectiveness of Pranayama in preventing COVID-19 infection among frontline healthcare professionals (HCPs) exposed to COVID-19 patients. A total of 280 HCPs were recruited and assigned to either an intervention group, practicing Pranayama twice daily for 28 days, or a control group, which continued their normal routine without Pranayama. At the end of the study, only one participant in the intervention group developed COVID-19, compared to nine in the control group, with a statistically significant difference ($p=0.01$). **The results suggest that Pranayama practice may reduce the risk of COVID-19 infection in HCPs, highlighting its potential as an additional preventive measure in high-risk populations.**

8. **Khushbu Jain**, Rameswar Pal, Sachendra Badoni, Jitendra Kaushik, Pooja Kumari, Ishwara Basavaraddi "Effects of Yogic practices on cardiovascular system and salivary alpha amylase on Indian healthy jail inmates" 17th Dec (2021) *Journal of Complementary and Integrative Medicine*. <https://doi.org/10.1515/jcim-2020-0279>

Impact Factor and Indexing: The *Journal of Complementary and Integrative Medicine* has an impact factor of 0.5. It is indexed in Pubmed, and SCOPUS.

Summary: This study aimed to assess the health impacts of Yogic practice on imprisoned individuals, who often face poor health and increased risk of chronic conditions. A total of 30 jail inmates, including 8 females, participated in this interventional study where they practiced Yoga for six months. Key health parameters—Body Mass Index (BMI), heart rate, blood pressure, and salivary alpha-amylase (SAA) activity (a stress marker)—were measured at three intervals: before starting Yoga, after three months, and after six months of practice. Results showed improvements in all measured parameters, with significant reductions in systolic and diastolic blood pressure, mean blood pressure, double product (a measure of heart load), and SAA levels in the overall group. Specifically, significant improvements were observed in the male participants, while no notable effects were seen in the female group. **In**

conclusion, the study demonstrated that regular Yogic practice significantly improved heart health and reduced stress in male jail inmates, but did not show similar effects in female inmates.

9. Madaan L, Nimisha, Basavaraddi I.V. & **Jain Khushbu (corresponding author)**. Comparative effect of yogasana and pranayama on depression, anxiety and stress levels in adults' practitioners. *The International Journal of Indian Psychology*, Volume 8, Issue 3, July- Sep (2020)

Summary: This study aimed to compare the effects of *yogasana* (physical postures) and *pranayama* (breathing exercises) on mental health. The research involved 181 participants (18-50 years, 74 males and 107 females) enrolled in a Yogasana and Pranayama Certificate course. Mental health was assessed before and after 3 months of practice using the Depression Anxiety Stress Scale (DASS). The results showed that *yogasana* practitioners experienced significant reductions in stress, anxiety, and depression scores. Meanwhile, *pranayama* practitioners only showed a significant reduction in stress scores. Both groups had non-significant reductions in their overall mental health scores, but *yogasana* was found to be more effective than *pranayama* in improving mental health. **In conclusion, *yogasana* has a greater impact on improving mental health compared to *pranayama*.**

10. **Khushbu Jain**, Shweta Sharma, Samani Chaitanya Prajna, Viney Jain*. (2018) Influence of Gender, Religion & Nutrition on Aggressiveness in Children: A Socio-Demographic Study in Municipal Primary Schools of South Delhi. *Indian Journal of Public Health*. (2018); 62:21-6

Impact Factor and Indexing: The Indian journal of Public Health has an impact factor of 0.9. It is indexed in Pubmed (Medline), SCOPUS and web of science.

Summary: This study assessed aggressiveness levels in primary school children in South Delhi and explored factors influencing aggressive behavior. Conducted with 2080 students, it found that **4.3%** of children were highly aggressive. Key findings included that **boys** were more aggressive than girls, **omnivores** were more aggressive than vegetarians, and **boys in coeducational schools** had lower aggressiveness compared to those in single-sex schools. The study did not find significant links between aggressiveness and religion or family type. **In conclusion, vegetarian diets and coeducational schooling were identified as protective factors, particularly for boys, and further research in diverse populations is recommended.**

RESEARCH PRESENTED IN INTERNATIONAL CONFERENCE

1. “Effect of Yoga Practices on Clinical & Psycho-Biochemical Parameters in Hypothyroid Patients: A Randomized Controlled Trial” Khushbu Jain, Yazurved Sharma, Ratnesh Kanwar, Rashmi Agrawal, Reena Wilfred, Kuntal Bhadra, Vikram Singh Presented and Published in conference proceedings of 21st International Congress of Endocrinology, in conjunction with the 14th Emirates Diabetes & Endocrine Congress, held in Dubai, 1-3 March 2024.

Dev Sanskriti: Interdisciplinary International Journal.; Vol. 24: (pp. 28-34), 2024

Dr. Indu Shrama and Dr. Pawan Kumar (Assistant Professor, Yoga Education)

1. योगसाधना द्वारा व्यक्तित्व विकास: एक आत्मवान जीवन का आधार

*डॉ. इन्दु शर्मा, **डॉ. पवन कुमार

सहायक आचार्य, योग शिक्षा विभाग, मोरारजी देसाई राष्ट्रीय योग संस्थान,

आयुष मंत्रालय, भारत सरकार, 68- अशोक रोड, नई दिल्ली-110001

शोध सार सन्दर्भ

व्यक्तित्व मानसिक एवं शारीरिक गुणों का क्रियाशील संयोजन है जिसके द्वारा व्यक्ति अपने बाह्य वातावरण के साथ सामंजस्य स्थापित करता है। शारीरिक, मानसिक, आध्यात्मिक, सामाजिक आदि विभिन्न आयाम इसे प्रभावित करते हैं। मनोवैज्ञानिकों का मानना है कि व्यक्तित्व अध्ययन करने योग्य है। यह सत्य है कि वर्णित विभिन्न आयामों को विकसित कर व्यक्ति श्रेष्ठ व्यक्तित्व का धनी हो सकता है। इसमें भारतीय संस्कृति की धरोहर योग विद्या एक महत्वपूर्ण साधन के रूप में कारगर सिद्ध होती है। योग विद्या जीवन जीने के ढंग में, व्यवहारिक गुणों में सुधार कर, तथा आध्यात्मिक स्तर का उत्थान कर व्यक्तित्व में सकारात्मक परिवर्तन करने की सार्थक विधि है। प्रस्तुत शोध कार्य का उद्देश्य व्यक्तित्व के विभिन्न आयामों पर योग

विद्या के प्रभाव को समझना है जिससे आत्म विकास कर व्यक्ति स्वयं का एवं राष्ट्र का उत्थान कर पाने में सफल हो सकता है। शोध के प्रथम पक्ष में व्यक्तित्व का परिचय एवं उसके मनोवैज्ञानिक एवं यौगिक स्वरूप को समझाया गया है। दूसरे पक्ष में योग का परिचय देते हुए योग अभ्यासों का व्यक्तित्व पर प्रभाव समझाने का प्रयास किया गया है जिसके लिए उपनिषद, दर्शन, गीता आदि ग्रंथों द्वारा प्रतिपादित सर्वांगीण व्यक्तित्व विकास के तथ्यों एवं अवधारणाओं को सम्मिलित किया गया है। शोधकार्य का अंत इस निष्कर्ष के साथ होता है कि योग द्वारा व्यक्तित्व का विकास संभव है तथा विकसित व्यक्तित्व आत्मनिर्भर बनने की कुंजी है, जो आत्मनिर्भर भारत की नींव है। एक पूर्ण विकसित व्यक्तित्व देश की उन्नति में महत्वपूर्ण भूमिका निभाता है।

International Journal of Research in Academic World (IJRAW) 2023 ISSN:2583-1615,2(3):84-87. impact Factor:6.092

2. Trends towards Drugless Therapy in Breast Cancer Patients with Yoga Techniques: A Mini Review

1. Indu Sharma, 2. Shuchi Mohan and 3. Guru Deo

1. Assistant Professor (Yoga Education), Department of Yoga Education, Morarji Desai National Institute of Yoga, New Delhi, India.

2. Yoga Instructor, Department of Yoga Therapy, Morarji Desai National Institute of Yoga, New Delhi, India

3. Assistant Professor (Yoga Therapy), Department of Yoga Therapy, Morarji Desai National Institute of Yoga, New Delhi, India

Summary of the paper:

Introduction: Cancer is a disease in which some of the body's cells grow uncontrollably and spread to other parts of the body. When cells grow old or become damaged, they die, and new cells take their place, but sometimes abnormal or damaged cells grow and multiply. These cells may form tumors, which are lumps of tissue. Tumors can be cancerous or not cancerous (benign). Cancerous tumors spread into nearby tissues and can travel to another body parts to form new tumors through a process called metastasis.

Yoga practices have shown beneficial effects on people suffering from side effects of breast cancer but its mechanism still remains unclear. Hence, the current review is carried out with the aim to evaluate and find the mechanism of effectivity of Yoga practices as complementary therapy for patients suffering from negative effects of modern treatment of breast cancer.

Material and Methods: The articles for this systematic review were obtained by searching through the PubMed, Google Scholar, Web of Science, Publon, Cochrane. The keywords yoga and cancer, cancer and stress, stress and yoga, yoga and breast cancer were used while accessing these databases. It was tried to get full paper related to the topic. If paper was not available online freely emailing request was sent to concerned author for the same to get that article.

Result: Out of 86 article 4 were selected for final review. Among these 1 is on cognitive problems related to breast cancer women immediately after treatment. Another one is on perceived stress, sleep, diurnal cortisol and natural killer (NK) cell count in patients with metastatic cancer. Two studies are on breast cancer patients in their II and III stage. The one article is a comparative study on self-reported depression scores in breast cancer patients undergoing conventional treatment. The other research is also focussed to know the effect of yoga on psychological distress, fatigue, insomnia, appetite, nausea, vomiting, dyspnoea and pain while patients were undergoing radiotherapy.

Conclusion: The current review showed that yogic practices are effective to manage breast cancer along with ongoing treatment. Yoga practices will help to overcome the stress born out of being confirmed with breast cancer. Yoga practices are also beneficial to improve the quality of life if practiced regularly. There are still lack of promising literature scientifically explored with clinical trials where breast cancer patients are given one aspect of Yoga techniques. Mechanism based research required with large number of samples with and without modern treatment therapy along with drugless therapy including Yoga.

PUBLISHED BOOK CHAPTER

भारत की गतिशील प्रवृत्ति के आधार स्तम्भ महान शिक्षा शास्त्री, दार्शनिक, साहित्यकार व महापुरुष, तीर्थकर महावीर विश्वविद्यालय, मुरादाबाद, प्रथम संस्करण (pp 95-106) ISBN 978-93-92-611-77-3

1. मानसिक स्वास्थ्य के लिए पातंजल योग दर्शन की भूमिका: क्रिया योग के विशेष संदर्भ में
डॉ. इन्दु शर्मा

सहायक आचार्या (योग शिक्षा), मोरारजी देसाई राष्ट्रीय योग संस्थान, नई दिल्ली।

सार सन्दर्भ

विकसित समाज में जहां आज प्रौद्योगिकी विकास मानव को प्रगति के पथ पर आगे ले जा रहा है। वहीं बढ़ती महत्वाकांक्षा, व बदलती जीवनशैली से व्यक्ति का समग्र स्वास्थ्य प्रभावित हो रहा है। जिसमें शारीरिक रोगों की अपेक्षा मानसिक रोग व्यक्ति को अधिक प्रभावित कर उसे कमजोर बना रहे हैं। इस संदर्भ में यह पत्र भारत वर्ष के प्राचीन एवं अनुपम योग दर्शन को एक साधन के रूप में उसकी भूमिका का विश्लेषण कर रहा है। ब्रह्मबिंदूपनिषद् के अनुसार मन ही मनुष्य के बन्धन और मोक्ष का कारण है। विषयासक्त मन बंधन में बांधता है और विषयों से अनासक्त मन मुक्ति प्रदान कराता है। कठोपनिषद् के अनुसार शरीर एक रथ के समान है, जिसमें आत्मा रथी है, बुद्धि सारथी है तथा मन लगाम है, जिससे इंद्रिय रूपी घोड़ों पर नियंत्रण किया जाता है।

मन की विकृति मनोरोगों का कारण बनती है। मानसिक स्वास्थ्य पूर्ण स्वस्थता का एक अभिन्न और आवश्यक घटक होते हुए हमारी सामूहिक और व्यक्तिगत क्षमता के लिए महत्वपूर्ण आधार है क्योंकि मनुष्य एक दूसरे के साथ सोचने, भाव करने, बातचीत करने, जीविकोपार्जन करने तथा जीवन का आनंद लेने की क्षमता रखता है। इस आधार पर, व्यक्तियों, समुदायों और समाज के लिए मानसिक स्वास्थ्य के प्रचार एवं संरक्षण की अत्यंत आवश्यकता है। भारतीय दर्शन मुक्ति प्रदान करने वाला शास्त्र है। प्रत्येक दर्शन व्यक्ति के कल्याण की बात करते हैं, उसके दुखों से मुक्ति की बात करते हैं, उसको सामान्य से विशेष बनाने की बात करते हैं। आनंद बालयोगी भवनानी(2014) द्वारा लिखित शोधपत्र 'मानसिक स्वास्थ्य पर यौगिक दृष्टिकोण' के अनुसार- जीवन में व्यवहारिक रूप से योग का अभ्यास मनोदैहिक रोगों, तनाव संबंधी शारीरिक, भावनात्मक एवं मानसिक विकार संबंधी समस्याओं के लिए रामबाण है। तथा यह हमें हमारा जन्म-सिद्ध अधिकार, स्वास्थ्य व खुशी, फिर से हासिल करने में मदद करता है। हम अपने सौभाग्य को तभी प्राप्त कर सकते हैं जब हम स्वस्थ व खुश हों। योग दर्शन एक सूत्रबद्ध रचना है। इसमें 195 सूत्रों का संग्रह है। यह योग ग्रंथ अपने में कर्मयोग, ज्ञानयोग, भक्तियोग, मंत्रयोग, हठयोग, राजयोग जैसे विभिन्न धाराओं को समेटे हुए है।

योग दर्शन में मन अन्तःकरण का एक तत्व है। तीन गुणों से युक्त त्रिगुणात्मक चित्त तमोगुण की अधिकता से अज्ञानता युक्त होता है, रजो गुण की प्रधानता से चंचलता युक्त एवं सतोगुण

की प्रधानता से ज्ञान युक्त एवं आनंद युक्त होता है। योग दर्शन के अनुसार चित्त में उठने वाली विभिन्न वृत्तियाँ क्लेश युक्त होती हैं जो दुख देती हैं। अविद्या रूपी भूमि में जनित पाँच क्लेश मनोरोगों का कारण बनते हैं। जिनके लक्षण अंतराय के रूप दिखाई देते हैं।

प्रस्तुत शोध कार्य में महर्षि पतंजलि जी द्वारा वर्णित योग दर्शन के क्रिया योग (तप, स्वाध्याय, ईश्वर प्रणिधान) कामानसिक स्वास्थ्य पर प्रभाव देखने के लिए योग दर्शन के विभिन्न भाष्यों, टीकाओं का अध्ययन कर यह निष्कर्ष

निकाला गया कि महर्षि पतंजलि जी ने जो क्रिया योग का लाभ बताया है, वह मानसिक स्वास्थ्य कि एक स्थिति है। जिसमें समाधि की भावना प्राप्त होती है तथा क्लेश क्षीण हो जाते हैं। इसके निरंतर अभ्यास से चित्त वृत्ति निरोध की स्थिति को प्राप्त किया जा सकता है, जो एक विकार रहित स्थिति है। क्रिया योग में वस्तुतः व्यक्ति का शारीरिक, मानसिक एवं भावनात्मक विकास निहित है।

Published in the book “Role of Yogis in Indian Independence movement”, by Gurukul Kangri University, Haridwar. P:92-102, ISBN 978-93-91993-87-0, Year 2023.

2. भारतीय स्वतन्त्रता गतिविधियों में श्रीमद्भगवद्गीता की भूमिका एवं योगदान

डॉ. इन्दु शर्मा, सहायक आचार्य (योग शिक्षा), मोरारजी देसाई राष्ट्रीय योग संस्थान, नई दिल्ली।

सार संदर्भ-

प्रस्तुत शोध कार्य भारत के स्वतन्त्रता आंदोलन में श्रीमद्भगवद्गीता की भूमिका एवं योगदान विषय पर आधारित है। शोध कार्य तीन खण्ड में विभाजित है, प्रथम खण्ड ‘श्रीमद्भगवद्गीता का परिचय’ है जिसमें श्रीमद्भगवद्गीता का उद्गम, लेखन, एवं स्वरूप की चर्चा से विषय प्रारम्भ किया गया है, द्वितीय खण्ड में भारत के स्वतन्त्रता सैनानियों पर प्रकाश डाला गया है जिसमें चर्चा की गई है कि किस प्रकार मध्ययुग से ही भिन्न-भिन्न रूप में अपने-अपने स्तर से लेखक, कवि, गायक, दार्शनिक स्वतन्त्रता आंदोलन की चिंगारी को हवा देने का काम कर जनता में जोश भर रहे थे। तृतीय खण्ड स्वतन्त्रता सैनानियों के जीवन में श्रीमद्भगवद्गीता की प्रेरणा विषय से संबन्धित है। जिसमें इस विषय पर बात की गई है कि भारत की आजादी में श्रीमद्भगवद्गीता के श्लोकों से प्रेरणा पाकर वीर क्रांतिकारी हँसते-हँसते फाँसी के फंदे में झूल गए। श्रीमद्भगवद्गीता में मानसिक रूप से कमजोर हुए अर्जुन को पुनः युद्ध के लिए तैयार कर, विजय प्राप्ति के साहस से भरकर विजयी होने का जो काम श्रीकृष्ण की प्रेरणा से हुआ है, इसका भारत के स्वतन्त्रता आंदोलनकारियों में बहुत गहरा प्रभाव पड़ा है।

मोरारजी देसाई राष्ट्रीय योग संस्थान

आयुष मंत्रालय, भारत सरकार

68, अशोक रोड, नई दिल्ली-110001

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of Ayush, Govt. of India

68, Ashok Road, New Delhi – 110001

SUBJECT TEACHING PLAN

Name of Course: M.Sc. Yoga – Semester- IV

Name of Subject/Paper: APPLIED YOGA

Name of Teacher: Dr. S. LAKSHMI KANDHAN

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
1	01.02.24	11am-12pm	1	Yoga in School	General Introduction to School Health, components of school health	Introduction to School Health.
2	02.02.24	11am-12pm	1	Yoga in School	General Introduction to School Health, components of school health	Introduction to School Health, components of school health
3	05.02.24	11am-12pm	1	Yoga in School	General Introduction to School Health, components of school health	Introduction to School Health, components of school health
4	05.02.24	11am-12pm	1	Yoga in School	Tutorial / Seminar/ Assignment	Tutorial / Seminar/ Assignment
5	06.02.24	11am-12pm	1	Yoga in School	General Introduction to School Health, components of school health	Introduction to School Health, components of school health
6	07.02.24	11am-12pm	1	Yoga in School	Parent-Teacher-Student relationship in a School Health;	Parent-Teacher-Student relationship in a School Health;
7	12.02.24	11am-12pm	1	Yoga in School	Role of social interaction in a School Health	Role of social interaction in a School Health
8	16.02.24	11am-12pm	1	Yoga in School	Tutorial / Seminar/ Assignment	Tutorial / Seminar/ Assignment
9	19.02.24	11am-12pm	1	Yoga in School	Role of social interaction in a School Health	Role of social interaction in a School Health
10	20.02.24	11am-12pm	1	Yoga in School	Role of Yoga in establishment of values in School going children	Role of Yoga in establishment of values in School going children

*

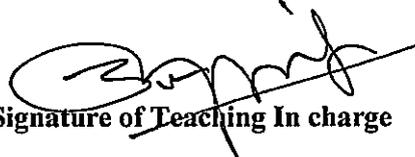
11	20.02.24	11am-12pm	1	Yoga in School	Personality Development: New Dimensions of Personality through Yoga	Personality Development: New Dimensions of Personality through Yoga
12	21.02.24	11am-12pm	1	Yoga in School	Personality Development: New Dimensions of Personality through Yoga	Personality Development: New Dimensions of Personality through Yoga
13	22.02.24	11am-12pm	1	Yoga in School	Tutorial / Seminar/ Assignment	Tutorial / Seminar/ Assignment
14	23.02.24	11am-12pm	1	Yoga in School	Personality Development: New Dimensions of Personality through Yoga	Personality Development: New Dimensions of Personality through Yoga
15	23.02.24	12-1pm	2	Yoga for Sports	General introduction to Physical Education and Sports	General introduction to Physical Education and Sports
12	26.02.24	12-1pm	2	Yoga for Sports	Difference between Physical Education & Sports	Difference between Physical Education & Sports
13	26.02.24	12-1pm	2	Yoga for Sports	Difference between Physical Education & Sports	Difference between Physical Education & Sports
14	04.03.24	12-1pm	2	Yoga for Sports	Relevance of Integration of Yoga in Physical Education & Sports.	Relevance of Integration of Yoga in Physical Education & Sports
15	06.03.24	12-1pm	2	Yoga for Sports	Tutorial / Seminar/ Assignment	Tutorial / Seminar/ Assignment
16	07.03.24	12-1pm	2	Yoga for Sports	Indicators of Physical Fitness: Strength, Endurance and Flexibility	Indicators of Physical Fitness; Strength, Endurance and Flexibility
17	08.03.24	12-1pm	2	Yoga for Sports	Indicators of Physical Fitness: Strength, Endurance and Flexibility	Indicators of Physical Fitness: Strength, Endurance and Flexibility
18	08.03.24	12-1pm	2	Yoga for Sports	Indicators of Mental Fitness: Concentration, Will-Power and Mental Toughness	Indicators of Mental Fitness: Concentration, Will-Power and Mental Toughness
19	11.03.24	12-1pm	2	Yoga for Sports	Indicators of Mental Fitness: Concentration, Will-Power and Mental Toughness	Indicators of Mental Fitness: Concentration, Will-Power and Mental Toughness
20	12.03.24	12-1pm	2	Yoga for Sports	Yoga for Physical and Mental Fitness: Asana,	Yoga for Physical and Mental Fitness: Asana, Pranayama,

8

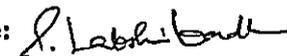
					Pranayama, Bandha, Mudra and Meditation.	Bandha, Mudra and Meditation
21	13.03.24	12-1pm	2	Yoga for Sports	Yoga for Physical and Mental Fitness: Asana, Pranayama, Bandha, Mudra and Meditation	Yoga for Physical and Mental Fitness: Asana, Pranayama, Bandha, Mudra and Meditation
22	14.03.24	12-1pm	2	Yoga for Sports	Application of Yogic lifestyle in improving efficacy in sports personnel	Application of Yogic lifestyle in improving efficacy in sports personnel
23	14.03.24	3pm-4pm	2	Yoga for Sports	Application of Yogic lifestyle in improving efficacy in sports personnel	Application of Yogic lifestyle in improving efficacy in sports personnel
24	27.03.24	4pm-5pm	2	Yoga for Sports	Tutorial / Seminar/ Assignment	Tutorial / Seminar/ Assignment
25	27.03.24	12pm-1pm	3	Yoga for Stress Management	Stress: Its Nature, Definition, Symptoms, Sources.	Stress: Its Nature, Definition, Symptoms, Sources.
26	28.03.24	2pm-3pm	3	Yoga for Stress Management	Stress: Its Nature, Definition, Symptoms, Sources.	Stress: Its Nature, Definition, Symptoms, Sources.
27	29.03.24	12pm-1pm	3	Yoga for Stress Management	Stress: Its Nature, Definition, Symptoms, Sources.	Stress: Its Nature, Definition, Symptoms, Sources.
28	29.03.24	12pm-1pm	3	Yoga for Stress Management	Tutorial / Seminar/ Assignment	Tutorial / Seminar/ Assignment
29	01.04.24	12pm-1pm	3	Yoga for Stress Management	Consequences of Stress and Yogic Perspective of Stress	Consequences of Stress and Yogic Perspective of Stress
30	02.04.24	12pm-1pm	3	Yoga for Stress Management	Consequences of Stress and Yogic Perspective of Stress	Consequences of Stress and Yogic Perspective of Stress
31	03.04.24	12pm-1pm	3	Yoga for Stress Management	Consequences of Stress and Yogic Perspective of Stress	Consequences of Stress and Yogic Perspective of Stress
32	04.04.24	12pm-1pm	3	Yoga for Stress Management	Concepts and Techniques of Stress Management in Ashtanga-yoga of Patanjali	Concepts and Techniques of Stress Management in Ashtanga-yoga of Patanjali
33	05.04.24	12pm-1pm	3	Yoga for Stress Management	Concepts and Techniques of Stress Management in Bhagavadgeeta	Concepts and Techniques of Stress Management in Bhagavadgeeta
34	08.04.24	3pm-4pm	3	Yoga for Stress Management	Concepts and Techniques of Stress Management in Ashtanga-yoga of	Concepts and Techniques of Stress Management in Ashtanga-yoga of Patanjali and Bhagavadgeeta

8

					Patanjali and Bhagavadgeeta	
35	09.04.24	12pm-1pm	3	Yoga for Stress Management	Tutorial / Seminar/ Assignment	Tutorial / Seminar/ Assignment
36	10.04.24	3pm-4pm	3	Yoga for Stress Management	Yogic principles for the management of Stress and its consequences	Yogic principles for the management of Stress and its consequences
37	12.04.24	3pm-4pm	3	Yoga for Stress Management	Yogic principles for the management of Stress and its consequences	Yogic principles for the management of Stress and its consequences
38	15.04.24	12pm-1pm	3	Yoga for Stress Management	Yogic principles for the management of Stress and its consequences	Yogic principles for the management of Stress and its consequences
39	22.04.24	3pm-4pm	3	Yoga for Stress Management	Yogic principles for the management of Stress and its consequences	Yogic principles for the management of Stress and its consequences
40	24.04.24	12pm-1pm	3	Yoga for Stress Management	Research studies on Yoga for stress management	Research studies on Yoga for stress management
41	25.04.24	3pm-4pm	3	Yoga for Stress Management	Research studies on Yoga for stress management	Research studies on Yoga for stress management
42	29.04.24	12pm-1pm	3	Yoga for Stress Management	Tutorial / Seminar/ Assignment	Tutorial / Seminar/ Assignment
43	01.05.24	3pm-4pm	3	Yoga for Stress Management	Tutorial / Seminar/ Assignment	Tutorial / Seminar/ Assignment
44	06.05.24	12pm-1pm	1-3	All units	Revision	Revision
45	10.05.24	12pm-1pm	1-3	All units	Revision	Revision


Signature of Teaching In charge

Name of Teacher: DR. S. LAKSHMI KANDIAN

Signature: 

मोरारजी देसाई राष्ट्रीय योग संस्थान

आयुष मंत्रालय, भारत सरकार

68, अशोक रोड, नई दिल्ली-110001

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of Ayush, Govt. of India

68, Ashok Road, New Delhi – 110001

SUBJECT TEACHING PLAN

Name of Course: B.Sc Yoga – Semester- VI

Name of Subject/Paper: YOGIC MANAGEMENT OF NON COMMUNICABLE DISEASES

Name of Teacher: Dr. S. LAKSHMI KANDHAN

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
1	05.02.24	12-1pm	1	Introduction to Non Communicable diseases	Brief introduction to communicable and non-communicable diseases	Brief introduction to communicable diseases
2	06.02.24	12-1pm	1	Introduction to Non Communicable diseases	Brief introduction to communicable and non-communicable diseases	Brief introduction to non-communicable diseases
3	07.02.24	12-1pm	1	Introduction to Non Communicable diseases	Brief introduction to communicable and non-communicable diseases	Preventive measures of communicable and non-communicable diseases
4	12.02.24	12-1pm	1	Introduction to Non Communicable diseases	Brief introduction to communicable and non-communicable diseases	Preventive measures of communicable and non-communicable diseases
5	13.02.24	12-1pm	1	Introduction to Non Communicable diseases	Seminar	Seminar
6	14.02.24	12-1pm	2	Yogic Management of Diabetes Mellitus	Introduction to Diabetes mellitus	Introduction to Diabetes mellitus
7	19.02.24	12-1pm	2	Yogic Management of Diabetes Mellitus	Introduction to Diabetes mellitus	Introduction to Diabetes mellitus
8	20.02.24	12-1pm	2	Yogic Management of Diabetes Mellitus	Yogic management of Diabetes mellitus	Yogic management of Diabetes mellitus- Kriyas , Yogic Sukshma and Sthula Vyayama,
9	21.02.24	12-1pm	2	Yogic Management of Diabetes Mellitus	Yogic management of Diabetes mellitus	Yogic management of Diabetes mellitus- Surya namaskar, Asana, Pranayama,
10	22.02.24	12-1pm	2	Yogic Management of Diabetes Mellitus	Yogic management of Diabetes mellitus	Yogic management of Diabetes mellitus- Bandha, Mudra, Meditation and Yogic diet

K

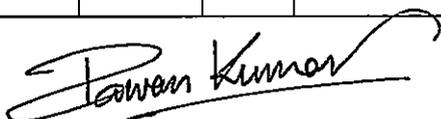
11	26.02.24	12-1pm	2	Yogic Management of Diabetes Mellitus	Seminar	Seminar
12	28.02.24	12-1pm	3	Yogic Management of Bronchial Asthma	Introduction to Bronchial Asthma	Introduction to Bronchial Asthma
13	29.02.24	12-1pm	3	Yogic Management of Bronchial Asthma	Introduction to Bronchial Asthma	Introduction to Bronchial Asthma
14	04.03.24	12-1pm	3	Yogic Management of Bronchial Asthma	Introduction to Bronchial Asthma	Introduction to Bronchial Asthma
15	05.03.24	12-1pm	3	Yogic Management of Bronchial Asthma	Yogic management of Bronchial Asthma	Yogic management of Bronchial Asthma: Shat kriyas, Yogic Sukshma and Sthula Vyayama,
16	06.03.24	12-1pm	3	Yogic Management of Bronchial Asthma	Yogic management of Bronchial Asthma	Yogic management of Bronchial Asthma: Shat kriyas, Yogic Sukshma and Sthula Vyayama,
17	07.03.24	12-1pm	3	Yogic Management of Bronchial Asthma	Yogic management of Bronchial Asthma	Yogic management of Bronchial Asthma: Asana, Sectional Breathing Practices, Pranayama, Mudra
18	08.03.24	12-1pm	3	Yogic Management of Bronchial Asthma	Yogic management of Bronchial Asthma	Yogic management of Bronchial Asthma: Asana, Sectional Breathing Practices, Pranayama, Mudra
19	11.03.24	12-1pm	3	Yogic Management of Bronchial Asthma	Yogic management of Bronchial Asthma	Yogic management of Bronchial Asthma: Meditation and Yogic diet
20	11.03.24	12-1pm	3	Yogic Management of Bronchial Asthma	Yogic management of Bronchial Asthma	Yogic management of Bronchial Asthma: Meditation and Yogic diet
21	12.03.24	12-1pm	3	Yogic Management of Bronchial Asthma	Seminar	Seminar
22	12.03.24	12-1pm	4	Yogic Management of Hypertension	Introduction to Hypertension	Introduction to Hypertension
23	13.03.24	12-1pm	4	Yogic Management of Hypertension	Introduction to Hypertension	Introduction to Hypertension
24	14.03.24	12-1pm	4	Yogic Management of Hypertension	Yogic management of Hypertension	Yogic management of Hypertension: Shat kriyas, Yogic Sukshma
25	14.03.24	12-1pm	4	Yogic Management of Hypertension	Yogic management of Hypertension	Yogic management of Hypertension: Shat kriyas, Yogic Sukshma

4

26	26.03.24	12-1pm	4	Yogic Management of Hypertension	Yogic management of Hypertension	Yogic management of Hypertension: Shat kriyas, Yogic Sukshma and Sthula Vyayama, Asana
27	26.03.24	12-1pm	4	Yogic Management of Hypertension	Yogic management of Hypertension	Yogic management of Hypertension: Asana, Sectional Breathing Practices, Pranayama, Mudra,
28	27.03.24	12-1pm	4	Yogic Management of Hypertension	Yogic management of Hypertension	Yogic management of Hypertension: Pranayama, Mudra, Yoga Nidra, Meditation and Yogic diet
29	28.03.24	12-1pm	4	Yogic Management of Hypertension	Seminar	Seminar
30	29.03.24	12-1pm	4	Yogic Management of Hypertension	Seminar	Seminar
31	29.03.24	12-1pm	5	Yogic Management of Cerebrovascular Accident (Stroke)	Introduction to Cerebrovascular Accident	Introduction to Cerebrovascular Accident
32	01.04.24	12-1pm	5	Yogic Management of Cerebrovascular Accident (Stroke)	Introduction to Cerebrovascular Accident	Introduction to Cerebrovascular Accident
33	02.04.24	12-1pm	5	Yogic Management of Cerebrovascular Accident (Stroke)	Introduction to Cerebrovascular Accident	Introduction to Cerebrovascular Accident
34	03.04.24	12-1pm	5	Yogic Management of Cerebrovascular Accident (Stroke)	Yogic management of Cerebrovascular Accident (Stroke)	Yogic management of Cerebrovascular Accident (Stroke): Yogic Sukshma and Sthula Vyayama,
35	04.04.24	12-1pm	5	Yogic Management of Cerebrovascular Accident (Stroke)	Yogic management of Cerebrovascular Accident (Stroke)	Yogic management of Cerebrovascular Accident (Stroke): Yogic Sukshma and Sthula Vyayama,
36	08.04.24	12-1pm	5	Yogic Management of Cerebrovascular Accident (Stroke)	Yogic management of Cerebrovascular Accident (Stroke)	Yogic management of Cerebrovascular Accident (Stroke): Yogic Sukshma and Sthula Vyayama, Asana
37	09.04.24	12-1pm	5	Yogic Management of Cerebrovascular Accident (Stroke)	Yogic management of Cerebrovascular Accident (Stroke)	Yogic management of Cerebrovascular Accident (Stroke): Asana
38	10.04.24	12-1pm	5	Yogic Management of Cerebrovascular Accident (Stroke)	Yogic management of Cerebrovascular Accident (Stroke)	Yogic management of Cerebrovascular Accident (Stroke): Sectional Breathing, Pranayama
39	15.04.24	12-1pm	5	Yogic Management of Cerebrovascular Accident (Stroke)	Yogic management of Cerebrovascular Accident (Stroke)	Yogic management of Cerebrovascular Accident (Stroke): Pranayama, Mudra, Yoga Nidra, Meditation and Yogic diet

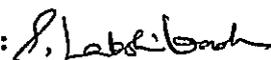
k

40	16.04.24	12-1pm	5	Yogic Management of Cerebrovascular Accident (Stroke)	Yogic management of Cerebrovascular Accident (Stroke)	Yogic management of Cerebrovascular Accident (Stroke): Pranayama, Mudra, Yoga Nidra, Meditation and Yogic diet
41	22.04.24	12-1pm	5	Yogic Management of Cerebrovascular Accident (Stroke)	Seminar	Seminar
42	23.04.24	12-1pm	6	Yogic Management of Cancer	Cancer - Prevalence, types, causes, pathophysiology, clinical features, complications, preventive measures	Cancer - Prevalence, types, causes, pathophysiology, clinical features, complications, preventive measures
43	24.04.24	12-1pm	6	Yogic Management of Cancer	Cancer - Prevalence, types, causes, pathophysiology, clinical features, complications, preventive measures	Cancer - Prevalence, types, causes, pathophysiology, clinical features, complications, preventive measures
44	25.04.24	12-1pm	6	Yogic Management of Cancer	Adjunct and palliative role of Yoga	Adjunct and palliative role of Yoga
45	29.04.24	12-1pm	6	Yogic Management of Cancer	Adjunct and palliative role of Yoga	Adjunct and palliative role of Yoga; improvement in Quality of Life (QoL); dealing with end life crisis
46	06.05.24	12-1pm	6	Yogic Management of Cancer	Seminar	Seminar



Signature of Teaching In charge

Name of Teacher: DR. S. LAUSHMI KANDHAN

Signature: 

मोरारजी देसाई राष्ट्रीय योग संस्थान

आयुष मंत्रालय, भारत सरकार

68, अशोक रोड, नई दिल्ली-110001

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of Ayush, Govt. of India

68, Ashok Road, New Delhi – 110001

Name of Course: Functional English II

Name of Subject/Paper: ENGLISH

Name of Teacher: Dr. Suman Rathore

Semester III – Aug-Dec 2023

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Thursday	24/08 /2023	03:04pm	I	1.1	Basic knowledge of noun, pronoun, verb, adjective, and adverb	Basic knowledge of noun, pronoun, verb, adjective, and adverb
Tuesday	05/9/2023	3-4pm	I	1.1	Basic knowledge of noun, pronoun, verb, adjective, and adverb	Basic knowledge of noun, pronoun, verb, adjective, and adverb
Tuesday	12/9/2023	4-5pm	I	1.1	Basic knowledge of noun, pronoun, verb, adjective, and adverb	Basic knowledge of noun, pronoun, verb, adjective, and adverb
Wednesday	13/9/2023	12-1pm	I	1.1	Basic knowledge of noun, pronoun, verb, adjective, and adverb	Basic knowledge of noun, pronoun, verb, adjective, and adverb
Thursday	14/9/2023	3-4pm	I	1.1	Basic knowledge of noun, pronoun, verb, adjective, and adverb	Basic knowledge of noun, pronoun, verb, adjective, and adverb

Friday	15/9/2023	3-4pm	I	1.1	Basic knowledge of noun, pronoun, verb, adjective, and adverb	Basic knowledge of noun, pronoun, verb, adjective, and adverb
Friday	25/9/2023	12-1pm	I	1.1	Basic knowledge of noun, pronoun, verb, adjective, and adverb	Basic knowledge of noun, pronoun, verb, adjective, and adverb
Tuesday	19/9/2023	3-4pm	I	1.1	Basic knowledge of noun, pronoun, verb, adjective, and adverb	Basic knowledge of noun, pronoun, verb, adjective, and adverb
Wednesday	20/9/2023	12-1pm	I	1.2	Determiners & Prepositions	Determiners & Prepositions
Thursday	21/9/2023	3-4pm	I	1.2	Determiners & Prepositions	Determiners & Prepositions
Friday	22/9/2023	12-1pm	I	1.2	Determiners & Prepositions	Determiners & Prepositions
Tuesday	26/9/2023	3-4pm	I	1.2	Determiners & Prepositions	Determiners & Prepositions
Wednesday	27/9/2023	12-1pm	I	1.3	Modals	Modals
Tuesday	10/10/2023	3-4pm	I	1.3	Modals	Modals
Wednesday	11/10/2023	12-1pm	I	1.4	Subject verb agreement	Subject verb agreement
Thursday	12/10/2023	3-4pm	I	1.4	Subject verb agreement	Subject verb agreement
Wednesday	18/10/2023	12-1pm	I	1.5	Voice	Voice
Wednesday	25/10/2023	12-1pm	I	1.5	Voice and Tense	Voice and Tense

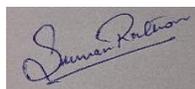
Thursday	26/10/2023	3-4pm	I	1.5	Tense	Tense
Friday	27/10/2023	12-1pm	I	1.5	Tense	Tense
Thursday	02/11/2023	3-4pm	I	1.5	Tense	Tense
Wednesday	08/11/2023	12-1pm	I	1.5	Tense	Tense
Friday	17/11/2023	12-1pm	II	1.1 and 1.5	Composing paragraph, essay writing	Composing paragraph, essay writing
Tuesday	21/11/2023	3-4pm	II	1.1 and 1.5	Composing paragraph, essay writing	Composing paragraph, essay writing
Wednesday	22/11/2023	12-1pm	II	1.1 and 1.5	Composing paragraph, essay writing	Composing paragraph, essay writing
Thursday	23/11/2023	2-3pm	II	1.3 and 1.4	Formal letter and letter to the editor	Formal letter and letter to the editor
Thursday	23/11/2023	3-4pm	II	1.3 and 1.4	Formal letter and letter to the editor	Formal letter and letter to the editor
Thursday	23/11/2023	4-5pm	II	1.3 and 1.4	Formal letter and letter to the editor	Formal letter and letter to the editor
Friday	24/11/2023	12-1pm	II	1.1	Composing messages and posters,	Composing messages and posters,
Friday	24/11/2023	2-3pm	II	1.2	notice and invitations	notice and invitations
Tuesday	05/12/2023	3-4pm	II	1.2	notice and invitations	notice and invitations

Wednesday	06/12/2023	12-1pm	III	1.1 and 1.2	Factual passages and Discursive passages	Factual passages and Discursive passages
Tuesday	07/12/2023	3-4pm	III	1.1 and 1.2	Factual passages and Discursive passages	Factual passages and Discursive passages
Monday	11/12/2023	3-4pm	III	1.1 and 1.2	Factual passages and Discursive passages	Factual passages and Discursive passages
Tuesday	12/12/2023	3-4pm	III	1.3	Literary texts	Literary texts
Wednesday	13/12/2023	12-1pm	III	1.4 and 1.5	Common phrases, idioms, one word substitution and word formation	Common phrases, idioms, one word substitution and word formation
Wednesday	13/12/2023	10-11am	III	1.4 and 1.5	Common phrases, idioms, one word substitution and word formation	Common phrases, idioms, one word substitution and word formation
Thursday	14/12/2023	3-4pm	III	1.4 and 1.5	Common phrases, idioms, one word substitution and word formation	Common phrases, idioms, one word substitution and word formation
Thursday	14/12/2023	2-3pm		1.4 and 1.5	Common phrases, idioms, one word substitution and word formation	Common phrases, idioms, one word substitution and word formation
Friday	15/12/2023	12-1pm		1.4 and 1.5	Common phrases, idioms, one word substitution and word formation	Common phrases, idioms, one word substitution and word formation

Signature of Teaching In-charge:

Name of Teacher: Dr Suman Rathore

Signature:



MORARI DESAI NATIONAL INSTITUTE OF YOGA
MINISTRY OF AYUSH, GOVT. OF INDIA
68, ASHOK ROAD, NEW DELHI

Dated: 31 May, 2022

F.No. 61/62/2019-20/YE/MDNIY/SGRC

OFFICE ORDER. 181.../2022

Subject: Reconstitution of Students Grievance Redressal Committee - reg.

In pursuance to this Institute's Office Order No. 09/2020 dated 16.01.2020, as per the directions of competent authority, the student Grievance Redressal Committee ("SGRC") is reconstituted with the following member: -

Members of the SGRC: -

- | | |
|---|---------------------------|
| 1) Dr. Indu Sharma (Asst. Prof., Yoga Education) | - Chairperson |
| 2) Dr. Rameswar Pal (Asst. Prof., Human Physiology) | - Member |
| 3) Dr. Pawan Kumar (Asst. Prof., Yoga Education) | - Member |
| 4) Dr. Suman Rathore, (Asst. Prof., English) | - Convener |
| 5) Muruli M.R., M.Sc., Yoga | - Students Representative |

Other members may be as follow: -

Counselor:

- 1) Dr. Arpit Kumar Dubey (Asst. Prof., Sanskrit)
- 2) Dr. Vandana Singh (Asst. Prof., Hindi)
- 3) Administrative Officer, MDNIY
(Availability- All working days 9.00 AM to 5.30 PM)

Psychologist/Psychiatrist:

- 1) Faculty of Human Consciousness/Consultant/Therapist, OPD
(Availability- All working days 12.00 PM. to 1.00 PM)

Above mentioned committee will look after students grievances as and when received. This committee will work as per UGC standard operating protocol.

The above said committee will be effective for Academic Session 2022-23.

This issues with the approval of the Director.

Copy to:-

1. All the above concerned officials
2. Director's Office
3. Officer Order File

अंशुमान कुमार HM
30/5/22
(Anshuman Kumar Jha)
Administrative Officer (I/C)

मोरारजी देसाई राष्ट्रीय योग संस्थान
68, अशोक रोड, नई दिल्ली-110001

File No. 61/62/2019-20/YE/MDNIY/SGRC

Dated: 23rd September, 2024

OFFICE MEMORANDUM

Subject: Reconstitution of Students Grievance Redressal Committee - reg.

Competent Authority Vide his Order dated 18/09/2024 has been pleased to re-constitute Student Grievance Redressal Committee ("SGRC") comprising with the following members: -

Members of the SGRC

1. Dr. I.N. Acharya, PO (YT)
2. Dr. Arpit Kumar Dubey (Asst. Prof., Sanskrit)
3. Dr. Indu Sharma (Asst. Prof., Yoga Education)
4. Dr. Rameswar Pal (Asst. Prof., Human Physiology)
5. Dr. Pawan Kumar (Asst. Prof. Yoga Education)
6. Dr. Suman Rathore (Asst. Prof., English)
7. Dr. Shubham Kirar Suryawanshi (Asst. Prof., Human Consciousness)

Chairperson
Member
Member
Member
Member
Member Secretary

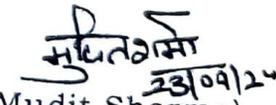
Student Representatives

1. Ms. Isha (M.Sc. Yoga, Final Year)
2. Mr. Gaurav (B.Sc. Yoga, Final Year)

Counsellor -

1. Dr. Shubham Kirar Suryawanshi (Asst. Prof., Human Consciousness)

These orders will supersede earlier orders issued on the subject.


(Mudit Sharma)

Administrative Officer

Copy to:

1. All above mentioned Officials of MDNIY
2. Director's Office
3. PO (YT), MDNIY, New Delhi
4. C&D Officer, MDNIY, New Delhi
5. Teaching Departments
6. Yoga Research/OPD

1

MORARJI DESAI NATIONAL INSTITUTE OF YOGA
68, Ashok Road, New Delhi - 110 001

Communication and Documentation Department
MDNIY Library

Details of Institute's Library Collection as on 31.12.2022:

- | | |
|---|----------------------------|
| 1. Total Volume of Books: | 16713 |
| a. Titles | 8631 |
| b. References | 210 |
| 2. Subscribed Periodicals (Subscription renewal for the year 2023 is in process): | |
| a. National | 19 |
| b. International | 22 |
| c. Magazines | 13 |
| d. Newspapers | 11 |
| 3. Audio Video: | 194 |
| 4. Library Automation Software: | Alice for Windows |
| 5. Internet Service : | Yes |
| 6. Membership Service : | Annual and Quarterly basis |
| 7. Photocopier Service : | Yes |
| 8. Book Bank Service : | Yes |

Handwritten:
L.I.A.
8/12/23

C.&D.O.

Handwritten:
15/12

Handwritten:
Dr. Ankit

YOGA THERAPY LAB EQUIPMENT

S.No.	Name of the Equipment
1	Digital Goniometer
2	Digital Inclinator
3	Bio-Well GDV Camera with its accessories
4	Weighing machine (digital)
5	BP Apparatus (digital)
6	Yoga Viparit Dandasana Bench (Large Backbender)
7	Yoga Tall Backbender
8	Pawanuktasana Bench
9	Viparita Karani Bench or Box

Morarji Desai National Institute of Yoga
Ministry of Ayush, Govt. of India
Department of Yoga and Human Consciousness

Psychology Laboratory

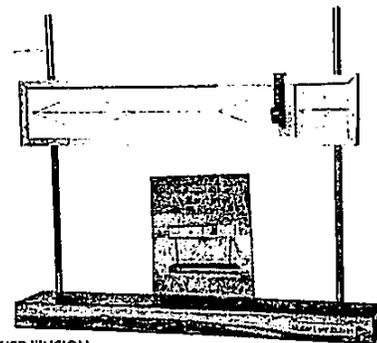
Psychology laboratory is used as teaching aid for Psychology & Human Consciousness courses in different programmes (UG, PG, Diploma etc.) as well as also for testing various psychological variables for research activities. The lab is equipped with psychological tests, questionnaires, inventories, apparatus and batteries for students for not only learning the concepts and theories of Psychology but also to learn to conduct experiments based on those theories.

The psychology laboratory has procured various psychological tests in the form of questionnaires, physical instruments and apparatus as well as software based tests. In future there is plan to procure more tests to further develop the department for consciousness base researches.

Available Assessment Tests, Apparatus and Batteries

Apparatus

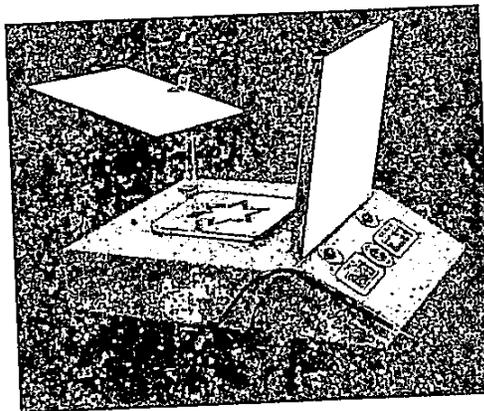
Muller Lyer Illusion



MULLER LYER ILLUSION

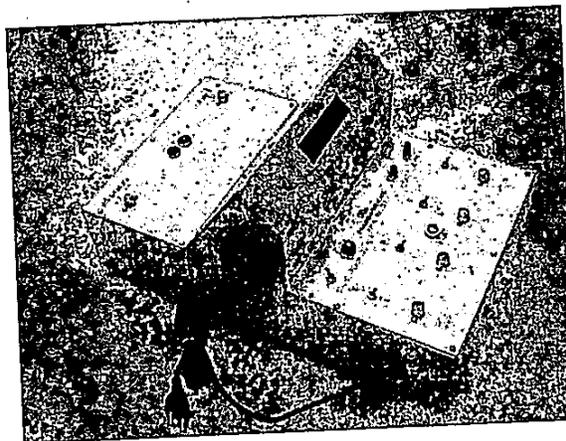
Müller-Lyer illusion helps psychologists and neuroscientists study the way the brain and visual system perceive and interpret images. This test is based on the principles of visual Perception.

Mirror Drawing Apparatus



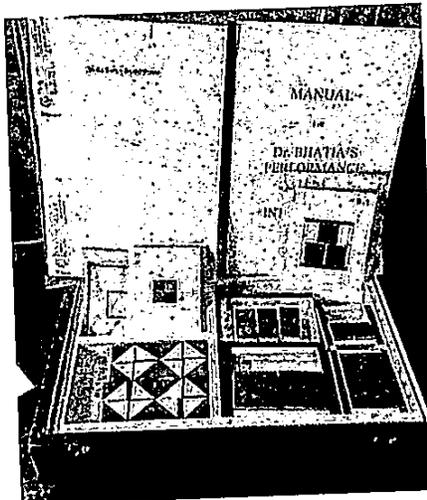
The Mirror-drawing or Mirror-tracing test is a psychological assessment used to measure the rate of learning, hand-eye coordination, and neuropsychological damage.

Chronoscope



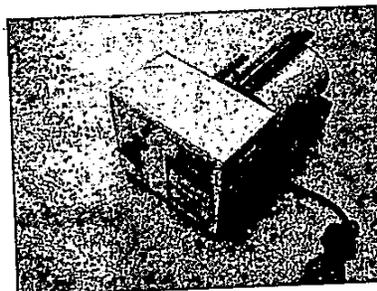
Chronoscope is used to measure Reaction Time of a person. Reaction time is one of the important methods to study a person's central information processing speed and coordinated peripheral movement response. Cognitive processes are typically inferred from behavioral data such as accuracy and reaction time.

Bhatia Battery



This test was developed to test the Intelligence of Indian Population. It includes following five sub tests: 1. Koh's block design test 2. Alexander's passalong test 3. Pattern drawing test 4. Immediate memory 5. Picture construction test. The main objective of the test is to measure the intelligence of children and less educated or illiterate population.

Memory Drum



Memory Drum is used to measure the memory strength of a person using comprehensible and incomprehensible words.

List of Psychological Tests

S.No.	Name of Test	Standardized By	Used for Assessment of
1	Academic Anxiety Scale for Children	Dr. A. K. Singh and Dr. A. Sen Gupta	Academic Anxiety
2	Adjustment Inventory for College Students	Prof. A.K.P. Sinha and Prof. R.P. Singh	Adjustment
3	Adjustment Inventory for School Students	Dr. A. K. P. Sinha and Dr. R. P. Singh	Adjustment
4	Aggression Inventory	Dr. M. K. Sultania	Aggression
5	Anxiety Depression and Stress Scale	Dr. Pallavi Bhatnagar, Megha Singh	Anxiety, Depression and Stress
6	Anxiety Scale for State, Trait, and Freefloating Anxieties	Dr. R. R. Tripathi	State, Trait and Freefloating Anxiety
7	Bell's Adjustment Inventory	Dr. R. K. Ojha	Adjustment
8	Comprehensive Trail Making Test	Cecil R. Reynolds	Cognition
9	Daftuar Aggression Scale	Dr. Chitranjan N. Daftuar	Aggression
10	Death Anxiety Scale	Upinder Dhar, Savita Mehta and Santosh Dhar	Death Anxiety
11	Depression Scale	Prof. G.P. Thakur and Dr. R. N. Singh	Depression
12	Emotional Intelligence Inventory	Dr. S. K. Mangal and Shubhra Mangal	Emotional Intelligence
13	Emotional Intelligence Scale	Dr. Arun Kumar and Dr. Suraksha Pal	Emotional Intelligence
14	Emotional Intelligence Test	Dr. Ekta Sharma	Emotional Intelligence

15	Eysenck's Personality Questionnaire	H. J. Eysenck	Personality
16	Frustration Tolerance	Dr. S. N. Rai	Frustration
17	Global Adjustment Scale	Psy-Com	Adjustment
18	Group General Mental Ability Test	S. Jalota	Mental Ability
19	Group Test of Intelligence	Dr. G. C. Ahuja	Intelligence
20	IIP Aggression Scale	Dr. Kranti K. Srivastava	Aggression
21	Iowa Gambling Task (Software)	Anotine Bechara	Cognition
22	Maudsley Personality Inventory	H. J. Eysenck	Personality
23	Mental Health Inventory	Dr. Jagdish and Dr. A. K. Srivastava	Mental Health
24	PGI General Wellbeing Measure	Dr. Santosh K. Verma	
25	PGI Health Questionnaire N-1	Dr. Dwarka Persad, Dr. S. K. Verma and Dr. N. N. Wig	
26	PGI Memory Scale	Dr. Dwarka Persad and Dr. N. N. Wig	Memory
27	Ray Complex Figure Test and Recognition Trial	John E. Meyers and Kelley R. Meyers	Cognition
28	Rosenweig Picture Frustration Study (Adult form)	Dr. Udai Pareek, R.S. Devi and Saul Rosenweig	Personality
29	Rosenweig Picture Frustration Study (Children's form)	Dr. Udai Pareek and Saul Rosenweig	Personality
30	Self Concept Scale	Dr. R. K. Saraswat	Self-Concept
31	Sixteen Personality Factor	Conn and Rieke	Personality
32	Social Intelligence Scale	Dr. N. K. Chadha	Intelligence
33	Spiritual Belief Scale	Dr. Akbar Husain, Ruchi Singh	Spirituality
34	Spiritual Intelligence Scale	Dr. K. S. Mishra	Spirituality

35	Spiritual Quotient	Dr. Chitranjan N. Daftuar	Spirituality
36	Test of Asakti - Anasakti	Dr. L. I. Bhushan and Dr. M. K. Jha	Spirituality
37	The Hospital Anxiety and Depression Scale	R. P. Snaith and A. S. Zigmond	Anxiety and Depression
38	Wilcoxin Card Sorting Test (Software)	Robert K. Heaton	Cognition

Morarji Desai National Institute of Yoga
Ministry of Ayush, Government of India
68, Ashoka road, New Delhi -110001

Department of Human Physiology

Human Physiology is the science that deals with various functions of the human body, their mechanisms under normal condition and their regulation under different physiological and pathophysiological conditions.

Students are taught the Physiology of different systems in the body. It includes hematology, cardio-vascular system, respiratory system, digestive system, central nervous system, autonomic nervous system, reproductive system, excretory physiology, gastrointestinal system, endocrinology etc. Also Impacts of Yoga on Human Body are being taught to students.

The theoretical aspects are taught by the faculty during the lecture hours. The Practical aspects are taught in the Hematology, and Human Physiology laboratory. The students develop their skills here and also learn to interpret the results of different procedures with special reference to clinical correlation.

This department is composed of Hematology, and Human Physiology laboratory. Hematology laboratory is equipped with monocular and binocular microscopes for every student. Latest gadgets are available for routine hematological investigations. Human physiology laboratory provides enough space including beds to carry out clinical and pre clinical experiments. Human Physiology laboratory is equipped with basic instruments like weighing machine, height scale, caliper, stethoscope, sphygmomanometer, stopwatch, pulse oximetry etc to carry out routine clinical test. Human Physiology laboratory is also equipped with Physiology Monitoring System, Electrocardiography (ECG), Computerized Spirometer for Lung Function Test (LFT), Body composition analyzer, Multipara Monitoring System etc

List of Instruments already available in the Department of Human physiology

S. NO.	Name of Machinery & Equipments	Available Piece
1.	Hammer	05
2.	Height Scale (Wall mount)	02
3.	Peak Flow Meter (05 piece)	05
4.	Stethoscope (25)	25
5.	Sphygmomanometer (22)	22
6.	Digital Blood Pressure Monitor (04)	04
7.	Stop Watch (11)	11
8.	Skin Fold Measuring Calliper(10)	10
9.	Thermometer (15)	15
10.	Tuning Fork (05)	05
11.	Monocular Compound Microscope (22)	22
12.	Weighing Machine (01)	01

13.	Haemocytometer (20)	20
14.	Vernier calliper (05)	05
15.	Computerised Spirometer (02)	02
16.	Pulse oxymeter (Fingertip) (10)	10
17.	Echocardiography (ECG)	01
18.	Stadiometer (01 pc)	01
19.	Hand Grip dynamometer	02
20.	Back and leg muscle strength dynamometer (02 pc)	02
21.	Spirometer (With water drum) (03 pc)	03
22.	Wireless physiological data recording system	01
23.	Measuring tape (60 inch) (10)	10
24.	Anthropometer (05 pc)	05
25.	Bio – Impedance analyzer / Body Composition analyser (02 pc)	02
26.	Multiparameter Monitor (01 pc)	01

**Morarji Desai National Institute of Yoga
Ministry of Ayush, Govt. of India
68, Ashok Road, New Delhi - 110001**

Department of Human Anatomy

Introduction:

MDNIY has established a Human Anatomy and Physiology laboratory to teach the subject of Human Anatomy and Physiology as a part of curriculum of the various courses being run by the Institute. The department of Human Anatomy is actively engaged in teaching the students of M.Sc. (Yoga), B.Sc. (Yoga), Post Graduate Diploma in Yoga Therapy for Medicos (PGDYTMP), Diploma in Yoga Science (DYsc.) for graduate students. The departmental laboratory has been set up with an aim to teach the core concepts of structure of the human body. This enables the students to understand as to what is going on inside the human body, and how the yogic practices impact the body and its various systems. Existing Human Anatomy lab has been upgraded. Upgraded Anatomy Laboratory is equipped with some basic models and charts with huge space for demonstration and hands-on-training of the students to give better understanding of the subject.

Also the subject of Biomechanics and Kinesiology has been introduced in the curriculum. The objective is to help the students to realize the importance of Biomechanics and Kinesiology in Yoga practices so as to understand safe and stable physical alignment in Yoga postures and to learn general biomechanics concepts and principles that influence human movement.

The theoretical aspects are taught during the lecture hours and practical classes are taken in the well-equipped Anatomy Lab with demonstration on Human Skeleton, Joint Models, Charts, equipments etc. The Laboratory is well equipped with human skeleton, joints of the upper limbs and lower limbs, spine models, models of different systems of human body, models of different organs etc. for gaining an in-depth understanding of the subject. **List enclosed**

**Morarji Desai National Institute of Yoga
Ministry of Ayush, Govt. of India
68, Ashok Road, New Delhi - 110001**

Department of Human Anatomy

List of Charts in Human Anatomy Laboratory are as follows:

S.NO	Name of the Chart with Roller / Aluminium frame	Quantity
1	The Musculoskeletal System	01
2	The Skeletal System	01
3	The Human Skull	01
4	The Vertebral Column	01
5	Human Spine Disorder	01
6	Hip and Knee	01
7	Head and Neck	01
8	Anatomy of the Heart	01
9	The Vascular System	01
10	The Nervous System	01
11	The Spinal Nerves	01
12	Autonomic Nervous System	01
13	Anatomy of the Brain	01
14	The Digestive System	01
15	The Kidney	01
16	The Lymphatic System	01
17	The Respiratory System	01
18	Ear nose and Throat	01
19	The Eye	01
20	The Female Reproductive System	01

List of Models in Human Anatomy Laboratory are as follows:

S.No	Name of the Models	Quantity
1	Disarticulated Skeleton model life size	01
2	Life size skull model	02
3	Hip joint model life size	02
4	Knee joint model life size	02
5	Shoulder complex model life size	02
6	Vertebral column with pelvis	01
7	Heart Model	02
8	Lung Model	02
9	Liver Model	02
10	Kidney Model	02
11	Reproductive System	02
12	Muscular System	02
13	Eye Model	02
14	Ear Model	02
15	Nose Model	02
16	Brain Model	02
17	Digestive System	02
18	Human Torso with wooden cabinet	01
19	Articulated Human Skeleton Life Size	01
20	Human Wrist Joint Model	01
21	Human Ankle-Foot Complex	01

List of Instruments available for theory and practical classes are as follows:

S.No	Name of the Instrument	Quantity
1.	Sit and Reach Box to assess flexibility.	01
2.	Full Circle Goniometer	10
3.	Half Circle Goniometer	10
4.	Finger Goniometer	10
5.	Hand Grip Dynamometer	01
6.	Hand Held Manual Muscle Tester	01
7.	Posture Evaluation Set (Grid and Evaluator)	01
8.	Algometer	01
9.	Digital Inclinator	01
10.	Modified Sit and Reach Box	01

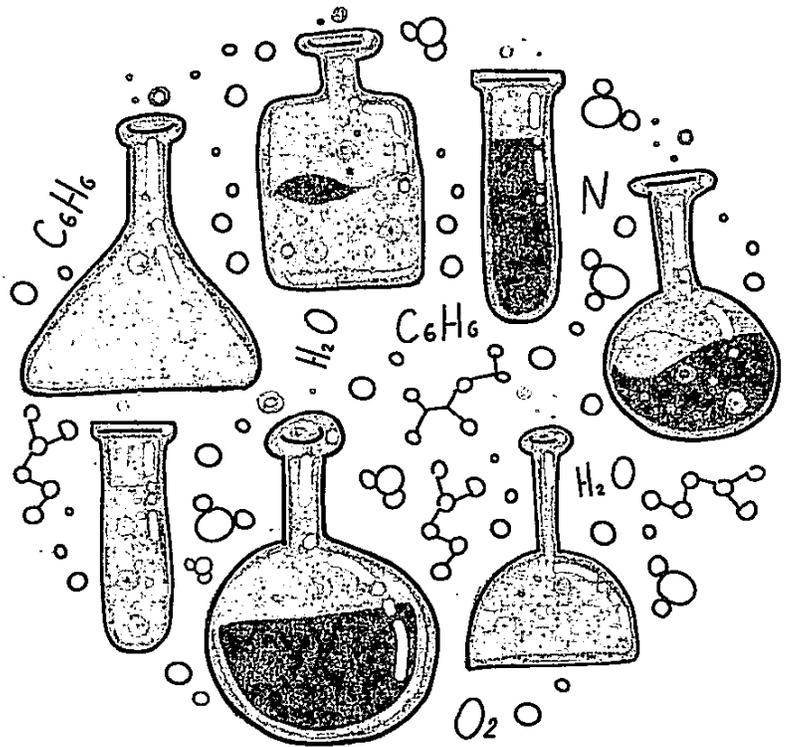
Ms. Sobika Rao
Assistant Professor (Human Anatomy)

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of Ayush, Govt. of INDIA

68, Ashok Road, New Delhi

DEPARTMENT OF ALLIED SCIENCES

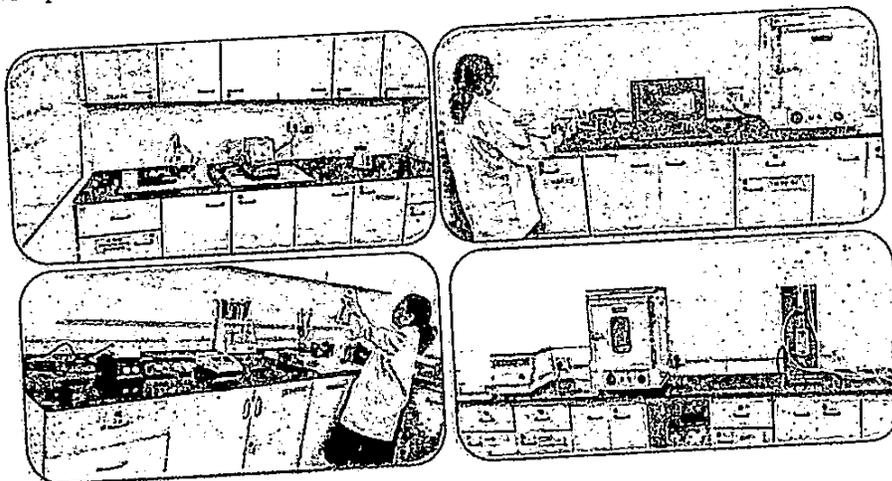


DEPARTMENT OF ALLIED SCIENCES

Department of Allied Sciences, MDNIY is dedicated for teaching allied science subjects to Yoga students/sadhaks/followers. Specifically, department is having a fully equipped Biochemistry Laboratory for academics, research and monitoring purpose.

In Biochemistry, students are taught with chemical changes which occur in the organism during digestion, absorption, excretion, growth and multiplication of the organism. Qualitative and quantitative analysis of body fluids, which are subject of clinical biochemistry assist the clinicians in the diagnosis, treatment and prevention of the disease and drug monitoring, tissue and organ transplantation, forensic investigations and so on are the subject of clinical biochemistry. Various biological fluids subjected to chemical tests and assays include blood, plasma, serum, urine, cerebrospinal fluid (CSF), ascetic fluid, pleural fluid, faeces, calculi and tissues.

The Biochemistry Laboratory of the Department consist of advanced equipments such as Analytical Weighing Balance, pH meter, Vortex mixer, micro-centrifuge, Water Distillation Unit, Incubator, Oven, Centrifuge, Hot Water Bath, Refrigerator, Calorimeter, Paper chromatography apparatus, Thin layer Chromatography apparatus, Urinometer, Urinalysis material, Semi-auto-analyser, Immuno-analyser, Hand-held Blood analyser, Dual Beam UV-Vis Spectrophotometer, Multi-mode microplate reader.



Biochemistry laboratory, MDNIY.

INSTRUMENTS & FACILITIES OF BIOCHEMISTRY LABORATORY

1. Multimode Microplate reader

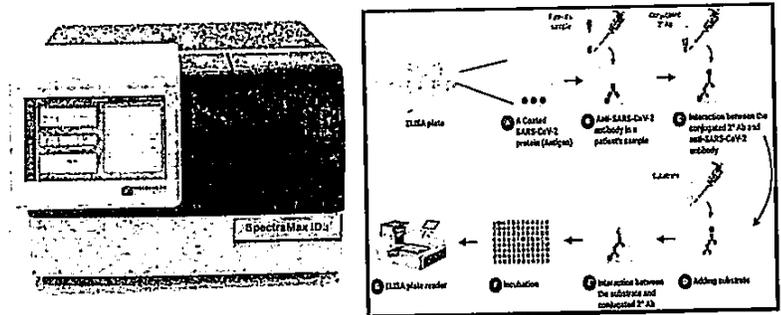


Figure: Multi-Mode Microplate Reader (Molecular Devices, USA, SpectraMax ID3)

Multi-Mode Microplate Reader (Molecular Devices, USA, SpectraMax ID3) is a monochromator-based, multi-mode plate reader. The touchscreen interface provides integrated instrument control, data display, and the ability to export results over your network for statistical data analysis. The instrument touchscreen uses the embedded SoftMax Touch Software to run basic noninjector reads. It also uses computer running the SoftMax® Pro Data Acquisition and Analysis Software to operate the instrument for advanced acquisition settings. The high sensitivity and flexibility of the instrument make it useful for applications in the fields of biochemistry, cell biology, immunology, molecular biology, and microbiology. Typical applications include ELISA, nucleic acid, protein, enzymatic type homogeneous and heterogeneous assays, microbial growth, endotoxin testing, and pipettor calibration.

The instrument supports the following read modes:

- Absorbance Read Mode
- Fluorescence Intensity Read Mode,
- Luminescence Read Mode

The instrument supports four read types.

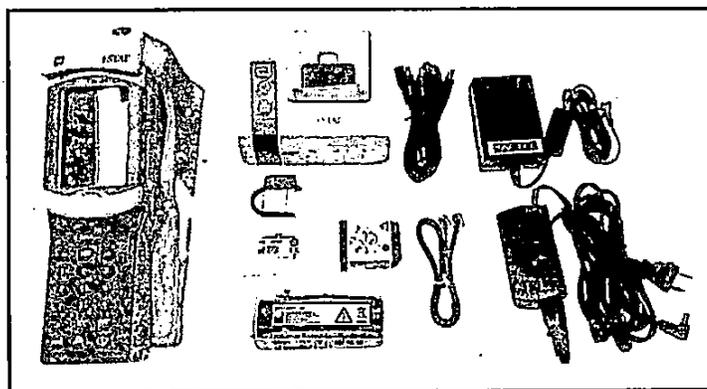
- Endpoint
- Kinetic
- Well Scan
- Spectrum

REFERENCE

1. Spectramax ID3 with SoftMax® Pro Data Acquisition and Analysis system has been extensively validated with research papers and publication worldwide with 16400 citations. For details click the link.

<https://www.moleculardevices.com/resources/citations/softmax-pro>

2. Handheld blood analyser (Portable)

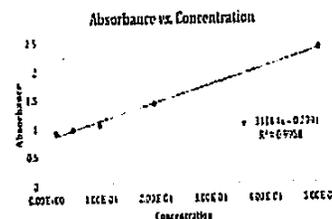
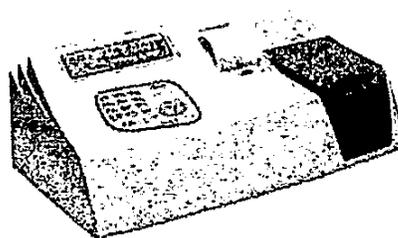


iSTAT Portable Clinical Analyzer (Abott Laboratories) is a handheld device is a fully automated system used for point-of-care clinical testing. It uses small amount of whole blood to provide time sensitive test at patient's side in just minutes. The analyzer is designed to provide rapid and accurate results for various blood tests such as arterial blood gases, blood electrolytes, haematology and other biochemistry markers.

REFERENCE

1. Steinfelder-Visscher J, Teerenstra S, Gunnewiek JM, Weerwind PW. Evaluation of the i-STAT point-of-care analyzer in critically ill adult patients. *J Extra Corpor Technol.* 2008 Mar;40(1):57-60. PMID: 18389666; PMCID: PMC4680657.
2. Thomas Mock, Douglas Morrison, Randall Yatscoff. Evaluation of the i-STAT™ system: A portable chemistry analyzer for the measurement of sodium, potassium, chloride, urea, glucose, and haematocrit. *Clinical Biochemistry.*2004. Volume 28, Issue 2, April 1995, Pages 187-192
3. W. L. NG*, T. G. SHORT†, K. N. GUNN†, G. S. FUGE‡, B. SLON§. Accuracy and reliability of the i-STAT point-of-care device for the determination of haemoglobin concentration before and after major blood loss. *Anaesth Intensive Care* 2014; 42: 495-499

3. Semi Auto-Biochemistry analyser



Semi-Autoanalyzer (Transasia Pvt. Ltd. Chem5x) is the frequently used device in clinical biochemistry laboratories comes with Monochromatic & biochromatic measurement system. It consists of Multi-point calibration with graphical display and built in self-diagnosis. It can be used in laboratories to perform various tests like albumin tests, sugar level tests, or to detect levels of enzymes and creatinine in the blood. Entire Range of Clinical Chemistry Tests Including Blood glucose levels, lipid profile test, LFT, KFT etc.

REFERENCE

1. Kumari S, Bahinipati J, Pradhan T, Sahoo DP. Comparison of test performance of biochemical parameters in semiautomatic method and fully automatic analyzer method. *J Family Med Prim Care*. 2020 Aug 25;9(8):3994-4000. doi: 10.4103/jfmpe.jfmpe_94_20. PMID: 33110800; PMCID: PMC7586617.
2. X. Lv, Y. Luo, M. Deng and Y. Chen, "The design of the semi-automated biochemistry analyzer", *Proc. Int. Conf. Inf. Acquisition*, pp. 164-167, 2004.

4. Advanced Immuno-analyser (Portable)



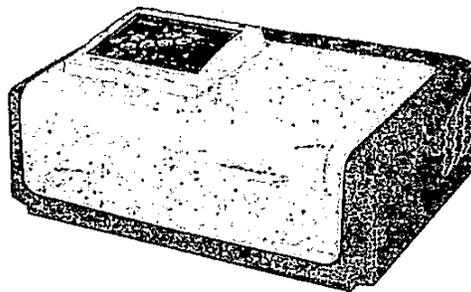
ichroma™ II (Boditech) is a fluorescence and Europium nanoparticle scanning instrument to be used in conjunction with various ichroma™ Immunoassay Tests which are based on antigen-antibody reaction and fluorescence technology. It comes with a two-level quality control/calibration and control system for better accuracy. ichroma™ II is a compact, easy-to-use diagnostic immuno-analyzer to measure the presence of

various biomarkers for cardiac, cancer, Vitamins, hormones, infectious diseases, autoimmune diseases, and metabolic diseases.

REFERENCE

1. Bolodeoku J., Bass M., TK Kim, Anyaeche C., and Retnasingham V., (2020) Performance of the Boditech iCHROMA Covid-19 IgG antibody assay with the external quality control from UK NIBSC (National Institute of Biological Standards and Control) J, Clin Med Rev and Rep. 2(8); DOI: 10.31579/2690-8794/048
2. Bolodeoku J, Bains S, Pinkney S, Coker O, Kim TK, et al. (2019) An evaluation of the Boditech i-CHROMATM Thyroid Stimulating Hormone (TSH) Method: Precision and Accuracy. Ann Clin Lab Res Vol. 7 No. 2: 302.
3. Oh Joo Kweon a, Yong Kwan Lim a, Hye Ryoum Kim a, Tae-Hyoung Kim b, Mi-Kyung Lee. Performance evaluation of newly developed fluorescence immunoassay-based interferon-gamma release assay for the diagnosis of latent tuberculosis infection in healthcare workers. Journal of Microbiology, Immunology and Infection. Volume 55, Issue 2, April 2022, Pages 328-331

5. Dual beam spectrophotometer



Applications that require stability, flexibility and speed will benefit from using a double beam spectrophotometer (Analytical technologies ltd, Spectro 20925) instead of a single beam spectrophotometer. These instruments are used in research and clinical laboratories for:

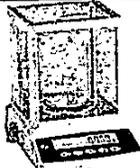
- DNA analysis
- Wavelength scanning
- Protein analysis
- Kinetics
- Quantitative analysis

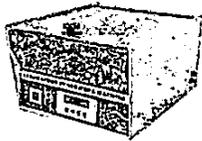
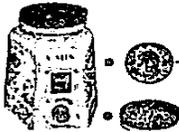
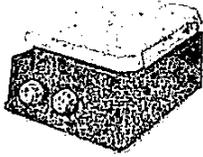
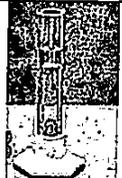
Physicists, biologists and chemists use double beam spectrophotometers for measuring visible, near-infrared and near-ultraviolet light.

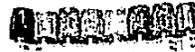
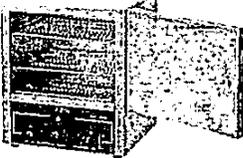
REFERENCE

1. Jain PS, Chaudhari AJ, Patel SA, Patel ZN, Patel DT. Development and validation of the UV-spectrophotometric method for determination of terbinafine hydrochloride in bulk and in formulation. Pharm Methods. 2011 Jul;2(3):198-200. doi: 10.4103/2229-4708.90364. PMID: 23781456; PMCID: PMC3658052.

Equipments/ Instruments for Student's regular Practical's

S.N	Instrument/Device	Use	Photo
1	Analytical Weighing Balance	Analytical weighing balances are critical tools in biochemistry labs for accurate measurement of the mass of substances.	
2.	pH meter	It is used to measure the acidity or alkalinity of solutions, critical for optimizing enzymatic reactions and assessing reaction conditions.	
3.	Water Distillation Unit	It is use to produce purified water for various experiments, ensuring high-quality reagents and reliable results.	
4	Paper Chromatography Unit	It is use to separate and analyses complex mixtures of compounds, aiding in identifying and quantifying components within samples.	
5	Thin layer Chromatography Unit	It is used to separate compounds within mixtures, assisting in substance identification and analysing reactions swiftly.	
6	Colorimeter	It measures the intensity of light absorbed by substances, aiding in quantifying concentrations and assessing chemical reactions based on colour changes.	

7	Centrifuge	It rapidly spins samples, separating components by density, essential for isolating molecules, cells, or particles from complex mixtures.	
8	Vortex mixer	It swiftly agitates tubes or vials, aiding in mixing reagents, solvents, or samples for homogenous reactions.	
9	Hot Plate and Magnetic Stirrer	It combines heating and stirring, crucial for preparing solutions and maintaining consistent temperatures during experiments.	
10	Incubator	It provides controlled temperature and environment, fostering optimal conditions for cultivating and studying biological samples or reactions.	
11	Hot Water Bath	It offers consistent heating, aiding in tasks like enzyme reactions, sample thawing, and maintaining stable temperatures for experiments.	
12	Microcentrifuge	It rapidly spins small samples, separating biomolecules or particles, vital for quick analyses and DNA/RNA purification.	
13	Multi-channel micropipette	It dispenses precise volumes simultaneously, streamlining high-throughput pipetting tasks, such as sample preparation and reaction setup.	
14	Urinometer	It measures urine density, aiding in assessing kidney function and detecting potential health conditions based on urine specific gravity.	

15	Urinalyses strips	It quickly tests urine for various parameters like pH, glucose, and protein, aiding in diagnosing metabolic disorders and kidney-related issues.	
16	Vacutainers	These are pre-measured blood collection tubes that simplify and standardize blood sampling, crucial for accurate diagnostics and testing various biochemical parameters.	
17	Micro-pipettes	It precisely measures and transfer small volumes of liquids, essential for preparing samples, reagents, and conducting various assays with high accuracy.	
18	Laboratory Oven	It provides controlled heating, enabling processes like sample drying, sterilization, and promoting consistent reactions or material preparation.	
19	Refrigerator	It maintains low temperatures, preserving sensitive reagents, enzymes, and samples crucial for accurate experiments and storage.	
20	Burette setup	It enables precise dispensing of liquids, aiding in titrations and accurate measurement of reactants for analytical purposes.	
20	Sample vials	It holds small quantities of liquids or substances, facilitating storage, organization, and efficient handling during analyses and experiments	

* Additionally, glassware's, plasticwares, chemicals, Reagents and kits are also the part of Biochemistry Laboratory.

**MORARJI DESAI NATIONAL INSTITUTE OF YOGA
68, ASHOK ROA, NEW DELHI-110001**

Subject: IT Office Equipment - reg.

The following IT equipments are purchased during 2018-19:

S. No.	Items	Quantity	Date of Purchase
1	All in One Computer	30	09/04/2018
2	Printer	10	26/03/2018
		01	11/03/2019
3	Bar Code Scanner	01	11/03/2019
4	Digital Multifunctional Copier	02	15/03/2018

List of Seminars from July 2023 to June, 2024

Sl. No.	Speaker	Topic of Lecture	Date
1.	Dr. Sudipta Saha, Associate Professor, Department of Biotechnology, Sister Nivedita University, Newtown, Kolkata	Male Reproductive Health	07 th July, 2023
2.	Dr. Shashikant Dwivedi Associate Professor, Department of Vaidic Darshan, Faculty of Sanskrit Vidya Dharma Vijnan Banaras Hindu University, Uttar Pradesh	सांख्य एवं योग का समत्व	14 th July, 2023
3	Shri Pankaj Munjal Life-Skill Coach & Former Director, Training & Development, RV Institute of Technology, Uttar Pradesh	Self-Awareness for Excellence	21 st July, 2023
4.	Prof. Renu Sharma Consultant (Retail) Footwear Design & Development Institute (FDDI) Ministry of Commerce & Industry, Govt. of India	A Conversation about Freedom from Fear	28 th July, 2023
5.	Prof. Sharad Sinha Head Dept. of Teacher Education NIE, NCERT New Delhi	Revitalising Education: Empowering Students through Yoga	04.08.2023
6.	Shri Pankaj Munjal Life-Skill Coach & Former Director, Training & Development, RV Institute of Technology, Uttar Pradesh	Value-Based Decision Making	11.08.2023
7.	Shri Rajesh Kumar Singh Former Assistant Director & Centre Incharge Translation Training Centre, Navi Mumbai Official Language Department, Ministry of Home Affairs, New Delh	'देश के विकास में हिंदी भाषा की भूमिका'	18 th Aug, 2023
8.	Shri Amarendra Kishore Executive Editor, Development Files New Delhi	Rehabilitation, Resettlement and Yoga	25 th August, 2023

9.	Prof. Rahul Garg Department of Computer Science and Engineering, Former Head, National Resource Centre for Value Education in Engineering, Indian Institute of Technology, Delhi	Exploring Yoga Nidra from a Scientific Lens	15 th September, 2023
10.	Dr Surakshit Goswami Chief Spiritual Officer, The Times of India Group	Nurturing Student Values through Yoga	22 nd September, 2023
11.	Ms Shubham Srivastav, Dance Movement Therapy (DMT) Facilitator, New Delhi	Dance Movement Therapy	29th September, 2023
12.	Shri Arun Dubey, Indian Classical Vocalist, Naad Yoga Scholar, Music and Mantra Therapist	The Healing Power of Sound and Musical Mantras: Exploring the essence of Nadd Yoga	6 th Oct. 2023
13.	Shri Arun Dubey, Indian Classical Vocalist, Naad Yoga Scholar, Music and Mantra Therapist	Naad Yoga and Mental Health	13 th October
14.	Dr Raghvendra Naik, Research Officer (Ayurveda) Ayush Department, Bureau of Indian Standards, New Delhi	Yoga and Ayurveda	20 th October, 2023
15.	Dr. Ravindra Kumar, Padama Shri Awardee, Sahityavachaspati, Former Vice Chancellor of CCS University, Meerut (UP); Ombudsman, Swami Vivekananda Subharti University, Meerut; Chief Editor, Global Peace International Journal	भारतीयता, भारत की एकता और सरदार वल्लभभाई पटेल'	27 th October, 2023
16.	Dr. Ravindra Kumar, Padama Shri Awardee, Sahityavachaspati, Former Vice Chancellor of CCS University, Meerut (UP); Ombudsman, Swami Vivekananda Subharti University, Meerut; Chief Editor, Global Peace International Journal	मोरारजी भाई देसाई: योग और सदाचार को समर्पित एक आदर्श जीवन	7 th November, 2023
17.	Professor Om Lata Bhagat, Department of Physiology All India Institute of Medical Sciences, Jodhpur, Rajasthan	Yogic Practices to Achieve Health: Physiological Aspect	8 th December, 2023
18.	Dr. Sanjeev Panchal, Assistant Director (Research), Bharatiya Vidya Prayojana (BVP), Indira Gandhi	Pātañjala Yoga: Exploring Intellectual and Spiritual Dimensions'	22 nd December, 2023

	National Center for the Arts (IGNCA), Ministry of Culture		
--	--	--	--

Workshops:

1. MDNIY Organized a National Workshop on Patanjala Yoga Sutra (Samadhi Paad) from 3rd October,2023 to 08th October, 2023, in which Prof. Krishnakant Sharma, Former Professor, Department of Vaidik Darshan, SVDV Faculty, Banaras Hindu University, Varanasi.

Co-curricular activities for personality development of students

In the academic year 2023-24, MDNIY organised several cultural and sports activities that contributed to the holistic development of the students.

1. As part of its cultural initiatives, MDNIY celebrated "Azad Saptah" from 23rd July 2023 to mark 112th birth anniversary of Chandra Shekhar Azad, a prominent freedom fighter of India. The event included various competitions, special lecture session, tree plantation drive, and blood donation camp, with active participation from students and staff members.
2. From 11th to 13th October, 2023, MDNIY hosted a student sports tournament featuring a range of events, including Yogasana, table tennis, badminton, chess, and others. The tournament provided a platform for students to showcase their talent and fostered a spirit of healthy competition.
3. MDNIY students also participated in various sports events at GGSIP University in the Sports Meet 2024, where they delivered outstanding performances across multiple events including basketball, volleyball, tug of war, and kabaddi, securing a bronze medal in the 5km marathon (Women's category). They further demonstrated their excellence by winning gold medals in Yogasana in both the male and female categories.
4. Additionally, on 9th November 2023, MDNIY organised the Diwali celebration programme, "Deep-o-tsav-2023," under the Pancham Swar initiative, which was attended by students and staff members, creating a festive atmosphere on the campus.
5. A cultural program was organized for students on 14th February, 2024 celebrating Vasant Panchami honoring the Goddess of knowledge and wisdom.
6. During the Hindi Pakhawada which was organised from 14th to 28 September, 2023 various competitions for students like- Hindi Elocution Competition (15th September, 2023) , Hindi Essay Writing Competition (18th September, 2023) , Poetry Recitation Competition (20th September, 2023) were organised by the Institute. Winners of the competitions were awarded with Prize Money and Certificates.