

आदित्यस्य नमस्कारान्ये कुर्वन्ति दिने दिने ।
आयुः प्रज्ञा बलं वीर्यं तेजस्तेषां च जायते । ।

**One who does Sun salutations daily gains longevity,
wisdom, strength, virility and lustre.**

About the Book

Join Yogita and her grandfather as they learn about the importance of practising yoga asanas, doing *surya namaskar* and living a life inspired by the principles of yoga. Find out why this ancient Indian practice can make you a healthier person, and incorporate these lessons in your daily lives.

**National Medicinal Plants Board,
Ministry of Ayush, Government of India**

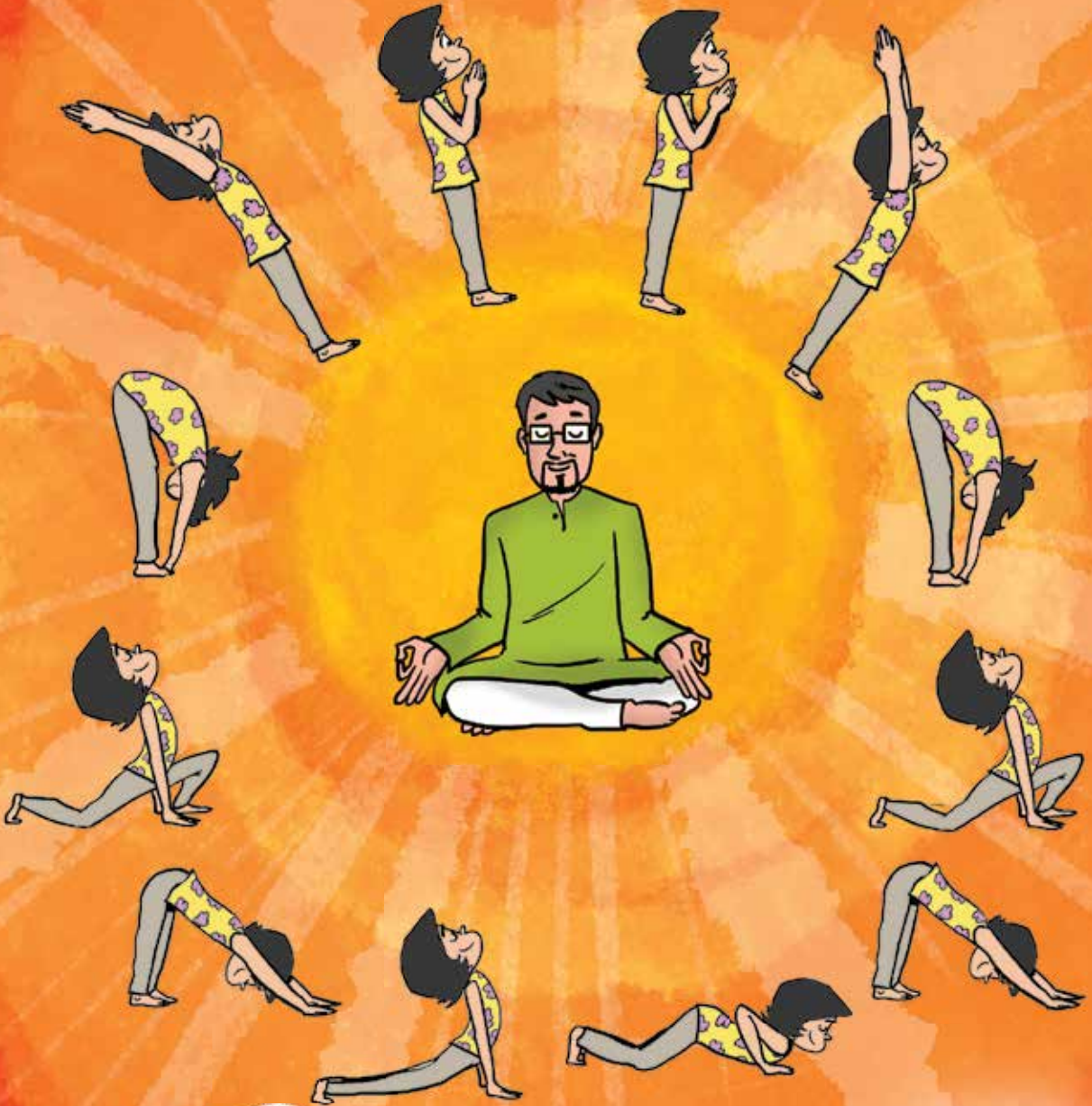
1st & 2nd Floor, Annexe Building, Indian Red Cross Society (IRCS),
1 Red Cross Road, New Delhi – 110001
Tel. No. 011-23721840
E-mail: info-nmpb@nic.in
Website: www.nmpb@nic.in



TINKLE



PROFESSOR AYUSHMAN YOGA SPECIAL



FUNDED BY:

Book 4

राज्य मंत्री (स्वतंत्र प्रभार)
आयुष मंत्रालय और
राज्य मंत्री
स्वास्थ्य एवं परिवार कल्याण मंत्रालय
भारत सरकार

75
आज़ादी का
अमृत काल



सत्यमेव जयते

Minister of State
(Independent Charge) of
Ministry of Ayush and
Minister of State in
Ministry of Health and Family Welfare
Government of India

प्रतापराव जाधव
PRATAPRAO JADHAV




मान और समाज के लिए योग
Yoga for well and society

MESSAGE

As we navigate the challenges of the 21st century, Yoga offers a timeless and holistic solution for our well-being. This ancient Indian system has been proven to promote physical, mental, social and spiritual health through its eight dimensions. Embracing Yoga can transform lives, fostering happiness, health and resilience.

The Government of India has undertaken several initiatives to promote and propagate Yoga. This year, focusing on raising awareness among children, "**Professor Ayushman: Yoga Special**" has been created with engaging characters and stories to guide young readers. I appreciate the efforts of the Ministry of Ayush, National Medicinal Plants Board (NMPB) and Morarji Desai National Institute of Yoga (MDNIY) teams for bringing out this valuable comic book. It aims to educate children and people of all ages about the importance of Yoga in daily life, spreading awareness and knowledge among the masses. This will undoubtedly inspire a new generation to embrace Yoga in their daily lives.

I hope that this comic book will be widely read and utilized. I encourage everyone to adopt Yoga as a way of life and experience its profound impact on overall health and well-being.


(Prataprao Jadhav)



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Room No. : 101, Ayush Bhawan, 'B' Block, GPO Complex, INA, New Delhi-110023

Tel: 011-24651955, 011-24651935 E-mail : minister-ayush@nic.in

Room No. 250-A, Nirman Bhawan, Maulana Azad Road, New Delhi-110011, Tel. : 011-23061551, 23061016

Residence : 23, Ashoka Road, New Delhi-110001, Tel.: 011-23740412, 23345478, Fax :011-23740413

वैद्य राजेश कोटेचा
सचिव

Vaidya Rajesh Kotecha
Secretary



सत्यमेव जयते



भारत सरकार
आयुष मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,
आई.एन.ए. नई दिल्ली-110023
Government of India
Ministry of Ayush
Ayush Bhawan, B-Block, GPO Complex,
INA, New Delhi-110023
Tel. : 011-24651950, Fax : 011-24651937
E-mail : secy-ayush@nic.in

MESSAGE

India's ancient Yoga system holds immense significance in contemporary times. With its scientifically proven benefits to enhance physical, mental and spiritual health, Yoga plays a crucial role in maintaining overall health, boosting immunity and improving quality of life. Recognizing its universal benefits, Yoga emerges as an essential practice for individuals of all ages.

I am glad to learn that the National Medicinal Plants Board (NMPB), Ministry of Ayush will be launching a comic book titled "Professor Ayushman - Yoga Special", on the occasion of International Day of Yoga-2024. This exclusive resource on Yoga will serve as an excellent tool for educating children, families and local communities about the numerous benefits of incorporating Yoga into their daily lives in a simple yet innovative way.

I appreciate the efforts of NMPB and Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush for creating this engaging and informative resource.

(Rajesh Kotecha)

New Delhi
10th June, 2024

डॉ. महेश कुमार दाधीच
मुख्य कार्यकारी अधिकारी
Dr. Mahesh Kumar Dadhich
Chief Executive Officer



भारत सरकार
Government of India
आयुष मंत्रालय
Ministry of AYUSH
राष्ट्रीय औषधीय पादप बोर्ड
National Medicinal Plants Board

MESSAGE

Ministry of Ayush is performing a vital role in the public health care. Keeping in mind, the health benefits of yoga, NMPB, Ministry of Ayush in collaboration with Morarji Desai National Institute of Yoga (MDNIY) have decided to launch a comic book on the occasion of International Day of Yoga so that awareness about yoga can be spread among the local masses. Yoga is *not just a gesture or posture only*, it is a way of living, an art of managing life.

I congratulate the entire teams of the NMPB and MDNIY, Ministry of Ayush who have given their valuable contributions for preparation of this book. I hope that this book will create a better understanding of yoga and its importance in day to day life. This will also help to educate and aware the children on yoga.

Date: June 12, 2024

(Dr. Mahesh Kumar Dadhich)



आयुष मंत्रालय
भारत सरकार

मोरारजी देसाई राष्ट्रीय योग संस्थान MORARJI DESAI NATIONAL INSTITUTE OF YOGA

आयुष मंत्रालय, भारत सरकार
MINISTRY OF AYUSH, GOVERNMENT OF INDIA

६८, अशोक रोड, नई दिल्ली - ११०००१
68, ASHOKA ROAD, NEW DELHI-110001



डॉ. काशीनाथ समगण्डी, बी.ए.एम.एस., एम.डी, पीएच.डी.
DR. KASHINATH SAMAGANDI, B.A.M.S., M.D. Ph.D.
निदेशक/DIRECTOR

MESSAGE

It gives me immense pleasure to introduce this exceptional comic book, *Professor Ayushman: Yoga Edition*, tailored specifically for children through the collaborative efforts of the Ministry of Ayush, Morarji Desai National Institute of Yoga (MDNIY), and National Medicinal Plants Board (NMPB). This comic book is designed meticulously to captivate young readers and introduce them to the authentic practices of Yoga. I congratulate the MDNIY team for their dedication in bringing this book to fruition and extend my gratitude to NMPB for their unwavering support. I sincerely hope that this comic book will spark love for yoga in young minds.

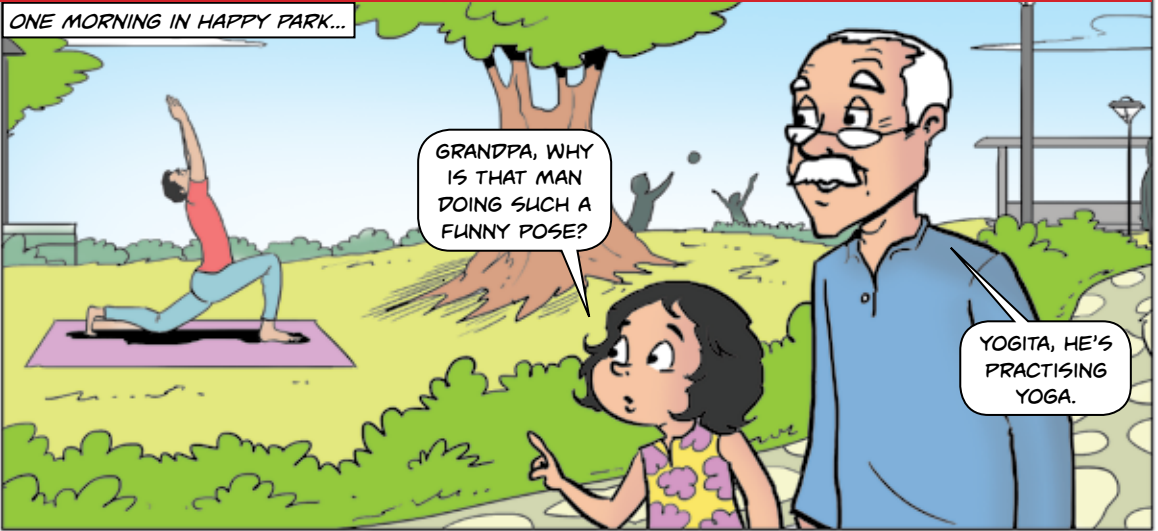
With best wishes,

Place: New Delhi
Date: June 12, 2024

(DR. KASHINATH SAMAGANDI)

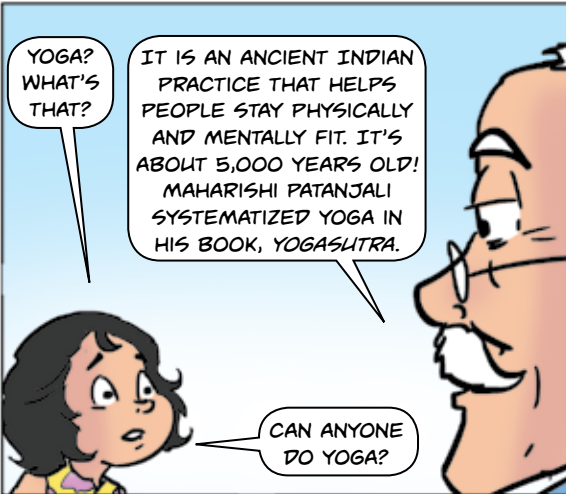
PROFESSOR AYUSHMAN - YOGA SPECIAL

ONE MORNING IN HAPPY PARK...



GRANDPA, WHY IS THAT MAN DOING SUCH A FUNNY POSE?

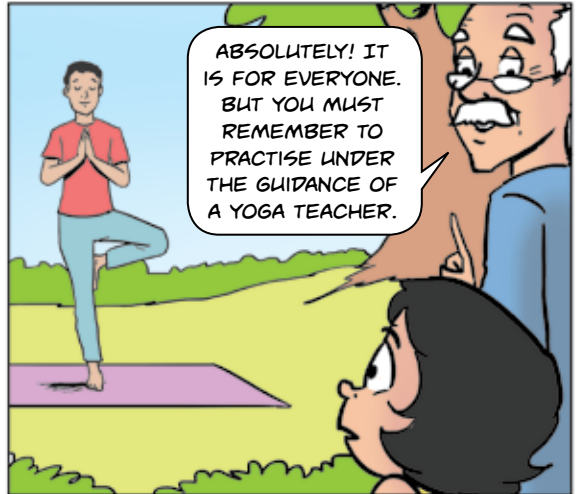
YOGITA, HE'S PRACTISING YOGA.



YOGA? WHAT'S THAT?

IT IS AN ANCIENT INDIAN PRACTICE THAT HELPS PEOPLE STAY PHYSICALLY AND MENTALLY FIT. IT'S ABOUT 5,000 YEARS OLD! MAHARISHI PATANJALI SYSTEMATIZED YOGA IN HIS BOOK, YOGASUTRA.

CAN ANYONE DO YOGA?



ABSOLUTELY! IT IS FOR EVERYONE. BUT YOU MUST REMEMBER TO PRACTISE UNDER THE GUIDANCE OF A YOGA TEACHER.

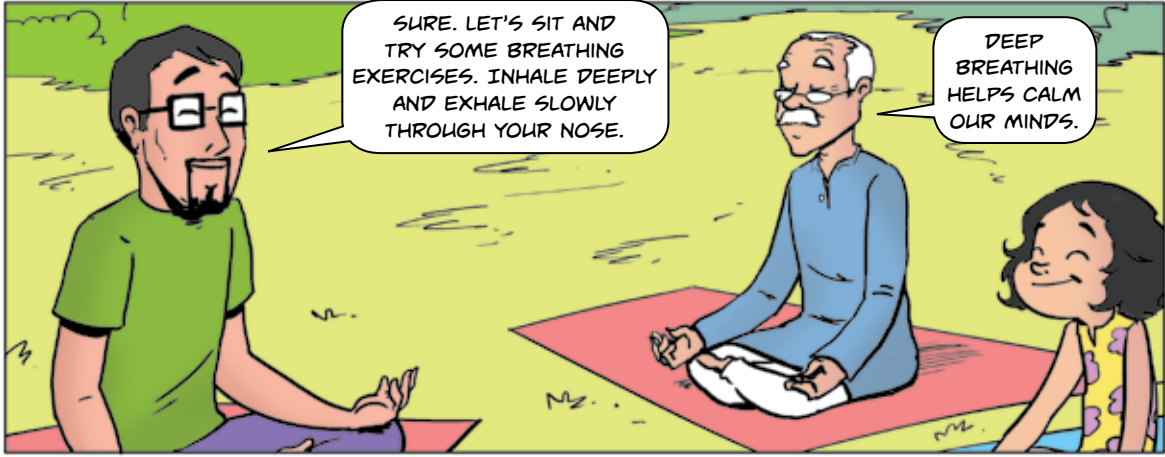


LOOK! THERE'S PROFESSOR AYUSHMAN PRACTISING YOGA. LET'S JOIN HIM.



HI, YOGITA! HELLO, UNCLE. SO GOOD TO SEE YOU IN THE PARK TODAY.

WE CAME FOR SOME FRESH AIR AND SAW YOU DOING YOGA. CAN WE JOIN YOU?



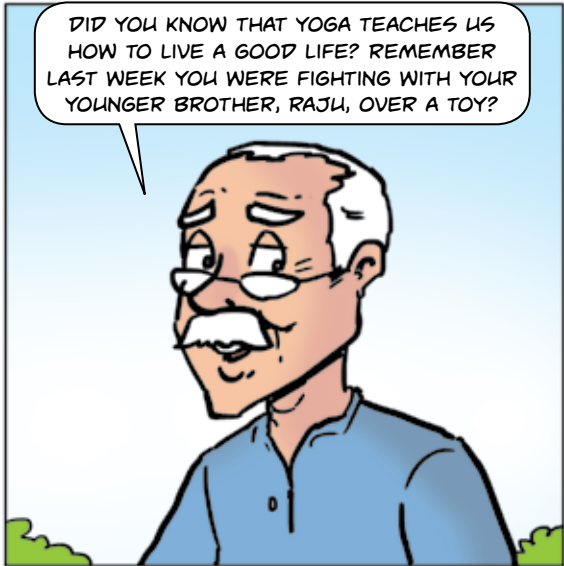
SURE. LET'S SIT AND TRY SOME BREATHING EXERCISES. INHALE DEEPLY AND EXHALE SLOWLY THROUGH YOUR NOSE.

DEEP BREATHING HELPS CALM OUR MINDS.

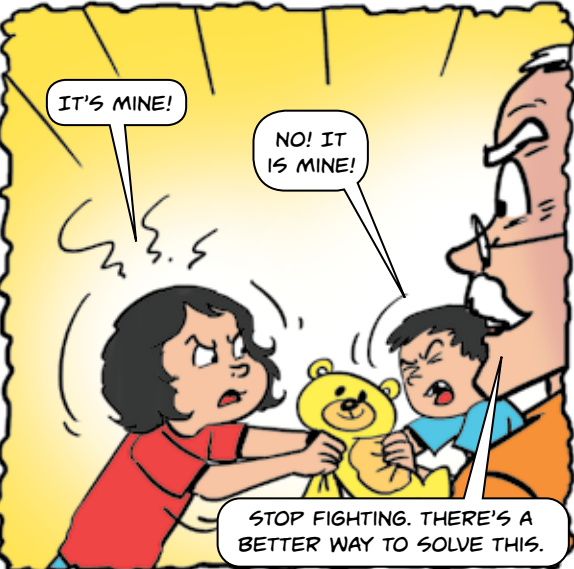


ARE THERE ANY RULES IN YOGA?

YES. YOU MUST PRACTISE YOGA ON A SOFT SURFACE LIKE DURRIE OR A MAT. WEAR COMFORTABLE CLOTHES AND LISTEN TO YOUR BODY. DON'T PUSH TOO HARD.



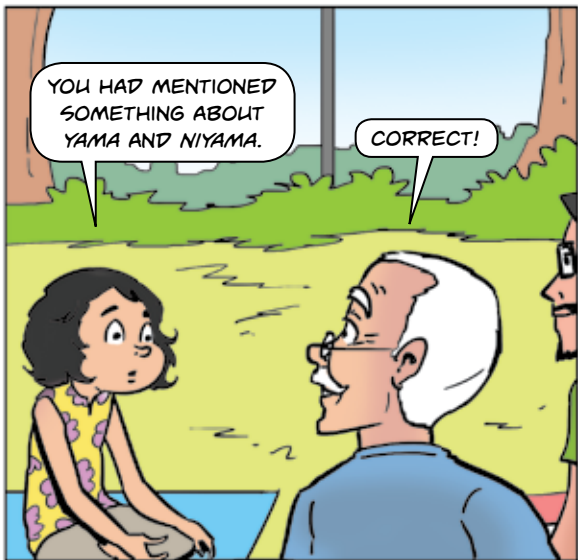
DID YOU KNOW THAT YOGA TEACHES US HOW TO LIVE A GOOD LIFE? REMEMBER LAST WEEK YOU WERE FIGHTING WITH YOUR YOUNGER BROTHER, RAJU, OVER A TOY?



IT'S MINE!

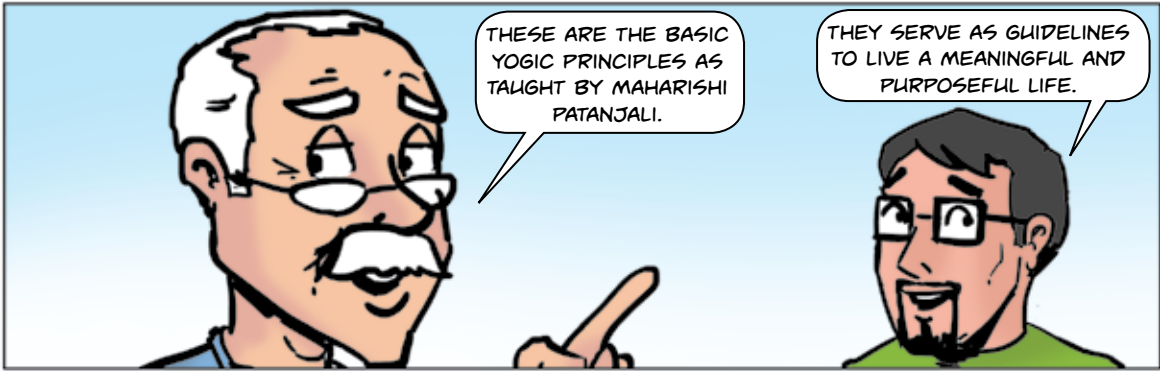
NO! IT IS MINE!

STOP FIGHTING. THERE'S A BETTER WAY TO SOLVE THIS.



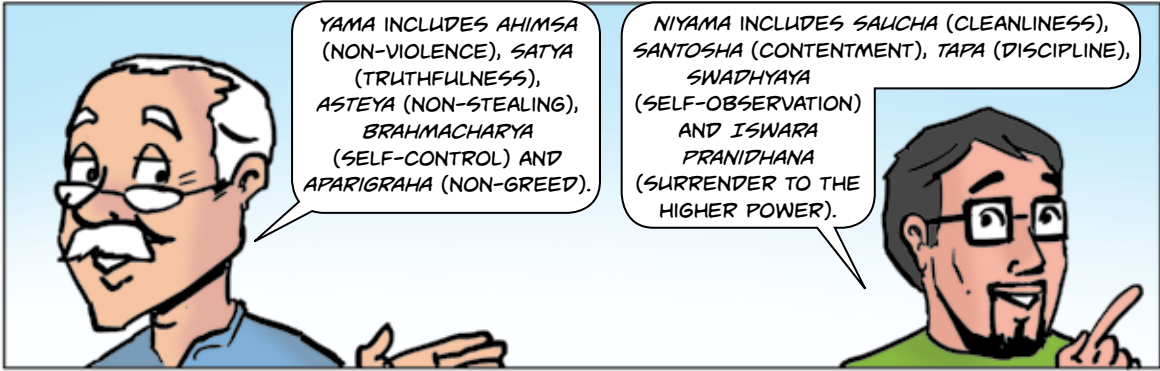
YOU HAD MENTIONED SOMETHING ABOUT YAMA AND NIYAMA.

CORRECT!



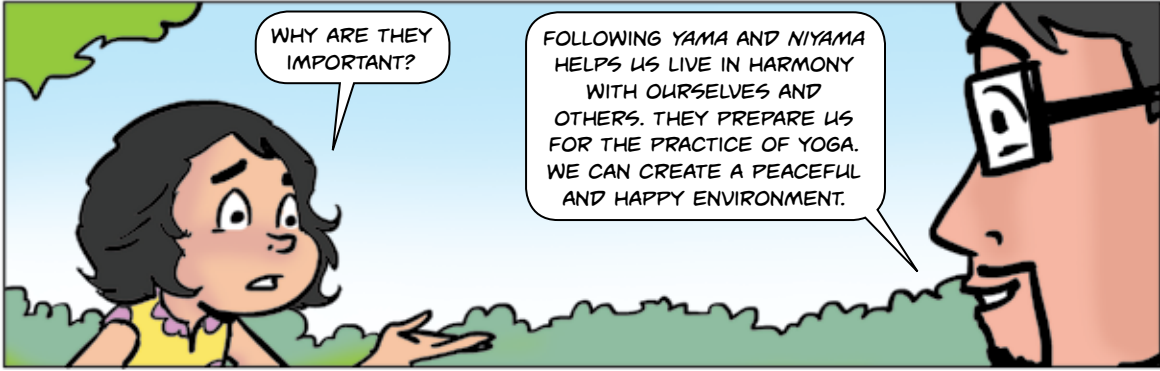
THESE ARE THE BASIC YOGIC PRINCIPLES AS TAUGHT BY MAHARISHI PATANJALI.

THEY SERVE AS GUIDELINES TO LIVE A MEANINGFUL AND PURPOSEFUL LIFE.



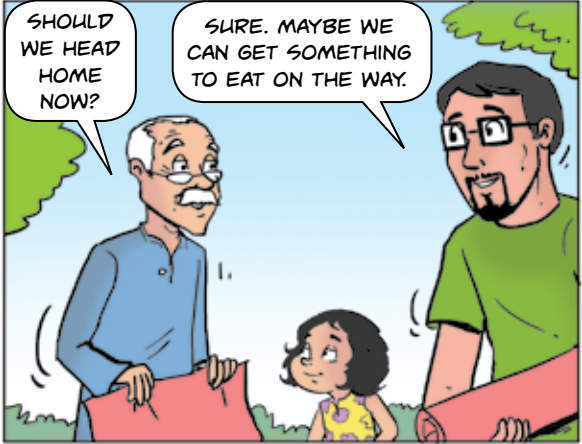
YAMA INCLUDES AHIMSA (NON-VIOLENCE), SATYA (TRUTHFULNESS), ASTEYA (NON-STEALING), BRAHMACHARYA (SELF-CONTROL) AND APARIGRAHA (NON-GREED).

NIYAMA INCLUDES SAUCHA (CLEANLINESS), SANTOSHA (CONTENTMENT), TAPA (DISCIPLINE), SWADHYAYA (SELF-OBSERVATION) AND ISWARA PRANIDHANA (SURRENDER TO THE HIGHER POWER).



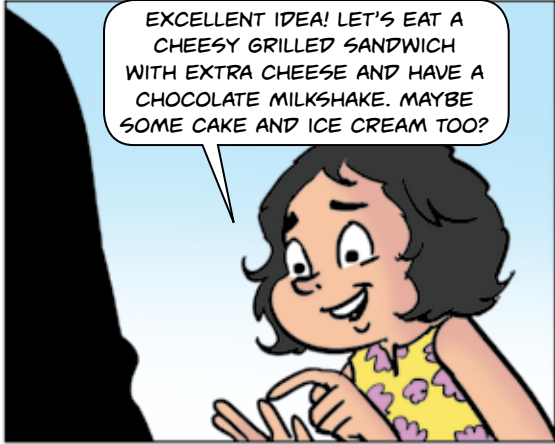
WHY ARE THEY IMPORTANT?

FOLLOWING YAMA AND NIYAMA HELPS US LIVE IN HARMONY WITH OURSELVES AND OTHERS. THEY PREPARE US FOR THE PRACTICE OF YOGA. WE CAN CREATE A PEACEFUL AND HAPPY ENVIRONMENT.

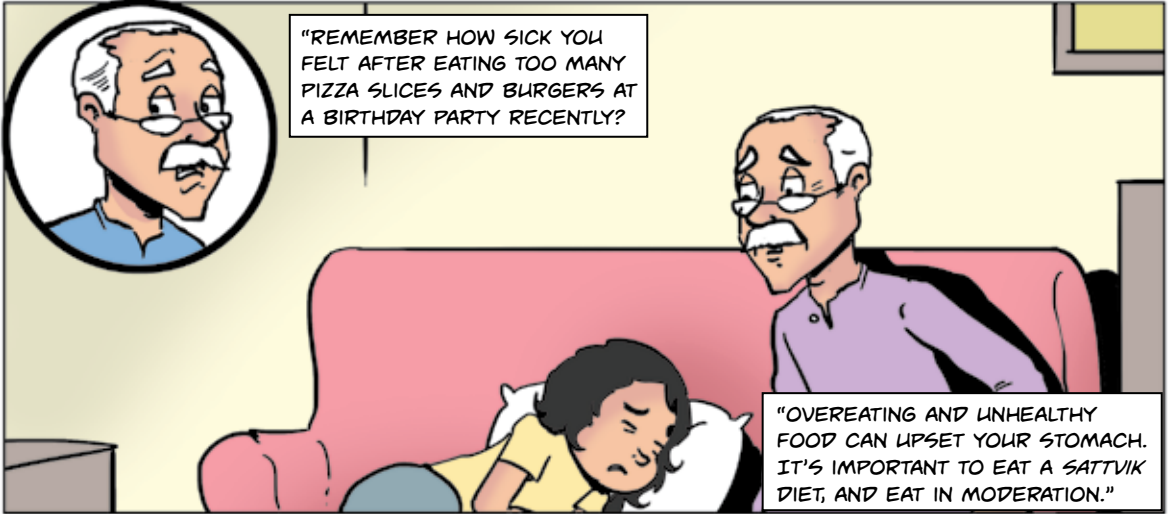


SHOULD WE HEAD HOME NOW?

SURE. MAYBE WE CAN GET SOMETHING TO EAT ON THE WAY.



EXCELLENT IDEA! LET'S EAT A CHEESY GRILLED SANDWICH WITH EXTRA CHEESE AND HAVE A CHOCOLATE MILKSHAKE. MAYBE SOME CAKE AND ICE CREAM TOO?

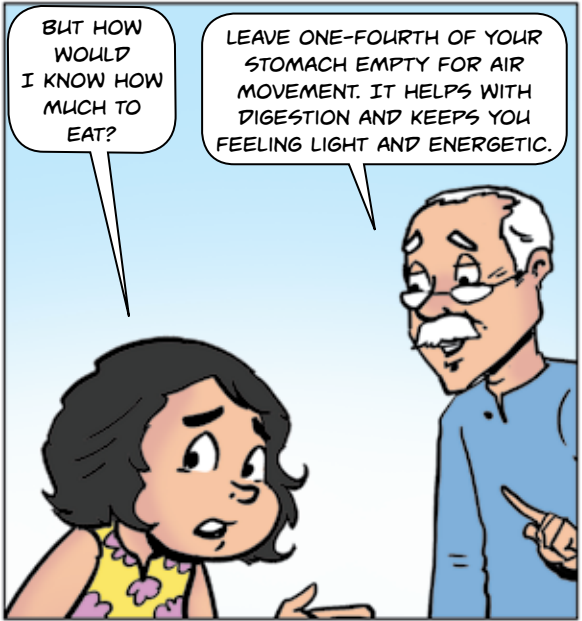


"REMEMBER HOW SICK YOU FELT AFTER EATING TOO MANY PIZZA SLICES AND BURGERS AT A BIRTHDAY PARTY RECENTLY?"

"OVEREATING AND UNHEALTHY FOOD CAN UPSET YOUR STOMACH. IT'S IMPORTANT TO EAT A SATTVIK DIET, AND EAT IN MODERATION."

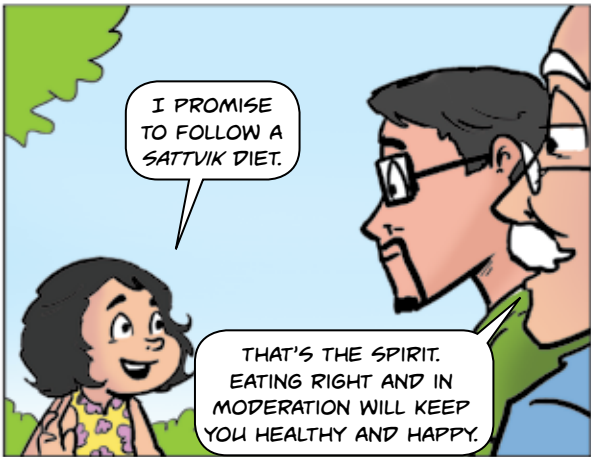


A SATTVIK DIET KEEPS YOU HEALTHY AND HELPS YOU GET THE BENEFITS OF YOUR MEAL. IT CONSISTS OF FRESH, NATURAL AND WHOLESOME FOODS THAT ARE GOOD FOR THE BODY AND MIND.



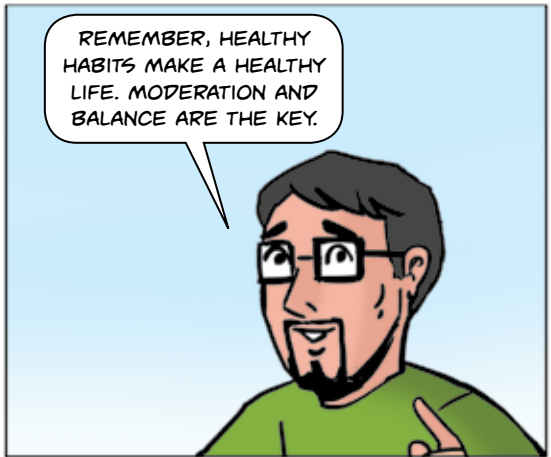
BUT HOW WOULD I KNOW HOW MUCH TO EAT?

LEAVE ONE-FOURTH OF YOUR STOMACH EMPTY FOR AIR MOVEMENT. IT HELPS WITH DIGESTION AND KEEPS YOU FEELING LIGHT AND ENERGETIC.

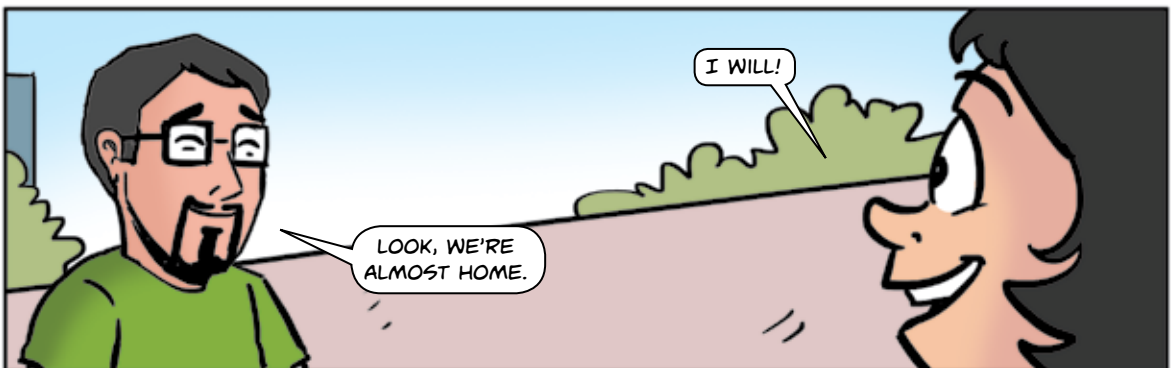


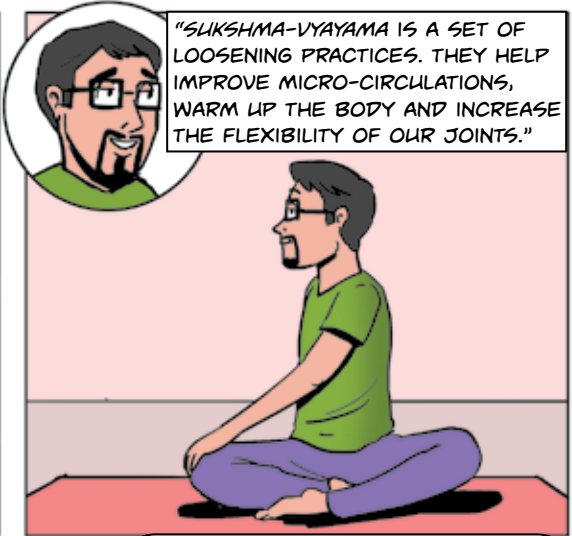
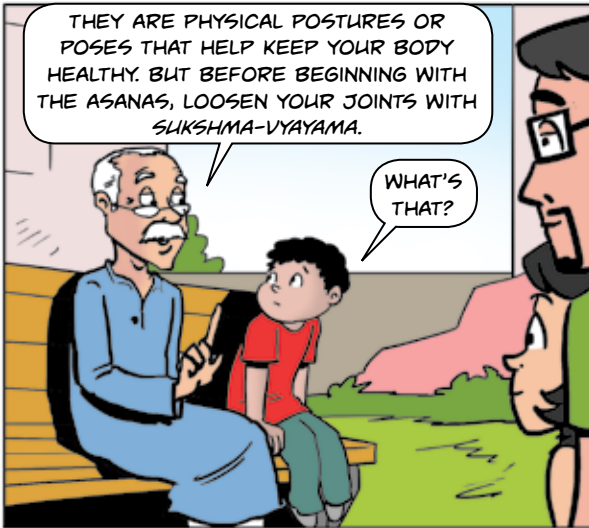
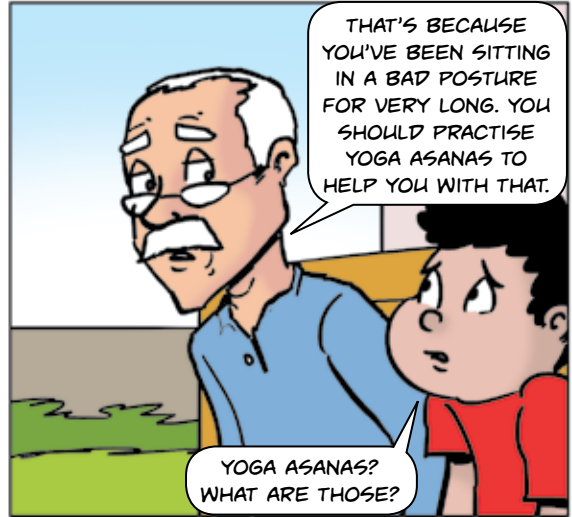
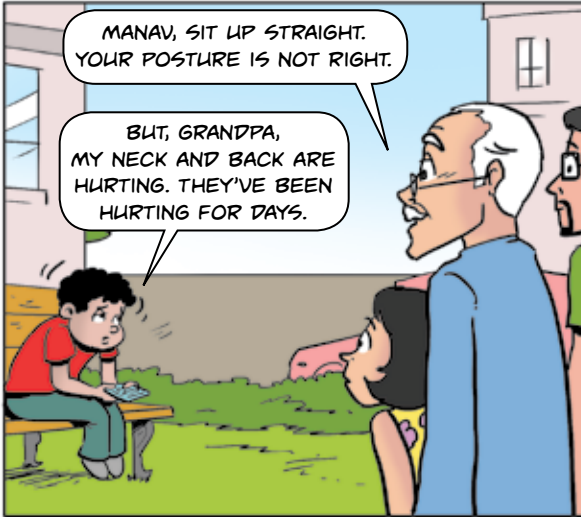
I PROMISE TO FOLLOW A SATTVIK DIET.

THAT'S THE SPIRIT. EATING RIGHT AND IN MODERATION WILL KEEP YOU HEALTHY AND HAPPY.



REMEMBER, HEALTHY HABITS MAKE A HEALTHY LIFE. MODERATION AND BALANCE ARE THE KEY.

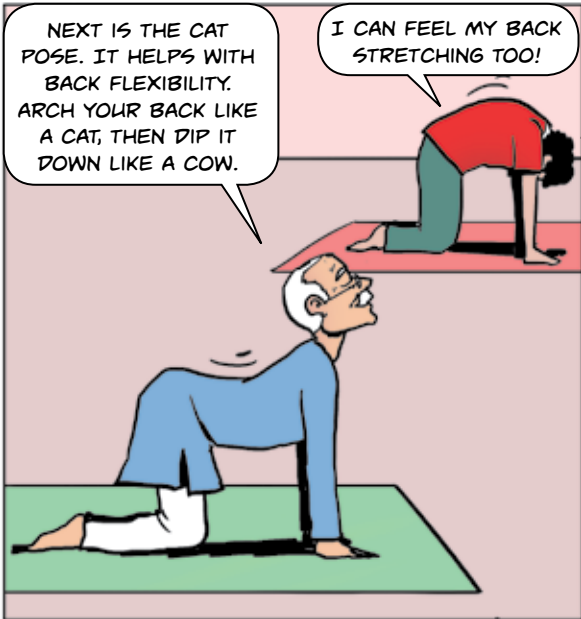






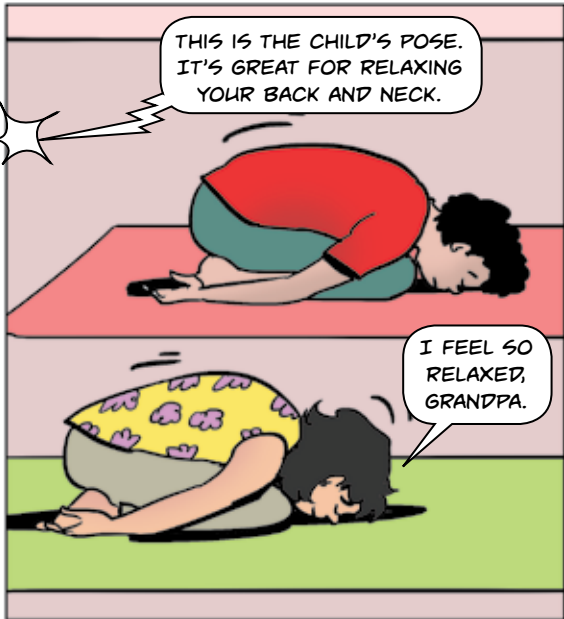
NOW LET'S TRY A FORWARD BEND. KEEP YOUR BACK STRAIGHT AND REACH FOR YOUR TOES.

I CAN FEEL MY BACK STRETCHING!



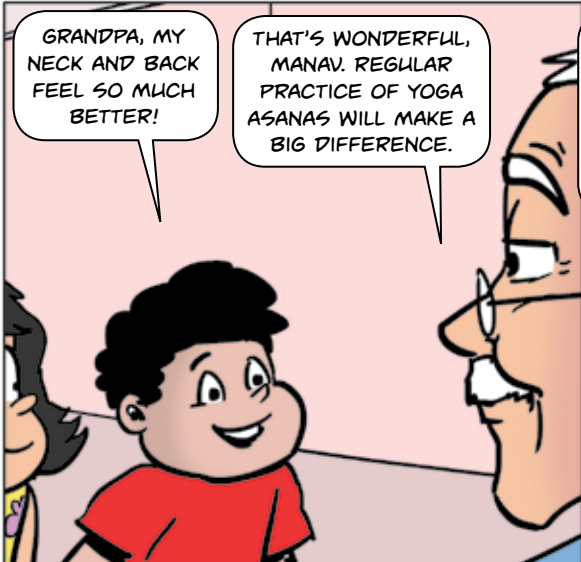
NEXT IS THE CAT POSE. IT HELPS WITH BACK FLEXIBILITY. ARCH YOUR BACK LIKE A CAT, THEN DIP IT DOWN LIKE A COW.

I CAN FEEL MY BACK STRETCHING TOO!



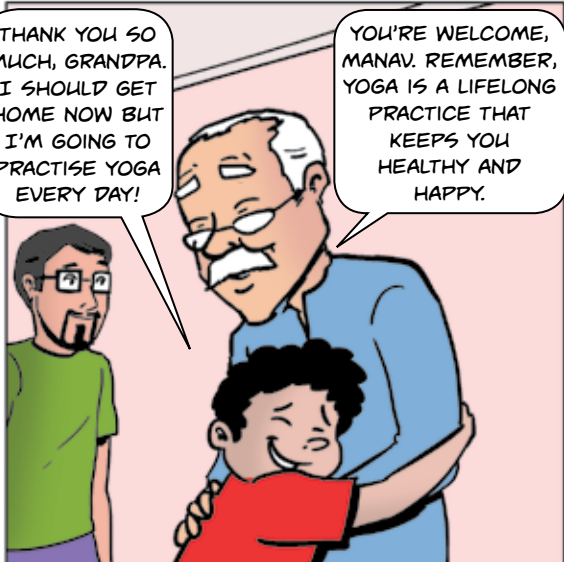
THIS IS THE CHILD'S POSE. IT'S GREAT FOR RELAXING YOUR BACK AND NECK.

I FEEL SO RELAXED, GRANDPA.



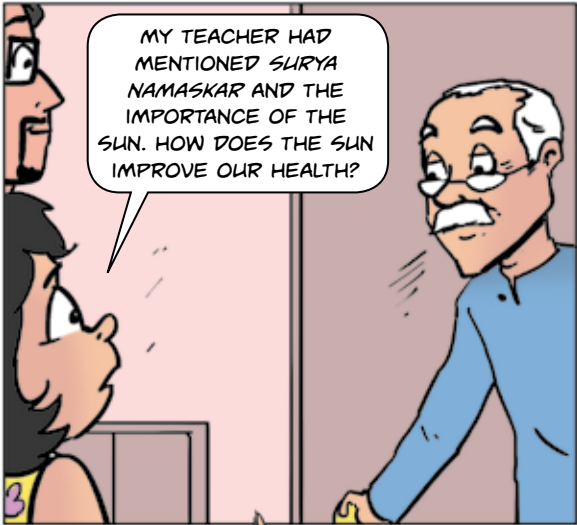
GRANDPA, MY NECK AND BACK FEEL SO MUCH BETTER!

THAT'S WONDERFUL, MANAV. REGULAR PRACTICE OF YOGA ASANAS WILL MAKE A BIG DIFFERENCE.

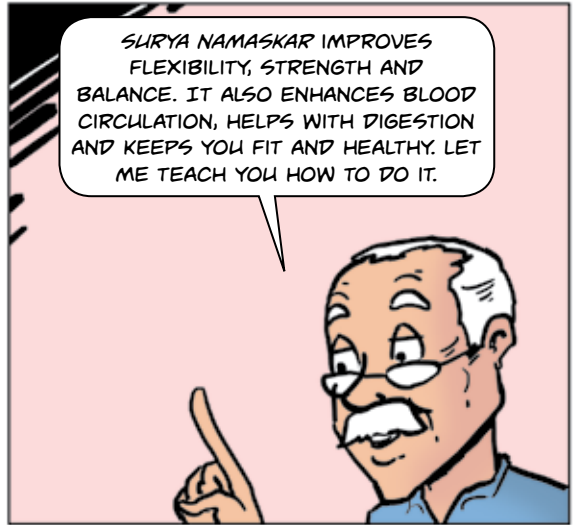


THANK YOU SO MUCH, GRANDPA. I SHOULD GET HOME NOW BUT I'M GOING TO PRACTISE YOGA EVERY DAY!

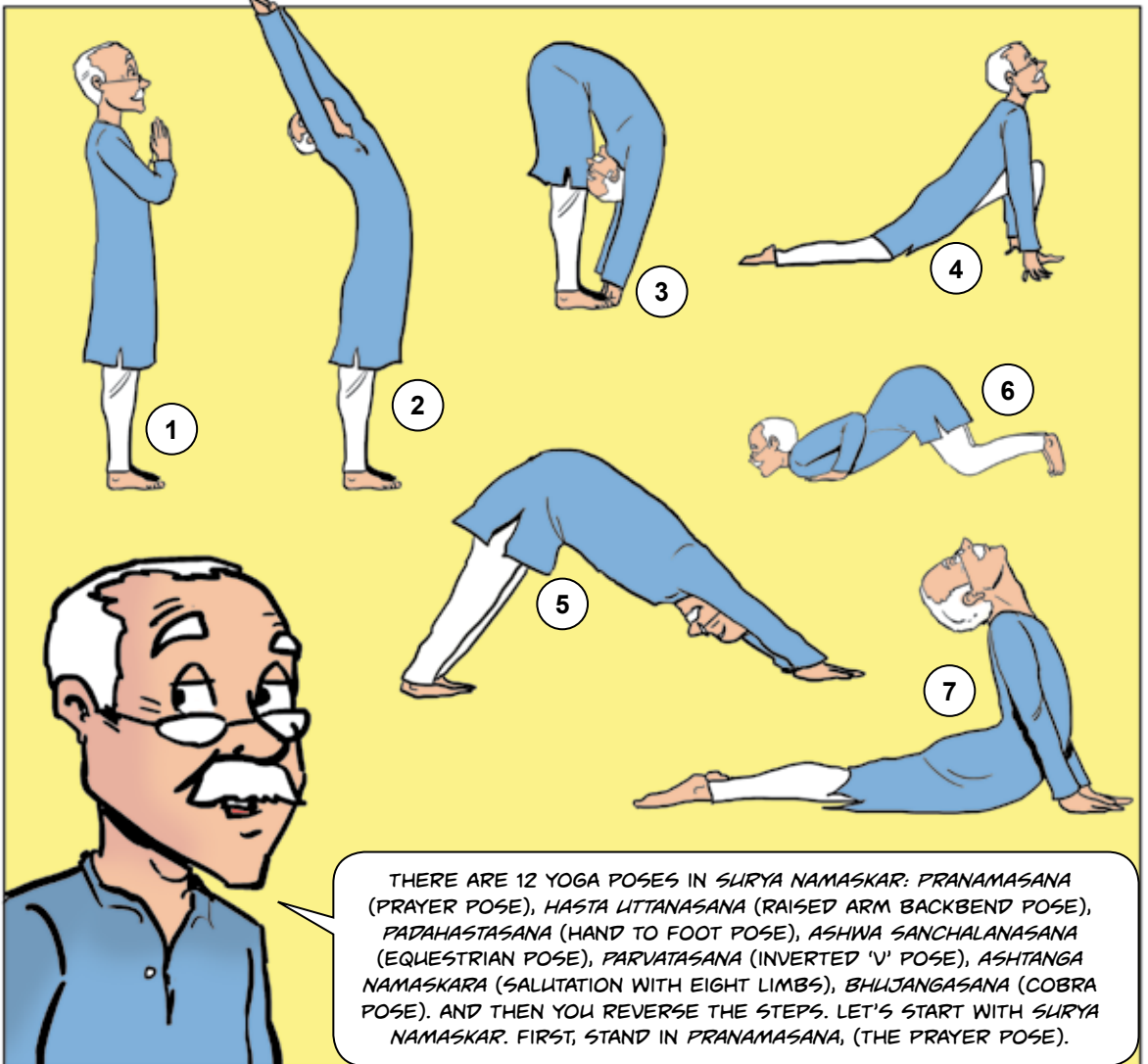
YOU'RE WELCOME, MANAV. REMEMBER, YOGA IS A LIFELONG PRACTICE THAT KEEPS YOU HEALTHY AND HAPPY.



MY TEACHER HAD MENTIONED SURYA NAMASKAR AND THE IMPORTANCE OF THE SUN. HOW DOES THE SUN IMPROVE OUR HEALTH?



SURYA NAMASKAR IMPROVES FLEXIBILITY, STRENGTH AND BALANCE. IT ALSO ENHANCES BLOOD CIRCULATION, HELPS WITH DIGESTION AND KEEPS YOU FIT AND HEALTHY. LET ME TEACH YOU HOW TO DO IT.

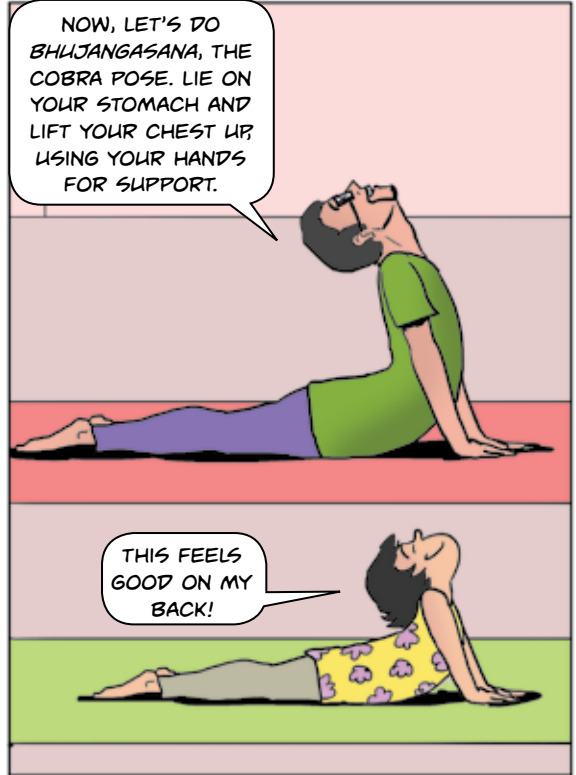


THERE ARE 12 YOGA POSES IN SURYA NAMASKAR: PRANAMASANA (PRAYER POSE), HASTA LITANASANA (RAISED ARM BACKBEND POSE), PADAHASTASANA (HAND TO FOOT POSE), ASHWA SANCHALANASANA (EQUESTRIAN POSE), PARVATASANA (INVERTED 'V' POSE), ASHTANGA NAMASKARA (SALUTATION WITH EIGHT LIMBS), BHUJANGASANA (COBRA POSE). AND THEN YOU REVERSE THE STEPS. LET'S START WITH SURYA NAMASKAR. FIRST, STAND IN PRANAMASANA, (THE PRAYER POSE).



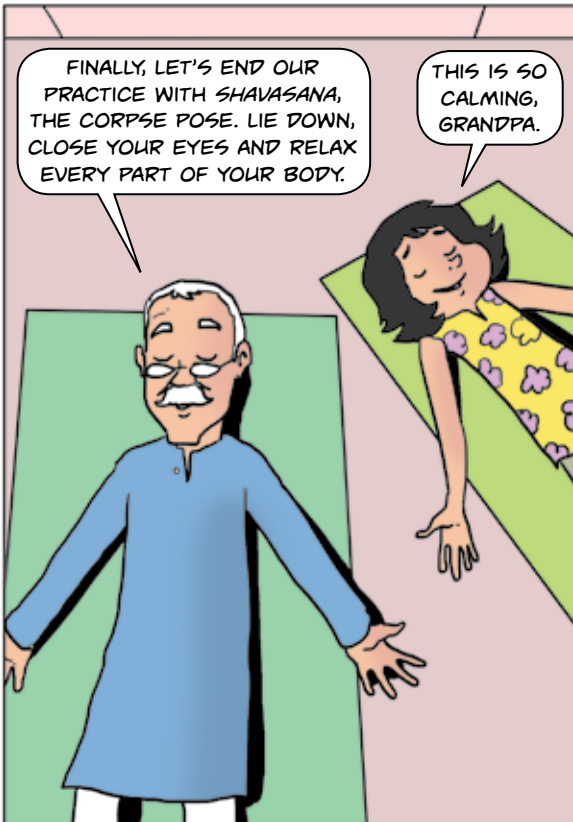
NOW LET'S TRY HASTA UTTANASANA, THE RAISED ARM BACKBEND POSE. STAND STRAIGHT, RAISE YOUR HANDS ABOVE YOUR HEAD, AND GENTLY BEND BACKWARDS.

I CAN FEEL MY CHEST OPENING UP!



NOW, LET'S DO BHUJANGASANA, THE COBRA POSE. LIE ON YOUR STOMACH AND LIFT YOUR CHEST UP, USING YOUR HANDS FOR SUPPORT.

THIS FEELS GOOD ON MY BACK!



FINALLY, LET'S END OUR PRACTICE WITH SHAVASANA, THE CORPSE POSE. LIE DOWN, CLOSE YOUR EYES AND RELAX EVERY PART OF YOUR BODY.

THIS IS SO CALMING, GRANDPA.



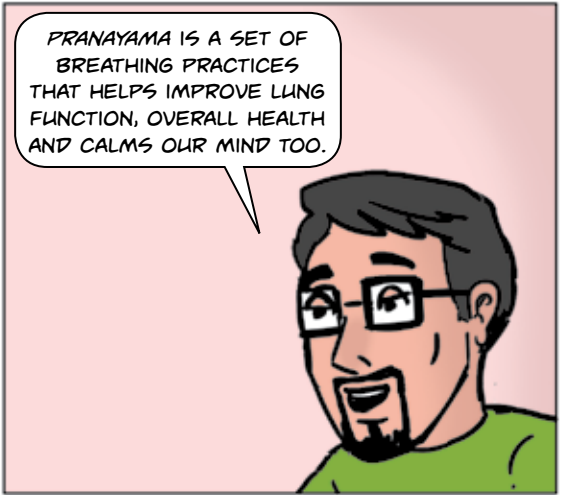
I FEEL HAPPY AFTER DOING SURYA NAMASKAR! I'LL DO IT EVERY DAY!

THAT'S WONDERFUL TO HEAR. THE SUN GIVES US SO MUCH, AND BY HONOURING IT THROUGH SURYA NAMASKAR, WE KEEP OUR BODIES AND MINDS HEALTHY.

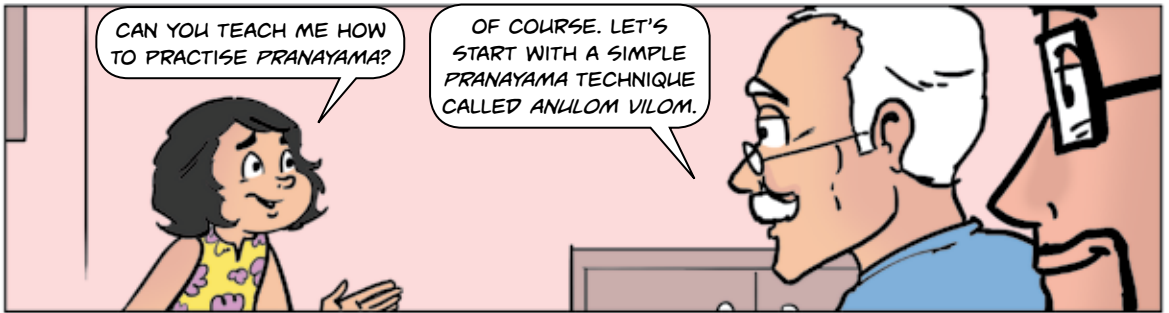


DO YOU KNOW ABOUT ANOTHER INTERESTING YOGA PRACTICE CALLED PRANAYAMA?

YES, I'VE HEARD ABOUT IT, BUT I'D LIKE TO KNOW MORE.

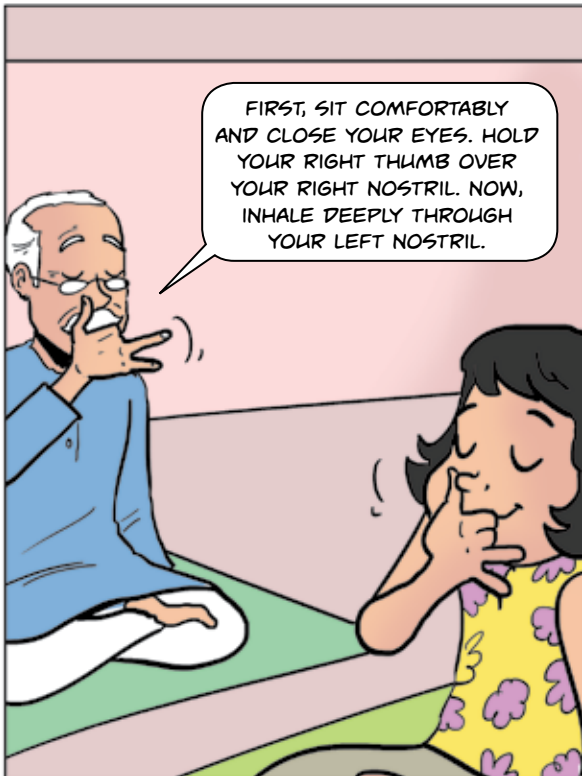


PRANAYAMA IS A SET OF BREATHING PRACTICES THAT HELPS IMPROVE LUNG FUNCTION, OVERALL HEALTH AND CALMS OUR MIND TOO.



CAN YOU TEACH ME HOW TO PRACTISE PRANAYAMA?

OF COURSE. LET'S START WITH A SIMPLE PRANAYAMA TECHNIQUE CALLED ANULOM VILOM.



FIRST, SIT COMFORTABLY AND CLOSE YOUR EYES. HOLD YOUR RIGHT THUMB OVER YOUR RIGHT NOSTRIL. NOW, INHALE DEEPLY THROUGH YOUR LEFT NOSTRIL.



NOW, CLOSE YOUR LEFT NOSTRIL WITH YOUR RING AND LITTLE FINGER AND RELEASE YOUR THUMB. EXHALE THROUGH YOUR RIGHT NOSTRIL. NOW INHALE THROUGH THE RIGHT AND EXHALE THROUGH THE LEFT.

I'VE GOT IT!



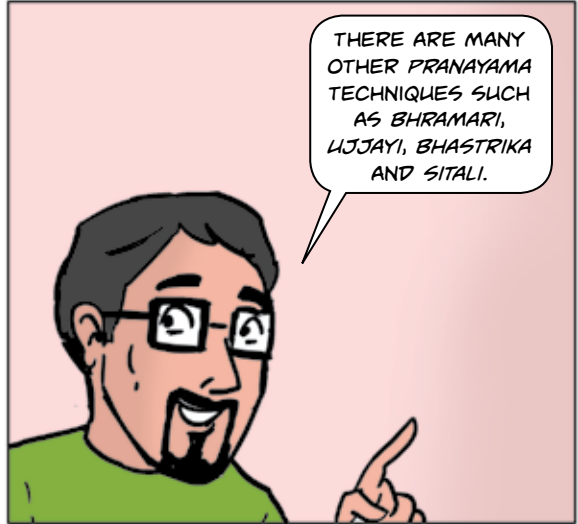
GREAT JOB, YOGITA! PRACTISE THIS FOR A FEW MINUTES EVERY DAY. IT WILL CALM YOUR MIND AND IMPROVE YOUR LUNG FUNCTION.

THIS FEELS NICE, GRANDPA! WHAT OTHER BENEFITS DOES PRANAYAMA HAVE?

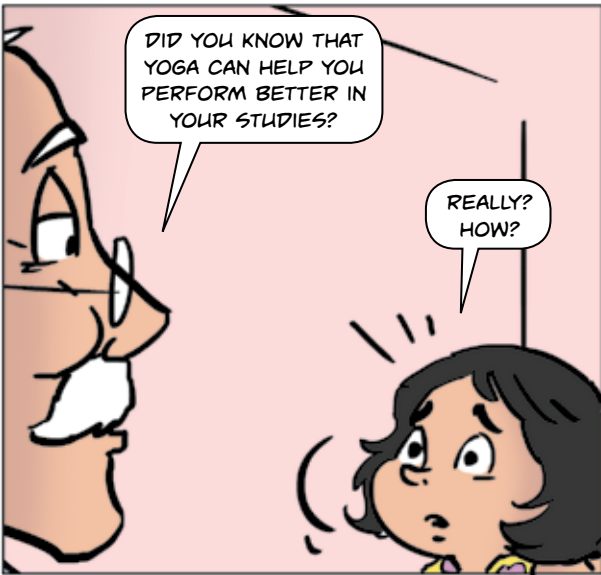


IT REDUCES STRESS, IMPROVES CONCENTRATION AND BOOSTS YOUR IMMUNE SYSTEM. IT'S ALSO GOOD FOR DIGESTION AND CAN HELP YOU SLEEP BETTER.

IT SOUNDS AMAZING! I WANT TO DO THIS EVERY DAY!

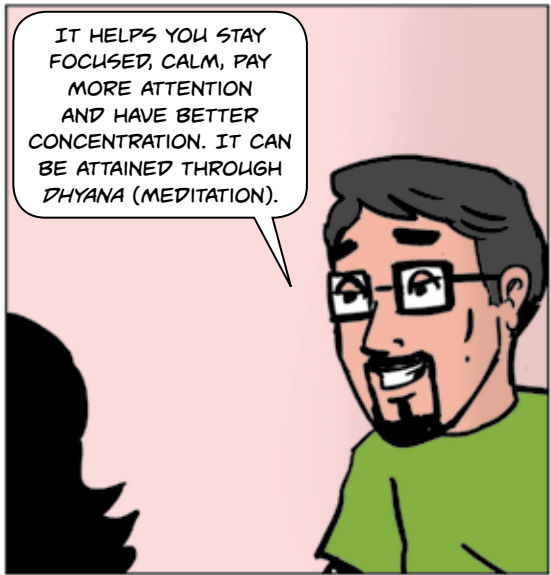


THERE ARE MANY OTHER PRANAYAMA TECHNIQUES SUCH AS BHRAMARI, UJJAYI, BHASTRIKA AND SITALI.

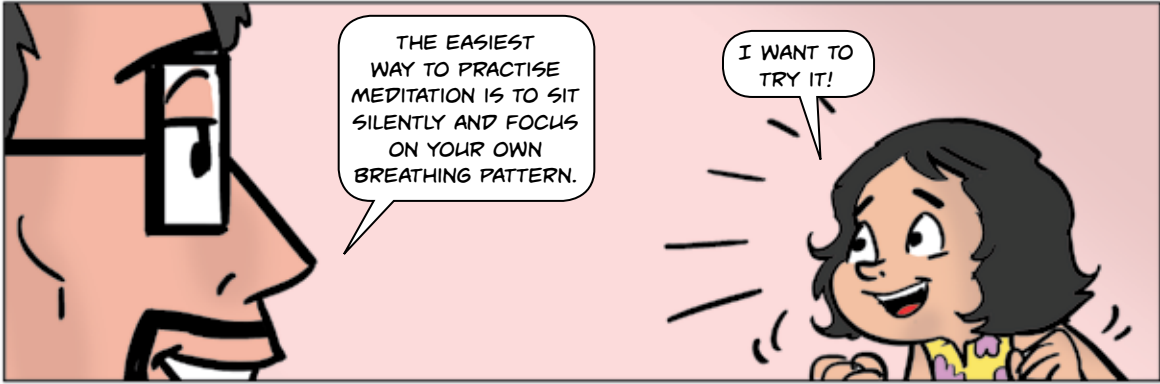


DID YOU KNOW THAT YOGA CAN HELP YOU PERFORM BETTER IN YOUR STUDIES?

REALLY? HOW?

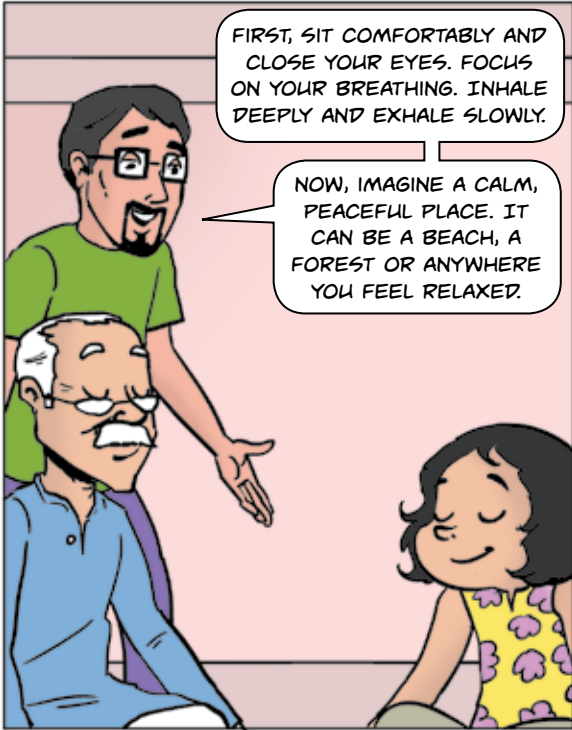


IT HELPS YOU STAY FOCUSED, CALM, PAY MORE ATTENTION AND HAVE BETTER CONCENTRATION. IT CAN BE ATTAINED THROUGH DHYANA (MEDITATION).



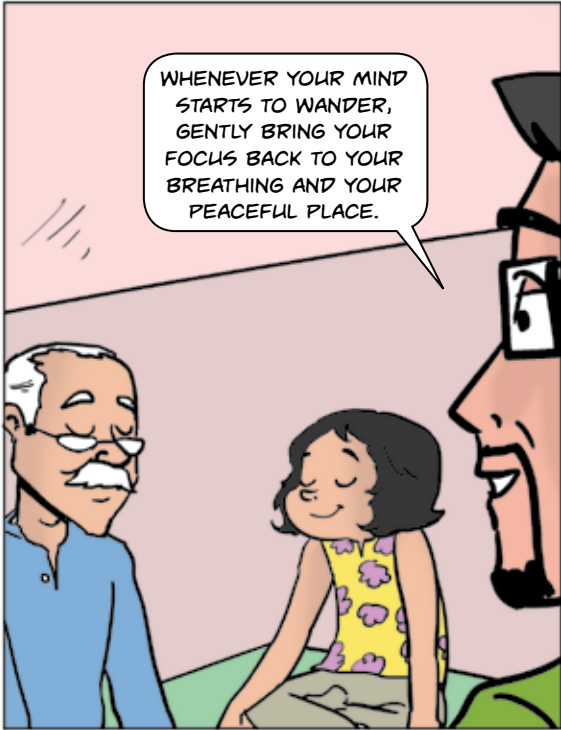
THE EASIEST WAY TO PRACTISE MEDITATION IS TO SIT SILENTLY AND FOCUS ON YOUR OWN BREATHING PATTERN.

I WANT TO TRY IT!

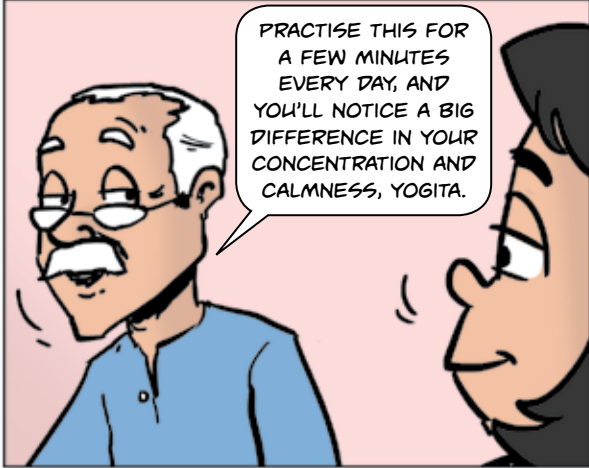


FIRST, SIT COMFORTABLY AND CLOSE YOUR EYES. FOCUS ON YOUR BREATHING. INHALE DEEPLY AND EXHALE SLOWLY.

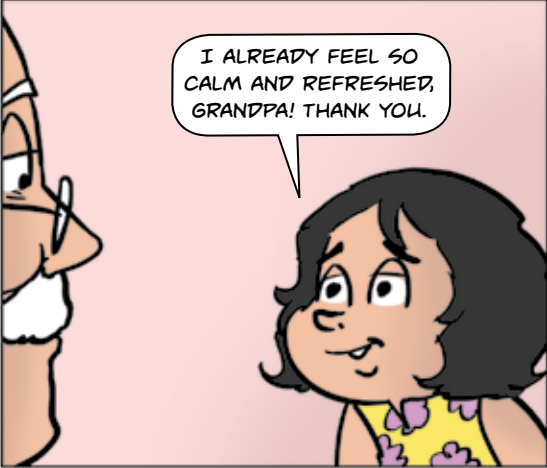
NOW, IMAGINE A CALM, PEACEFUL PLACE. IT CAN BE A BEACH, A FOREST OR ANYWHERE YOU FEEL RELAXED.



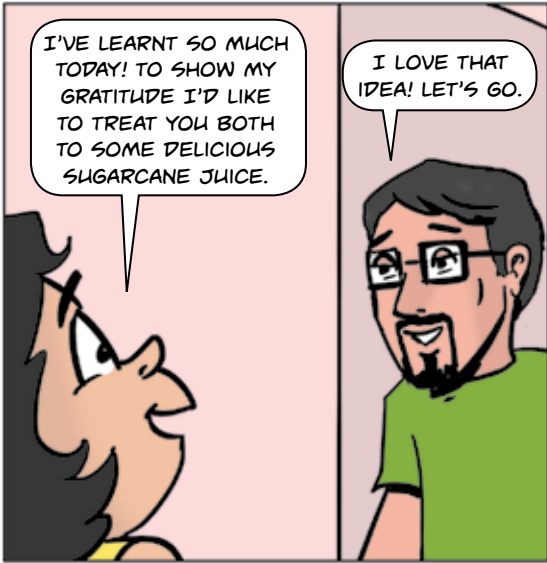
WHENEVER YOUR MIND STARTS TO WANDER, GENTLY BRING YOUR FOCUS BACK TO YOUR BREATHING AND YOUR PEACEFUL PLACE.



PRACTISE THIS FOR A FEW MINUTES EVERY DAY, AND YOU'LL NOTICE A BIG DIFFERENCE IN YOUR CONCENTRATION AND CALMNESS, YOGITA.



I ALREADY FEEL SO CALM AND REFRESHED, GRANDPA! THANK YOU.



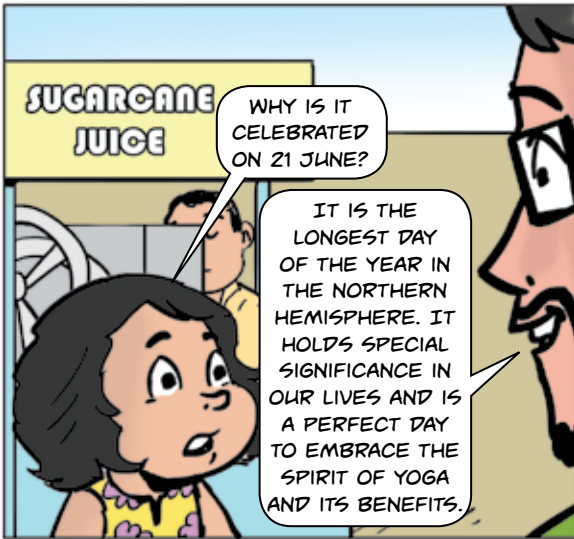
I'VE LEARNT SO MUCH TODAY! TO SHOW MY GRATITUDE I'D LIKE TO TREAT YOU BOTH TO SOME DELICIOUS SUGARCANE JUICE.

I LOVE THAT IDEA! LET'S GO.



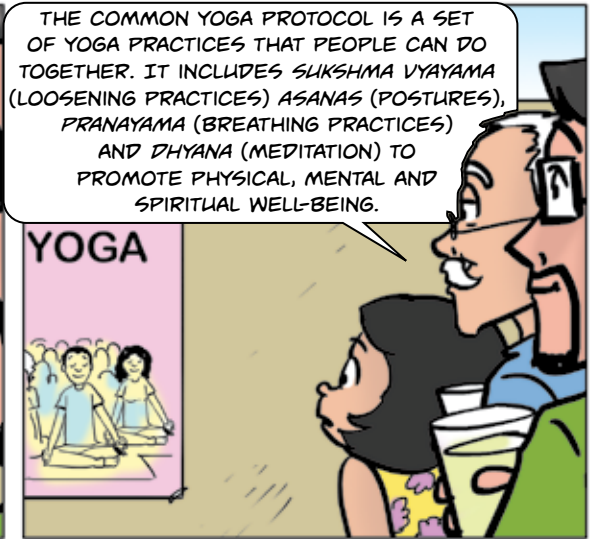
WHAT IS INTERNATIONAL DAY OF YOGA? THERE ARE POSTERS EVERYWHERE.

INTERNATIONAL DAY OF YOGA IS CELEBRATED ON JUNE 21ST EACH YEAR. IT'S A DAY TO RECOGNIZE AND PROMOTE THE BENEFITS OF PRACTISING YOGA AROUND THE WORLD.

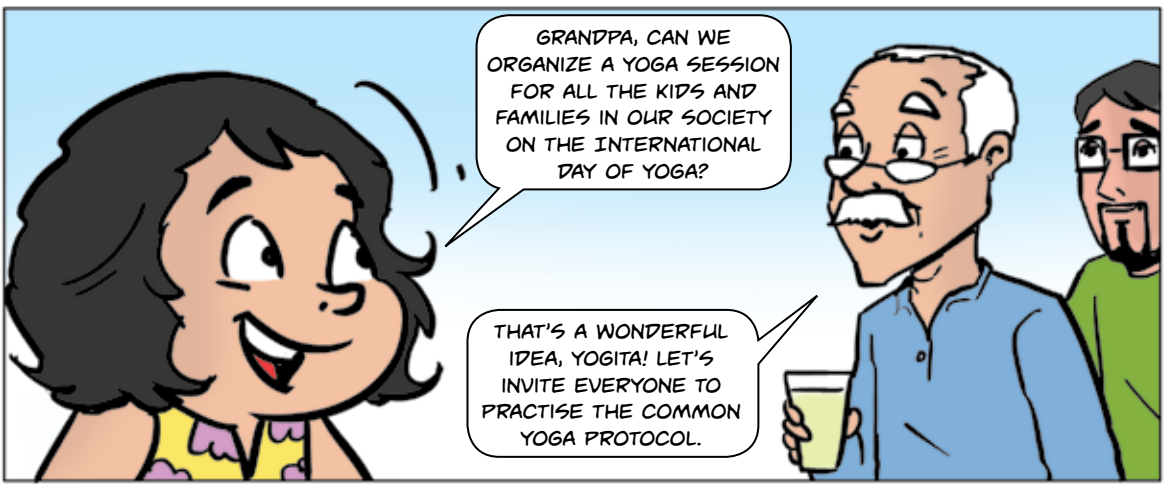


WHY IS IT CELEBRATED ON 21 JUNE?

IT IS THE LONGEST DAY OF THE YEAR IN THE NORTHERN HEMISPHERE. IT HOLDS SPECIAL SIGNIFICANCE IN OUR LIVES AND IS A PERFECT DAY TO EMBRACE THE SPIRIT OF YOGA AND ITS BENEFITS.

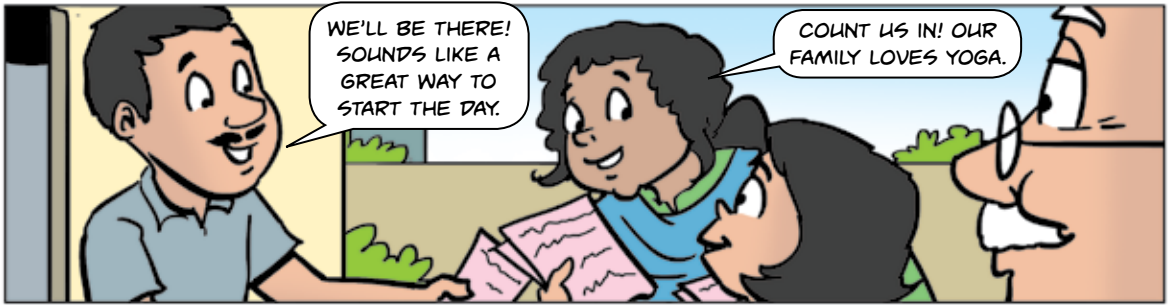


THE COMMON YOGA PROTOCOL IS A SET OF YOGA PRACTICES THAT PEOPLE CAN DO TOGETHER. IT INCLUDES SUKSHMA VYAYAMA (LOOSENING PRACTICES) ASANAS (POSTURES), PRANAYAMA (BREATHING PRACTICES) AND DHYANA (MEDITATION) TO PROMOTE PHYSICAL, MENTAL AND SPIRITUAL WELL-BEING.



GRANDPA, CAN WE ORGANIZE A YOGA SESSION FOR ALL THE KIDS AND FAMILIES IN OUR SOCIETY ON THE INTERNATIONAL DAY OF YOGA?

THAT'S A WONDERFUL IDEA, YOGITA! LET'S INVITE EVERYONE TO PRACTISE THE COMMON YOGA PROTOCOL.



WE'LL BE THERE!
SOUNDS LIKE A
GREAT WAY TO
START THE DAY.

COUNT US IN! OUR
FAMILY LOVES YOGA.

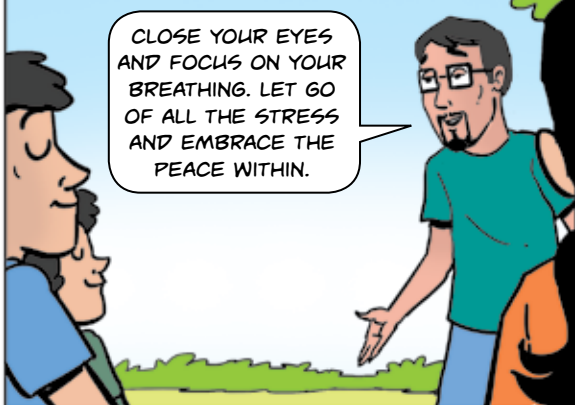
ON INTERNATIONAL DAY OF YOGA...



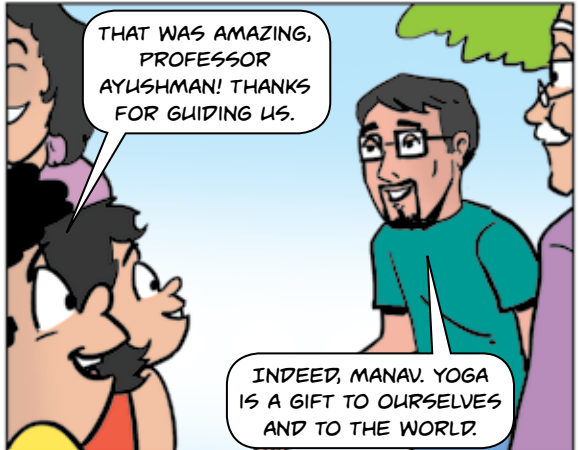
WELCOME, EVERYONE!
JOINING US TODAY IS
PROFESSOR AYUSHMAN!
HE WILL GUIDE US
THROUGH THE COMMON
YOGA PROTOCOL.



AT THE END OF THE SESSION...



CLOSE YOUR EYES
AND FOCUS ON YOUR
BREATHING. LET GO
OF ALL THE STRESS
AND EMBRACE THE
PEACE WITHIN.



THAT WAS AMAZING,
PROFESSOR
AYUSHMAN! THANKS
FOR GUIDING US.

INDEED, MANAV. YOGA
IS A GIFT TO OURSELVES
AND TO THE WORLD.

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TINKLE

Script: Devika Soni

Art: Abhijeet Kini

Letters: Satyawan Rane

Cover Art and Design: Abhijeet Kini and Savio Mascarenhas

Design and Layout: Pranay Bendre

Editorial: Gayathri Chandrasekaran and Devika Soni

Disclaimer: These yoga poses must not be performed without expert supervision.