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PREFACE

Yoga is an art and science of healthy living which focuses on bringing harmony between body and mind. It is being practiced as part of healthy lifestyle and has become part of our spiritual heritage. In the present era, Yoga is popular world-wide because of its spiritual values, therapeutic credentials, its role in the prevention of diseases, promotion of health and management of lifestyle related disorders. Several clinical studies have lucidly demonstrated the therapeutic potential of Yoga in the treatment of many lifestyle related or psychosomatic disorders. The speciality of this system is that it can get along with any other systems of health care. Even the Modern Medical System has started realizing the need of life style intervention in the management of many of disease conditions effectively through Yoga, which is drugless and cost effective. Lifestyle and behavioral patterns of the people are changing rapidly, leading to sharp increase in the prevalence of non-communicable diseases like Diabetes, Cardio-vascular diseases, Cancer, Backache, etc. These diseases are preventable by merely making changes in lifestyle. Simple Yogic interventions viz. practicing Asanas, Pranayama, Dhyana, Shatkarma and Yogic diet would ensure disease free, healthy and happy life. Therefore, Yoga remains in the main domain of health care delivery system and is also considered as an art of healthy living.

Morarji Desai National Institute of Yoga (MDNIY) was established to act as a Centre of Excellence in the field of Yoga. The basic objective of this Institute is to develop, promote and propagate the science and art of Yoga. It is also to provide and promote facilities of Yoga education, training, therapy and research to fulfill the above objectives. As the demand for the system of Yoga is increasing rapidly at the global level, the Institute is striving hard to fulfill the current need and demand of the people from every corner.

MDNIY has taken several initiatives during the year under report to achieve the objectives of the Institute and to cater to the present needs and demands. Two Yoga Educational Programmes are being conducted by the Institute (i) Diploma in Yoga Science (DYSc.) for Graduates of one year duration; and (ii) Certificate Course in Yoga Science of three and half months duration for target groups (BSF and Air Force Personnel). Foundation Course in Yoga Science of one month duration is also being conducted successfully throughout the year. Yoga Training and Therapy programmes are un-interruptedly running successfully. Summer Yoga Camps in different localities of Delhi and NCR conducted by the DYSc. students of MDNIY have got good response. Bi-monthly Expert Lecture Series programme and Orientation Training programme for AYUSH/Medical Professionals were also conducted successfully. The Institute has participated in the Arogya exhibitions organized by the Department of AYUSH at different locations in different states. The disease-wise Yoga Therapy booklets, published by the Institute have been peer reviewed by WHO funding and they are being translated to different Indian languages. Regular Yoga Training programmes, Health Care programmes and other activities were also undertaken during the year.

The Institute has organized the National Yoga Week – 2011, a mass awareness programme for Health, Happiness and Harmony through Yoga, on the theme “Yoga for Wellness” from 12th to 18th February, 2011 comprising of 3-days National Conference, a-day National Seminar and 3-days Workshops. The Workshops were conducted by the 8 eminent Yoga Institutions of the country. The event was a great success and applauded by many.

The Institute has established Advanced Centres for Yoga Therapy and Research in 4 premier medical institutes of the country. One more Centre has been established in Govt. Medical College, Jammu during the current year. The Yoga Therapy Centres at six AYUSH/ Allopathy Tertiary Hospitals are running successfully. The Preventive Health Care Units of Yoga being run by MDNIY in CGHS Dispensaries in and around Delhi were successfully running and there is a request for extending these units in more CGHS dispensaries.

A Certificate Course on Health Promotion through Ayurveda and Yoga has also been started in collaboration between Indian Red Cross Society and the Department of AYUSH through CCRAS and MDNIY and a module of 24 hours Yoga training prepared. During the year under report, 4 such Courses have been conducted.

During the Commonwealth Games - 2010, the Specialty clinics of AYUSH (Ayurveda, Unani, Homoeopathy) were established in the premises of MDNIY by the research councils. An AYUSH Library was also established. A Planet Health Museum of Ayurveda and Yoga was also established in the premises of MDNIY, which was a centre of attraction, visited by a large number of dignitaries and applauded.

The brief report on the activities and achievements of the MDNIY along with the Audit Report for the year 2010-11 is presented here.

Dr. I. V. Basavaraddi

Director

CHAPTER-I ORGANIZATION

Morarji Desai National Institute of Yoga (MDNIY) is an Autonomous organization registered under the Societies Registration Act, 1860 and functioning under Department of AYUSH, Ministry of Health & Family Welfare, Govt. of India. MDNIY came into existence on 01.04.1998 by merging erstwhile Central Research Institute for Yoga (CRIY) which was established in the year 1976.

1.1 OBJECTIVES

- To act as a centre of excellence in Yoga;
- To develop, promote and propagate the science and art of Yoga; &
- To provide and promote facilities of training, teaching and research to achieve the above two objectives.

1.2 VISION AND MISSION

Health, Harmony and Happiness for all through Yoga

The Institute provides the best of Teaching, Education, Training, Therapy and Research facilities to the learners, researchers and practitioners of Yoga. The aim of the Institute is to promote deeper understanding of Yoga Philosophy and practices based on classical Yoga amongst the people.

1.3 CHARTER OF FUNCTIONS

- a) To undertake, promote, guide and coordinate research activities in various aspects of Yoga, particularly its preventive, promotional and curative potential;
- b) To standardize the methods and curricula for Yoga education and training;
- c) To provide and promote facilities for training in the field of Yoga;
- d) To promote Yoga at National and International level by organizing conferences and workshops and popularizing through media;
- e) To compile information and propagate the existing knowledge about Yoga;
- f) Documenting scientific discoveries in the field of Yoga;
- g) To coordinate and integrate the concepts followed by various schools of Yoga.

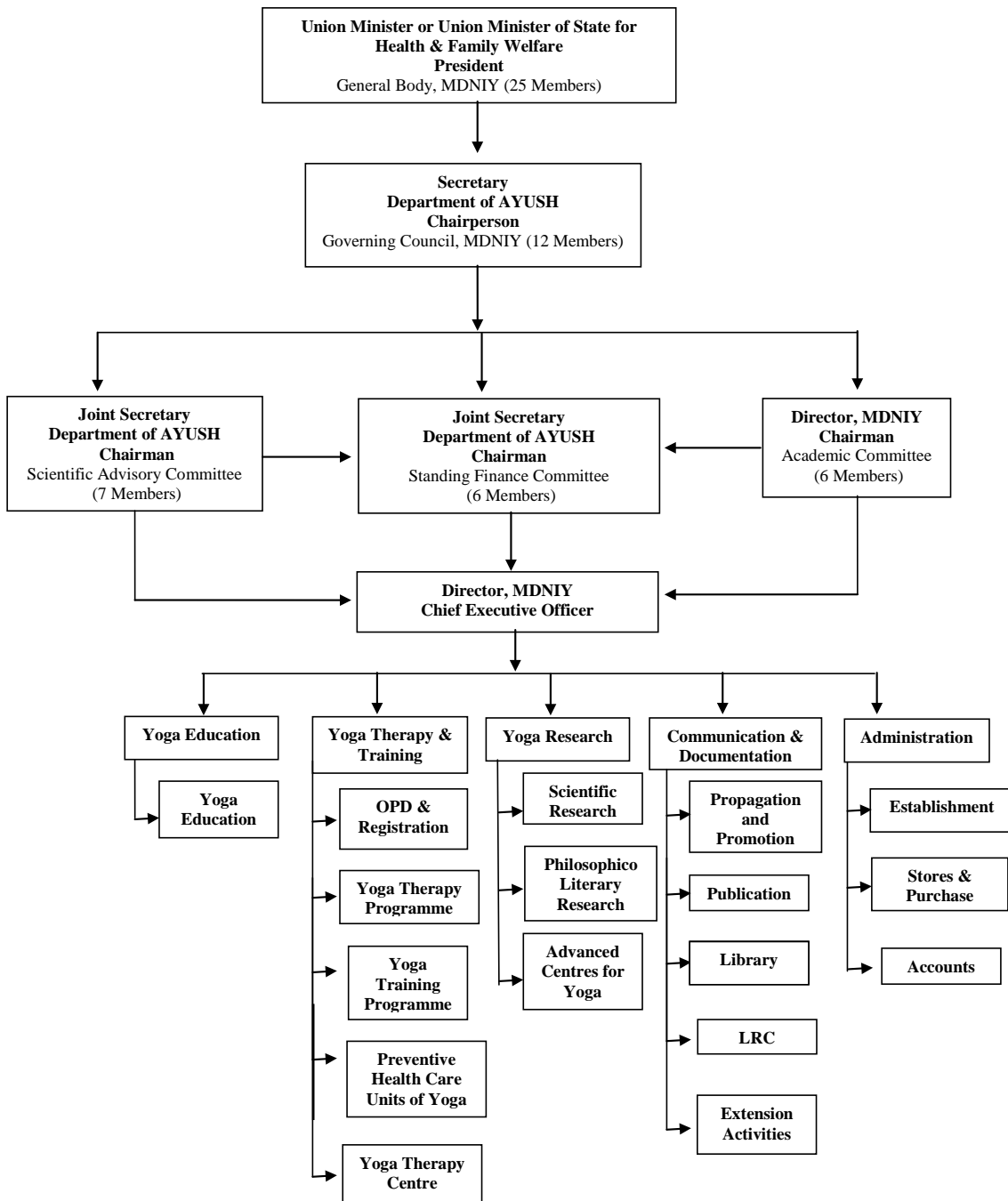
1.4 THE MANAGEMENT

The Institute is fully funded by the Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India. The Authorities and the Officers of the Institute are: The President, The General Body, The Governing Council, The Director and such other Committees, Authorities and Officers as may be appointed by the Governing Council, e.g.

Standing Finance Committee, Scientific Advisory Committee, Academic Committee, etc.

The Union Minister or the Union Minister of State for Health and Family Welfare, Govt. of India holding the charge of Department of AYUSH is the President of the General Body of the Institute. The Secretary, Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India is the Chairperson of the Governing Council. The Director of the Institute is the Chief Executive Officer and “Head of the Department” of the Institute and shall exercise the powers of “Head of the Department” and inter-alia, discharges the duties as mentioned in the Memorandum of Association (MOA) and Bye-laws of the Institute.

1.5 ORGANIZATIONAL CHART OF MDNIY



1.6 STAFF STRENGTH:

Total number of employees in MDNIY as on 31.3.2011 is as under:

Group	Sanctioned Strength	No. of employee	SC	ST	OBC	Total
(i)	(ii)	(iii)	(iv)	(v)	(vi)	(iv)+(v)+(vi)
Group 'A'	13	04	02	---	---	02
Group 'B'	26	21	04	01	---	05
Group 'C'	22	20	03	01	01	05
Group 'C'*	28	22	12	01	01	14
Group 'D'	02	02	02	-	-	02
Total:	91	69	23	03	02	28

*Up-graded into Group 'C' posts as per the recommendations of 6th CPC

Retirement/Appointment etc. during the year

- One Cook and one Chowkidar retired on superannuation on 31.10.2010.
- One Attendant and one Sweeper retired on superannuation on 31.01.2011.
- Administrative Officer in the MDNIY relieved from the post on 31st January, 2011 on expiry of his deputation period.

1.7 ADMINISTRATION

During the year under report, meetings of different committees were convened, which are as under:-

Academic Committee

First meeting of Academic Committee was held on 28.08.2010 under the Chairmanship of Director, MDNIY.

Standing Finance Committee

Two meetings of Standing Finance Committee (SFC) (22nd & 23rd) of MDNIY were held on 11.08.2010 & 16.09.2010 respectively under the Chairpersonship of Joint Secretary (AYUSH).

Governing Council

Two meetings of Governing Council (GC) (12th & 13th) of MDNIY were held on 09.04.2010 and 17.09.2010 respectively under the Chairpersonship of Secretary (AYUSH) wherein several new initiatives and important decisions were taken.

- A Communal Harmony Campaign Week was organized from 19th to 25th November, 2010 in the Institute and Pledge Ceremony was conducted on 19th November, 2010.
- Flag Day was also organized on 19th November, 2010 to raise donations for the rehabilitation of Child Victims of Communal Violence and for promotion of Communal Harmony, National Integration and Fraternity.

1.8 DETAILS OF STAFF PARTICIPATION IN DIFFERENT PROGRAMMES

1. Shri M.S. Bhadoria and Smt. Meera Chauhan both Yoga Instructor Gr. 'A' participated in Arogya Fair in Chennai, Tamilnadu from 27-30 May, 2010 organized by Department of AYUSH, Ministry of Health & F.W.
2. Director along with Dr. I. N. Acharya, Programme Officer (Yoga Therapy) and Shri Bal Mukund Singh, Assistant Research Officer (Yoga) participated in Yoga Seminar on 18-20 June, 2010 and also conducted Seminar-cum-Workshop on 20-25 June, 2010 at Fiascherino di Ierici, Italy.
3. Ms. Chandrawati, Mr. Manoj and Mr. Pradeep – old students of the Institute participated as Yoga Experts on behalf of MDNIY in India Pavilion at Expo-2010 from 14th August, 2010 to 14th September, 2010 at Shanghai, China organized by Department of AYUSH.
4. Shri Bal Mukund Singh and Shri K. Doren Singh, both Assistant Research Officer (Yoga) attended Ayurveda and Yoga Conference at Johannesburg, South Africa on 19-20 September, 2010 organized by Consulate General of India, Johannesburg through Ayurveda Foundation, South Africa.
5. Shri Joydeep Majumder, Assistant Research Officer (Scientific) attended the Seminar on “Yoga in Depression” organized by Advanced Centre for Yoga for Mental Health and Neurosciences, NIMHANS, Bangalore on 26.09.2010.
6. Dr. Satish Rama Rao Gaikwad, Research Officer (Scientific) attended the meeting of Monitoring Committee of Advanced Centre for Yoga Education and Research, Jamnagar, Gujarat Ayurveda University, Gujarat on 27.09.2010.
7. Smt. Meeta Vig, Assistant Research Officer (Yoga), Smt. Bimla Chaudhary, Technical Assistant (Literary) and Ex-students of MDNIY participated in Perfect Health Mela from 23-31 October, 2010 at NDMC Ground, Laxmi Bai Nagar, New Delhi organized by Heart Care Foundation of India, New Delhi.
8. Shri Bal Mukund Singh, Smt. Lalita Mathur, both Assistant Research Officer (Yoga), Shri M.S. Bhadoria, Yoga Instructor and Ex-students of MDNIY participated in Arogya from 12-15 November, 2010 at Calvin Taluqdar’s College University Road, Lucknow.
9. Smt. Lalita Mathur, Assistant Research Officer (Yoga) and Ex-students of MDNIY participated in Arogya Expo from 9-13 December, 2010 at Bangalore, Karnataka.

10. Shri Yogi Udai and Smt. Gurjeet Gambhir, both Assistant Research Officer (Yoga) and Ex-students of MDNIY participated in Arogya from 18-21 December, 2010 at Dusshera Ground, Amritsar, Punjab.
11. Smt. Seema Sagar, Yoga Instructor and Shri Avijit Mutsuddi, Yoga Instructor participated in Arogya from 28-31 January, 2011 at Coimbatore.
12. Shri K. Doren Singh, Assistant Research Officer (Yoga) and Shri Prem Chand Rawat, Yoga Instructor participated in Seminar-cum-Workshop on Yoga on 21-22 February, 2011 at Govt. Ayurvedic College, Guwahati.
13. Shri Vinay Kumar Bharati, Yoga Instructor participated in a Workshop on “Teaching Methodology for Yoga” on 12-13 March, 2011 at Gurukul Kangri University, Haridwar.

1.9 DETAILS OF VISITS AND PARTICIPATION OF DIRECTOR, MDNIY DURING THE YEAR 2010-11

1. Visited Govt. Medical College, Jammu, where Foundation Course of Yoga Science for Medical Graduates/ Professionals was being conducted, and participated in the Workshop on Science of Yoga as a Resource Person and also the Guest of Honour in the Valedictory Function on 24th April, 2010. The modalities of the Foundation Course being conducted were also discussed with the concerned officers of the Govt. Medical College, Jammu.
2. Visited Dev Sanskriti Vishwavidyalaya, Haridwar to deliver lectures to the participants of Re-Orientation Training Programme on Yoga for Medical Professionals sponsored by RAV, New Delhi on 26-27 April, 2010. Besides, evaluated the progress of the project - Yoga in School Health Programme, of MDNIY being conducted by DSVV.
3. Attended a Workshop conducted by National Council of Educational Research and Training (NCERT), at New Delhi from 4th to 7th May, 2010, where the discussion regarding Development of Study material on topics of Yoga for preparation of the Teacher’s guide in Health and Physical Education at the Secondary Stage was taken place. Accordingly, the reading material prepared by the Institute was sent for incorporation in the Syllabus and Study material.
4. Visited NIMHANS, Bangalore to attend the Monitoring Committee meeting of Advanced Centre for Yoga in Mental Health and Neurosciences being the Vice Chairman of the committee on 14th May, 2010 & also attended the Selection Committee meeting for the selection of Yoga Instructors for the Advanced Centre.

Visited SVYASA, Bangalore on 14.5.2010 to review the progress in the Yoga School Health Programme of MDNIY being conducted by SVYASA.

5. Visited Dev Sanskriti Vishwavidyalaya, Haridwar as Member of the Expert

Committee of UGC to have an on the spot inspection under the Chairpersonship of Prof. Vachaspati Upadhyaya, Vice Chancellor, Lal Bahadur Shastri Rashtriya Sanskrit Vidyapeeth from 2nd to 6th July, 2010. A meeting was also convened to discuss all the academic and physical infrastructure of DSV.

6. Visited Krishnamachaya Yoga Mandiram, Chennai to attend one Day International Conference on “Synergies in Health – An Integrative Approach of Yoga and Modern Medicine” as a Speaker on 18th July, 2010. Also inaugurated the Conference and delivered Key Note Address. Besides discussed the progress of the project Yoga in School Health Programme of MDNIY conducted by KYM.
7. Visited Shanghai, China from 16-19 August, 2010 to participate in the India Pavilion of Expo-2010 along with 4 Yoga experts. A compact Yoga programme of 30 minutes in 5-6 sessions per day was prepared exclusively for the Expo-2010. Yoga therapy to the Pavilion workers and visitors was also given. An interview and a Yoga demonstration was given to CCTV News Channel, a popular Govt. National Channel in China, which was telecasted on the TV repeatedly. The President of the Shanghai Film University, China has informed that they were very much impressed with the performance of the Yoga Experts of the Institute and has been keen to cooperate with this Institute to set up joint programme in Shanghai, China.
8. Visited SVYASA Bangalore on 18-19 October, 2010 to analyze the targets vis-a-vis objectives of the organization of the AYUSH project “Centre of Excellence in Yoga” and to submit the report to the Department of AYUSH.
9. Visited NIMHANS, Bangalore on 5-6 December, 2010 to attend the Workshop on “Principles and Practices of Yoga Therapy for Psychiatric Disorders” as Chief Guest, delivered a Key note lecture, evaluated the research work and discussed Yoga protocols of the Centre.
10. Visited Advanced Centre for Yoga Education & Research of MDNIY, Gujarat Ayurved University, Jamnagar to attend the Golden Jubilee National Seminar-cum-Workshop on “Role of Yoga in Respiratory Tract Disorders with special Reference to Br. Asthma” as Special Guest in Inaugural and Valedictory functions, Invited Speaker and Chaired a Session from 20-21 January, 2011.
11. Visited Govt. Ayurvedic College, Jalukbari, Guwahati to attend the Seminar-cum-Workshop on Yoga as a Resource Person and Chief Guest in the Inauguration Session on 21.2.2011.
12. Visited ACYER of MDNIY, JIPMER Puduchery to participate in the National Workshop-cum-Seminar on Role of Yoga in prevention and management of Diabetes Mellitus as a Chief Guest and delivered a lecture in valedictory function on 2.3.2011.

13. Visited Mokshayatan Yogashram, Saharanpur to attend the Workshop on Yoga and Naturopathy as Distinguished guest in Valedictory Function and delivered lecture on 6th March, 2011.
14. Visited Dev Sanskriti Vishwavidyalaya, Haridwar on 25-26 March, 2011 to attend the National Seminar on Indigenous Techniques In Psychotherapy – Concepts & Applications as Guest of Honour in Inaugural Session, chaired a Session and Delivered a lecture.

1.10 DIGNITARIES VISITED THE INSTITUTE DURING 2010-11

1. Smt. Gangamurthy, Additional Chief Economic Adviser, Ministry of Railway visited the Institute on 20th May, 2010 and inaugurated the Workshop for Children.
2. Shri S. Gandhiselvan, Hon'ble Union Minister of State for Health & Family Welfare visited the Institute on 8.5.2010 and had visited in all the Sections of the Institute including TKDL. The activities of the Institute were discussed by him with the concerned officers of the Institute.
3. Hon'ble Union Minister for Health and Family Welfare, Shri Gulam Nabi Azad along with Secretary AYUSH visited the Institute to inaugurate the Planet Health Museum on 12-10-2010. It was much appreciated by the dignitaries.
4. Cabinet Secretary, Shri K.M. Chandrashekhar along with Secretary (AYUSH) visited the Institute to glimpse the Planet Health Museum on 27.10.2010.

CHAPTER – II

YOGA EDUCATION

2. YOGA EDUCATION PROGRAMMES

The Institute conducted following two courses during the year under Report:

2.1 DIPLOMA IN YOGA SCIENCE (DYSc) OF ONE YEAR (2010-11) FOR GRADUATES:

The Diploma in Yoga Science: 2010-11 was a full time, regular, non-residential course of one year duration comprised of two semesters. The total number of students admitted to the course was 118 (including 2 North East students and 1 from Andaman & Nicobar). Out of the total admitted students only 98 students completed 2nd Semester. The selected students of North-East states were provided a fellowship of Rs. 8,000/- per month as per rule. The Scholarship of Rs. 3,000/- per month was also granted to the 12 Indian meritorious students based on the performance on the Ist Semester examination [7: General Category, 3: OBC, 2: SC]. Hostel facility has been provided to maximum 25 students admitted to the course at Adhyatma Sadhana Kendra, Chattarpur, New Delhi on concessional rates. Four Workshops on the different topics were also conducted to the DYSc students apart from the regular classes.

2.2 CERTIFICATE COURSE IN YOGA SCIENCE (CYSc) (Three and half Month's Duration) FOR THE TARGET GROUPS:

The institute has conducted three Certificate Courses in Yoga Science (CYSc) for Air Force Personnel of each three and half month's duration from Monday to Saturday during the year under report. On each Saturday all the participants visited MDNIY for Shat-Kriyas practice and group discussion. The main objectives of the course were to impart standardized Yoga Education and training to Air Force Personnel to improve their quality of work, health and also to produce efficient Yoga Instructor to train their respective Working Groups of Air Force Personnel. During these courses the Guest lectures were also arranged on different topics for CYSc

The details of the participants in each month are as under:

S. No.	Place	Duration	No. of Participants
1.	Air Force Station, Chandinagar, Uttar Pradesh	01.08.2010 to 15.11.2010	29
2.	Air Force Station, Palam, New Delhi	01.11.2010 to 15.02.2011	29
3.	Air Force Station, Tughalakabad, New Delhi	01.12.2010 to 16.03.2011	27

2.3 ORIENTATION TRAINING PROGRAMME (OTP) IN YOGA FOR MODERN MEDICAL PROFESSIONALS

The Orientation Training Programme on Yoga for Modern Medical professional was organized at MDNIY from 23-28 August, 2010, sponsored by Deptt. of AYUSH, Ministry of Health and Family Welfare, Govt. of India. Total 16 participants were participated in the programme. The main objective of the programme was to introduce the knowledge of Yoga to medical professionals thereby to contribute best patient care assistance in medical services.

The programme inaugurated on 23th August, 2010 by Director, MDNIY. Five external experts and scholars of National as well as International repute were invited to deliver lectures and conduct practical sessions to the participants. In addition to this the Faculty from the Institute also delivered lectures and conducted practical classes.

Total twelve lecture sessions and twelve practical sessions were conducted during the programme. A training kit was supplied to all the participants along with the faculty lecture notes.

The Valedictory function of the programme held on 28th August, 2010. Participation certificates were distributed to the participants by Dr. I. V. Basavaraddi, Director, MDNIY.

2.4 Bi-MONTHLY EXPERT GUEST LECTURES

MDNIY has been conducting Bi-Monthly Expert Lectures for the students of DYSc, staff of the Institute and some interested public to create awareness about the science of Yoga and allied subjects by inviting eminent experts in the field.

The details of the Bi-monthly Expert Lectures conducted during the year are as under:

S. No.	Date	Expert	Topic
1.	29-04-2010	Dr. Rama Jayasundar, Faculty, Department of Nuclear Magnetic Resonance (NMR), AIIMS, New Delhi	Ayurveda and Biomedicine: Contrasting Approaches to Health and Disease
2.	28-05-2010	Dr. Rajvi H. Mehta, Research Associate, Iyengar Yogashraya, Mumbai	Yogasana for Women: Under Normal Health Conditions and in Conditions of Specific Reproductive Disorders
3.	30-09-2010	Dr. P. A. Bhagwatwar, Former Professor and Head, Deptt. of Applied Psychology, University of Mumbai	Humanistic Psychological Interpretation of Ashtanga Yoga
4.	25-11-2010	Dr. D. R. Vaze, Senior Medical Consultant, S.A.D.T.Gupta Yogic Hospital, Kaivalyadhama, Lonavla	Yoga, Para Vidya and Positive Lifestyle

5.	23-12-2010	Dr. M. M. Gore, Former Asstt. Director of Research, Scientific Research Deptt. Kaivalyadhama, Lonavla.	Physiology of Yogasana
6.	3-02-2011	Swami Mangalateertham, Director, Nutan Sanjeevani Sansthan, Deoghar, Jharkhand	Techniques and Psycho-physiological Correlates of Yoga Nidra

A Booklet “Bi- Monthly Experts Lecture - 2010” containing these 6 experts lectures was published.

2.5 PANCHAM SWAR: Bi-monthly Socio-Cultural Programme

Total four Pancham Swar: Bi-monthly socio-cultural programmes were organized for every alternate month during the year. This was to encourage the students & staff to exhibit their talents and to develop a healthy interpersonal relationship. Every programme was based on a theme e.g. National Integration, Communal Harmony, etc.

Sl. No.	Date	Theme
1.	24.09.2010	Pratham Charana
2.	02.11.2010	Bharat ke rang hamare sang
3.	11.02.2011	Utsav ki aur
4.	25.03.2011	Naye Tarane Holi ke bahane

2.6 SUMMER YOGA CAMPS CONDUCTED BY THE STUDENTS

The Institutes DYSc. students conduct Summer Yoga Camps during the month of May-June every year. This time the Summer Yoga Camps were conducted by the students of Diploma in Yoga Science (2010-11) of one year duration. Total 92 students of DYSc course were conducted the camps of one month duration in 90 different places of Delhi & NCR. Around 3218 people were benefited by these Yoga Camps.

Details of these Camps are given below:

S. No.	Place of Camp	No. of Sadhaka
1	Salam Baalak Trust, Apna Ghar, Children Home, IInd Floor, DDA Community Centre, Paharganj, New Delhi	31
2	H- Block, Type-I, Shiv Mandir, Kalibari, New Delhi.	40
3	Ajmal Khan Park, Ajmal Khan Road, Near Tibia College, Karol Bagh, New Delhi	33
4	Bhagban Apptt. Pocket GH-2, Sector-28, Society Park, In front of Shahabad Diary, Rohini, Delhi	33
5	Shri Krishna Mandir, B-block, St.No.17, Kamal Pur, Kamal Vihar, Burari, Delhi - 84	26
6	Police Colony, DDA Flat, Pocket-6, SectorA-5, Near NDPL Sub Station, Narela, Delhi-40	34
7	Bhagat Sing park, G-Block, Malviya Nagar, New Delhi - 17	28

8	MCD Hospital, Lajpat Nagar - II, New Delhi	32
9	Sanjay Jheel, Park (Jheel), Laxmi Bai Nagar, Delhi-23	29
10	Gate No.6, Panchasheel Marg, Chanakya Puri, Near Chinese Embassy, New Delhi	20
11	Ram Dware Mandir, Near Seema Sadak Bhawan, Naraina, New Delhi – 110 028	52
12	Bindra Park, Rajouri Garden, New Delhi.	25
13	Nangloi Extension – 1, Near Kalpana Dental Clinic, New Delhi - 41	30
14	Phool Park, Near Jain book Depot, D-Block, Karampura, New Delhi	35
15	A Block Park, Sector - 49, Noida	30
16	A-79, Sec.40, Noida	56
17	Govt. Sarvodya Co-ed Senior Secondary School, Possangi Puri, B-1, Janak Puri, New Delhi	52
18	Guru Angad Dev Medical Centre, Tilak Nagar, New Delhi	33
19	G.T.B. Enclave, Pocket-F, Park No.24, Near GTB Hospital, Dilshad Garden, Delhi	33
20	Cambridge School, Shakti Khand, Indirapuram, Ghaziabad	29
21	D- Block, Ramlila Park, Pandav Nagar, Delhi-92	50
22	Lakshmi bai College, Ashok Vihar, Phase-III, Delhi	26
23	F-3, Ali Vihar, New Delhi -76	31
24	Mohan Kund Arya Samaj Ved Mandir, South City, Phase-1, Near Sector-45, Gurgaon	34
25	Community Centre, Near Post Office, Sector -45, Kanhal, Gurgaon	50
26	Rao Ram Singh Middle School, Kanhai, Sector -45, Gurgaon	30
27	Rajiv Gandhi Park, Khandsa Road, Gurgaon	25
28	1/28, Shanti Park, Shanti Niketan, Near West End, New Delhi	25
29	Dhingra Park, East Punjabi Bagh, New Delhi	27
30	Ajay Park, DDA Park, Maksudabad Colony, Najafgarh, New Delhi – 43	68
31	CRRI, Staff Colony, Maharani Bagh, New Delhi	56
32	Raman Munjal Park, Opp: Andhra Bank, Next to B-Block G.K Part-I, New Delhi	30
33	D-Block Park, Defence Colony, New Delhi – 24	22
34	Vaishali Park, Vaishali Enclave, Near Rukmani Devi Public School, PitamPura, New Delhi	24
35	Rose Garden, Giri Sarai, Hauz Khas, New Delhi - 16	70
36	Adhyatma Sadhana Kendra, Chhattarpur, MehruLi, New Delhi	30
37	Kripal Apptt., Patparganj, Delhi – 92	31
38	Mahavir Vatika, Shri Ram Mandir, Vivek Vihar, Delhi	36
39	Lodhi Garden, Near Rajesh Pilot Marg, New Delhi	27
40	HRM Flight Race course, 412AF Station, New Delhi-3	75

41	Majnu ka Tila, Gurudwara Park, Vidhan Sabha Metro Station, Delhi-54.	34
42	Yoga Divya Mandir, Bhamashah Marg, Model Town, Delhi-9	25
43	Piknik Heart Park, Loni Rd. Golchakkar, Delhi-93	36
44	Gulmohar Park, Shalimar Garden Extension-I, Sahibabad, GZB	64
45	Ashoka Garden, Near Water Tank, Ashok Vihar Phase – IV, Delhi	35
46	Yoga Divya Mandir, Bhama Shah Marg, Model Town-II, Delhi - 9	27
47	Kirpal Apptt., Patparganj, Delhi-92	30
48	Bapu Nature Cure Hospital, Gandhi Nidhi, Patparganj, Delhi-91	31
49	NHP Park, Between MIG -LIG Flats, Behind Jyoti Nagar Police Station, Loni Road, Delhi - 93	59
50	Piknik Heart Park, Lono Road, Golchakkar, Near Fire Station, Delhi - 93	37
51	119, Gurukul Gautam Nagar, New Delhi – 49	20
52	Srimad Dayanand Bedarsh Mahavidyalaya, 119, Gautam Nagar, New Delhi – 49	20
53	Lodhi Garden, Near Rajesh Pilot Marg, New Delhi	30
54	1/28.Shanti Park, Shanti Niketan. Near West End, New Delhi	28
55	Hanuman Mandir, Ganesh Sarowar Park, Vasant Gaon, Vasant Vihar, N. Delhi – 57.	46
56	CpT, 139, Sarojini Nagar, New Delhi – 23	28
57	412 AF Station, Race Course, New Delhi.	96
58	Neeti Bhag, Near Ansal Plaza, South Extension, New Delhi - 49	90
59	Adhyatma Sadhana Kendra, Mehrauli, New Delhi	67
60	Zamalia Kamali D.D.A Park, Near Flour Mandi, Mehrauli, New Delhi -30	52
61	C/o Chittranjan Das, H.No.-39,Chattarpur, Mehruli, New Delhi	20
62	Gurudwar Road, Tilak Nagar, New Delhi	20
63	A-Block, Lok Vihar, Near Water tank, Rani Bagh, Delhi	34
64	G.D. Soni DAV Sr. Sec. School. Pusa Road, Karol Bagh, New Delhi	44
65	Harit Bhumi, Maksudabad, Najafgarh. New Delhi	63
66	Princeton Estate, West condominium Association, DLF, Gurgaon.	35
67	Rao Ram Singh Middle School, Kanhai, Sec. – 45, Gurgaon.	50
68	Gulmohar Park, Shalimar Garden Extn.-1, Sahibabad, GZB	32
69	Rose Garden, Near Nahar Singh Stadium, NIT, Faridabad	09
70	DDA Park Mehrauli, Near Flower Mandi, New Delhi – 30	55
71	Munirika, Near Gurudwara Park, Opposite Water tank, New Delhi - 67	50
72	AIIMS, New Delhi	23
73	Badli Park, Near Indane Gas Agency, Next to Karnal Bypass stop, New Delhi – 42	26
74	Central Park, Surjamal Vihar, East Delhi.	24

75	Ram Mandir, Gali No.7, Pandara Road, Vishwas Magar, Shahdara. Delhi – 32.	26
76	Saraswati Aptt., I.P.Ext., Patparganj, Delhi-92	52
77	Bal Sahyog, Opp. L-Block Market, Connaught Circus, New Delhi	30
78	Daargah Peer, R.K.Ashram Marg, New Delhi	32
79	Park-lodhi Garden, Lodhi Road, New Delhi	31
80	Mr. Mahavir Jhakhodia, H.No. 540/4, Friends Colony, 22, Futa Road, Opp. Petrol Pump, Bahadurgarh	49
81	Guru Angad Dev Medical Centre, Tilak Nagar. New Delhi – 18	31
82	Ram Shree Bal Vidyalaya, C-5/30, Street no.2,Sadatpue Extension, Karawal Nagar, Delhi - 94	39
83	Park, Near Sector–1, R.K. Ashram Marg, New Delhi	34
84	Strength Gym, C-3, Jivan Park, Pankha Road, New Delhi.	90
85	Seva Bharti – 10196 A (NGO), Jhandewalan Mata Mandir, New Delhi	31
86	Nari Garden, Rohtak Road, Haryana	35
87	Gagan Bharti Senior Secondary School, Om Vihar, Uttam Nagar, New Delhi - 59	31
88	Healthway Gym & Swim, Opp. B-2 Block, Keshav Puram, Lawrence Road, Delhi - 35	25
89	Neighbourhood Park, Miawali Nagar, Near Peeragarhi, Rohtak Road, New Delhi	31
90	Shivji Park, Nr. Arya Samaj School, 418, Marla Model Town, Gurgaon,	35
	Total	3218

2.7 ANNUAL DAY FUNCTION

The Institute has organized the Annual Day Function for DYSc students on 1st July, 2011. Dr. (Smt.) Aruna S. Goel, former member of UGC and chairperson USOL, Chandigarh and Prof. S.P Mishra, Vice Chancellor, Dev Sanskriti Vishwa Vidyalaya, Haridwar have graced the occasion as Chief Guest and Guest of Honour respectively.

2.8 CERTIFICATE COURSE IN HEALTH PROMOTION THROUGH AYURVEDA & YOGA

In order to improve the lifestyle management through ancient sciences of Ayurveda and Yoga for proper healthy living at the individual level, a 50 hours course of health promotion through Ayurveda and Yoga was devised and started in February, 2010 with the approval of competent authority of AYUSH at Indian Red Cross Society in association with the Department of AYUSH and with technical support of CCRAS and MDNIY. Director, MDNIY has been given the responsibility of the Coordinator for Yoga component.

Accordingly, a module of 24 hours Yoga Training had been prepared and 2 (two) male and 2 (two) female Yoga Therapists / Instructors were engaged for imparting Yoga training. The classes will be conducted by MDNIY. Director MDNIY conducted special

workshops on Yoga on Saturday's.

The details of the courses conducted so far are as under:

1. 02.2.2010 to 22.4.2010
2. 04.5.2010 to 26.7.2010
3. 3.8.2010 to 2.11.2010
4. 16.11.2010 to 15.2.2011

The programmes received huge appreciation and is a great success.

CHAPTER – III

YOGA THERAPY & TRAINING

3.1 YOGA TRAINING PROGRAMMES

3.1.1 FOUNDATION COURSE IN YOGA SCIENCE FOR PROMOTION OF HEALTH (FCYSc)

Foundation Course in Yoga Science for Promotion of Health is the basic course of one month's duration, for beginners in the field of Yoga. During the course, the participants were given special lecture on various aspects of Yoga, Yogic Diet, Physical & Mental Hygiene. The Participation Certificates were awarded to the participants.

The details of No. of participants in each month are as under:

S. No.	Month	Total No. of Sadhakas participated the FCYSc
1.	April,10	27
2.	May,10	28
3.	June,10	47
4.	July,10	26
5.	August, 10	30
6.	September, 10	34
7.	October,10	24
8.	November,10	20
9.	December,10	24
10.	January, 11	31
11.	February, 11	26
12.	March,11	30
	Total	347

3.1.2 YOGA TRAINING PROGRAMMES

Five Yoga Training Programmes in total – two in the morning, two in the evening and one exclusively for women between 11.00 am to 12.00 noon, were conducted regularly from Monday to Friday in the Institute. Pranayama & Meditation programmes was also conducted between 8-9 AM.

“Weekend Yoga” classes were also conducted for the working class people who were unable to attend Yoga classes during working days. Total 3861 People have been benefited by the Yoga Training Programmes during the year.

Details of Participants in Yoga Training Programmes (April 2010 to March, 2011)

DETAILS OF THE YOGA TRAINING PROGRAMME

(Total no. of participants attended the different programmes on the basis of monthly registration)

S. No.	Programme	Apr 2010	May 2010	Jun 2010	Jul 2010	Aug 2010	Sept 2010	Oct 2010	Nov 2010	Dec 2010	Jan 2011	Feb 2011	Mar 2011	Total
01	Health Promotion Programme	177	178	238	184	162	174	176	214	170	122	160	224	2179
02	Pranayama & Meditation Programme	024	050	038	036	033	032	038	038	029	024	020	021	0383
03	Healthy Aging Programme	001	001	001	000	000	000	000	000	000	000	000	000	0003
04	Special Yoga Program for Woman	003	001	004	004	006	006	000	000	000	000	000	000	0024
05	Yoga Program for Woman	014	011	010	012	015	011	012	054	024	027	029	023	0242
06	Weekend Yoga Programme	051	068	048	068	070	069	066	042	047	038	039	041	0647
07	Health Promotion Programme (1030 – 1130)	000	000	000	000	000	000	009	000	000	005	011	011	0036
08	Total	297	337	386	330	316	326	325	368	294	247	285	350	3861

In addition to the above, Yoga training was imparted to 30 senior officers of Parliament Security for a week from 20th to 24th September, 2010 in the Institute

3.1.3 SUMMER YOGA WORKSHOP FOR CHILDREN

The Institute organized Summer Yoga workshop - 2010 for Children from 18th May–17th June, 2010. Total 124 children from different schools of Delhi were participated and 100 children successfully completed the programme. They were given theoretical as well as practical knowledge about Yoga. Apart from practical knowledge of Sukshma Vyayama, Surya Namaskar, Asanas, breathing techniques, and Meditation on the theoretical lessons on some Sanskrit Verses (Sloka), tips on moral code of conduct, lessons on diet and lifestyle were also given to them.

3.1.4 Yoga Training programme outside the Institute

The Yoga training programmes were conducted in the following places outside the Institute, based on the requests received from different Organisations:

- a. BrahMos Aerospace, New Delhi

- b. Intelligence Bureau, New Delhi
- c. Nirman Bhavan, New Delhi
- d. Pusa Institute, New Delhi
- e. Efforts Group, Safdarjung Enclave, New Delhi
- f. Director General of Audit Comptroller, New Delhi
- g. National Academy of Statistical Administration, Greater Noida (U.P.)

3.2 YOGA THERAPY PROGRAMMES

3.2.1 Health Care Programmes

The Yogic lifestyle intervention has fascinated the world all over, with its potential for not only promoting the health but also management and treatment for many of the psychosomatic disorders. It was found that Yoga Intervention is very effective in the management of the psychosomatic and lifestyle disorders.

Total no. of participants who availed the benefit of these Therapy programmes on the basis of monthly registration are 2519 and the details are as under:-

Month	Respiratory Disorders	Obesity related disorders	Hypertension/ CVD	Musculo-skeletal disorders	General Therapy Programmes	Diabetes Mellitus	Total
April,10	21	45	34	33	40	00	173
May,10	39	58	30	31	72	24	254
June,10	38	89	21	32	39	20	239
July,10	38	58	29	39	54	19	237
Aug.10	36	57	37	31	70	23	254
Sept.10	39	52	36	34	63	22	246
Oct.10	32	54	28	38	55	20	227
Nov.10	26	47	31	38	51	08	201
Dec.10	20	35	28	39	38	13	173
Jan.11	15	29	08	33	46	22	153
Feb.11	17	34	14	28	36	09	138
Mar.11	28	54	18	45	61	18	224
Total	349	612	314	421	625	198	2519

3.2.2 OUT PATIENT DEPARTMENT (OPD)

The Institute is running a Yoga Therapy OPD and available to the public to get consultation on Yoga, Diet etc. A full- fledged Pathology and Bio-chemistry Lab as well as X-Ray unit is attached to the OPD for Laboratory Investigations. Senior Medical Officer, Yoga therapists, Yoga experts, Naturopathy Physician and Dietician provide consultation in the Out Patients Block. The timing of the OPD was 8:00 am to 4:30 pm on all working days.

3.2.3 YOGA THERAPY CENTRES IN AYUSH/ ALLOPATHY HOSPITALS

With the broader view of integrating the system of Yoga in the mainstream medical care, the Institute has started the following Yoga Therapy Centres in the following Hospitals/ Institutes, after obtaining the approval of the competent authority:

- a. Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Dhaka Colony, Kingsway Camp, Delhi – 110 009.
- b. Institute of Human Behavior and Allied Sciences, Jhilmil, Dilshad Garden, Delhi – 110 095.
- c. LRS Institute of Tuberculosis and Respiratory Diseases, Sri Aurobindo Marg, New Delhi – 110 030.
- d. Vallabhbhai Patel Chest Institute, University of Delhi, North Campus, Delhi – 110 007
- e. Yoga Therapy and Training Centre, DSR District HQ Hospital, Nellore (A.P.)
- f. Yoga Education and Therapy Centre, AYUSH Hospital, Port Blair, Andaman & Nicobar Islands

The above Centres started functioning from May, 2007. The response of the public for these Centres is quite satisfactory.

During the period from April, 2010 to March, 2011, **total 9711** patients have been benefited (on the basis of monthly registration) from these Centres. The details are as under:

S. N o.	Name of the Hospital	Total Number of Patients treated												
		Apr. 2010	May 2010	June 2010	July 2010	Aug. 2010	Sep. 2010	Oct. 2010	Nov. 2010	Dec. 2010	Jan 2011	Feb 2011	Mar 2011	Total
1.	LRS Institute of Tuberculosis and Allied Sciences, Sri Aurobindo Marg, New Delhi	095	105	130	133	134	129	135	124	136	144	145	142	1552
2.	Vallabhbhai Patel Chest Institute, University of Delhi, Delhi.	105	110	123	137	132	094	106	124	134	130	127	150	1472
3.	Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Kingsway Camp, Delhi-09	102	102	089	116	146	183	050	140	150	095	109	105	1387
4.	Institute of Human Behavior & Allied Sciences, Dilshad Garden, Jhilmil, Shahdra, Delhi.	089	089	077	166	101	104	109	085	036	058	073	047	1034
5	Yoga Therapy and Training Centre, DSR District HQ Hospital, Nellore (A.P.)	130	148	119	148	196	180	153	116	130	116	123	150	1709
6	Yoga Education and Therapy Centre, AYUSH Hospital, Port Blair, Andaman & Nicobar Islands	250	287	183	151	181	180	131	186	228	187	210	383	5257
	Total	771	841	721	851	890	870	684	775	814	730	787	977	9711

3.2.4 Seminar-cum-workshops at Yoga Therapy Centres:

- The Yoga Therapy Centre of Vallabhbhai Patel Chest Institute (VPCI), University of Delhi, North Campus, Delhi had organized two days National Symposium and Workshop on Yogic Management of Pulmonary Diseases on 27th and 28th January, 2011. The event was inaugurated by Prof. P. N. Tandon, Chairman, Governing Body of VPCI.

On day 1, eight Experts have delivered lectures on different topics in two Technical sessions. Next day the workshop was conducted by Dr. M. V. Bhole of Lonavla, Pune and Swami Mangalateertham, Deogarh, Jharkhand. More than 200 delegates have taken active participation in the symposium as well as workshop.

- The Yoga Therapy Centre of LRS Institute of Tuberculosis and Respiratory Diseases, Sri Aurobindo Marg, Mehrauli, New Delhi had organized a seminar-cum-workshop on Yogic Management of Respiratory Diseases of two days duration on 10th and 11th March, 2011. Around 125 staff members (both medical and paramedical) of the Institute attended the said programme.
- The Yoga Therapy Centre of Rajan Babu Institute of Pulmonary Medicine and Tuberculosis, Kingsway Camp, Delhi had organized a seminar-cum-workshop on Yoga and Pulmonary Medicine: Need of the hour of two days duration on 30th and 31st March, 2011. Around 250 staff members (both medical and paramedical) of the Institute attended the said programme.
- In addition to the above three seminar-cum-workshop one more such event of two days was organized at Govt. Ayurvedic College, Jalukbari, Guwahati, Assam on 21st and 22nd February, 2011 by the financial assistance of the Institute. Director and other two Yoga staff of the Institute had attended the said seminar-cum-workshop. Around 250 participants have took active participation in the said programme.

3.2.5 PREVENTIVE HEALTH CARE UNITS OF YOGA IN CGHS DISPENSARIES

The Institute has established Preventive Health Care Units of Yoga in CGHS Dispensaries. In the initial phase 10 such Units have been set up in Delhi and NCR. The timings of Yoga Programmes in these Dispensaries are from 7:30 am to 1:30 pm on all working days.

The details of the month-wise patients treated at these Centres from April, 2010 to March, 2011 are as under:

Details of Patients Treated during 2010-11

Sl. No.	Name of the Dispensaries	Apr 10	May 10	Jun 10	July 10	Aug 10	Sep 10	Oct 10	Nov 10	Dec 10	Jan 11	Feb 11	Mar 11	Total
1.	CGHS Dispensary, R-55, Sector - 11, Noida	125	107	105	118	074	133	132	099	109	108	084	085	1279
2.	CGHS Dispensary, New Police Line, Kingsway Camp, Delhi	029	015	018	026	006	052	089	067	048	057	058	083	0548
3.	CGHS Dispensary, MB Road, Pushpa Vihar, New Delhi	021	023	018	026	008	009	017	018	012	027	018	008	0205
4.	CGHS Dispensary, Sadiq Nagar, Siri Fort Road, New Delhi	038	049	038	033	043	038	057	065	064	042	065	063	0595
5.	CGHS Dispensary, Kidwai Nagar, Near INA Market, New Delhi	066	079	050	039	043	023	028	040	036	027	046	051	0528
6.	CGHS Dispensary, Pandara Road, New Delhi	022	019	022	035	011	002	017	007	--	--	--	--	0135
7.	CGHS Dispensary, C Block, Janakpuri, New Delhi	193	209	212	198	193	137	183	163	140	158	104	214	2104
8.	CGHS Dispensary, Near Harinagar Ghanta Ghar, New Delhi	031	038	040	039	047	041	032	037	038	015	038	055	0451
9.	CGHS Dispensary, Nangalraya, D Block, Janakpuri, New Delhi	071	096	095	102	065	076	068	060	082	080	090	084	0969
10	CGHS Dispensary, Sadar Bazar, Delhi Cantt., New Delhi	065	151	210	197	333	179	203	233	242	261	207	274	2555
	Total	661	786	808	813	823	690	826	789	771	775	710	917	9369

Also, the details of the patient's days on the day-to-day basis are as under:

S. No	Name of the Dispensaries	Apr 10	May 10	Jun 10	Jul 10	Aug 10	Sep 10	Oct 10	Nov 10	Dec 10	Jan 11	Feb 11	Mar 11	Total
1.	CGHS Dispensary, R-55, Sector - 11, Noida	267	231	220	252	156	277	236	269	208	207	176	183	2682
2.	CGHS Dispensary, New Police Line, Kingsway Camp, Delhi	252	168	147	234	89	157	244	253	189	253	223	293	2502
3.	CGHS Dispensary, MB Road, Pushpa Vihar, New Delhi	630	655	527	593	548	518	302	415	336	228	257	357	5366
4.	CGHS Dispensary, Sadiq Nagar, Siri Fort Road, New Delhi	176	169	220	207	240	266	233	252	265	291	259	310	2888
5.	CGHS Dispensary, Kidwai Nagar, Near INA Market, New Delhi	589	634	730	655	423	389	425	599	600	324	690	591	6649
6.	CGHS Dispensary, Pandara Road, New Delhi	78	100	96	078	54	23	29	014	--	--	--	--	0472
7.	CGHS Dispensary, C Block, Janakpuri, New Delhi	273	283	263	236	258	259	226	250	285	245	162	247	2987
8.	CGHS Dispensary, Near Harinagar Ghanta Ghar, New Delhi	52	076	91	121	113	112	102	136	109	107	099	117	1235
9.	CGHS Dispensary, Nangalraya, D Block, Janakpuri, New Delhi	710	733	707	908	687	706	545	477	604	611	546	647	7881
10	CGHS Dispensary, Sadar Bazar, Delhi Cantt., New Delhi	290	244	359	493	581	463	464	510	580	582	488	551	5605
	Total	3317	3293	3360	3777	3149	3170	2806	3175	3176	2848	2900	3296	38267

3.3 NATIONAL HEALTH FOOD FAIR AND YOGA AWARENESS PROGRAMME: 2010

The Institute had organized a National Health Food Fair and Yoga Awareness Programme: 2010 from 15th to 17th July, 2010 in collaboration with National Institute of Naturopathy (NIN), Pune and Central Council for Research in Yoga and Naturopathy (CCRYN), New Delhi at MDNIY premises. The main objective of this Fair was to inspire the youth and children to imbibe the best of our tradition and culture by following Yogic practices and adopting good health food habits to improve the lifestyle.

The programme was inaugurated by Smt. Jalaja, Secretary (AYUSH) in the presence of other senior officials of Department of AYUSH, NIN and CCRYN.

More than 150 Natural diet recipes were prepared and displayed. Besides this special Yoga Training programmes were also organized for the public.

Large number of public and school children have visited the fair and the Yoga programmes.

3.4 New Initiative: Month End Workshops

The Institute has started conducting two month end workshops from November, 2010. The details of these workshops are given below:

a. Workshop on Yogic Management of Executive Stress

Morarji Desai National Institute of Yoga (MDNIY) is conducting a workshop on “Yogic Management of Executive Stress” on last Saturday of every month from 8.00 am to 6.00 pm for the benefit of the Executives working in the Govt./ Public sector. It is a specialized programme designed for the executives of Government/ Public Sector/ Private Sector/ Industries or Organizations/ Senior Medical Officers and Educational Institutes.

The objective of the programme is to give an insight to the executives about the role of Yoga in managing excessive stress faced by them. This is 9 hours comprehensive programme (8.00am to 6.00pm) of both theory and practical conducted by the eminent experts in the field from within and outside the Institute. At the end of the programme, the participants are given 30 minutes Yoga programme, as per their personal need. The Senior Medical Officer & Yoga Experts are available for personal consultation.

During the year under report total 35 executives have attended these workshops.

b. Workshop on Yogic Management of Lifestyle related Disorders

Morarji Desai National Institute of Yoga (MDNIY) is conducting a workshop on “Yogic Management of Lifestyle related Disorders” on last Sunday of every month from 8.00 am to 6.00 pm for the benefit of the general public. It is a specialized programme designed for the Patients suffering from particular disease, Yoga sadhaks and the professionals involved in the health care.

The objective of the programme is to give an insight to the patients about their disease's condition and to encourage them to adopt the Yogic lifestyle for the prevention and management of specific disorders. It is also aimed to introduce the basic knowledge about Yogic management of particular disorder.

This is 9 hours comprehensive programme (9.00 am to 6.00 pm), conducted by the experts of the field from within and outside the institute. The workshops have been conducted for Diabetes Mellitus, Obesity, Bronchial Asthma, Back & Neck pain and Cardiovascular Disease in the month of November, December in 2010 and January, February and March in 2011 respectively.

During the period under report total 207 people have benefitted out of this programme. The details of different programmes and the participation are as under:

S. No.	Workshop	Date	No. of participants
1.	Diabetes mellitus	28th November, 2010	57
2.	Obesity	26th December, 2010	47
3.	Bronchial asthma	30th January, 2011	32
4.	Back & Neck pain	27th February, 2011	39
5.	Cardio-vascular disease	27th March, 2011	32
		Total	207

CHAPTER – IV

YOGA RESEARCH

4.1 ADVANCED CENTRES FOR YOGA

The Institute had established Advanced Centres for Yoga in collaboration with premier Medical/AYUSH institutes of the country. The objectives of the centres are as under:

1. To integrate the system of Yoga in the modern medical care.
2. To impart Yoga therapy to the patients of specific disease conditions.
3. To conduct clinical research with reference to efficacy of Yoga in the specialized area.

The Institute has established five Advanced Centres for Yoga, which are as under:

- a. Advanced Centre for Yoga Therapy & Research Centre in Mental Health & Neurosciences, National Institute of Mental Health & Neurosciences (NIMHANS), Hosur Road, Bangalore – 560 029
- b. Advanced Centre for Yoga Education, Therapy & Research in Cardio-vascular Diseases & Diabetes mellitus, Jawahar Institute of Post Graduate Medical Education & Research (JIPMER), Dhanvantari Nagar, Puducherry – 605 006
- c. Advanced Centre for Yoga Education & Research Centre in Respiratory Disorders and Geriatric Care, Gujarat Ayurveda University, Jam Nagar, Gujarat
- d. Centre for Advanced Research & Training in Yoga, Defence Institute of Physiology and Allied Sciences, Lucknow Road, Timarpur, Delhi – 110 054
- e. Advanced Centre for Yoga Therapy and Research in Chest Diseases at Govt. Medical College, Jammu, J&K

The Advanced Centre for Yoga Therapy and Research in Chest Diseases at Govt. Medical College, Jammu, J&K was established during 2010-11.

The details of the work done by the above Centres are as under:

4.1 ADVANCED CENTRE FOR YOGA THERAPY AND RESEARCH IN MENTAL HEALTH & NEUROSCIENCES AT NIMHANS, BANGALORE:

- 4.1.1 Outpatient Department for Yoga Therapy:** The details of Yoga Therapy given to the patients at OPD are mentioned below:

Diagnosis	Number of Patients
Schizophrenia	100
Depression/ Dysthymia	84
OCD	24
BPAD	22
Anxiety	21
PTSD	5
Insomnia	9
Adjustment Disorder	14
Child & Adolescent Psychiatric Disorders	210
Others	95
Total	584

In total 13,476 Yoga Therapy sessions were provided to 584 patients suffering from various neurological and psychiatric problems during the year 2010-11

4.1.2 Seminar / Conference / Workshop conducted:

Activity	Theme	Month & Year	Number of Participants
Workshop	Principles & Practice of Yoga Therapy for Psychiatric Disorders	Workshop – I 5-12-2010	75
		Workshop – II 10th September, 2010	32
Seminar	Yoga for Depression	25th September, 2010*	124
Orientation Programme	for Nursing staff at NIMHANS trained in Yoga Therapy	10-08-2010	27 Nurses
	for Psychology students from MAASTRICHT University, Netherlands	04-08-2010	20 students

*During the seminar a Book Yoga for Depression was released.

4.1.3 IEC ACTIVITIES:

Courses / Programmes / Camps conducted:

Programme	Date & Year	Number of Participants
Yoga Appreciation Course at Advanced Center for Yoga (For Doctors and Nurses)	20.06.2011	27

Daily Yoga session at Child & Adolescent Psychiatry Unit, NIMHANS	During 2010-11	210
Daily Yoga classes at Psychiatry Wards, NIMHANS	During 2010-11	daily 10 patients
Yoga for Schizophrenia at Medico Pastoral Association, Bangalore	5th January 2011 to 5th February 2011	19 patients were given 234 sessions

4.1.4 Ongoing Research Activities:

S. No.	Research activities	Progress	Expected outcome
01	Efficacy of Yoga Therapy on Neuro-plasticity in patients with Depression	Subject Recruitment in Progress, Screened: 440, Recruited: 134, Healthy Subjects: 28.	Elucidate the effect of Yoga on brain neuro-trophin levels (BDNF) and neuro-plastic changes in the brain, especially hippocampus.
02	Effects of Yoga as on add-on treatment in immunological parameters of patients depression	Subject Recruitment in Progress, Screened: 250, Recruited: 84, Healthy Subjects: 27.	Immune system dysfunction in depression and improvement in these parameters with Yoga
03	A randomized controlled trial of Yoga Therapy in Mild Cognitive Impairment (MCI) – fMRI & Biochemical correlates	Subject Recruitment in Progress, Screened: 80, Recruited: 40.	Demonstrate efficacy of Yoga in MCI and biological substrates including functional brain imaging and stress hormones
04	Effect of Yoga on metabolic parameters in schizophrenia	Subject Recruitment in Progress, Screened: 60, Recruited: 4.	Demonstrate effect of yoga on brain hormones like serum Oxytocin
05	Yoga, Pharmacotherapy and its combination in Panic Disorder: A RCT	Subject Recruitment in Progress, Screened: 74, Recruited: 56.	Demonstrate efficacy of Yoga in panic disorder in comparison with medication

The Centre has also brought up a Quarterly Newsletter “Samatvam” w.e.f. September, 2010.

4.2 ADVANCED CENTRE FOR YOGA EDUCATION, THERAPY AND RESEARCH IN CARDIOVASCULAR DISEASES AND DIABETES MELLITUS AT JIPMER, PUDUCHERRY:

4.2.1 Outpatient department: The details of patients treated at OPD are given in table below:

Diagnosis	Number of Patients				TOTAL
	April to June, 2010	July to September, 2010	October to December, 2010	January to March, 2011	
Diabetes mellitus	194	417	593	747	1951
Hypertension	129	293	320	424	1166
Other disorders	436	489	591	770	2286
Yoga classes for senior citizens	65	116	112	95	388
TOTAL	824	1315	1616	2036	5791

4.2.2 Seminar/Conference/Workshop: During the year under report the centre has conducted following Seminar/ Workshops:

Activity	Theme	Month & Year	Number of Participants
Workshop	ACYER participation in Yoga awareness programmes	18 July, 2010	300
National workshop-cum-seminar	Role of Yoga in prevention and management of Diabetes mellitus	1st & 2nd March, 2011	200

4.2.3 IEC ACTIVITIES:

Courses / Programmes / Camps conducted:

Programme	Date & Year	Number of Participants
Foundation Course in Yoga for Medical Graduates/ Professionals	From 2nd to 23rd June, 2010	15 Medical and Paramedical Professionals
Foundation Course in Yoga for Medical and Paramedical professionals and students	From 18th October to 20th November, 2010	63 Medical Doctors, Paramedical Professionals, students and staff
Yoga awareness programme at JIPMER Nursing College	July, 2010	300

4.2.4 RESEARCH PROJECTS UNDERTAKEN:

a. PhD thesis:

In Progress:

- Effect of yoga therapy on cardiac autonomic functions and oxidative stress in pre-hypertensive subjects: a randomized controlled study.
- Effect of yoga therapy on cardiac function, response to exercise, oxidative stress and quality of life in heart failure patients: a randomized controlled trial.

b. MD dissertations:

Completed:

- Effect of 12 week yoga therapy as a lifestyle intervention in patients of type 2 diabetes mellitus with distal symmetric polyneuropathy – A randomized controlled study. Dissertation submitted.
- Effect of yoga therapy on cardiac autonomic function in patients of essential hypertension – A randomized controlled study. Dissertation submitted

In Progress:

- Effects of slow and fast pranayamas on pulmonary function, handgrip strength and endurance in young healthy volunteers – A randomized controlled trial.
- Effect of yoga training on autonomic functions and reaction time in young healthy females during different phases of menstrual cycle.
- Effect of pranayama on maximal exercise performance, pulmonary function, recovery heart rate and blood pressure in healthy adults.

c. MSc dissertations:

Completed:

- Effect of yoga training on heart rate, blood pressure and lipid profile of patients with essential hypertension. Paper has been submitted for publication
- Effect of yoga training on reaction time, blood glucose and lipid profile of female diabetes mellitus patients. Paper has been accepted for publication
- Effect of yogic training on physical and biochemical variables of type 2 diabetes mellitus patients. Dissertation submitted.

d. Pilot studies:

Completed:

- Immediate effect of sukha pranayama on heart rate and blood pressure of patients with hypertension. Paper has been published in International Journal of Yoga therapy 2011; 21: 73-76.
- Immediate cardiovascular effects of kaya kriya in normal healthy volunteers.

Abstract of the study published in ACYTER bulletin, workshop proceedings and compilations.

- Immediate effect of shavasana and savitri pranayama on heart rate and blood pressure of hypertensive patients. Abstract of the study published in ACYTER bulletin, workshop proceedings and compilations.
- Immediate effect of chandra nadi pranayama on heart rate and blood pressure of hypertensive patients. Abstract of the study published in ACYTER bulletin, workshop proceedings and compilations. Full paper has been submitted for publication
- Immediate cardiovascular effects of shavasana and pranava pranayama on heart rate and blood pressure of hypertensive patients. Abstract of the study published in ACYTER bulletin, workshop proceedings and compilations.
- Immediate effects of yoga nidra on heart rate and blood pressure. Abstract of the study published in ACYTER bulletin, workshop proceedings and compilations.
- Immediate effect of yoga practices on blood pressure. Work and data analysis completed.
- Immediate cardiovascular effects of pranava pranayama in hypertensive patients. Paper has been submitted for publication.
- Immediate effect of suryanadi pranayam on heart rate and blood pressure of hypertensive patients. Work and data analysis completed
- Immediate effect of suryanadi and chandranadi on short term heart rate variability in healthy volunteers. Data analysis completed and abstract of the study sent for publication and presentation at APPICON 2011.

In Progress:

- A pilot study on acute effect of anulom vilom pranayam on heart rate variability in healthy volunteers. Work and data analysis completed and more patients are being recruited
- Immediate effect of 5 minutes chandranadi pranayam on heart rate variability in hypertensive patients. Work and data analysis completed and more patients are being recruited
- Immediate effect of 5 minutes chandranadi pranayam on heart rate variability in Diabetes mellitus patients. Work and data analysis completed and more patients are being recruited
- Acute effect of 5 minutes chandranadi pranayam on heart rate variability in patients with diabetes mellitus and hypertension. Work and data analysis completed and more patients are being recruited
- Immediate effect of 5 minutes chandranadi pranayam on heart rate variability in

patients of heart failure. Work and data analysis completed and more patients are being recruited

- A pilot study on effect of respiratory rate on heart rate variability in healthy volunteers.
- Effect of yoganidra on short term HRV in heart failure patients.

e. Case studies:

Completed:

- Effect of yoga on subclinical hypothyroidism. Full paper was published in Yoga Mimamsa 2011; 43: 102-107.
- Effect of yoga in newly diagnosed hypertension. Abstract of the study published in ACYTER bulletin.
- Effect of yoga in a patient of long standing diabetes and hypertension. Abstract of the study published in ACYTER bulletin.
- Case report on COAD in an adult. Abstract of the study published in ACYTER bulletin.
- Case report on bronchial asthma in a 4 year old child. Abstract of the study published in ACYTER bulletin.

f. Other Research projects:

Completed:

- Patient Feedback Survey and Retrospective Wellness Questionnaire was completed for 100 patients in June 2011 and published in ACYTER bulletin of July 2011.

In progress:

- Effect of slow and fast pranayams on cognitive and autonomic parameters in young healthy subjects.
- Effect of mid trimester yoga on the incidence of preeclampsia in high risk women. The clinical trial is being conducted in collaboration with the Department of Obstetrics and Gynecology with Dr K Manikandan, Asst Professor as Principal Investigator. The trial has been registered as CTRI/2011/10/002064 with Clinical Trials Registry- India (CTRI), hosted at the ICMR's National Institute of Medical Statistics (NIMS).

4.3 CENTRE FOR ADVANCED RESEARCH & TRAINING IN YOGA (WITH SPECIALISATION IN OPERATIONAL STRESS AND PERFORMANCE IMPROVEMENT IN DEFENCE PERSONNEL) AT DIPAS, DELHI:

4.3.1 YOGA TRAINING PROGRAMME

During the period under report, the CARTY has conducted the following Yoga training programmes:

1. Yoga training programme (Meditation Obesity, Hypertension, Stress and Health Promotion) for DIPAS Staff.
2. Yoga training programme at High altitude on Army located at Siachen Base Camp.
3. Yoga Training Programme for Air Force Personnel at 2AMTC, Air Force Academy, Dundigal.
4. Yoga Training and Physiological evaluation of Air Force Personnel at 2 AMTC, Air Force Academy, Dundigal, completed (Phase – I).

4.3.2 Yoga Consultation and Therapy

Yoga consultation and therapy was given to staff of DRDO and sister organisations on the health problems like Muscular pain in leg, Trigeminal Neuralgia with obesity, Osteoarthritis, Hypertension, Obesity, Low back pain, and Cervical Spondylitis.

4.3.3 IEC ACTIVITIES:

Publications/ Special Camps Organized/Other Special Events:

- Research work presented entitled ‘Role of Yoga in Respiratory Tract disorders: a Therapeutic Approach’ in Seminar cum Workshop on ‘role of Yoga in Respiratory Tract disorders W.S.R. to Bronchial Asthma’ organized by AYCER, Jamnagar, Gujarat Ayurveda University.
- Proposal on Introduction of Yoga for student of Army Public School, Bangalore, submitted for approval.

4.3.4 RESEARCH PROJECTS UNDERTAKEN:

- Effect of Yoga Performance of Air Force Personnel and Correlation with Psycho-physiological Parameters. (Procurements initiated).
- Physiological evaluation of Yoga Diploma Course students of MDNIY and Data Tabulation of Physiological evaluation of Yoga Diploma Course students of MDNIY is under progress.
- Physiological evaluation of Air Force Personnel at Air Force Station, Dundigal, completed (Phase- I).
- Standardization work of research protocols/activities of ongoing research projects was also done viz., Standardization of biochemical processes for Task – 159 & 161 and Biochemical estimation of blood sample collected under Task No. 159, Installation, standardization and familiarization with the Physiological monitoring system and human trial, Standardization and familiarization with the pulmonary Function Test and human trial, Installation, standardization and familiarization with the cognitive function test a human trial, Biochemical estimation of blood sample collected under Task No. 159 and Compilation and Tabulation of data generated under Task No. 159.

4.4 ADVANCED CENTRE FOR YOGA EDUCATION AND RESEARCH IN RESPIRATORY DISORDERS & GERIATRIC CARE AT GAU, JAMNAGAR:

4.4.1 O.P.D. at ACYER

O.P.D. of ACYER for Yoga Therapy is being run every Tuesday & Thursday from 4:00 to 6:00 pm at SGAM Hospital, GAU, Jamnagar. In this, Total 96 OPD was run and total **866 patients** (327 male and 539 Females) have availed this facility during the year 2010-11.

4.4.2 Seminar / Conference / Workshop conducted:

Theme	Date/Duration
National Workshop on “Asthi sandhi Marma Abhighata and Sports Medicine”	20-07-10 to 21-07-10
Special Workshops for Pranayama for BAMS Students	21-12-10 to 04-01-11
Golden Jubilee National Seminar cum Workshop on Role of Yoga in Respiratory Tract Disorders with special reference to Bronchial Asthma	20-01-11 to 21-01-11
National Symposium cum Workshop on Yogic Management of Pulmonary Disorders	27-01-11 to 28-01-11

4.4.3 IEC ACTIVITIES:

4.4.3.1 Courses / Programmes / Camps conducted:

Programme	Date/Duration	Number of Participants
Foundation Course in Yoga Science for Ayurveda Medical Graduates	16.07.2010 to 14.08.2010	39
Yoga awareness camps on Role of Yoga in school health	08/04/10 to 10/04/10	85
	09/08/10 to 13/08/10	39
	23/08/10 to 28/08/10	01
	05/04/10 to 10/04/10	40
	26/04/10 to 30/04/10	64
	19/04/10 to 23/04/10	37
Yoga awareness camps on Geriatric care/ Respiratory care	26/04/10 to 30/04/10	36
	03/05/10 to 07/05/10	36
	10/05/10 to 14/05/10	25
	17/05/10 to 21/05/10	51
	14/06/10 to 18/06/10	3
General Yoga awareness camps	16/06/10 to 21/06/10	21
	01/07/10	28
	11/07/10	38
	7/09/10 to 11/09/10	36
	20/09/10 to 26/09/10	19
	04/10/10 to 08/10/10	4
15 days camp for “Respiratory care”, “Geriatric care” and “General awareness camp”	16/11/10 to 18/11/10	108
	During 2010 and 2011	404
Disease-wise Yoga awareness camps (Hypertension, Diabetes mellitus/ Obesity, Arthritis/ LBP)	1 st May 2010	323

4.4.3.2 Educational Activities:

ACYER had organized “Foundation Course in Yoga” for Ayurved students (2nd term, 2nd Yr. BAMS, Shri G.A.M., Jamnagar) from 16-7-2010 to 14-08-2010. Total 319 participants have undergone this programme.

4.4.3.3 Awareness Programmes:

To create an awareness about the centre and its activity and as such, 15 days camp for “Respiratory Care”, “Geriatric care” and “General Awareness Camp” were organized in the year 2010-2011 as per the under mentioned details. The outcome of such camps has been very positive and it is believed that such activity shall be of great value for organizing the treatment/ research activities in future.

No.	Name of the Activities		No. of Batches	Total Male Participants/ Patients	Total Female Participants/ Patients	Total Participants/ Patients
1	General awareness		26	83	141	224
2	Care Camps	Respiratory	24	38	45	83
		Geriatric Care	26	50	47	97
Grand Total			76	171	233	404

4.4.3.4 Apart from these, **Diseases wise Yoga Awareness Camps** were organized with following details to celebrate Swarnima Gujarat Jayanti from 1st May 2010.

No.	Disease wise Camps	No. of Batches/ Institutes	Total Male Participants/ Patients	Total Female Participants/ Patients	Total Participants/ Patients
1.	Hypertension	22	21	35	56
2.	Diabetes Mellitus/ Obesity	22	26/15	15/64	41/79
3.	Arthritis/ L.B.P.	22	32	115	147
Grand Total		66	94	229	323

4.4.3.5 The centre has organized 21 Yoga Awareness Camps at various Colleges/Institutes during the year. Total 869 participants has been participated and benefited, out of these participants 293 were males and 576 were females

4.4.3.6 **Special Workshops for Pranayama:** Some Special Workshops were organized at ACYER for the students of IInd Professional BAMS, Shri Gulabkunverba Ayurved Mahavidyalaya from 21-12-10 to 04-01-11 for 15 days at ACYER.

4.4.3.7 Developmental-Extension Activities:

28 **Lectures- demonstrations** sessions at various places have been held during the year by the experts from the centre. Numerous participants have been participated and benefited.

4.4.3.8 Publications:

- Abstract book which included all the abstracts, sent by experts and delegates of the Golden Jubilee National Seminar cum Workshop was prepared and published by ACYER.
- During the year the following booklets and pamphlets were prepared and published by the Centre in Gujarati Language:-
 - a. Shvasantantra na Rogo ni Yoga Chikitsa (Yogic Management of Respiratory Tract Disorders)
 - b. Streeo Mate Yoga (Yoga for women)
 - c. Hrudya ni Dhamanio na Rogo ni Yoga Chikitsa (Yogic Management of Coronary Artery Disease)
 - d. Pachanatantra na Rogo ni Yoga Chikitsa (Yogic Management of Digestive Disorders)
 - e. Balako Mate Yoga (Yoga for Children)
 - f. Shvasantantra na Rogo Mate Yoga (Yoga for Respiratory Tract Disorders)
 - g. Balako Mate Yoga (Yoga for Children)
 - h. Hrudya ni Dhamanio na Rogo Mate Yoga (Yoga for Coronary Artery Disease)
 - i. Pachanatantra na Rogo Mate Yoga (Yoga for Digestive Disorders)
 - j. Streeo Mate Yoga (Yoga for Female)
 - k. Vruddhavastha na Rogo Mate Yoga (Yoga for Geriatric Diseases)

4.4.4 RESEARCH PROJECTS UNDERTAKEN:

Research protocols prepared by ACYER on “The Role of Yoga Therapy in the Management of Janu Sandhivata (Osteoarthritis of the Knee) in Geriatric Care” and “The Role of Yoga Therapy in the Management of Bronchial Asthma (Tamaka Shwasa)” has been completed and approved by scientific committee of ACYER and the ethical committee of University and according to the guidelines of MDNIY some changes are being incorporated.

4.5 ADVANCED CENTRE FOR YOGA THERAPY AND RESEARCH IN CHEST DISEASES AT GOVT. MEDICAL COLLEGE, JAMMU

The MoU between MDNIY and Government Medical College, Jammu have been signed on 11.11.2010 to establish one more Advanced Centre for Yoga Therapy and Research in chest diseases. The new building and infrastructure work of the centre has been initiated with the financial support of Ministry of Health and Family Welfare, Jammu. The process of recruitment of contractual staff for the centre has also been initiated.

The Centre has also conducted a Foundation Course in Yoga Science for Medical professionals/ students during the year along with regular Yoga Training Programmes.

CHAPTER – V

COMMUNICATION & DOCUMENTATION

5.1 NATIONAL YOGA WEEK –2011

National Yoga Week-2011, an Annual Mass Awareness Programmes for Health, Happiness and Harmony through Yoga was organized from 12-18 February, 2011 at the Institute.

The mega event was inaugurated by Dr. D. D. Sharma, Joint Secretary to Govt. of India, Deptt. of AYUSH on 12th February, 2011. A souvenir was released during the Inaugural Function to commemorate the event.

National Yoga Week-2011 comprises three events:

National Conference on Yoga for Wellness (Feb.12 - 14, 2011)

The Conference was on the theme of “**Yoga for Wellness**” which was held from 12-14 February, 2011. The three-day conference was held on the following sub-topics

1. Role of De-toxification in Wellness
2. Role of Diet in Wellness
3. Yogic Interventions for Wellness
4. Role of Yogic Attitudes in Mental Well-being
5. Role of Healthy Lifestyle in Wellness.

National Seminar on Yoga and Wellness: their Inter-relationship (Feb.15, 2011)

The seminar was on the theme of Yoga and Wellness: their Inter-relationship held from 15-16 February, 2011. The sub-topics of the Seminar were:

1. Yoga for Wellness :Younger Generation
2. Yoga for Wellness : Social transformation

National Workshops on Yoga for Wellness (Feb. 16-18, 2011)

The following leading Yoga institutes of the country have conducted the workshops on the theme of YOGA FOR WELLNESS parallely in different 8 venues:

1. Ramamani Iyengar Memorial Yoga Institute, Pune
2. The Yoga Institute, Santacruz, Mumbai
3. Krishnamacharya Yoga Mandiram, Chennai
4. Kaivalyadhama, Lonavla
5. Swami Vivekananda Yoga Research Foundation, Bangalore

6. Isha Yoga Foundation, Coimbatore
7. International Centre for Yoga Education and Research (ICYER), Puducherry & MDNIY
8. Swami Rama Sadhak Gram, Himalayan Yoga Tradition, Rishikesh

On this occasion, 8 booklets prepared by the above Institutes have been published and released on the Inaugural day.

The additional events of the National Yoga were:

1. Yoga Demonstration
2. Satsang
3. Cultural Events
4. Exhibition
5. Yoga Multimedia
6. Poster Presentation
7. Best Research Paper presentation

Eminent Yoga experts, Professionals and Specialists from Allied Sciences participated in the weeklong mega event. Around 800 delegates and students from different parts of the country participated. About 70 experts of Yoga and Allied Sciences also shared their views.

5.2 YOGA IN SCHOOL HEALTH PROGRAMME

Morarji Desai National Institute of Yoga has introduced a project-‘Introduction of Yoga in School Health’ with the help of leading Yoga Institutes of the country in 2009-10. It was proposed to train 640 teachers from 624 districts of the country. Up to 31-03-2011, total 417 teachers have been trained. During the year under report total 134 teachers have been trained. The main objective of the programme is to impart Yoga education in schools for prevention of diseases and promotion of health and simultaneously train the school teachers in Yogic principles and practices.

The leading Yoga Institutes, which have been given the responsibility to impart Yoga training to the teachers are:

1. Krishnamacharya Yoga Mandiram (KYM), Chennai;
2. Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), Bengaluru;
3. Kaivalyadhama, Lonavla, Distt. Pune;
4. Dev Sanskriti Vishwavidyalaya, Haridwar;
5. The Yoga Institute, Santacruz (East), Mumbai and

6. Adhyatma Sadhana Kendra, Chattarpur, and MDNIY New Delhi.

The technical supports are being imparted by Morarji Desai National Institute of Yoga, New Delhi.

These leading Yoga institutes are conducting the teachers training programme in Yoga for the selected teachers. The course syllabus, prepared by eminent Yoga experts, comprises 192 hours of training (96 hours for theory & 96 hours for practical training) in Yoga. The trained teachers will impart Yoga training to the students of their schools.

5.3 Swami Vivekananda District Yoga Wellness Centres (SVDYWC)

Morarji Desai National Institute of Yoga has introduced a scheme of financial assistance to run **Swami Vivekananda District Yoga Wellness Centre (SVDYWC)** through Public Private Partnership for the propagation and promotion of Yoga and to spread activities of the Institute all over the country as Yogic intervention in public health care initiatives. The scheme is aimed to support Non-Government Organizations (NGOs) partially to promote Yogic activities for public/ community health care and to encourage utilization of Yoga professional in public health care delivery programme. This scheme is launched with following specific objectives:

1. To increase mass awareness about the health benefits of Yoga.
2. To impart training facility on standard Yoga practices for physical, mental and spiritual well-being of the people.
3. To create a network of Yoga Training Institutes/Centers for propagation and promotion of Yoga.
4. To co-ordinate Yoga in School Health Programme of MDNIY with the help of teachers trained in each district under School Health Programme by leading Yoga Institutes.

Under this scheme one centre per district has to be established through eligible NGOs. They will be financially assisted with Rs. 3.90 lakhs per annum as recurring grant for three consecutive years and Rs. 0.60 lakh as non-recurring grant (one time) for carrying out different Yoga propagation and promotional activities at district level with the help of one male, one female Yoga Instructor, possessing at least regular degree or diploma in Yoga/Yoga and Naturopathy. from any university or Institute of repute, and an attendant.

The scheme has launched during the financial year, and total 100 NGO's were selected for financial assistance under PPP mode to establish SVDYWC.

Total 8 leading Yoga Institutions of the country have been identified as Nodal Agencies to assist / monitor the programme in their assigned States.

NGOs with Corresponding Address

Sl. No	District	Name & Registered Address of NGO	Correspondence Address
ANDHRA PRADESH			
1.	Anantpur	Vivekananda Yoga Therapy Institute, Door No.9-1-54, Panduranga Nagar, Hindupur, District-Anant Pur	Door No.9-1-82, Panduranga Nagar, Hindupur-515201, District-Anant Pur (A.P.) Mob. No: 09441034591 E-Mail: vivekananda.hup@gmail.com
2.	Adilabad	Satya-Foundation for A Healthy Society (Mythri Yoga & Nature Cure Centre), 308, Block-2, Janapriya Apartments, Mallapur- 500076	Flat No.143, Hi-Tech City, Mancherla-504209 Distt. Adilabad, (A.P.) Mob. No: 09652227079 E-mail: drknsukumar@rediffmail.com
3.	East Godavari	Indian Red Cross Society, D.No.8-14-39, Red Cross Street, Gandhinagar, East Godavari District, Kakinada-533004 (A.P.)	D.NO.8-14-39, Red Cross Street, Gandhinagar, East Godavari District, Kakinada-533004 (A.P.) Ph. No: 0884-2371409 E-mail: secretaryegrc@yahoo.com
4.	Chittoor	Chittoor District Yoga Association, 52, Nethaji Road, Tirupati, Chittoor (A.P.)	75G 1 ST Floor, S.D. Road, Tirupati-517507 (A.P.) Mob. No: 09441088401 E-mail: pagadalachandrasekhar9@gmail.com
5.	Khammam	Dr. Narman Bethoon Memorial Yoga-Prakruthi Jeevana Prachara Society, House No.11-9-96/2, Burhanpuram, Lenin Nagar, Khammam, (A.P.)	H.No. 11-10-744/2, Burhanpuram, DRDA Office Road, Khammam- 507002 (A.P.) Mob. No: 09000097400, E-mail: kyramachandar.yoga@gmail.com
BIHAR			
6.	Patna	Ram Ugrah Rai Educational and Welfare Society, H/o Sri Raj Nandan Pd. Singh, Sri Krishna Nagar, Chakaram Road No:21, Patna-800001.	H/o Sri Raj Nandan Pd. Singh, Sri Krishna Nagar, Chakaram Road No:21, Patna-800001 Ph. No: 0612-2534551 Mob. No: 09835267901 E-mail: rurew_society@mail.com
CHHATTISGARH			
7.	Rajnandgaon	Nirantar Grameen Avam Shahari Vikas Sansthan, Ward 38, Basantpur, Rajeev Ward, Rajnandgaon-491441.	Ward 38, Basantpur Rajeev Ward, Rajnandgaon-491441 (Chhattisgarh) Mob. No: 09424128105 E-Mail: ngasvs@gmail.com ngasvs@rediffmail.com
8.	Bilaspur	Satyam Om Yoga Vidyalaya, Near Haddi Godown, Mangla, Bilaspur-495001.	Near Haddi Godown, Mangla, Bilaspur-495001 Mob. No: 09589480344, 07752413537 E-Mail: namdeasurendra@ymail.com seemanamdev-111@yahoo.com
9.	North Bastar	Ojaswi Jan Kalyan Samiti, Kanker, House No.106, in front of Mahila Mandal Bhawan, Sanjay Nagar, Kanker, Chhattisgarh-494334	C/o Shri Rameshwar Chauhan, Rashan Dukan Ke Samne, Sanjay Nagar, Kanker, Chattisgarh-494334 Mob. No: 09424274145 E-mail: ojaswi_jks@rediffmail.com
DELHI			
10.	Delhi East	Paravidya Research Foundation, Vivekanand Hospital Yogashram, Khureji, Delhi-110051	Vivekanand Hospital Yogashram, Khureji, Delhi-110051. Ph. No: 22502142 Mob. No: 09212718333 Fax: 22424057 E-mail: healing@bol.net.in
11.	Delhi North West	Harijan Sevak Sangh, Kingsway Camp, Delhi-110009	Gandhi Ashram, Kingsway Camp, Delhi-110009. Ph. No: 011-27113641 Fax: 011-27113641 E-mail: harijan.sangh@rediffmail.com
GUJARAT			
12.	Ahmedabad	Divya Charitable Trust, E-6, Tarun Nagar Society, Part-I, Gurukul Road, Memnagar, Ahmedabad-380052	C/o K.R.Raval School Campus, Opp. Balolnagar Society, Ranip, Ahmedabad-382480 Ph.No:079-27530319 Fax: 079-27524800 E-mail: samiradivya@yahoo.co.in

13.	Rajkot	Shri Sardar Patel Cultural Foundation, New Mayaninagar Main Road, N/R: Alka Society, Beside: Karmyogi School, Rajkot-360004	New Mayaninagar Main Road, N/R:Alka Society, Beside: Karmyogi School, Rajkot-360004. M: 09428155779 Ph. No: 0281-2365099 E-mail: sspcf@sardarpatelsamaj.com
14.	Vadodara	Aum Yoga Divine Trust, 2, Jay Mahalaxmi Park, Opp. Hunumanji's Temple, Novino-Tarsali Road, Makarpura, Vadodara-390010	2, Jay Mahalaxmi Park, Opp. Hunumanji's Temple, Novino-Tarsali Road, Makarpura, Vadodara-390010 M: 09426347462 Ph. No: 0265-2634601 E-mail: aumyogadivine@yahoo.com
15.	Junagadh	Jeevandeep Health Education & Charitable Trust, At. Kodinar, Raj Nagar, 2/12, Chor Wadi Mandir Road, Near By Pass Kodinar, Junagadh-362725	At. Kodinar, Raj Nagar 2/12, Chor Wadi Mandir Road, Nr. By Pass Kodinar, Junagadh-362725 Mob. No: 09898320881, 09067148879 E-mail: jeevandeep_trust@rediffmail.com
16.	Banaskantha	Taruna Education & Welfare Trust, Ganesh Society Nr, Taluka Panchayt, At & PO Tharad, District Banaskantha-385565.	Ganesh Society Nr, Taluka Panchayt, At & PO Tharad, District Banaskantha- 385565 M: 09913279872 Ph. No: 02737-291090 E-mail: tarunaewt@gamil.com
HARYANA			
17.	Jind	Maharishi Patanjali Yoga Trust, H.No.551/15, Krishna Colony, Jind-126102.	H.No.551/15, Krishna colony, Jind-126102. Mob. No: 08950182054, 09466401392 (R) E-mail: satyavartiind@in.com
18.	Rohtak	District Yoga Association, Plot No.87, Vinay Nagar, Near Delhi Bypass, Rohtak	#19 Type-3,M.D. University Campus, Rohtak-124001. Ph. No: 01262-274729 Mob. No: 09416513750 E-mail: yogdesm@gmail.com
19.	Sonipat	Adarsh Saraswati Shiksha Samiti, Sant Garib Das, Gali No.2, Kakroi Road, Sonipat-131001 (Haryana)	Sant Garib Das, Gali No.2, Kakroi Road, Sonipat-131001. M: 09416014026 Ph. No: 0130-2244440 Fax: 0130-2200511 E-mail: opdahiya@yahoo.com myindiaa@gmail.com
20.	Mahendergarh	Society for Education & Welfare Activities (SEWA), Near Power House, Choudhani, V&PO Nangal, Choudhary, Teh. Narnaul, Distt. Mahendergarh-123023	Near Power House, Choudhani, VPO Nangal Choudhary, Teh. Narnaul, Distt. Mahendergarh-123023. Mob. No: 09416384735 E-mail: sewamgarh@yahoo.co.in
HIMACHAL PRADESH			
21.	Shimla	Divyayog Research Foundation Trust, Divya Kunj, New Totu, Shimla-171011	SCO 2405-06, 1 st Floor, Sector-22-C, Chandigarh, Punjab. Ph. No: 0177-2838001, Mob. No: 09418007860, 08988123477 Fax: 0177-2838001 E-mail: divyainstitute@gmail.com
JHARKHAND			
22.	Jamtara	Rashtra Saurabh, New Williams Town, Deogarh-814112, Jharkhand	C/o Mohan Prashad, Jai Prakash Nagar, Dhandra, Mihijaam Road, At. + PO + Distt. Jamtara-815351 Jharkhand OR ((E-536 A Street No 10 Shanti Marg, W. Vinod Nagar, Deldi -92) Mob. No: 09934482622 E-mail: mbhatnagar06@gmail.com , Add: E- 536A/ Gali No. 10, Shanti Marg, W. Vinod Nagar, Delhi - 110092
KARNATAKA			
23.	Mysore	Jagadguru Sri Shivarathreeswara Maha Vidya Peetha (JSSMVP), Jagadguru Sri Shivarathri Rajendra Circle, Mysore-570004	Jagadguru Sri Shivarathreeswara Mahavidyapeetha, Jagadguru Sri Shivarathri Rajendra Circle, Mysore-570004. M: 09686677211 Ph. No: 0821-2548201 to 217 Fax: 0821-2548218 E-mail: jssmvp@jssonline.org

24.	Dakshina Kannada	Pranava Health Trust, 2 nd Floor, Nirmala Towers, Ujjodi, Pumpwell, Kankanady, Mangalore-575002	Near Mahakali Temple, Ujjodi, Pumpwell, Mangalore, Dakshina Kannada-575002 (Karnataka) Ph.No: 0824-2438487 Mob No: 09448142310 E-mail: rajesh.padekal@rediffmail.com
25.	Dharwad	Ramakrishna Vivekananda Ashram, C.B. Nagar, Haliyal Road, Dharwad-580007	C.B. Nagar, Haliyal Road, Dharwad-580007 M: 09480750750 E-mail: dharwadashram@rediff.com
26.	Shimoga	Shri Shivaganga Yoga Kendra, Santrupty, Old Ramakrishna Ashrama Road, 2 nd stage, Vinobanagar, Shimoga-577204	Santrupty, Old Ramakrishna Ashrama Road, 2 nd stage, Vinobanagar, Shimoga-577204. Ph. No: 08182-249703 Mob No: 09844154880 E-mail: yogaradhya@yahoo.com.au
27.	Bijapur	Bijapur District Physically Handicapped Welfare Association, Matapati Galli, Bijapur-586101	Matapati Galli, Bijapur-586101. Mob. No: 09980258556, 09845378118, 09845378118 E-mail: bdphwa@yahoo.in agarakhed@gmail.com
28.	Ramanagara	Swami Vivekananda Yoga Ashrama, Ramanagara, Gabbadi, Kanakapura Taluk, Ramanagara, Karanataka- 562112	Ramanagara, Gabbadi, Kanakapura Taluk, Ramanagara, Karanatka-562112 Mob. No: 09448004161 E-mail: gachand@yahoo.com
KERALA			
29.	Ernakulam	Rashtra Dharma Parishad, Madhava Nivas, Perandoor Road, Elamakara, Cochin-682026 (Kerala)	Madhava Nivas, Perandoor Road, Elamakara, Cochin- 682026. Ph. N: 0484-2408424 E-mail: pathanjali.vvpeet@gmail.com
30.	Palakkad	Bharatheeya Vidyanikethan, Kottakkakam, Trivandrum	Kesava Mandiram, Kallekkad, Palakkad-678015. Ph.No: 0491-2509546 Fax: 0491-2509867 E-mail: bvnerala@gmail.com pathanjali.vvpeet@gmail.com
MADHYA PRADESH			
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11.	Dimapur	Shri Ramakrishna Society, DUNCUN, Dimapur, Nagaland	Shri Ramakrishna Society, Shri Ramakrishna Sevasram, Near Railway High School, Dimapur, Nagaland - 797112. M: 09436014679 Ph. No: 03862-231754 Fax No: 03862-232281 E-Mail: srk.dimapur@gmail.com
TRIPURA			
12.	South Tripura	Bahujana Hitaya Education Trust, P.O. Bishnupur, Manu Bankul, Sabroom, District South Tripura, Tripura-799143	Bahujana Hitaya Education Trust, P.O. Bishnupur, Manu Bankul, Sabroom, District South Tripura, Tripura-799143. Ph. No: 03823-275295, 094361-89888 Fax No: 03823-275295 E-Mail: dr_dhammapiya@yahoo.com
13.	North Tripura	Janakalyan Parisad, Nayapara, P.O. Dharmanagar-799250, District North Tripura, Tripura	Janakalyan Parisad, Dharmanagar Thana Road, P.O. Dharmanagar-799250, District North Tripura, Tripura. M: 09436476423 Fax No: 03822-233643 E-Mail: jkparisad@gmail.com

Union-Territory

PUDUCHERRY			
1.	Karaikal	Kalaivani Village Educational, Cultural and Service Society, 75, Jeevannagar, Kottucherry-609609, Karaikal, Puducherry.	Kalaivani Village Educational, Cultural and Service Society, No-7, Kumarappillai Street, Kottucherry-609609, Karaikal, Puducherry. Ph. No: 04368-265869 Mob. No: 09442741129 E-mail: kavecsso1982@yahoo.com

5.4 PROPAGATION: Arogya/ Health Mela/Exhibition

5.4.1 AROGYA Chennai

The Institute has participated at AROGYA Chennai from 27th to 30th May, 2010. The Health Mela was inaugurated by Sh. S. Gandhiselvan, Hon'ble Union Minister of State for Health & Family Welfare, Govt. of India. Following activities were performed by MDNIY during the Health Mela:

- Live Yoga Demonstration.
- Consultation was given on different diseases.
- Free distribution of IEC material.
- Exhibition on Yogic practices.

5.4.2 AROGYA Una, Himachal Pradesh

The Institute has participated at AROGYA Una, Himachal Pradesh from 25th-27th September, 2010. The Health Mela was inaugurated by Sh. Prem Kumar Dhupal, Hon'ble Chief Minister, Himachal Pradesh.

Following activities were performed during the Health Mela by MDNIY:

- Live Yoga Demonstration.
- Consultation was given on different diseases.
- Free distribution of IEC material.
- Exhibition on Yogic practices.

5.4.3. MTNL Perfect Health Mela, New Delhi

The Institute has participated at 17th MTNL Perfect Health Mela organized at NDMC ground, Laxmibai Nagar, New Delhi from 23rd-31st October, 2010.

The following activities were performed by the Institute:

- Live Yoga Demonstration
- Display and distribution of IEC material.
- Display of Yogic postures through posters and translites.
- Free consultation by Yoga experts.
- Sale of priced publication.

5.4.4. AROGYA Lucknow

Morarji Desai National Institute of Yoga (MDNIY) has participated at AROGYA Lucknow from 12th -15th Nov., 2010. The following activities were displayed by the Institute during the Fair.

- Live Yoga Demonstration
- Display and distribution of IEC material.
- Display of Yogic postures through posters and translites.
- Free consultation by Yoga experts.
- Sale of priced publication.

5.4.5. World Ayurveda Congress and Arogya Expo 2010, Bengaluru

MDNIY has participated at 4th World Ayurveda Congress and Arogya Expo 2010, held in Bengaluru, Karnataka, from 9th to 13th December, 2010. It was inaugurated by Sh. S. Gandhiselvan, Hon'ble Union Minister of State for Health and Family Welfare, Govt. of India.

At the MDNIY stall, the publicity material including Yoga booklets and information booklets on various health disorders was distributed free of cost among general public. More than 2,000 people benefited from Yoga Therapy sessions.

5.4.6 AROGYA Amritsar, Punjab

Morarji Desai National Institute of Yoga has participated at AROGYA Amritsar from 18th-21st December, 2010. The following programmes were conducted by the Institute during the Health Mela:

- Live Yoga Demonstration.
- Exhibition of Yogic practices
- Free distribution of IEC material
- Sale of priced publications

About 15, 000 people visited the MDNIY stall.

5.5 AYUSH Planet Health Museum

AYUSH Planet Health Museum is a state of the art, interactive, multimedia, digital museum that allow people to explore the concept of health and wellness as expounded in traditional system of medicine. The museum was set up for creating awareness about the traditional system of medicine like Ayurveda and Yoga.

AYUSH Planet Health Museum had set up in the Institute premises by Deptt. of AYUSH, Ministry of Health & Family Welfare, Govt. of India.

Sh. Ghulam Nabi Azad, Hon'ble Union Minister of Health & Family Welfare, Govt. of India inaugurated the AYUSH Planet Health Museum on 12th October, 2010. Smt. S. Jalaja, Secretary to Govt. of India, Deptt. of AYUSH presided over the function. Sh. K.M. Chandrasekhar, former Hon'ble Cabinet Secretary, Govt. of India also paid visit to the Planet Health Museum on 27th October, 2010.

Some of the Yoga and Ayurveda display at the AYUSH Planet Health Museum

Yoga display

1. Suryanamaskara Demonstration
2. Daily Yoga Cycle.
3. Demonstration on Screen of Yoga practices for different ailments.
4. Explanation Documentary about Limbs of Yoga.
5. Documentaries about Pranayama, Dharna and Dhyana.
6. Yoga in ancient and modern times (Documentaries).
7. Documentary – Modern perception of Yoga.
8. Documentary – Panchkoshas, Nadis & Chakras (Display)
9. Patanjali Yoga Sutras
10. Symbol of Om (Displayed), Symbol of Trataka and Symbol of love.
11. Pictures of Naga Sadhus showing different postures on screen.

Ayurveda display

1. Documentary on “Ayurveda Therapies (Panchakarma)”.
2. Model on “Prakriti Parikshan”.
3. Explanatory documentary on “Nadi Parikshan”.
4. Paintings and explanatory documentary on “Diagnosis through Tongue & Lips”.
5. Display tree of “Ayurvedic dry drug”.
6. Explanatory documentary on “uses of commonly available herbs”.

7. Documentary on “Tridoshas”.
8. Documentary on “Diagnosis through urine & eyes”.
9. Paintings of “Medicinal Plants”.
10. Documentary on “Sankhya philosophy of Srishti Utpatti”.

During the common wealth games and in the later period several hundreds people visited the Museum and appreciated the concept of the museum and the display materials and the content of the museum.

AYUSH Clinics:

During the Common Wealth Games, the Institute had set up an AYUSH Clinic in the Institute premises on free of cost. The Clinic was started from 25th September, 2010. The Physicians of Ayurveda, Unani, Homeopathy, Naturopathy and Yoga were available for the consultation. Ayurvedic, Unani and Homeopathy medicines were also distributed free of cost to the patients by the respective councils. The Clinic was continued till 31st December, 2010. During this period more than 4000 people have benefitted out of this facility.

International activities:

The following officials of MDNIY visited Fiascherino di Lerici, Italy on the invitation of Sarva Yoga International, Lerici, Italy from 18th to 25th June, 2010:

1. Dr. Ishwar V. Basavaraddi, Director, MDNIY
2. Dr. Ishwara N. Acharya, Programme Officer (YT), MDNIY
3. Sh. Bal Mukund Singh, ARO (Yoga), MDNIY

During their visit they have delivered lectures and conducted practical sessions in Yoga in the workshop – Yoga in Education Process of three days duration organised by the Sarva Yoga International and Italian Yoga Federation. The workshop was inaugurated by Director, MDNIY in the presence of Mrs. Antoneitta Rozzi, President, Sarva Yoga International and Dr. Eros, President, Italian Yoga Federation, Italy on 18th June, 2010. Around 75 teachers, who are being jointly trained by the Italian Yoga Federation and Sarva Yoga International have attended the said workshop.

From 21st June, 2010 another Workshop of 5 days duration was commenced. This was on the theme of Yoga & Wellness, wherein around 50 people have participated.

On 23rd June, 2010 Director, MDNIY and Mrs. Antoneitta Rozzi, President, Sarva Yoga International visited Rome to meet the officials of Department of Education, Govt. of Italy and Indian Embassy at Rome.

During the period of visit a MoU was signed between the Morarji Desai National Institute of Yoga and Italian Yoga Federation on Cooperation and collaboration in the field of Yoga.

Separate Audit Report of the Comptroller and Auditor General of India on the Accounts of Morarji Desai National Institute of Yoga for the year ended 31 March 2011

We have audited the attached Balance Sheet of Morarji Desai National Institute of Yoga as at 31 March 2011 and the Income and Expenditure Accounts/Receipts & Payments Accounts for the year ended on that date under Section 20(I) of the Comptroller and Auditor General's (Duties, Power & Conditions of Service) Act, 1971. The audit has been entrusted for the period up to 2010-11. These financial statements are the responsibility of the Institute's management. Our responsibility is to express an opinion on these financial statements based on our audit.

2. This Separate Audit Report contains the comments of the Comptroller & Auditor General of India (CAG) on the accounting treatment only with regard to classification, conformity with the best accounting practices, accounting standards and disclosure norms, etc. Audit observation on financial transactions with regard to compliance with the Law, Rules & Regulations (Propriety and Regularity) and efficiency-cum-performance aspects, etc., if any, are reported through Inspection Reports/CAG's Audit Reports separately.

3. We have conducted our audit in accordance with auditing standards generally accepted in India. These standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatements. An audit includes examining, on a test basis, evidences supporting the amounts and disclosure in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management as well as evaluating the overall presentation of financial statements. We believe that our audit provides a reasonable basis for our opinion.

4. Based on our audit, we report that:

- i. We have obtained all the information and explanations, which to the best of our knowledge and belief were necessary for the purpose of our audit.
- ii. The Balance Sheet and Income & Expenditure Account/Receipts and Payments Account dealt with by this report have been drawn up in the format prescribed by the Govt. of India, Ministry of Finance.
- iii. In our opinion, proper books of accounts and other relevant records have been maintained by the Morarji Desai National Institute of Yoga in so far as it appears from our examination of such books.
- iv. We further report that:

A. Balance Sheet

A.I Non-adherence to the pattern of investment

The CPF investments were not made as per the pattern prescribed by the Ministry of Finance in its OM No.F.5-(88)/2006-PR dated 14th August, 2008.

B. Grants-in-aid

Morarji Desai National Institute of Yoga received Grant of Rs.769.20 lakh (Plan Rs.419.20 lakh and Non-Plan Rs.350 lakh) during 2010-11, out of which Rs.80 lakh was received in March, 2011. The Institute utilized Rs.827.17 lakh (Plan Rs.476.47 lakh and Non-Plan Rs.350.70 lakh) during 2010-11. Excess expenditure of Rs.57.97 lakh was met from the unspent grant of previous year and its internal resources.

C. Lack of response

The management did not furnish their reply on the Draft SAR that was issued to them on 4.10.2011.

D. Management letter: Deficiencies which have not been included in the Audit Report have been brought to the notice of the Director, Morarji Desai National Institute of Yoga, through a management letter issued separately for remedial/corrective action.

- v. Subject to our observations in the preceding paragraphs, we report that the Balance Sheet and Income and Expenditure Account/Receipts and Payments Account dealt with by this report are in agreement with the books of accounts.
- vi. In our opinion and to the best of our information and according to the explanations given to us, the said financial statements read together with Significant Accounting Policies and Notes on Accounts, and subject to the significant matters stated above and other matters mentioned in Annexure to this Audit Report give a true and fair view in conformity with accounting principles generally accepted in India;
 - a. In so far as it relates to the Balance Sheet, of the state of affairs of the Morarji Desai National Institute of Yoga as at 31 March, 2011; and
 - b. In so far as it relates to Income and Expenditure Account of the surplus for the year ended on that date.

For and on behalf of the C&AG of India

Sd/
Director General of Audit
(Central Expenditure)

Place: New Delhi
Date: 12.12.2011

Annexure

1. Adequacy of Internal audit system

The internal audit has been conducted by the Ministry of Health & Family Welfare for the period upto 2009-10 but final report is awaited.

2. Adequacy of Internal control System

- The management response to audit objection was not effecting as 16 paras pertaining to period from 1999-2000 to 2008-09 are outstanding.
- Non segregation of duties – sanction authority and D.D.O. (Bill passing authority) is the same person. For effective financial control, these duties should be segregated.

3. System of Physical verification of Fixed Assets

The Physical verification of fixed assets had not been conducted since 2007-08.

4. System of physical verification of inventory

- Physical verification of inventory like stationery and consumable had been conducted upto 2007-08 and book and publication (Library) upto 2009-10.
- Physical verification of stock of own publication for sale etc. has never been conducted.

5. Regularity in payment of statutory dues

As per accounts, no payment over six months in respect of statutory dues is pending as on 31.03.2011.

MORARJI DESAI NATIONAL INSTITUTE OF YOGA, NEW DELHI

(An autonomous body under Ministry of Health & F.W., Govt. of India)

BALANCE SHEET AS ON 31ST MARCH, 2011

(Amount-Rs.)

CORPUS/CAPITAL FUND AND LIABILITIES	Page Ref. No.	Schedule	Current Year	Previous Year
CORPUS/ CAPITAL FUND	Page - 3	1	120,954,606.21	113,305,367.65
EAR MARKED/ENDOWMENT FUNDS	Page - 4	2	8,795,685.11	8,013,284.11
CURRENT LIABILITIES	Page - 5	3	3,579,033.87	4,975,754.87
TOTAL			133,329,325.19	126,294,406.63
ASSETS				
FIXED ASSETS	Page - 6	4	120,078,525.21	113,305,367.65
INVESTMENT FROM EARMARKED FUNDS	Page - 7	5	3,627,782.00	3,616,461.00
CURRENT ASSETS, LOANS, ADVANCES	Page - 8 to 9	6	9,623,017.98	9,372,577.98
TOTAL			133,329,325.19	126,294,406.63
SIGNIFICANT ACCOUNTING POLICIES	Page - 15	20	ATTACHED AT ANNEXURE-1	
CONTINGENT LIABILITIES AND NOTES ON A/Cs	Page - 16	21	ATTACHED AT ANNEXURE-2	
RECEIPTS & PAYMENTS ACCOUNTS	Page - 17 to 22	22	ATTACHED AT ANNEXURE-3	
ANNUAL ACCOUNTS OF MDNIY EMPLOYEES CP FUND			ATTACHED AT ANNEXURE-4	

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent(Dr.I.V.BASAVARADDI)
Director

MORARJI DESAI NATIONAL INSTITUTE OF YOGA, NEW DELHI
(An autonomous body under Ministry of Health & F.W., Govt. of India)

INCOME AND EXPENDITURE ACCOUNT (NON-PLAN) FOR THE YEAR ENDED 31ST MARCH, 2011

<u>INCOME (NON-PLAN)</u>	<u>Schedule/ Page No.</u>	<u>Current Year</u>	<u>(Amount-Rs.) Previous Year</u>
INCOME FROM SALE/SERVICES	Page - 10	7	-
GRANTS/SUBSIDIES	Page - 10	8	34,654,437.00
INTEREST EARNED	Page - 10	9	571,719.00
OTHER INCOME	Page - 10	10	50,395.00
TOTAL(A)			<u>35,276,551.00</u>
<u>EXPENDITURE (NON-PLAN)</u>			
ESTABLISHMENT EXPENSES	Page - 11	11	31,084,546.00
OTHER ADMINISTRATIVE EXPENSES ETC.	Page - 11	12	3,178,297.00
TOTAL(B)			<u>34,262,843.00</u>
Balance being surplus/(deficit) carried to corpus/capital fund			<u>1,013,708.00</u>

INCOME AND EXPENDITURE ACCOUNT (PLAN) FOR THE YEAR ENDED 31ST MARCH, 2011

<u>INCOME (PLAN)</u>	<u>Schedule/ Page No.</u>	<u>Current Year</u>	<u>(Amount-Rs.) Previous Year</u>
INCOME FROM SALE/SERVICES	Page - 12	13	1,815,101.00
GRANTS/SUBSIDIES	Page - 12	14	44,577,496.00
FEES/SUBSCRIPTIONS	Page - 12	15	1,242,565.00
OTHER INCOME	Page - 12	16	8,026.00
TOTAL(A)			<u>47,643,188.00</u>
<u>EXPENDITURE (PLAN)</u>			
ESTABLISHMENT EXPENSES	Page - 13	17	2,944,741.00
OTHER ADMINISTRATIVE EXPENSES	Page - 13	18	21,113,990.00
EXPENDITURE ON GRANTS, SUBSIDIES	Page - 14	19	15,919,178.00
TOTAL(B)			<u>39,977,909.00</u>
Balance being surplus/(deficit) carried to corpus/capital fund			<u>7,665,279.00</u>

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

SCHEDULES FORMING PART OF BALANCE SHEET AS ON 31.3.2011

<u>SCHEDULE 1- CORPUS/CAPITAL FUND</u>	<u>Current Year</u>	(Amount-Rs.)	<u>Previous Year</u>
a) <u>Building Fund</u>			
As per last Balance Sheet	105,977,148.15	105,977,148.15	
Add : Amt. trf. out of grant from Income& Expenditure (Plan) A/C for construction of building/ purchase of Assets	8,678,987.00	-	
Less :Utilised toward objective of the fund: Fixed Assets (building) trf to Fixed Assets Fund	-	114,656,135.15	105,977,148.15
b) <u>Fixed Assets Fund</u>			
As per last balance sheet	7,328,219.50	4,206,703.50	
Add : Amt. trf. out of grant from Income& Expenditure (Plan) A/C for purchase of assets during the year	-	4,696,909.00	
Add : Transferred from Building Fund a/c	-	-	
Add : Add back Depreciation accounted till date on the assets written off during the year	-	-	
Less : Assets Written Off/Disposed off on book value	-	-	
Less : Depreciation on fixed assets accounted during the year	(1,029,748.44)	6,298,471.06	7,328,219.50
Net Balance as at the year end	<u>120,954,606.21</u>	<u>(1,575,393.00)</u>	<u>113,305,367.65</u>

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent(Dr.I.V.BASAVARADDI)
Director

SCHEDULE 2-EAR MARKED/ENDOWMENT FUNDS	Current Year	(Amount-Rs.)	Previous Year
a) Sundry Fund (Non-Plan)			
As per last balance sheet	163,110.11	168,557.11	
Add : Amt. trf. out of Prov. For Leave Encashment (NP) A/c	-	5,000.00	
Less: Transferred to Income & Exps a/c	-	(10,447.00)	163,110.11
b) Sundry Fund (Plan)			
As per last balance sheet	2,967,921.00	1,071,128.00	
Add : Amt. trf. out of grant from Income & Expenditure (Plan)	-	1,896,793.00	
Less: Transferred to Inc. & Exp. a/c	-	-	2,967,921.00
c) Gratuity & Leave Encashment Fund			
i) Provision for Gratuity			
As per last balance sheet	4,127,883.00	11,627,711.00	
Add : Transferred from Inc. & Exps a/c	-	-	
Less : Adjusted against Due from MHFW A/c	-	(7,499,828.00)	4,127,883.00
ii) Provision for Leave Encashment (NP)			
As per last balance sheet	-	7,975,988.00	
Add : Provision made during the Year	-	-	
Less : Adjusted against Due from MHFW A/c	-	(7,975,988.00)	-
iii) Provision for Leave Encashment (P)			
As per last balance sheet	-	77,460.00	
Add : Provision made during the Year	-	-	
Less : Adjusted against Due from MHFW A/c	-	(77,460.00)	-
d) CME-ROTP Programme Fund			
As per last balance sheet	637,226.00	-	
Add : Fund Received during the Year	-	1,750,000.00	
Less : Fund Utilised during the Year	(354,686.00)	(1,112,774.00)	637,226.00
e) WHO Project Fund			
As per last balance sheet	117,144.00	-	
Add : Fund Received during the Year	632,100.00	712,768.00	
Less : Fund Utilised during the Year	(62,000.00)	(595,624.00)	117,144.00
f) History on Health Care Project Fund			
As per last balance sheet	-	-	
Add : Fund Received during the Year	-	613,300.00	
Less : Fund Utilised during the Year	-	(613,300.00)	-
g) CCYSc Air Force Programme Fund			
As per last balance sheet	-	-	
Add : Fund Received during the Year	1,170,000.00	-	
Less : Fund Utilised during the Year	(603,013.00)	-	-
Net Balance as at the year end	8,795,685.11		8,013,284.11

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent(Dr.I.V.BASAVARADDI)
Director

SCHEDULE 3 - CURRENT LIABILITIES AND PROVISIONS	(Amount -Rs.)	
	Current Year	Previous Year
a) Pay and Allowances (Salary Payable)		
As per last balance sheet	5,684.00	4,842.00
Add: Outstanding for the year	-	842.00
Less: Paid during the Year	-	-
Adjusted against Pay Recovery	-	-
Written off	-	-
	5,684.00	5,684.00
b) Security Deposit (Library)		
As per last Balance Sheet	3,500.00	3,500.00
Add: Received during the year from:	-	-
Less: Refunded back during the Year	500.00	-
	4,000.00	3,500.00
c) Security Deposit as Liability		
As per last Balance Sheet	226,140.00	-
Add: Received during the Year	349,000.00	226,140.00
Less: Refunded back during the Year	(55,000.00)	-
	520,140.00	226,140.00
d) Earnest Money		
As per last balance	504,227.00	162,227.00
Add: Received during the year	470,000.00	757,000.00
Less: Refunded back during the Year	(345,000.00)	(415,000.00)
	629,227.00	504,227.00
e) Caution Money of Students		
As per last Balance Sheet	292,000.00	244,000.00
Add: Received during the Year	275,000.00	250,000.00
Less: Refunded back during the Year	(194,000.00)	(202,000.00)
	373,000.00	292,000.00
f) Retention Money		
As per last balance	14,211.00	-
Add: Received during the year	262,838.00	14,211.00
Less: Refunded back during the Year	(132,000.00)	-
	145,049.00	14,211.00
g) Misc. Receipts/Payments		
As per last balance	6,000.00	-
Add: Received during the year	180,660.00	433,997.00
Less: Paid during the year	(120,800.00)	(427,997.00)
	65,860.00	6,000.00
h) Sundry Creditors		
As per last balance	38,054.00	38,054.00
Add: Received during the year	56,443.00	-
Less: Paid during the year	(56,590.00)	-
	37,907.00	38,054.00
i) MHFW Grants Carry & B/f (Non-Plan)		
As per last balance	55,370.99	183,394.99
Less: Transferred to Inc. & Exps a/c	(55,370.99)	(183,394.99)
Add: Unspent grant C/F during the year	400,933.99	55,370.99
	400,933.99	55,370.99
j) MHFW Grants Carry & B/f (Plan)		
As per last balance	3,830,567.88	5,059,708.88
Less: Transferred to Inc. & Exps a/c	(3,830,567.88)	(5,059,708.88)
Add: Unspent grant C/F during the year	1,173,071.88	3,830,567.88
	1,173,071.88	3,830,567.88
k) TDS Payable		
On Salary	7,364.00	-
On Others	216,797.00	-
	224,161.00	-
Net balance as at the year end	3,579,033.87	4,975,754.87

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

**MORARJI DESAI NATIONAL INSTITUTE OF YOGA
SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.3.2011**

SCHEDULE 4 - FIXED ASSETS

Sl. No.	DESCRIPTION	GROSS-BLOCK		DEPRECIATION		NET-BLOCK		(Amount-Rs.)	
		Cost/valuation as at beginning of year on 01.04.10	Addition during the year 2010-11	Deduction during the year (W/OFF)	Cost/value- tion at the year-end 31.03.11	As at beginning of year on 01.04.10	Accounted for the year-end 31.03.11		On deductions during the year 2010-11

A. FIXED ASSETS :

1	LAND	-	-	-	-	-	-	-	-	-	-
2	BUILDING Superstructures on Land not belonging to the entity	762,017.00	-	-	762,017.00	-	-	-	-	762,017.00	762,017.00
3	PLANT MACHINERY & EQUIPMENT	5,186,707.00	-	-	5,186,707.00	4,828,342.90	206,497.16	-	5,034,840.06	151,866.95	358,364.10
4	VEHICLES	5,632.00	-	-	5,632.00	4,666.75	241.31	-	4,908.06	721.84	963.25
5	FURNITURE, FIXTURES	1,616,093.00	838,785.00	-	2,454,878.00	816,281.40	145,134.76	-	961,416.16	1,493,461.84	799,811.60
6	OFFICE EQUIPMENT	1,395,562.00	358,087.00	-	1,753,649.00	824,219.20	258,281.16	-	1,082,500.36	671,148.64	571,342.80
7	COMPUTER/PERIPHERALS	1,628,004.00	20,575.00	-	1,648,579.00	1,320,662.60	184,404.84	-	1,505,067.44	143,511.56	307,341.40
8	ELECTRIC INSTALLATION	334,147.00	-	-	334,147.00	266,419.10	54,103.95	-	320,523.05	13,623.96	67,727.90
9	LIBRARY BOOKS	1,011,940.00	105,887.00	-	1,117,827.00	820,243.20	115,018.08	-	935,261.28	182,565.72	191,696.80
10	TUBE WELLS & W.SUPPLY	6,075.00	5,400.00	-	11,475.00	-	3,645.00	-	3,645.00	7,830.00	6,075.00
11	OTHER FIXED ASSETS	312,563.00	21,452.00	-	334,015.00	62,874.25	62,422.19	-	125,296.44	208,718.56	249,688.75
	Total of (A) for Current Year	12,258,740.00	1,350,186.00	-	13,608,926.00	8,943,709.40	1,029,748.44	-	9,973,457.84	3,635,466.06	3,315,028.50
	Total of (A) for Previous Year	11,575,022.00	683,718.00	-	12,258,740.00	-	-	-	-	-	-

B. CAPITAL WORK-IN-PROGRESS

- Major Building Works carried out during the year
- Advance to HSCC Ltd. For construction of building at New Delhi and Boundary work at Ghaziabad Land of MDNIY
- Advance to L&DO, MoJD, Govt for acquisition of land in New Delhi by MDNIY

Total of (B) for the Year

Grand Total of (A) & (B)

120,078,525.21

113,305,367.65

Dated: 27th July, 2011
Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr. I. VBASAVARADDI)
Director

SCHEDULE 5 -INVESTMENTS - FROM EARMARKED / ENDOWMENT FUNDS**a) FDR with PNB**

As per last Balance sheet	1,849,597.00		1,994,297.00	
Less : Interest on FDR for 2009-10 transferred to Accd. Int. on G&LE Fund Inv./Dues A/c	-	1,849,597.00	(144,700.00)	1,849,597.00

b) FDR with SBI

As per last Balance sheet	1,672,460.00		1,771,077.00	
Less : Interest on FDR for 2009-10 transferred to Accd. Int. on G&LE Fund Inv./Dues A/c	-	1,672,460.00	(98,617.00)	1,672,460.00

c) TDS Exemption Claim

As per last Balance sheet	94,404.00		59,377.00	
Add : Deducted from Interest on FDR	28,493.00		35,027.00	
Less : Claim received during the year	(17,172.00)	105,725.00	-	94,404.00

d) Due from MHFW

As per last Balance sheet	-		15,851,408.00	
Add : Due during the Year	-		-	
Less : Adjusted against Provn. For Gratuity	-		(7,499,828.00)	
Less : Adjusted against Provn. for L.E. (NP)	-		(7,975,988.00)	
Less : Adjusted against Provn. for L.E. (P)	-		(72,460.00)	
Less : Adjusted against Interest on FDR & TDS for Interest on FDR	-	-	(303,132.00)	-

Net balance as at the year end**3,627,782.00****3,616,461.00**

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

SCHEDULE 6 - CURRENT ASSETS, LOANS, ADVANCES ETC.

		(Amount -Rs.)		
		<u>Current Year</u>		<u>Previous Year</u>
a) Loans & Advances				
i) Official Advance				
<u>Contingent Advance under Plan Head</u>				
As per last Balance sheet	32,780.00		-	
Add : Paid during the Year	1,224,820.00		1,491,485.00	
Less : Recovered during the year	(1,092,653.00)	164,947.00	(1,458,705.00)	32,780.00
<u>Contingent Advance under Non-Plan Head</u>				
As per last Balance sheet	-		-	
Add : Paid during the Year	255,932.00		277,390.00	
Less : Recovered during the year	(218,299.00)	37,633.00	(277,390.00)	-
<u>Contingent Advance under Specific Fund Head</u>				
As per last Balance sheet	175,000.00		-	
Add : Paid during the Year	251,200.00		2,042,000.00	
Less : Recovered during the year	(418,319.00)	7,881.00	(1,867,000.00)	175,000.00
ii) Personal Advances				
<u>Computer Advance</u>				
As per last Balance sheet	14,000.00		36,000.00	
Add : Paid during the Year	-		-	
Less : Recovered during the year	(12,000.00)	2,000.00	(22,000.00)	14,000.00
<u>Festival Advance</u>				
As per last Balance sheet	42,300.00		36,900.00	
Add : Paid during the Year	84,000.00		93,000.00	
Less : Recovered during the year	(82,800.00)	43,500.00	(87,600.00)	42,300.00
<u>LTC Advance</u>				
As per last Balance sheet	61,962.00		25,800.00	
Add : Paid during the Year	228,570.00		176,047.00	
Less : Recovered during the year	(264,232.00)	26,300.00	(139,885.00)	61,962.00
<u>Scooter Advance</u>				
As per last Balance sheet	20,500.00		44,420.00	
Add : Paid during the Year	-		-	
Less : Recovered during the year	(6,000.00)	14,500.00	(23,920.00)	20,500.00
<u>TA/DA Advance</u>				
As per last Balance sheet	99,194.00		41,395.00	
Add : Paid during the Year	265,788.00		209,460.00	
Less : Recovered during the year	(260,788.00)	104,194.00	(151,661.00)	99,194.00
<u>Advance on Other</u>				
As per last Balance sheet	2,830.11		16,330.11	
Add : Paid during the Year	-		-	
Less : Recovered during the year	-	2,830.11	(13,500.00)	2,830.11
iii) Advance to Outsiders				
As per last Balance sheet	2,772,685.00		966,471.00	
Add : Paid during the Year	711,085.00		3,321,953.00	
Less : Recovered during the year	(211,085.00)	3,272,685.00	(1,515,739.00)	2,772,685.00
b) Security Deposit as Asset				
As per last Balance sheet	513,112.00		512,612.00	
Add : Paid during the Year	-		500.00	
Less : Recovered during the year	-	513,112.00	-	513,112.00
c) Premium on GSAI				
As per last Balance sheet	25,133.00		17,380.00	
Add : Paid during the Year	45,918.00		51,351.00	
Less : Recovered during the year	(47,527.00)	23,524.00	(43,598.00)	25,133.00
d) Accrued Interest on G&LE Fund Investment/Dues				
As per last Balance sheet	511,422.00		-	
Add : Accrued during the Year	224,212.00		511,422.00	
Less : Received during the year	-	735,634.00	-	511,422.00

Continued in Next Page

Continued from Previous Page

SCHEDULE 6 - CURRENT ASSETS, LOANS, ADVANCES ETC.

		(Amount -Rs.)	
		<u>Current Year</u>	<u>Previous Year</u>
e) <u>Cash in Hand</u>			
Imprest Cash	15,000.00	15,000.00	15,000.00
f) <u>Cash at Bank</u>			
PNB, Sansad Marg	979,276.50		4,325,994.50
BoB, Nirman Bhawan	3,658,615.72		739,871.72
SBI, Nirman Bhawan (Main A/c)	15,815.65		15,274.65
SBI, Nirman Bhawan (Project A/c)	5,570.00	4,659,277.87	5,379.00
g) <u>Bank Instrument</u>			
Postal Orders	-	-	140.00
Net balance as at the year end		<u>9,623,017.98</u>	<u>9,372,577.98</u>

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

**SCHEDULES FROM 7 TO 12 FORMING PART OF INCOME & EXPENDITURE ACCOUNT (NON-PLAN)
FOR THE YEAR ENDED 31st MARCH 2011**

		(Amount-Rs.)	
<u>SCHEDULE 7 - INCOME FROM SALES/SERVICES</u>	<u>Current Year</u>		<u>Previous Year</u>
i. Laboratory Charges	-		-
ii. Library membership fee	-		-
iii. OPD Registration charges	-		-
iv. Photo Copying Charges	-		-
v. Yoga class charges	-		-
vi. Yoga Certificate Course fee	-		-
vii. Workshop for Children charges	-		-
	<hr/>		<hr/>
<u>TOTAL</u>	<u>-</u>		<u>-</u>
<u>SCHEDULE 8 - GRANT/SUBSIDIES</u>			
B/F Unspent Grants of Previous year	-	183,394.99	
Add: Grant-in-Aid received from			
M/O H&FW Govt. of India	35,000,000.00	37,317,000.00	
Add: Trf. from Sundry Fund (Non-Plan)	55,370.99	10,447.00	
Less : Trf. to MHFW Grant Carry & B/F (NP)	<u>(400,933.99)</u>	<u>34,654,437.00</u>	<u>37,455,471.00</u>
		<hr/>	<hr/>
<u>TOTAL</u>		<u>34,654,437.00</u>	<u>37,455,471.00</u>
<u>SCHEDULE 9 - INTEREST EARNED</u>			
i) Interest on Earmarked Investment	252,705.00	303,132.00	
ii) Less: Trf. to Due from MHFW A/c	-	(303,132.00)	
iii) Interest on SB A/C Deposit	314,716.00	314,487.00	
iv) Interest on Personal Loan	2,500.00	11,816.00	
v) Others Interest	<u>1,798.00</u>	<u>571,719.00</u>	<u>326,303.00</u>
		<hr/>	<hr/>
<u>TOTAL</u>		<u>571,719.00</u>	<u>326,303.00</u>
<u>SCHEDULE 10 - OTHER INCOME</u>			
i) Miscellaneous Receipts	4,595.00	30.00	
ii) RTI Receipts	-	472.00	
iii) Receipt from Booking Hall	37,000.00	-	
iv) Children Prog. Fee Receipts	8,800.00	-	
v) Pay Recovery	<u>-</u>	<u>50,395.00</u>	<u>85,714.00</u>
		<hr/>	<hr/>
<u>TOTAL</u>		<u>50,395.00</u>	<u>85,714.00</u>

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

SCHEDULE 11- ESTABLISHMENT EXPENSES (NON-PLAN)		(Amount-Rs.)	
	Current Year		Previous Year
a Salaries			
Pay & Allowance (Arrear Payment)	26,186.00	5,167,154.00	
Pay & Allowance (Filled up Post)	25,705,902.00	24,192,123.00	
Add : Salary Payable	-	842.00	
Less : Recovery/ Adjustment of Salary Payable of Previous Year	(49,367.00)	-	
	25,682,721.00	-	29,360,119.00
b Bonus	200,332.00	-	229,115.00
c Contribution to CP Fund	1,289,615.00		1,467,357.00
d CPFund Deficit for Previous year	-		-
e Remuneration Payment	-		21,500.00
f Gratuity	1,457,054.00		1,227,921.00
g Leave Encashment	993,030.00		799,436.00
h Overtime Allowances	8,034.00		21,896.00
i LTC Expenses	263,348.00		97,261.00
j Medical Reimbursement	130,067.00		164,124.00
k Children Education Allowance	198,680.00		59,780.00
l Honorarium	29,870.00		11,149.00
m Contractual Salaries & Wages	831,795.00		690,238.00
TOTAL	31,084,546.00	-	34,149,896.00

SCHEDULE 12 - OTHER ADMINISTRATIVE EXPENSES (NON-PLAN)

a Contingent & General Expenses	176,742.00		271,520.00
b Liveries Expenses	12,896.00		58,259.00
c Freight & Cartage	7,317.00		4,909.00
d Water & Electricity Charges	215,792.00		115,106.00
e Repair & Maint.(Gen.)	188,754.00		300,290.00
f IT Expenses	6,250.00		17,483.00
g Advt. & Publicity	-		24,548.00
h Postage & Telegram	74,699.00		78,300.00
i Printing & Stationery	219,053.00		429,183.00
j Telephone	135,116.00	190,589.00	
k Less: Recovery	0.00	-	190,589.00
l TA/DA Expenses	193,658.00		262,519.00
m Conveyance Expenses	23,909.00		14,107.00
n Audit Fees	(11,250.00)		83,852.00
o TA/DA to Non-Official Members	40,217.00		93,292.00
p Legal Fees	60,643.00		239,012.00
q AMC Charges	568,663.00		216,412.00
r Bank Charges	15,390.00		11,578.00
s Newspaper & Periodical	12,076.00		11,294.00
t Hiring Charges of Vehicle	283,448.00		260,709.00
u Meeting & Refreshment Expenses	41,886.00		40,621.00
v Security Service Charges	867,924.00		754,347.00
w Accomodation & Hospitality Expenses	1,604.00		4,000.00
x Sanitation Expenses	34,510.00		227,563.00
y Crockery & Cutleries	-		3,482.00
z Interest Paid	1,678.00		-
aa Lab & Research Exp.	263.00		-
bb Sitting Charges	3,000.00		-
cc Misc. Expenses	4,059.00		4,617.00
TOTAL	3,178,297.00	-	3,717,592.00

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

SCHEDULE FROM 13 TO 19 FORMING PART OF INCOME & EXPENDITURE ACCOUNTS (PLAN)
FOR THE YEAR ENDED 31st MARCH 2011

		(Amount-Rs.)	
<u>SCHEDULE 13 - INCOME FROM SALES/SERVICES</u>	<u>Current Year</u>		<u>Previous Year</u>
i) Sale of Prospectus	48,300.00		53,400.00
ii) Sale of Tender Papers	5,800.00		15,500.00
iii) Yoga Class Receipts	1,226,238.00		1,054,720.00
iv) Registration Charges	54,364.00		393,202.00
v) Publications	266,515.00		235,855.00
vi) Photocopy Charges	34,288.00		49,941.00
vii) Purchase & Sale of Yoga Articles	179,596.00		54,230.00
viii) IT Material on Yoga	-	1,815,101.00	50.00
			1,856,898.00
<u>TOTAL</u>		<u>1,815,101.00</u>	<u>1,856,898.00</u>
<u>SCHEDULE 14 - GRANT/SUBSIDIES</u>			
B/F Unspent Grants of Previous year	3,830,567.88		5,059,708.88
Add: Grant-in-Aid received from M/O H&FW Govt. of India	41,920,000.00		32,941,000.00
Add : Transferred from Sundry Fund (Plan)	-		-
Less : Trf. to Fixed Assets Fund			(4,696,909.00)
Less : Trf. to Sundry Fund (Plan)			(1,896,793.00)
Less : Trf. to MHFW Grant Carry & B/F (P)	(1,173,071.88)	44,577,496.00	(3,830,567.88)
			27,576,439.00
<u>TOTAL</u>		<u>44,577,496.00</u>	<u>27,576,439.00</u>
<u>SCHEDULE 15 - FEES/SUBSCRIPTION</u>			
i) Tuition Fees DYS	537,000.00		319,400.00
ii) NYW 2011 Reg. Charges	629,600.00		-
iii) Examination fees DYS	57,325.00		304,775.00
iv) Library Fees DYS	3,500.00		500.00
v) Subscription Yoga Vijnana	11,640.00		10,140.00
vi) Children Prog. Fees Receipt	3,500.00	1,242,565.00	16,100.00
			650,915.00
<u>TOTAL</u>		<u>1,242,565.00</u>	<u>650,915.00</u>
<u>SCHEDULE 16 - OTHER INCOME</u>			
i) Miscellaneous receipts	1,853.00		100.00
ii) RTI Receipts	100.00		-
iii) Penalty Late Fees DYS	-		1,558.00
iv) Penalty Interest	2,918.00		-
v) Lab Receipt	3,155.00		2,830.00
	-	8,026.00	-
			4,488.00
<u>TOTAL</u>		<u>8,026.00</u>	<u>4,488.00</u>

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

	(Amount-Rs.)	
	<u>Current Year</u>	<u>Previous Year</u>
<u>SCHEDULE 17 - ESTABLISHMENT EXPENSES (PLAN)</u>		
a Salaries		
Pay & Allowance (Arrear Payment)	-	145,565.00
Pay & Allowance (Filled up Post)	768,804.00	674,584.00
Add : Salary Payable	-	-
Less : Recovery/ Adjustment of Salary	238.00	
Payable of Previous Year	-	820,149.00
	<u>769,042.00</u>	<u>-</u>
b Contribution to CP Fund	56,128.00	39,252.00
c Remuneration Payment	160,345.00	53,344.00
d Gratuity	512,721.00	-
e LTC Expenses	-	25,151.00
f Children Education Allowance	-	17,000.00
g Honorarium	1,446,505.00	305,899.00
<u>TOTAL</u>	<u>2,944,741.00</u>	<u>1,260,795.00</u>

	(Amount-Rs.)	
	<u>Current Year</u>	<u>Previous Year</u>
<u>SCHEDULE 18-OTHER ADMINISTRATIVE EXPENSES (PLAN)</u>		
a Contingent & General Expenses	725,187.00	184,542.00
b Freight & Cartage	2,191.00	724.00
c Water & Elect. Exps.	2,840,123.00	2,434,337.00
d Information Technology Expenses	76,280.00	34,661.00
e National Yoga Week Expenses	2,922,257.00	2,862,999.00
f Arogya Mela Expenses	326,390.00	-
g Advt. & Publicity Expenses	366,496.00	555,511.00
h Printing charges	1,091,216.00	184,831.00
i Postage Charges	23,954.00	3,322.00
j Conveyance Expenses	1,500.00	4,159.00
k Hiring of Vehicle Charges	330,322.00	184,960.00
l TA/DA Expenses	249,952.00	156,208.00
m Lab Research Expenses	53,916.00	61,547.00
n Repair & Maintenance (Gen.)	3,358.00	72,366.00
o Publication Expenses	563,789.00	432,859.00
p News Paper & Periodical	80,036.00	80,593.00
q Bank charges	800.00	4,667.00
r Printing of IEC Materials	849,265.00	1,706,555.00
s TA/DA to Non-Official Members	909,162.00	371,182.00
t Accomodation & Hospitality Expenses	85,914.00	43,831.00
u AMC Charges	14,075.00	33,825.00
v Hostel Charges	316,002.00	195,000.00
w Meeting & Refreshment Expenses	115,941.00	57,412.00
x Renovation & Beutification Expenses	1,970,501.00	461,974.00
y Scholarship & Fellowship	565,000.00	1,459,192.00
z Contractual Salaries & Wages	4,913,816.00	4,361,075.00
aa Yoga Articles Purchase & Sales	223,206.00	118,798.00
bb Security Services Charges	589,087.00	-
cc Sitting Charges	21,000.00	-
dd Consultancy Charges	142,180.00	-
ee Internship to Students	15,000.00	-
ff Misc. Expenses	60.00	-
gg Foreign Travel Expenses	726,014.00	-
<u>TOTAL</u>	<u>21,113,990.00</u>	<u>16,067,130.00</u>

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

SCHEDULE-19 - EXPENDITURE ON GRANTS, SUBSIDIES ETC.

(Amount-Rs.)

	<u>Current Year</u>	<u>Previous Year</u>
a Funds release to Advance Centres	5,565,396.00	6,964,047.00
b Funds Release to YT&RC	2,592,939.00	906,000.00
c Funds Release under YSHP	1,714,071.00	4,247,768.00
d Funds Release under DYWC	6,100,000.00	-
e Funds Release under FCMGP	(53,228.00)	643,000.00
<u>TOTAL</u>	<u>15,919,178.00</u>	<u>12,760,815.00</u>

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

SCHEDULE 20 - SIGNIFICANT ACCOUNTING POLICIES**1. Accounting Convention**

The financial statements have been prepared on the basis of historical cost convention, unless otherwise stated and on the accrual method of accounting.

2. Inventory Valuation

Stores are valued at cost.

3. Fixed Assets

3.1 Fixed Assets are stated at cost of acquisition inclusive of taxes, freight incidental and direct expenses related to acquisition.

3.2 Fixed Assets received by way of non-monetary grants are capitalised at value stated, by corresponding credit to General Fund.

4. Depreciation

4.1 Depreciation on fixed assets has been made on Written Down Value Method (WDVM).

4.2 Assets costing Rs. 5000/- and less have been fully provided.

5. Government Grants

5.1 Government grants of the nature of contribution towards capital cost for setting up of new building complex are treated as Capital Fund.

5.2 Grants in respect of fixed assets acquired are treated as Capital Fund.

5.3 Government grants for payment of advances are treated as sundry funds.

5.4 Government grants/subsidy are accounted on realisation basis.

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

SCHEDULE 21 - CONTINGENT LIABILITIES AND NOTES ON ACCOUNTS**1. Contingent Liabilities**

Provision for payment of gratuity, leave encashment etc.has been made as per audit instructions.

2. Current Assets, Loans and Advances

The current assets, loans and advances have a value on realisation in the ordinary course of business, equal at least to the aggregate amount shown in the Balance Sheet.

3. Taxation

In view of there being no taxable income under Income Tax Act 1961, no provision for Income tax has been considered necessary.

4. Corresponding figures for the previous year have been regrouped/rearranged, wherever necessary.

5. Schedules 1 to 22 have been annexed to and form an integral part of the Balance Sheet as at 31.3.2011 and the Income and Expenditure Account for the year ended on that date.

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

MORARJI DESAI NATIONAL INSTITUTE OF YOGA, NEW DELHI

(An autonomous body under Ministry of Health & F.W., Govt of India)

ANNEXURE-3

RECEIPT AND PAYMENT ACCOUNT FOR THE YEAR ENDED 31ST MARCH, 2011

SCHEDULE-22 RECEIPTS	Current Year	Previous Year	PAYMENTS	Current year	Previous Year
Opening Balances					
Cash-in-Hand	15,000.00	15,000.00			
Cash-at-Bank					
SBI, Nirman Bhawan (Main A/c)	15,274.65	14,753.65			
SBI, Nirman Bhawan (Project A/c)	5,379.00	5,195.00			
Bank of Baroda, Nirman Bhawan	739,871.72	145,302.72			
PNB, Sansad Marg	4,325,994.50	5,062,812.50			
Bank Instruments	140.00	40.00			
	5,101,659.87	5,243,103.87			

NON-PLAN

NON-PLAN

I. Opening Balances	I. Expenses	I. Establishment Expenses (Corresponding to Schedule - 11)	(AMOUNT-Rs.)
(Cash & Bank balances as above)			
II. Grants Received			
From Ministry of Health & F.W., Govt. of India	55,370.99	26,186.00	5,167,154.00
III. Income on Investments from			
a) From Earmarked/Endow. Funds	35,000,000.00	25,705,902.00	24,192,965.00
b) Own Funds (Other Investment)			(842.00)
IV. Interest Received			
On Bank Deposits			5,400.00
Interest on Personal loans of Staff	314,716.00	1,200.00	(23,920.00)
Interest received as Penalty	2,500.00	(6,000.00)	(22,000.00)
Interest received on Income Tax Refund	2,918.00	(35,662.00)	36,162.00
V. Other Income			
Pay Recovery	1,798.00	1,609.00	(13,500.00)
Miscellaneous Receipts	49,927.00	200,332.00	7,753.00
RTI Receipt	6,449.00	1,289,615.00	229,115.00
Receipt from Booking of Hall	100.00		1,467,357.00
VI. Amount Borrowed			
	37,000.00		21,500.00
	472.00		1,227,921.00
	30.00		799,436.00
			21,896.00
			97,261.00
			164,124.00
			59,780.00
			11,149.00
			690,238.00

		(AMOUNT-Rs.)	
RECEIPTS	PAYMENTS	Current Year	Previous Year
NON-PLAN			
VII. Any other receipts	b) Other Administrative Expenses(Corresponding to Schedule - 12)		
Department of Health, MHFW	Contingent & General Expenses	176,742.00	271,520.00
Earnest Money	Liveries Expenses	12,896.00	58,259.00
ITDS (Contractor)	Freight & Cartage	7,317.00	4,909.00
Life Insurance Corp. of India	Water & Electricity Charges	215,792.00	115,106.00
MIDNIY Employees CPF (Mr.K.D.Singh)	Repair & Maint.(Gen.)	188,754.00	-
Security Deposit (Library)	IT Expenses	6,250.00	17,483.00
OPD Registration Charges	Advt. & Publicity	-	24,548.00
Yoga Class Charges	Postage & Telegram	74,699.00	78,300.00
Yoga Certificate Course Fee	Printing & Stationery	219,053.00	429,183.00
Workshop on Yoga for Children	Telephone Expenses	135,116.00	190,589.00
Laboratory Charges	TA/DA Expenses	193,658.00	262,519.00
Photo Copying Charges	Conveyance Expenses	23,909.00	14,107.00
Library Membership Fee	Audit Fees	(11,250.00)	83,862.00
	Professional Charges	166,180.00	
	TA/DA to Non-Official Members	40,217.00	93,292.00
	Legal Fees	60,643.00	239,012.00
	AMC Charges	568,663.00	216,412.00
	Bank Charges	15,390.00	11,578.00
	Newspaper & Periodical	12,076.00	11,294.00
	Hiring Charges of Vehicle	283,448.00	260,709.00
	Meeting & Refreshment Expenses	41,886.00	40,621.00
	Security Service Charges	1,457,011.00	754,347.00
	Accommodation & Hospitality Expenses	1,604.00	4,000.00
	Sanitation Expenses	34,510.00	227,563.00
	Crockery & Cutleries	-	3,482.00
	Misc. Expenses	5,738.00	4,617.00
	Contingent Advance under Non Plan Head	17,233.00	-
	Other Payments		
	Security Deposit as Asset	-	500.00
Total (Non-Plan) (I - VI)	TOTAL (Non-Plan) (I - VII)	35,471,278.99	37,912,411.99
	Closing Balance (Non-Plan)	400,933.99	55,370.99
	Total (Non-Plan)	35,471,278.99	37,912,411.99

RECEIPTS		PAYMENTS		(AMOUNT-Rs.)	
PLAN		PLAN		Current year	Previous Year
I.	Opening Balances (Cash & Bank balances as above)				
		3,830,567.88	5,059,708.88		
II.	Grants Received Min. of Health & F.W., Govt. of India	41,920,000.00	32,941,000.00	798.00	145,565.00
				768,804.00	674,584.00
				56,128.00	39,252.00
III.	Income on Investments from a) From Earmarked/Endow. Funds b) Own Funds (Other Investment)	-	-	-	-
		-	-	160,345.00	53,344.00
				472,971.00	-
IV.	Interest Received On Bank Deposits Interest on Personal loans of Staff	-	-	-	-
		-	-	-	25,151.00
V	Other Income Miscellaneous receipts Rent Cafeteria Reorientation 2010-11 (Plan) Penalty Late Fees DYS Penalty Late Fees DYT Lab Receipt	-	100.00	1,434,505.00	17,000.00
		-	-	-	305,899.00
		-	-	-	-
		-	-	-	-
		-	1,558.00	-	-
		3,155.00	2,830.00	725,187.00	184,542.00
VI	Amount Borrowed				
				223,206.00	-
				2,191.00	724.00
				2,840,123.00	2,434,337.00
				-	-
				76,280.00	34,661.00
				-	-
				2,922,257.00	2,862,999.00
				-	-
				326,390.00	-
				366,496.00	555,511.00
				-	-
				1,091,216.00	184,831.00
				23,943.00	3,322.00
				1,500.00	4,159.00

RECEIPTS		Current Year	Previous Year	PAYMENTS		Current year	Previous Year
PLAN		PLAN					
VII Any other receipts							
Caution Money			-	Hiring of Vehicle Charges		330,322.00	184,960.00
Earnest Money			-	TA/DA Expenses		975,966.00	156,208.00
Retention Money			-	Advertisement Charges (DAMP)		-	-
National Instt of Sc. Commun. & Inf.			-	Lab Research Expenses		54,179.00	61,547.00
Gagan Caterer			-	Repair & Maintenance(Build.)		-	-
Kundalini Yoga Research Institute			-	Repair & Maintenance (Gen.)		3,358.00	72,366.00
Kelux Technology			-	Publication Expenses		563,789.00	432,859.00
Sarita Jhingan			-	News Paper & Periodical		80,036.00	80,593.00
Gr. Sup.Ann. Sch. Prem.			-	Bank charges		800.00	4,667.00
Sale of Prospectus		48,300.00	53,400.00	Learning Resource Centre		-	-
Sale of Tender Papers		5,800.00	15,500.00	Philosophico Literary Research		-	-
Yoga Class Receipts		1,855,838.00	1,054,720.00	WHO Project		-	-
Registration Charges		54,364.00	393,202.00	Printing of IEC Materials		849,265.00	1,706,555.00
Publications		286,515.00	235,855.00	TA/DA to Non-Official Members		909,162.00	371,182.00
Photocopy Charges		34,288.00	49,941.00	Accommodation & Hospitality Expenses		85,914.00	43,831.00
Purchase & Sale of Yoga Articles		179,596.00	(64,568.00)	AMC Charges		14,075.00	33,825.00
IT Material on Yoga			50.00	Hostel Charges		316,002.00	195,000.00
Tuition Fees DYS		537,000.00	319,400.00	Meeting & Refreshment Expenses		115,941.00	57,412.00
Tuition Fees DYT				Renovation & Beautification Expenses		1,970,501.00	461,974.00
Examination fees DYS		57,325.00	304,775.00	Scholarship & Fellowship		592,000.00	1,459,192.00
Examination fees DYT				Contractual Salaries & Wages		4,913,816.00	4,361,075.00
Examination fees supplementary							
Library Fees DYS		3,500.00	500.00				
Library Fees DYT							
Medical Fees DYS							
Medical Fees DYT							
Socio Culture Activities fees DYT		11,640.00	10,140.00				
Subscription Yoga Vijnana		12,300.00	16,100.00				
Children Prog. Fees Receipt							

RECEIPTS		PAYMENTS		(AMOUNT-Rs.)	
PLAN		PLAN		Current year	Previous Year
		II	Payments made against funds for various projects		
			Funds release to Advance Centres	5,565,396.00	6,964,047.00
			Funds Release to DYWC	6,100,000.00	-
			Funds Release to YT&RC	2,592,939.00	906,000.00
			Funds Release under YSHP	1,714,071.00	4,247,768.00
			Funds Release under FCMGP	(53,228.00)	643,000.00
		III	Expenditure on Fixed Assets & Capital Work-in-Progress		
		a)	Purchase of Fixed Assets		
			Books (Library)	105,887.00	83,798.00
			Furniture & Fixture (Office)	838,785.00	35,000.00
			Office Equipment	286,687.00	200,334.00
			Scientific Lab. Equipments	-	2,491.00
			Electrical Installation	-	21,000.00
			Computer & Peripherals	20,575.00	200,151.00
			Other Fixed Assets	21,452.00	89,869.00
			Plant, Machinery & Equipments	71,400.00	45,000.00
			Tubewells, Water Supply & Fittings	5,400.00	6,075.00
		b)	Expenditure on Capital Work-in-Progress		
			Major Building works carried out	6,452,720.00	4,013,191.00
		IV	Other Payments		
			Advance to Outsiders	500,000.00	1,806,214.00
			Contingent Advance under Plan Head	152,567.00	32,780.00
			TA/DA Advance	5,000.00	57,799.00
			Total (I - VII)	47,647,117.00	36,563,644.00
			Closing Balance (Plan)	1,173,071.88	3,830,567.88
			TOTAL (PLAN)	48,820,188.88	40,394,211.88

		(AMOUNT-Rs.)	
RECEIPTS	Current Year	Previous Year	Current year
SPECIFIC FUND & CURRENT LIABILITY			
Opening Balances			
(C.B. of Sp. Fund & Current Liability)			
CME-ROTP Programme Fund	1,215,721.00	1,750,000.00	354,686.00
WHO Project Fund	632,100.00	712,768.00	62,000.00
CCYSc Air Force Programme Fund	1,170,000.00	-	600,013.00
History on Health Care Project	-	613,300.00	-
Caution Money of Students	275,000.00	250,000.00	(167,119.00)
Earnest Money Deposit	470,000.00	757,000.00	194,000.00
Retention Money	262,838.00	14,211.00	345,000.00
Security Deposit as Liability	349,000.00	226,140.00	120,800.00
Misc. Receipts / Payments	180,660.00	431,647.00	132,000.00
T D S on Salary	7,364.00	-	55,000.00
T D S on Outsider	216,797.00	-	-
T D S Received from Income Tax	17,172.00	-	-
TOTAL OF SP. FUND & CURRENT LIABILITY	4,796,652.00	4,755,066.00	4,796,652.00
PAYMENTS			
SPECIFIC FUND & CURRENT LIABILITY			
CME-ROTP Programme Fund			
WHO Project Fund			
CCYSc Air Force Programme Fund			
History on Health Care Project			
Caution Adv. Under Specific Fund Head			
Earnest Money of Students			
Misc. Receipts / Payments			
Retention Money			
Security Deposit as Liability			
Total	1,696,380.00	3,539,345.00	3,539,345.00
C.B. of Sp. Fund & Current Liability	3,100,272.00	1,215,721.00	1,215,721.00
TOTAL OF SP. FUND & CURRENT LIABILITY	4,796,652.00	4,755,066.00	4,755,066.00
TOTAL RECEIPTS	89,088,119.87	83,061,689.87	84,413,842.00
CLOSING BALANCE			
Cash-in-Hand			15,000.00
Cash-at-Bank			
SBI, Nirman Bhawan (Main A/c)			15,815.65
SBI, Nirman Bhawan (Project A/c)			5,570.00
Bank of Baroda, Nirman Bhawan			3,658,615.72
PNB, Sansad Marg			979,276.50
Bank Instruments			140.00
GRANT TOTAL (NON-PLAN + PLAN+CL)	89,088,119.87	83,061,689.87	89,088,119.87

Dated: 27th July, 2011
Place : New Delhi

(D K MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

MDNIY EMPLOYEES CONTRIBUTORY PROVIDENT FUND, NEW DELHI
(Approved by Ministry of Finance, Govt. of India)

ANNEXURE-4

BALANCE SHEET OF MDNIY EMPLOYEES' CP FUND AS ON 31ST MARCH, 2011

<u>CORPUS/CAPITAL FUND AND LIABILITIES</u>	<u>Schedule</u>	<u>Current Year</u>	<u>(Amount-Rs.) Previous Year</u>
CAPITAL FUND	CPF-1	56,470,535.00	52,891,961.00
RESERVE AND SURPLUSES	CPF-2	564,412.24	60,942.24
CURRENT LIABILITIES	CPF-3	63.00	63.00
TOTAL		<u>57,035,010.24</u>	<u>52,952,966.24</u>
<u>ASSETS</u>			
INVESTMENTS	CPF-4	42,380,313.45	39,680,313.45
CURRENT ASSETS, LOANS, ADVANCES ETC	CPF-5	14,654,696.79	13,272,652.79
TOTAL		<u>57,035,010.24</u>	<u>52,952,966.24</u>
SIGNIFICANT ACCOUNTING POLICIES	CPF-9	ATTACHED AT ANNEXURE-I	
CONTINGENT LIABILITIES AND NOTES ON ACCOUNTS	CPF-10	ATTACHED AT ANNEXURE-I	

Dated: 27th July, 2011
Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

MDNIY EMPLOYEES CONTRIBUTORY PROVIDENT FUND, NEW DELHI
(Approved by Ministry of Finance, Govt. of India)

INCOME & EXPENDITURE A/C OF MDNIY EMPLOYEES' CP FUND
FOR THE YEAR ENDED 31.03.2011

(Amount-Rs.)

<u>A) INCOME</u>	<u>Schedule</u>	<u>Current Year</u>	<u>Previous Year</u>
INTEREST EARNED	CPF-6	4,367,979.00	3,723,112.79
TOTAL (A)		4,367,979.00	3,723,112.79
<u>B) EXPENDITURE</u>			
INTEREST	CPF-7	3,864,509.00	3,614,860.00
OTHER ADMINISTRATIVE EXPENDITURE	CPF-8	-	47,310.55
TOTAL		3,864,509.00	3,662,170.55
Balance being surplus transferred to MDNIY/Reserve & Surplus A/C		503,470.00	60,942.24
TOTAL(B)		4,367,979.00	3,723,112.79

Dated: 27th July, 2011
Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.3.2011

	<u>Current Year</u>	(Amount-Rs.)	<u>Previous Year</u>
<u>SCHEDULE CPF 1- CAPITAL FUND</u>			
a) Members Own Deposit			
As per last balance sheet	34,671,101.00	31,834,655.00	
Add: - Received during the current year	6,370,846.00	4,911,568.00	
Add: - For 2009-10 as per annexure A to C	-	1,226,683.00	
Add: - Interest for the current year	2,466,730.00	2,299,461.00	
Add: - Interest for 2009-10 as per annexure D	-	400.00	
Less:- Final Payment during the current year	(6,244,262.00)	(3,973,616.00)	
Less:- Adjustment for 2009-10 as per Ann. E	-	(1,628,050.00)	
Less:- Advance converted to Final Withdrawl	-	-	
	37,264,415.00	-	34,671,101.00
b) Employer's Contribution			
As per last balance sheet	18,220,860.00	16,384,736.00	
Add: - Received during the current year	1,327,342.00	1,506,609.00	
Add: - For 2009-10	-	314,184.00	
Add: - Interest for the current year	1,397,779.00	1,314,999.00	
Less:- Final Payment during the current year	(1,739,861.00)	(1,299,668.00)	
	19,206,120.00	(1,299,668.00)	18,220,860.00
Net balance as at the year end	56,470,535.00	52,891,961.00	
<u>SCHEDULE CPF 2 - RESERVES & SURPLUSES</u>			
As per last balance sheet	60,942.24	-	
Add: Transf. from I & E A/c during Current Year	503,470.00	60,942.24	
Less: Transf. to MDNIY A/c for adjustment	-	-	
	564,412.24	60,942.24	60,942.24
Net Balance as at the year end	564,412.24	60,942.24	

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.3.2011

	(Amount -Rs.)	
	<u>Current Year</u>	<u>Previous Year</u>
<u>SCHEDULE CPF 3 - CURRENT LIABILITIES</u>		
<u>Sundry Creditors</u>		
<u>a) Ex-members Own Deposit A/c</u>		
As per last Balance sheet	63.00	3,221.00
Add: Due for the year	-	-
Less Paid / Adjusted	-	(3,158.00)
	63.00	63.00
<u>b) Employer's Contribution due to Ex-Members</u>		
As per last Balance sheet	-	2,166.00
Add: Due for the year	-	-
Less Paid / Adjusted	-	(2,166.00)
	-	-
Net balance as at the year end	63.00	63.00
 <u>SCHEDULE CPF 4 - INVESTMENTS</u>		
<u>a) FDR with SBI, Nirman Bhawan</u>		
As per last Balance Sheet	38,008,434.00	31,922,910.00
Add: Investment made during the year	2,700,000.00	1,120,891.00
Add: Investment of 2009-10 taken into A/c	-	4,964,633.00
Less: Investment realised during the year	-	-
	40,708,434.00	38,008,434.00
<u>b) In Mutual Funds with SBI</u>		
As per last Balance Sheet	1,671,879.45	1,719,079.00
Add: Investment made during the year	-	-
Less: Transferred to Mutual Fund	-	-
Fluctuation a/c	-	(47,199.55)
Less: Investment realised during the year	-	-
	1,671,879.45	1,671,879.45
Net balance as at the year end	42,380,313.45	39,680,313.45

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

SCHEDULES FORMING PART OF BALANCE SHEET AS AT 31.3.2011

	(Amount -Rs.)			
	<u>Current Year</u>		<u>Previous Year</u>	
SCHEDULE CPF 5 - CURRENT ASSETS, LOANS, ADVANCES ETC.				
<u>i) Advances to members</u>				
As per last balance sheet	3,930,149.00		5,370,040.00	
Add: - Paid during the current year	1,400,960.00		1,862,810.00	
Less:- Recovered during the current year	(1,932,587.00)		(1,674,651.00)	
Less:- Adjustment for 2009-10	-		(1,628,050.00)	
Less:- Advance converted to Final Withdrawl	-	3,398,522.00	-	3,930,149.00
<u>ii) MDNIY</u>				
As per last balance sheet	18.00		1,305,440.00	
Add: - Transf. to MDNIY during the current year	500,000.00		-	
Add: - Receivable	-		18.00	
Less:- Received from MDNIY during current year	(500,000.00)		-	
Less:- Transf. from Net Surplus / Res. & Surplus	-	18.00	(1,305,440.00)	18.00
<u>iii) Accrued Interest on FDR</u>				
As per last balance sheet	6,465,154.00		5,603,462.00	
Add: Accrued during the year	3,852,351.00		3,466,591.00	
Less: Received from Bank during current year	-		-	
Less: Adjustment for 2009-10	-	10,317,505.00	(2,604,899.00)	6,465,154.00
<u>iv) TDS Exemption Claim</u>				
As per last balance sheet	398,029.00		12,485.00	
Add: Claim for Current for the TDS Payment	420,850.00		385,544.00	
Less: Received from Bank during current year	-	818,879.00	-	398,029.00
<u>v) Bank Balance in saving a/c</u>				
a) BoB, Nirman Bhawan	102,877.00		667,203.00	
b) SBI, Nirman Bhawan	16,895.79	119,772.79	1,812,099.79	2,479,302.79
Net balance as at the year end	<u>14,654,696.79</u>		<u>13,272,652.79</u>	

Dated: 27th July, 2011
Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

SCHEDULE FORMING PART OF INCOME & EXPENDITURE ACCOUNT
FOR THE YEAR ENDED AS ON 31.3.2011

	Current Year	(Amount -Rs.)	Previous Year	(Amount -Rs.)
<u>SCHEDULE CPF 6 - INTEREST EARNED</u>				
a) <u>Interest on Investments in FDR's</u>				
Received/Accrued for the current year	4,273,201.00		3,852,135.00	
Add: Interest for 2009-10	-		824,210.00	
Less: Transf. to Accrued Interest A/c	-		-	
Less: Transf. to MDNIY Due A/c for Adjustment	-	4,273,201.00	(1,305,440.45)	3,370,904.55
b.) <u>Dividend on Investments in Mutual Funds</u>				
Received during the year		-		284,333.24
c.) <u>Interest on Saving A/C</u>		93,100.00		67,875.00
d.) <u>Others Interest</u>		1,678.00		-
Total as at the year end		<u>4,367,979.00</u>		<u>3,723,112.79</u>

SCHEDULE CPF 7 - INTEREST CALCULATED ON MEMBERS' OWN DEPOSIT & EMPLOYER'S CONTRIBUTION

Interest credited to:

a) Members Own Deposit A/C	2,466,730.00		2,299,461.00	
Add: For 2009-10	-		400.00	
b) Employer's Contribution to members A/C	1,397,779.00	3,864,509.00	1,314,999.00	3,614,860.00
Total as at the year end		<u>3,864,509.00</u>		<u>3,614,860.00</u>

SCHEDULE CPF 8 - OTHER ADMINISTRATIVE EXPENDITURE

a) Bank Charges	-		111.00	
b) Loss on Mutual Fund due to market fluctuation	-	-	47,199.55	47,310.55
Total as at the year end		<u>-</u>		<u>47,310.55</u>

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

MDNIY EMPLOYEES CONTRIBUTORY PROVIDENT FUND, NEW DELHI
(Approved by Ministry of Finance, Govt. of India)

**SCHEDULE FORMING PART OF THE ACCOUNTS OF MDNIY EMPLOYEES' CP FUND
FOR THE PERIOD ENDED 31.03.11**

SCHEDULE CPF 9 - SIGNIFICANT ACCOUNTING POLICIES

ANNEXURE-I

Accounting Convention

The financial statements of **MDNIY Employees C.P. Fund A/C** have been prepared on the basis of historical cost convention, unless otherwise stated and on the accrual method of accounting.

SCHEDULE CPF 10 - CONTINGENT LIABILITIES AND NOTES ON ACCOUNTS

1. Contingent Liabilities

Current Liabilities includes an amount of Rs. 63/- due to Sh. Inderjeet, Ex-Peon towards Employees' Own Subscription of CPF whose case is under Sujudice in Hon'ble High Court of Delhi. This Contingent Liability can be settled after the outcome of the said court case.

2. Current Assets, Loans and Advances

The current assets, loans and advances have a value on realisation in the ordinary course of accounting, equal at least to the aggregate amount shown in the Balance Sheet.

3. Taxation

In view of there being no taxable income under Income-tax Act 1961, no provision for Income tax has been considered necessary.

4. Corresponding figures for the previous year have been regrouped/rearranged, wherever necessary.

5. Schedules CPF-1 to CPF-10 have been annexed to and form an integral part of the Balance Sheet as at 31.3.2011 and the Income and Expenditure Account for the year ended on that date.

Dated: 27th July, 2011

Place : New Delhi

(D. K. MALIK)
Office Superintendent

(Dr.I.V.BASAVARADDI)
Director

