

ACADEMIC AUDIT PROFORMA

Academic Session: 2022-2023

Institution Name: Morarji Desai National Institute of Yoga

Date of Audit:.....

Members of the Academic Audit Committee:

(i) (ii)

(iii) (iv)

(iv) (v)

GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY
Sector 16C, Dwarka, New Delhi - 110078

A. Institute Information			
Name of the Institution	:	Morarji Desai National Institute of Yoga	
Name of the Director/Principal	:	Smt. Vijaylakshami Bhardwaj	
Address	:	68, Ashoka Road, Near Gole Dakkhana, New Delhi-110001	
	Mobile No. (Director/Principal)	:	9868609884
	Telephone No. (Institution)	:	01123730417
	Email ID	:	dir-mdniy@nic.in
	Institution website URL	:	http://www.yogamdniy.nic.in/

B. Details of Academic Programmes								
(a)	Academic Programmes							
	S. No.	Programme	Start Year	Regulatory Body	Sanctioned Intake in the Assessment Year			Total Students (for all years)
					1 st Shift	2 nd Shift	Total	
	1.	B.Sc. Yoga	2012-13					30
	2.	M.Sc. Yoga	2019-20					30
	3.	PGDYTMP	2019-20					20
	4.							
	5.							
	6.							
	7.							
	8.							
	9.							
(b)	Programme-wise list of faculty for the assessment year (to be uploaded under mandatory disclosures).							
(c)	Programme-wise Class-wise Time Table for the assessment year (to be uploaded under mandatory disclosures).							

1. Status of Accreditation			
1(a)	Applicability of Accreditation:		
	NBA Only	:	NO
	NAAC Only	:	YES
	NBA and NAAC	:	NO
1(b)	Status of Accreditation		
	NBA (Out of 25 scaled to 50, if only NBA accreditation applicable)	:	Nil
	NAAC (Out of 25 scaled to 50, if only NAAC accreditation is applicable)	:	Nil
	NBA and NAAC (Out of 50, if both NAAC & NBA accreditation are applicable and marks would be awarded as per availability of accreditations, out of total of '25' marks each for NBA and NAAC)	:	Nil
			Marks (Max. Marks: 50)

2. Status of Teachers' Availability

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

2(a)	Total No. of Students		
In UG	:	30	
In PG	:	30	

2(b)	Number of Regular* Teachers		
In UG	:	5	
In PG	:	5	
In UG and PG	:	10	
Total	:		

Teachers' Ratio

S. No.	Programme(s) and duration (in Years)	Sanctioned Intake x duration of the programme = total students (a)	No. of Required Teachers (b)	No. of Regular* Teachers Available			Teacher-Student Ratio (a/(c+d))
				Assistant Professor (Jr. Faculty) (c)	Associate Professor + Professors (Sr. Faculty) (d)	Cadre Ratio (d/c)	
1.	B.Sc. Yoga	90	05	05	00		
2.	M.Sc. Yoga	60	05	05	00		
3.	PGDYTMP	20	02	02	00		
4.							
5.							
6.							
7.							
Total							

Marks
(Max. Marks: 100)

*Teacher who stayed for 90% of the time in a year.

Marks be awarded proportionate to the status of the faculty, for Required vs. Available.

Visiting / Adjunct Faculty shall be counted as per the norms.

List of faculty should be uploaded on website under mandatory disclosures.

3. Quality of Teachers and Teaching				
		No.	Details	Marks
3(a)	No. of teachers with Ph. D.	10		
3(b)	No. of publications in WoS/SCOPUS/UGC-CARE (Category-I) listed journals in the assessment year		List of publication for the assessment year as Annexure III.	
3(c)	No. of publications in UGC-CARE (Category-II) listed journals in the assessment year		List of publication for the assessment year as Annexure IV.	
3(d)	No. of publications in any referred journal other than the above (with ISSN No.) in the assessment year			
3(e)	No. of publications in conferences in the assessment year			
	• Indexed by WoS/SCOPUS/UGC-CARE (Category-I)			
	• Indexed by UGC-CARE (Category-II)			
	• With ISBN Number			
	• Any other			
3(f)	No. of Books / Edited Books / Book Chapters published			
3(g)	Course/teaching plan with details of number of lectures on each unit of curriculum, in the assessment year		Yes (Copies attached)	
3(h)	No. of courses on Learning Management System (LMS)		-	
3(i)	Classrooms available with mounted projectors and ICT facilities (Geo tagged photos should be uploaded and available under mandatory disclosures)		Yes	
3(j)	Percentage of teachers using ICT for teaching (having PPTs, Videos, etc.)		100 percent	
				Marks (Maximum Marks: 100)
List of Total number of publications for the assessment year to be uploaded at the Website under mandatory disclosures				

4. Institutional Support for Faculty Development

		Details	Marks
4(a)	Documentary evidence of awards like best teacher/best researcher, etc.	: Yes (Copy of Office Order Attached)	
4(b)	Documentary evidence of mechanism for grant of study leave to teachers with full pay for faculty to pursue higher study at other institutions	: -	
4(c)	Documentary evidence of grant of funds to teachers to attend conferences, or seminars, or FDP, or workshops, etc. including registration fee, TA/DA, and grant of special casual leave or duty leave for this purpose	: -	
4(d)	Individual computing facilities provided to teachers	: Yes	
4(e)	Internet facility (to every teacher)	: Yes	
Marks (Maximum Marks: 50)			

5. Framework for Students' Grievance Redressal Mechanism

			Details	Marks
5(a)	Availability of Students' Grievance Redressal Committee (SGRC) and complies with UGC's Regulations 2012	:	Yes	
5(b)	Whether the Grievance Redressal Committee has elected students representative	:	Yes	
5(c)	Whether meticulous and verifiable documentations of the proceedings of Students' Grievance Redressal Committee is maintained	:	Yes	
5(d)	Availability of Psychiatrist, Psychologist and professional students counsellors	:	Yes	
5(e)	Whether the institute has published/notified prominently the details of SGRC on website and admission prospectus	:	Yes	
5(f)	Whether students are satisfied with the effectiveness of the SGRC	:	-	
5(g)	Whether reports of the proceedings of SGRC is sent to the University every semester	:	-	
			Marks (Maximum Marks: 100)	

6. Institutional Support for University Examinations (during the Assessment Year)

			Details	Marks
6(a)	Percentage of faculty participation in university examinations as evaluators / university representatives (a)	:	100 percent	
6(b)	No. of days per faculty devoted to university examination process (b)	:	As per the examination schedule provided by the University	
			Marks (Maximum Marks: 50)	

7. Status of Library

7(a) Books						
S. No.	Programme	Title (a)	Volume (b)	Score	Details	Marks
1.					Details attached	
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
Total Score						
Marks (Maximum Marks: 70)						
7(b) Journals						
S. No.	Type of Journal	No. of Journals	Ratio (Cap to 1)	Details		Marks
1.	Indian	a =	a/12 =	Details attached		
2.	International	b =	b/3 =			
Marks (Max. Marks: 30)						
Total Marks [9(a) + 9(b)] (Max. Marks: 100)						

8. Status of Laboratories					
			Details	Marks	
8(a)	Status of Laboratories other than Computer Lab (as required by statutory body)		No.	Details attached	
	(i)	Number of Labs			
	(ii)	Status of Instruments / Equipments			
	(iii)	Up-gradation as per new technological developments and requirements of the course curriculum			
				Marks (Max. Marks: 50)	
8(b)	Status of Computer Labs (UG: 1 per 6 students across all years; PG: 1 per 3 students across all years)				
	(i)	Total Number of computers available in labs		Details attached	
	(ii)	Total number of available licensed software required as per course curriculum (as required by statutory body)		Details attached	
	(iii)	Quality of Internet connectivity		Details attached	
				Marks (Max. Marks: 50)	
				Total Marks [10(a) + 10(b)] (Max. Marks: 100)	

9. Co-Curricular Activities Conducted by the Institution (Assessment Year)				
9(a)	Conferences Organized	No.	Details	Marks
	International / National Conferences	:	Nil	
	Proceedings are indexed with WoS / SCOPUS / UGC-CARE (Category-I)	:	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Proceedings are indexed with UGC-CARE (Category-II)	:	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Proceedings have ISBN Only	:	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Proceedings do not have ISBN	:	<input type="checkbox"/> Yes <input type="checkbox"/> No	
9(b)	Seminars Organized (02 Half Day Seminars may be considered as One Full Day Seminar)			
	No. of One Day Seminar	:	Nil	
	No. of Half Day Seminar	:		
9(c)	Faculty / Management Development Programme Organized (of at least one week/5days duration)			
	FDP/MDP	:		
9(d)	Workshops Organized			
	No. of Workshop	:	: 4 Workshops (Details attached)	
9(e)	Short Term / Value Added Programmes Conducted			
	No. of Programme	:		
9(f)	Webinars / Online Extension Lectures Conducted			
	No. of Lectures	:	53 Online Weekly Webinars during the said period (Details attached)	
			Marks (Max. Marks: 100)	

10. Publications of the Institutions					
10(a)	Publication of Journal(s)		No.	Details	Marks
	International / National Journal	:			
	Frequency	:	Monthly / Quarterly / Half Yearly / Yearly		
	Publisher	:			
	Indexed at WoS/SCOPUS	:	<input type="checkbox"/> Yes <input type="checkbox"/> No		
	Indexed in UGC-CARE	:	<input type="checkbox"/> Yes <input type="checkbox"/> No		
	Any other Indexing (please specify)	:	<input type="checkbox"/> Yes <input type="checkbox"/> No		
	No indexing	:	<input type="checkbox"/> Yes <input type="checkbox"/> No		
10(b)	Publication of Newsletters and Magazines				
	Magazine	:		Nil	
	Frequency	:	Monthly / Quarterly / Half Yearly / Yearly		
	Publication Type	:	<input type="checkbox"/> Print <input type="checkbox"/> Online		
	Newsletter	:			
	Frequency	:	Monthly / Quarterly / Half Yearly / Yearly	Monthly(Total-12)	
	Publication Type	:	<input type="checkbox"/> Print <input type="checkbox"/> Online	Online	
				Marks (Max. Marks: 40)	

11. Students' Personality Development Activities				
11(a)	Activities like mock interview, role play, group discussions, quizzes, workshops, competitions, etc.			
	Activities	:	No.	Details
	Mock Interview	:	More than 10	
	Role Play	:	More than 10	
	Group Discussion	:	More than 10	
	Workshop	:	4	
	Competition	:	4	
11(b)	Personality development labs, Provisions for trained faculty to conduct practical sessions and existence of qualified student counsellors			
	Personality development labs	:		
	Availability of trained faculty to conduct practical sessions	:		
	Availability of student counsellor	:		
11(c)	Sports facilities in the Institutions			
	Indoor facilities	:	Carrom, Chess, Yogasana, Table Tennis	(Details of Events held during the assessed are attached)
	Outdoor facilities	:	Badminton, Volleyball, Cricket Kit	
	Sport Equipments	:	Carrom Board, Chess Board, Badminton With Net, Cricket Kit, Table Tennis bats and Table etc.	(List of Sports Equipment available in the assessed year is attached)
				Marks (Max. Marks: 30)

12. Status of Placement

12. Status of Placement				No.	Details	Marks
(i)	Total No. of Students having Passed out (in that Assessment Year)	:	46	B.Sc.- 26 M.Sc.-18 PGDYTMP-2		
(ii)	Total No. of Students, who are eligible and have registered for Placements (a)	:	NA			
(iii)	Total No. of students going for Higher Education (b)	:	26			
(iv)	Total No. of Students having been placed (c)	:				
(v)	Total No. of Students placed + Higher Education (d=b+c)	:				
(vi)	Total Percentage (%age) of Placements + Higher Education {e= (d/b) * 100}	:				
(vii)	No. of companies visited the campus	:				
(viii)	Average salary offered	:				
(ix)	Existence of training and placement office	:	<input type="checkbox"/> Yes <input type="checkbox"/> No			
						Marks (Max. Marks: 50)
Note: Eligible and registered students shall be considered as total count of students to be placed						

13. General Parameters about the Institution

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

14. Other Facilities Available in the Institute (Based on Feedback)					
14(a)				Details	Marks
	Feedback from the Faculty/Employers Collected: Analysed: Action taken: (on parameters like salary as per norms, leaves, research facility, recognition of their contributions, their respect, promotions, and overall academic environment)	:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No	Yes	
14(b)	Feedback from the Students/Alumni Collected: Analysed: Action taken: (on parameters like teaching environment, regularity of classes, availability of teachers outside classes, support for conducting extra – curricular activities such as field visits, cultural festivals etc., administrative support, career guidance, counselling, support for training and placements, and student’s interaction with experts from industry and academia)	:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No	Yes	
Marks (Max. Marks: 50)					

15. Removal / Completions of Identified Deficiencies					
Removal / Completions of deficiencies, as identified in previous Academic Audit (If last year, there was no audit, then no marks to be awarded, and the maximum marks component of this parameter not to be counted in total marks). Only deficiencies, as deviations from the standard norms, to be considered.					
			No.	Details	Marks
(i)	No. of deficiencies identified in last report (a)	:			
(ii)	No of deficiencies removed / completed (b)	:			
Marks (Max. Marks: 50)					

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

17. Adherence of Time Schedule

Adherence of time schedule for 1 st and 2 nd Shift Programmes	<input type="checkbox"/> Yes <input type="checkbox"/> No	For institutions, not adhering to schedule, ask for written explanations.
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18. Deficiencies Identified (only deviations from the standard norms, to be mentioned here):

S. No.	Details of the identified deficiencies
1.	
2.	
3.	
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19. Overall Observations and Recommendations

S. No.	Observations and Recommendations
1.	
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Name and Signature of the Members of Academic Audit Committee

(i)

(ii)

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मोरारजी देसाई राष्ट्रीय योग संस्थान

आयुष मंत्रालय, भारत सरकार

68, अशोक रोड, नई दिल्ली-110001

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of Ayush, Govt. of India

68, Ashok Road, New Delhi – 110001

Name of Course: **BS-CT103**

Name of Subject/Paper: **HUMAN ANATOMY PHYSIOLOGY - I**

Name of Teacher: **Dr.Rameswar Pal, Asstt. Prof. (Human Physiology) & Ms. Sobika Rao, Asstt. Prof. (Human Anatomy)**

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
01	11.10.2022		Unit I	General Physiology Skeletal system and Nerve – muscle physiology	Electron microscopic structure of organelles of eukaryotic cells. Structure of membrane. Membrane transport. Functions of organelles of eukaryotic cells.	Electron microscopic structure of organelles of eukaryotic cells. Structure of membrane. Membrane transport. Functions of organelles of eukaryotic cells.
02	13.10.2022		Unit I	General Physiology Skeletal system and Nerve – muscle physiology	Histological structure, classification, distribution and function of different tissues. Organization of cells into tissue to organs and systems of human body	Histological structure, classification, distribution and function of different tissues. Organization of cells into tissue to organs and systems of human body
03	14.10.2022		Unit I	General Physiology Skeletal system and Nerve – muscle physiology	Definition of Human Anatomy and Human Physiology. Terms frequently used in Anatomy and Physiology. Planes of body. Homeostasis. Mechanisms to maintain milieu environment	Definition of Human Anatomy and Human Physiology. Terms frequently used in Anatomy and Physiology. Planes of body. Homeostasis. Mechanisms to maintain milieu environment

04	17.10.2022		Unit I	General Physiology Skeletal system and Nerve – muscle physiology	Structure and functions of bone, Classification of bone. Classification of skeleton.	Structure and functions of bone, Classification of bone. Classification of skeleton.
05	18.10.2022		Unit I	General Physiology Skeletal system and Nerve – muscle physiology	Joints. Types of joints their structure and function.	Joints. Types of joints their structure and function.
06	19.10.2022		Unit I	General Physiology Skeletal system and Nerve – muscle physiology	Neurons, Nerve fibre. Synapse. Neurotransmitter, Reflex action.	Neurons, Nerve fibre. Synapse. Neurotransmitter, Reflex action.
07	20.10.2022		Unit I	General Physiology Skeletal system and Nerve – muscle physiology	Mechanism of nerve conduction, Synapse and synaptic transmission.	Mechanism of nerve conduction, Synapse and synaptic transmission.
08	31.10.2022		Unit I	General Physiology Skeletal system and Nerve – muscle physiology	Types of Muscle in the body. Structure of skeletal, cardiac and smooth muscle.	Types of Muscle in the body. Structure of skeletal, cardiac and smooth muscle.
09	03.11.2022		Unit I	General Physiology Skeletal system and Nerve – muscle physiology	Properties of muscle. Mechanism of muscle contraction. Types of muscular contraction. Neuro – muscular junction.	Properties of muscle. Mechanism of muscle contraction. Types of muscular contraction. Neuro – muscular junction.
10	03.11.2022		Unit II	Hematology, Lymphoid organ and Immunity	Blood Volume.	Blood Volume.
11	04.11.2022		Unit II	Hematology, Lymphoid organ and Immunity	Composition and function of blood.	Composition and function of blood.
12	04.11.2022		Unit II	Hematology, Lymphoid organ and Immunity	Composition and function of blood.	Composition and function of blood.
13	09.11.2022		Unit II	Hematology, Lymphoid organ and Immunity	Haemoglobin and anaemia.	Haemoglobin and anaemia.

14	10.11.2022		Unit II	Hematology, Lymphoid organ and Immunity	Blood clotting.	Blood clotting.
15	10.11.2022		Unit II	Hematology, Lymphoid organ and Immunity	Blood groups and their importance.	Blood groups and their importance.
16	11.11.2022		Unit II	Hematology, Lymphoid organ and Immunity	Thymus, spleen, Lymph node, Composition and function of lymph	Thymus, spleen, Lymph node, Composition and function of lymph
17	14.11.2022		Unit II	Hematology, Lymphoid organ and Immunity	Immunity, Types of immunity, Antigen and antibody,	Immunity, Types of immunity, Antigen and antibody,
18	16.11.2022		Unit II	Hematology, Lymphoid organ and Immunity	Hypersensitivity reaction, Autoimmunity	Hypersensitivity reaction, Autoimmunity
19	17.11.2022		Unit III	Biomolecules, and Digestive system	Carbohydrates, Fats, Proteins,	Carbohydrates, Fats, Proteins,
20	17.11.2022		Unit III	Biomolecules, and Digestive system	Minerals, Vitamins, Dietary fibre, balanced diet.	Minerals, Vitamins, Dietary fibre, balanced diet.
21	18.11.2022		Unit III	Biomolecules, and Digestive system	Structure and anatomical position of primary and secondary digestive organ	Structure and anatomical position of primary and secondary digestive organ
22	18.11.2022		Unit III	Biomolecules, and Digestive system	Structure and anatomical position of primary and secondary digestive organ	Structure and anatomical position of primary and secondary digestive organ
23	21.11.2022		Unit III	Biomolecules, and Digestive system	Functions of digestive system.	Functions of digestive system.
24	24.11.2022		Unit III	Biomolecules, and Digestive system	Physiology of digestion and absorption.	Physiology of digestion and absorption.

25	25.11.2022		Unit III	Biomolecules, and Digestive system	Movements of GI tract.	Movements of GI tract.
26	30.11.2022		Unit III	Biomolecules, and Digestive system	Malnutrition and over nutrition.	Malnutrition and over nutrition.
27	01.12.2022		Unit III	Biomolecules, and Digestive system	GI hormones and Endocrine function of Pancreas.	GI hormones and Endocrine function of Pancreas.
28	02.12.2022		Unit IV	Respiratory system	Structure of tracheobronchial tree and respiratory unit. Anatomical position of lungs.	Structure of tracheobronchial tree and respiratory unit. Anatomical position of lungs.
29	06.12.2022		Unit IV	Respiratory system	Structure of tracheobronchial tree and respiratory unit. Anatomical position of lungs.	Structure of tracheobronchial tree and respiratory unit. Anatomical position of lungs.
30	07.12.2022		Unit IV	Respiratory system	Mechanism of breathing (Expiration and inspiration)	Mechanism of breathing (Expiration and inspiration)
31	08.12.2022		Unit IV	Respiratory system	Exchange and transport of respiratory gases (oxygen and carbon dioxide).	Exchange and transport of respiratory gases (oxygen and carbon dioxide).
32	12.12.2022		Unit IV	Respiratory system	Exchange and transport of respiratory gases (oxygen and carbon dioxide).	Exchange and transport of respiratory gases (oxygen and carbon dioxide).
33	13.12.2022		Unit IV	Respiratory system	Lung function test.	Lung function test.
34	14.12.2022		Unit IV	Respiratory system	Regulation of respiration	Regulation of respiration

35	03.01.2023		Unit IV	Respiratory system	Regulation of respiration	Regulation of respiration
36	04.01.2023		Unit IV	Respiratory system	Exercise adaptation of respiratory system	Exercise adaptation of respiratory system
37	05.01.2023		Unit V	Cardiovascular system	Structure of heart	Structure of heart
38	09.01.2023		Unit V	Cardiovascular system	Anatomical position of heart in thoracic cage	Anatomical position of heart in thoracic cage
39	11.01.2023		Unit V	Cardiovascular system	Cardiac output and cardiac cycle	Cardiac output and cardiac cycle
40	12.01.2023		Unit V	Cardiovascular system	Pumping of heart. Heart rate.	Pumping of heart. Heart rate.
41	12.01.2023		Unit V	Cardiovascular system	Blood pressure and regulation of blood pressure.	Blood pressure and regulation of blood pressure.
42	13.01.2023		Unit V	Cardiovascular system	Electrocardiography.	Electrocardiography.
43	16.01.2023		Unit V	Cardiovascular system	Functional anatomy of blood vessels.	Functional anatomy of blood vessels.
44	17.01.2023		Unit V	Cardiovascular system	Organisation of systemic and pulmonary circulation	Organisation of systemic and pulmonary circulation
45	24.01.2023		Unit V	Cardiovascular system	Exercise adaptation of cardiovascular system	Exercise adaptation of cardiovascular system

Signature of Teaching Incharge

Name of Teacher

Signature

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

SUBJECT TEACHING PLAN

Name of Course: B.Sc. (Yoga) (Sem-IV)

Name of Subject/Paper: Functional Hindi-II

Name of Teacher: डॉ. वंदना सिंह

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Friday	17/03/23	3-4	I	पाठ्यक्रम का परिचय	पाठ्यक्रम का परिचय	पाठ्यक्रम का परिचय
Monday	20/3/23	3-4	I	संक्षेपण	संक्षेपण	संक्षेपण - शब्दिक अर्थ तथा परिभाषा
Wednesday	22/3/23	3-4	I	संक्षेपण	संक्षेपण	संक्षेपण - विशेषताएँ
Thursday	23/3/23	3-4	I	संक्षेपण	संक्षेपण	संक्षेपण - विषयगत नियम
Friday	24/3/23	3-4	I	संक्षेपण	संक्षेपण	संक्षेपण - विषयगत नियम
Monday	27/3/23	3-4	I	संक्षेपण	संक्षेपण	संक्षेपण - शैलीगत नियम
Wednesday	29/3/23	3-4	I	संक्षेपण	संक्षेपण	संक्षेपण - शैलीगत नियम
Friday	31/3/23	3-4	I	संक्षेपण	संक्षेपण	संक्षेपण - क्षेत्र
Monday	3/4/23	3-4	I	संक्षेपण	संक्षेपण	संक्षेपण - उदाहरण, क्षेत्र
Wednesday	5/4/23	12-1	I	संक्षेपण	"	संक्षेपण - क्षेत्र
Thursday	6/4/23	12-1	I	संक्षेपण	"	संक्षेपण - क्षेत्र
Thursday	6/4/23	3 to 4	I	पल्लवन	पल्लवन	पल्लवन - परिभाषा

वंदना सिंह
9/4/23

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Monday	10/04/23	2-3	Unit-I	संक्षेपण तथा पल्लवन	पल्लवन	पल्लवन - अर्थ तथा परिभाषा
Tuesday	11/4/23	3-4	Unit-I	संक्षेपण तथा पल्लवन	पल्लवन	पल्लवन - अर्थ तथा परिभाषा
Wednesday	12/4/23	3-4	Unit-I	संक्षेपण तथा पल्लवन	पल्लवन	पल्लवन - अर्थ तथा परिभाषा
Thursday	13/4/23	3-4	Unit-I	संक्षेपण तथा पल्लवन	पल्लवन - विशेषताएँ	पल्लवन - विशेषताएँ
Monday	17/4/23	2-3	Unit-I	संक्षेपण तथा पल्लवन	पल्लवन - विशेषताएँ	पल्लवन - विशेषताएँ
Tuesday	22/4/23	2-3	Unit-I	निबंध व पत्रलेखन	पल्लवन -	पल्लवन - उदाहरण
Wednesday	26/4/23	3-4	Unit-II	निबंध व पत्रलेखन	निबंध	निबंध - परिभाषा
Thursday	27/4/23	3-4	Unit-II	निबंध व पत्रलेखन	निबंध	निबंध - परिभाषा तथा स्वरूप
Friday	28/4/23	3-4	Unit-II	निबंध व पत्रलेखन	निबंध	निबंध - प्रकार तथा तत्व
Monday	3/5/23	3-4	Unit-II	निबंध व पत्रलेखन	निबंध	निबंध - विशेषताएँ तथा उदाहरण
Tuesday	4/5/23	2-3	Unit-II	निबंध व पत्रलेखन	पत्रलेखन	निबंध - विशेषताएँ तथा उदाहरण
Monday	8/5/23	3-4	Unit-II	निबंध व पत्रलेखन	पत्रलेखन	पत्राचार - परिचय
Wednesday	10/5/23	3-4	Unit-II	निबंध व पत्रलेखन	पत्रलेखन	पत्राचार - विशेषताएँ
Thursday	11/5/23	3-4	Unit-II	निबंध व पत्रलेखन	पत्रलेखन	पत्र के प्रकार तथा उसकी रूपरेखा

09/06/23

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Friday	12/5/23	3-4	Unit-II	निबंध व पत्र लेखन	पत्र लेखन के प्रमुख अंग	पत्र के अंग
Monday	15/5/23	2-3	Unit-II	निबंध व पत्र लेखन	प्रमुख पत्रों के उदाहरण	प्रमुख पत्रों के उदाहरण
Wednesday	17/5/23	3-4	Unit-II	निबंध व पत्र लेखन	प्रमुख पत्रों के उदाहरण	प्रमुख पत्रों के उदाहरण
Thursday	18/5/23	3-4	Unit-II	निबंध व पत्र लेखन	प्रमुख पत्रों के उदाहरण	प्रमुख पत्रों के उदाहरण
Friday	19/5/23	3-4	Unit-III	अनुवाद	अनुवाद	अनुवाद - व्युत्पत्ति मूलक अर्थ तथा परिभाषा
Wednesday	24/5/23	3-4	Unit-III	अनुवाद	अनुवाद के प्रकार	अनुवाद के प्रकार - विभिन्न आधारों पर
Thursday	25/5/23	3-4	Unit-II	अनुवाद	अनुवाद - अनुवाद के प्रकार	विभिन्न आधारों पर अनुवाद के प्रकार
Friday	26/5/23	3-4	Unit-III	अनुवाद	अनुवाद - व्यावहारिक अभ्यास	अनुवाद - व्यावहारिक अभ्यास
Monday	29/5/23	2-3	Unit-II	अनुवाद	अनुवाद - व्यावहारिक अभ्यास	अनुवाद - व्यावहारिक अभ्यास
Wednesday	31/5/23	3-4	Unit-II	अनुवाद	अनुवाद - व्यावहारिक अभ्यास	अनुवाद - व्यावहारिक अभ्यास
Friday	2/6/23	3-4	Unit-III	अनुवाद	अनुवाद - प्रक्रिया तथा प्रविधि	अनुवाद - नाइडा के प्रक्रिया अनुसार
Monday	5/6/23	3-4	Unit-III	अनुवाद	अनुवाद - प्रक्रिया तथा प्रविधि	अनुवाद - नाइडा के प्रक्रिया अनुसार
Wednesday	7/6/23	3-4	Unit-III	अनुवाद	अनुवाद - प्रक्रिया तथा प्रविधि	अनुवाद - प्रक्रिया तथा प्रविधि

09/6/23

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan

Signature of Teaching Incharge

Name of Teacher: डॉ. वंदना सिंह

Signature: वंदना सिंह

Date: 09/06/23

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मोरारजी देसाई राष्ट्रीय योग संस्थान

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68, Ashok Road, New Delhi - 110001

SUBJECT TEACHING PLAN

Name of Course: BSc (Yoga)

Name of Subject/Paper: Foundation and Practices of Hatha Yoga

Name of Teacher: Dr Guru Deo

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
1	10\10\2022	11:00-12:00	1	GENERAL INTRODUCTION TO HATHA YOGA	1.1 Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions	Hatha Yoga: Origin, Meaning, Definition
2	11\10\2022	11:00-12:00			1.2 Aim, Objectives and Misconceptions Hatha Yoga: Its Philosophy and Foundations, Hatha Yoga Parampara,	Aim, Objectives and Misconceptions Hatha Yoga: Its Philosophy
3	12\10\2022	11:00-12:00			1.3 Foundations, Hatha Yoga Parampara, Brief Introduction to eminent, Hatha Yogis of Natha Cult and their contributions for the development of Yoga	Foundations, Hatha Yoga Parampara, Brief Introduction to eminent
4	18\10\2022	11:00-12:00			Hatha Yogis of Natha Cult and their contributions for the development of Yoga	Hatha Yogis of Natha Cult and their contributions for the development of Yoga
5	31\10\2022	11:00-12:00			1.4 Hatha Yogis of Natha Cult and their contributions for the development of Yoga Asanas, Concept, Etymology, definition and principles of Asanas, Relevance and importance of asanas in Hatha Yoga Sadhana	Hatha Yogis of Natha Cult and their contributions for the development of Yoga Asanas
6	01\11\2022	11:00-12:00			Hatha Yogis of Natha Cult and their contributions for the development of Yoga Asanas, Concept, Etymology, definition and principles of Asanas, Relevance and importance of asanas in Hatha Yoga Sadhana	Hatha Yogis of Natha Cult and their contributions for the development of Yoga

7	02\11\2022	11:00-12:00			Concept, Etymology, definition and principles of Asanas, Relevance and importance of asanas in Hatha Yoga Sadhana	Concept, Etymology, definition and principles of Asanas,
8	04\11\2022	3:00-4:00			Concept, Etymology, definition and principles of Asanas, Relevance and importance of asanas in Hatha Yoga Sadhana	Concept, Etymology, definition and principles of Asanas,
9	07\11\2022	11:00-12:00			Relevance and importance of asanas in Hatha Yoga Sadhana	Relevance and importance of asanas in Hatha Yoga Sadhana
10	11\11\2022	3:00-4:00			1.5 definition and principles of Asanas, Relevance and importance of asanas in Hatha Yoga Sadhana, Shatkarma: Introduction to Shatkarma and their relevance in Hatha Yoga Sadhana, Shatkarmas as mentioned in different Hatha Yogic Texts,	definition and principles of Asanas
11	14\11\2022	11:00-12:00			1.5 definition and principles of Asanas, Relevance and importance of asanas in Hatha Yoga Sadhana, Shatkarma: Introduction to Shatkarma and their relevance in Hatha Yoga Sadhana, Shatkarmas as mentioned in different Hatha Yogic Texts,	, Relevance and importance of asanas in Hatha Yoga Sadhana
12	15\11\2022	11:00-12:00			Shatkarma: Introduction to Shatkarma and their relevance in Hatha Yoga Sadhana, Shatkarmas as mentioned in different Hatha Yogic Texts,	Shatkarma: Introduction to Shatkarma and their relevance in Hatha Yoga Sadhana,
13	16\11\2022	11:00-12:00			Shatkarmas as mentioned in different Hatha Yogic Texts,	Shatkarmas as mentioned in different Hatha Yogic Texts,
14	21\11\2023	11:00-12:00	2	INTRODUCTION TO HATHAYOGA TEXTS, PRANAYAMA	2.1 General Introduction to Hatha Yoga Text; Siddhasiddhantpaddhati, Hathapradipika, Gorkshashatkam, Hatharatnavali and Gheranda Samhita with reference to their author, nature and practices.	General Introduction to Hatha Yoga Text:

15	22\11\2022	11:00-12:00			Siddhasiddhantpaddhat	Siddhasiddhantpaddhati
16	23\11\2022	11:00-12:00			Gorkshashatkam	Siddhasiddhantpaddhati
17	02\12\2022	2:00-3:00			Gorkshashatkam	Gorkshashatkam
18	07/12/2022	11:00-12:00			Hathapradipika, Gorkshashatkam with reference to their author, nature and practices.	Gorkshashatkam
19	12/12/2022	11:00-12:00			Hathapradipika with their author, nature and practices.	Hathapradipika
20	13/12/2022	11:00-12:00			Hatharatnavali with their author, nature and practices.	Hatharatnavali
21	19/12/2022	11:00-12:00			Gheranda Samhita with reference to their author, nature and practices.	Gheranda Samhita with reference to their author, nature and practices.
22	20/12/2022	11:00-12:00			Gheranda Samhita with reference to their author, nature and practices.	Gheranda Samhita with reference to their author, nature and practices.
23	21/12/2022	11:00-12:00			2.2 Pranayama: Concept, Etymology and definitions of Prana and Pranayama in Hatha Yogic texts, Relevance and Importance of Pranayama in Hatha Yoga Sadhana,	Pranayama: Concept, Etymology and definitions
24	02/01/2023	11:00-12:00			Prana and Pranayama in Hatha Yogic texts, Relevance and Importance of Pranayama in Hatha Yoga Sadhana,	Prana and Pranayama in Hatha Yogic texts
25	03/01/2023	11:00-12:00			Relevance and Importance of Pranayama in Hatha Yoga Sadhana,	Relevance and Importance of Pranayama in Hatha Yoga Sadhana,
26	04/01/2023	11:00-12:00			2.3 Bandhas: Etymology, relevance and importance of bandhas in HathaYoga Sadhana	Bandhas: Etymology, relevance
27	06/01/2023	11:00-12:00			importance of bandhas in HathaYoga Sadhana	importance of bandhas in HathaYoga Sadhana
28	09/01/2023	11:00-12:00			2.4 Mudras: Concept, Etymology, Importance and their relevance in HathaYoga Sadhana, Mudras as mentioned in HathaYogic texts	Mudras: Concept, Etymology, Importance
29	10/01/2023	11:00-12:00			relevance in HathaYoga Sadhana, Mudras as mentioned in HathaYogic texts	relevance in HathaYoga Sadhana, Mudras as mentioned in HathaYogic texts

30	11/01/2023	11:00-12:00			2.5 Rules and regulations to be followed by Hatha Yoga practitioners Rules and regulations to be followed by Hatha Yoga practitioners	Rules and regulations to be followed by Hatha Yoga practitioners
31	13/01/2023	11:00-12:00			Rules and regulations to be followed by Hatha Yoga practitioners	Rules and regulations to be followed by Hatha Yoga practitioners
32	16/01/2023	11:00-12:00	3	HATHA YOGA PRINCIPLES	3.1 Introduction to Tantra Yoga, and its relationship with Hatha Yoga	Introduction to Tantra Yoga
33	17/01/2023	11:00-12:00			its relationship with Hatha Yoga	its relationship with Hatha Yoga
34	17/01/2023	04:00-05:00			3.2 Concept of Swas-prashwas, Vayu, Prana and Upaprana	Concept of Swas-prashwas,
35	18/01/2023	09:00-10:00			Vayu, Prana and Upaprana	Vayu, Prana
36	18/01/2023	11:00-12:00			Upaprana	Upaprana
37	20/01/2023	11:00-12:00			3.3 Concept of Kand, Nadi, Swar, Chakra and Granthi	Concept of Kand
38	20/01/2023	03:00-04:00			Nadi, Swar, Chakra and Granthi	Nadi, Swar
39	27/01/2023	03:00-04:00			Chakra and Granthi	Chakra and Granthi
40	30/01/2023	11:00-12:00			3.4 Concept of Kundalini & Kundalini prabodhan, Unmani avastha, Nadanusandhan	Concept of Kundalini
41	01/02/2023	11:00-12:00			Kundalini prabodhan, Unmani avastha, Nadanusandhan	Kundalini prabodhan
42	01/02/2023	4:00-5:00			Unmani avastha, Nadanusandhan	Unmani avastha, Nadanusandhan
43	06/02/2023	11:00-12:00			Nadanusandhan	Nadanusandhan

44	07/02/2023	11:00-12:00			3.5 Swara, Importance of Svarodaya-Jnana in Hatha Yoga Sadhana.	Swara
45	08/02/2023	11:00-12:00			Importance of Svarodaya-Jnana in Hatha Yoga Sadhana.	Importance of Svarodaya-Jnana, Hatha Yoga Sadhana

Signature of Teaching Incharge

Name of Teacher: Dr. Guru Deo

Signature:

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SUBJECT TEACHING PLAN

Name of Course: PGDYT

Name of Subject/Paper: Disease Specific Yoga Therapy

Name of Teacher: Dr Guru Deo

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
1	23/03/23	2- 3 p.m	Unit-1	Yoga Therapy for Musculo-skeletal disorders	1.1 Role of Yoga as a therapy in various musculoskeletal conditions such as lumbago, cervical spondylosis, arthritis, repetitive strain injuries and Postural deformity and relevance of Yogic diet.	Role of Yoga as a therapy in various musculoskeletal conditions such as lumbago, cervical spondylosis.
2	24/03/23	11-12 a.m			1.1 Role of Yoga as a therapy in various musculoskeletal conditions such as lumbago, cervical spondylosis, arthritis, repetitive strain injuries and Postural deformity and relevance of Yogic diet.	Role of Yoga as a therapy in various musculoskeletal conditions such as lumbago, cervical spondylosis, arthritis, repetitive strain injuries and Postural deformity and relevance of Yogic diet.

3	29/04/23	2-3 p.m			1.1 Role of Yoga as a therapy in various musculoskeletal conditions such as lumbago, cervical spondylosis, arthritis, repetitive strain injuries and Postural deformity and relevance of Yogic diet.	Role of Yoga as a therapy in various musculoskeletal conditions such as lumbago, cervical spondylosis, arthritis, repetitive strain injuries and Postural deformity and relevance of Yogic diet.
4	31/03/23	2-3 p.m			1.1 Role of Yoga as a therapy in various musculoskeletal conditions such as lumbago, cervical spondylosis, arthritis, repetitive strain injuries and Postural deformity and relevance of Yogic diet.	Role of Yoga as a therapy in various musculoskeletal conditions such as lumbago, cervical spondylosis, arthritis, repetitive strain injuries and Postural deformity and relevance of Yogic diet.
5	12/04/23	2-3 p.m			1.1 Role of Yoga as a therapy in various musculoskeletal conditions such as lumbago, cervical spondylosis, arthritis, repetitive strain injuries and Postural deformity and relevance of Yogic diet.	Role of Yoga as a therapy in various musculoskeletal conditions such as lumbago, cervical spondylosis, arthritis, repetitive strain injuries and Postural deformity and relevance of Yogic diet.
6	13/04/23	2-3 p.m	Unit-2	Yoga Therapy for cardio - Respiratory	2.1 Role of Yoga as a therapy in various Cardiovascular disorders including hypertension	Role of Yoga as a therapy in various Cardiovascular disorders including hypertension

				disorders		
7	19/04/23	2-3 p.m			Role of Yoga as a therapy in various Cardiovascular disorders including ATHEROSCLEROSIS	Role of Yoga as a therapy in various Cardiovascular disorders including ATHEROSCLEROSIS
8	20/04/23	2-3 p.m			Role of Yoga as a therapy in various Cardiovascular disorders including Coronary Artery Disease And relevance of Yogic diet.	Role of Yoga as a therapy in various Cardiovascular disorders including Coronary Artery Disease And relevance of Yogic diet.
9	21/04/23	11-12 p.m			Role of Yoga as a therapy in various Cardiovascular disorders including Coronary Artery Disease And relevance of Yogic diet.	Role of Yoga as a therapy in various Cardiovascular disorders including Coronary Artery Disease And relevance of Yogic diet.
10	21/04/23	12-1.00pm			Role of Yoga as a therapy in various respiratory disorders such as Sinusitis	Role of Yoga as a therapy in various respiratory disorders such as Sinusitis
11	03/05/23	2-3 p.m			Role of Yoga as a therapy in various respiratory disorders such as Allergic Rhinitis	Role of Yoga as a therapy in various respiratory disorders such as Allergic Rhinitis.
12	04/05/23	2-3 p.m			Role of Yoga as a therapy in various respiratory disorders such as bronchial asthma	Role of Yoga as a therapy in various respiratory disorders such as Asthma
13	11/05/23	2-3 p.m			Role of Yoga as a therapy in various respiratory disorders such as bronchitis	Role of Yoga as a therapy in various respiratory disorders such as bronchitis

14	12/05/23	11-12 a.m			Role of Yoga as a therapy in various respiratory disorders and relevance of yogic diet	Role of Yoga as a therapy in various respiratory disorders relevance of Yogic diet
15	17/05/23	2-3 p.m	Unit- 3	Yoga Therapy for Digestive& Excretory Disorders	Role of Yoga as a therapy in digestive disorders: Gastritis	.1. Role of Yoga as a therapy in digestive disorders: Gastritis
16	18/05/23	2-3 p.m			Role of Yoga as a therapy in digestive disorders: Gastritis, Dyspepsia, Role of Yoga as a therapy in digestive disorders: Gastritis, Dyspepsia, Hyperaciditypeptic	Role of Yoga as a therapy in digestive disorders: Gastritis, Dyspepsia Role of Yoga as a therapy in digestive disorders: Gastritis, Dyspepsia, Hyperaciditypeptic
17	31/05/23	2-3 p.m			Role of Yoga as a therapy in digestive disorders: Gastritis, Dyspepsia, Hyperaciditypeptic ulcer,	Role of Yoga as a therapy in digestive disorders: Gastritis, Dyspepsia, Hyperaciditypeptic ulcer,
18	01/06/23	2-3 p.m			Role of Yoga as a therapy in digestive disorders: Gastritis, Dyspepsia, Hyperaciditypeptic ulcer,Irritable Bowel(IBS)	Role of Yoga as a therapy in digestive disorders: Gastritis, Dyspepsia, Hyperaciditypeptic ulcer,Irritable Bowel syndrome(IBS)
19	02/06/23	2-3 p.m			Role of Yoga as a therapy in digestive disorders: Gastritis, Dyspepsia, Hyperaciditypeptic ulcer,Irritable Bowel Syndrome(IBS), constipation,	Role of Yoga as a therapy in digestive disorders: Gastritis, Dyspepsia, Hyperaciditypeptic ulcer,Irritable Bowel Syndrome(IBS), constipation,

20	03/06/23	2-3 p.m				
21	07/06/23	2-3 p.m			Role of Yoga as a therapy in digestive disorders: Gastritis, Dyspepsia, Hyperaciditypeptic ulcer,Irritable Bowel Syndrome(IBS), constipation, Role of Yoga as a therapy in digestive disorders: Gastritis, Dyspepsia, Hyperaciditypeptic ulcer,Irritable Bowel Syndrome(IBS), constipation	Role of Yoga as a therapy in digestive disorders: Gastritis, Dyspepsia, Hyperaciditypeptic ulcer,Irritable Bowel Syndrome(IBS), constipation, Role of Yoga as a therapy in digestive disorders: Gastritis, Dyspepsia, Hyperaciditypeptic ulcer,Irritable Bowel Syndrome(IBS), constipation,
22	09/06/23	11.00am			Role of Yoga as a therapy in digestive disorders: Stress incontinence hemorrhoids and relevance of Yogic diet	Role of Yoga as a therapy in digestive disorders: Stress incontinence hemorrhoids and relevance of Yogic diet
23	09/06/23	2-3pm		Unit-4	YOGA THERAPY FOR ENDOCRINE AND METABOLIC DISORDERS	Role of Yoga as a therapy in various endocrine
24	14/06/23	2-3 p.m			Role of Yoga as a therapy in various endocrine, Role of Yoga as a therapy in various endocrine , Role of Yoga as a therapy in various endocrine and metabolic disorders	Role of Yoga as a therapy in various endocrine, Role of Yoga as a therapy in various endocrine, Role of Yoga as a therapy in various endocrine and metabolic disorders
25	15/06/23	2-3 p.m			Role of Yoga as a therapy in various endocrine and metabolic disorders, Role of Yoga as a therapy in various endocrine and	Role of Yoga as a therapy in various endocrine and metabolic disorders, Role of Yoga as a therapy in various endocrine and

					metabolic disorders including prevention and management of thyroid	metabolic disorders including prevention and management of thyroid
26	16/06/23	2-3 p.m			Role of Yoga as a therapy in various endocrine and metabolic disorders, Role of Yoga as a therapy in various endocrine and metabolic disorders including prevention and management of thyroid	Role of Yoga as a therapy in various endocrine and metabolic disorders, Role of Yoga as a therapy in various endocrine and metabolic disorders including prevention and management of thyroid
27	16/06/23	2-3 p.m			Role of Yoga as a therapy in various endocrine and metabolic disorders including prevention and management of thyroid, diabetes mellitus,	Role of Yoga as a therapy in various endocrine and metabolic disorders including prevention and management of thyroid , diabetes mellitus, Role of Yoga as a therapy in various endocrine and metabolic disorders including prevention and management of thyroid , obesity
28	22/06/23	2-3 p.m			Role of Yoga as a therapy in various endocrine and metabolic disorders including prevention and management of thyroid , obesity and metabolic syndrome and relevance of Yogic diet	Role of Yoga as a therapy in various endocrine and metabolic disorders including prevention and management of thyroid , obesity and metabolic syndrome and relevance of Yogic diet
29	23/06/23	2-3 p.m	Unit- 5	YOGA THERAPY FOR OBSTETRIC & GYNAECOLOGICAL DISORDERS	Role of Yoga as a therapy in various Obstetric, Role of Yoga as a therapy in various Gynaecological disorders	Role of Yoga as a therapy in various Obstetric, Role of Yoga as a therapy in various Obstetric Gynaecological disorders
30	23/06/23	2-3 p.m			Role of Yoga as a therapy in various Obstetric & Gynaecological disorders including prevention and management of Polycystic Ovarian Syndrome	Role of Yoga as a therapy in various Obstetric & Gynaecological disorders including prevention and management of Polycystic Ovarian Syndrome (PCOS/ PCOD),

					(PCOS/ PCOD), Menstrual Disorders (Menstrual cramp and pain, and Menopausal discomfort and relevance of Yogic diet.)	Menstrual Disorders (Menstrual cramp and pain, and Menopausal discomfort and relevance of Yogic diet.)
31	25/06/23	2-3 p.m	Unit-6	Yoga Therapy for Neurological and Psychological Disorders	Role of Yoga as a therapy in neurological conditions including Migraine, Parkinson's disease, Cerebrovascular accidents (stroke), Epilepsy, dementia and relevance of Yogic diet	Role of Yoga as a therapy in neurological conditions including Migraine, Parkinson's disease, Cerebrovascular accidents (stroke), Epilepsy, dementia and relevance of Yogic diet
32	14/06/23	2-3 p.m			Role of Yoga in various psychiatric disorders including Bipolar affective disorder (BPAD), anxiety, Insomnia, depression. Obsessive Compulsive Disorder, Post-traumatic stress disorder. Philosophical & psychological concepts of Yogic counseling.	Role of Yoga in various psychiatric disorders including Bipolar affective disorder (BPAD), anxiety, Insomnia, depression. Obsessive Compulsive Disorder, Post-traumatic stress disorder. Philosophical & psychological concepts of Yogic counseling.

Signature of Teaching Incharge: _____

Name of Teacher: Dr. Guru Deo

Signature: _____

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SUBJECT TEACHING PLAN

Name of Course: BSc (Yoga)

Name of Subject/Paper: Foundation and Practices of Hatha Yoga

Name of Teacher: Dr Guru Deo

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
1	07/03/2023	11:00-am to 12:00pm	1	GENERAL INTRODUCTION TO HATHA YOGA	1.1 Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions	Hatha Yoga: Origin, Meaning, Definition
2	07/03/2023	03:00to 04:00pm			1.2 Aim, Objectives and Misconceptions Hatha Yoga: Its Philosophy and Foundations, Hatha Yoga Parampara,	Aim, Objectives and Misconceptions Hatha Yoga: Its Philosophy
3	10/03/2023	03:00to 04:00pm			1.3 Foundations, Hatha Yoga Parampara, Brief Introduction to eminent, Hatha Yogis of Natha Cult and their contributions for the development of Yoga	Foundations, Hatha Yoga Parampara, Brief Introduction to eminent
4	17/03/2023	03:00to 04:00pm			Hatha Yogis of Natha Cult and their contributions for the development of Yoga	Hatha Yogis of Natha Cult and their contributions for the development of Yoga
5	20/03/2023	12:00-1:00pm			1.4 Hatha Yogis of Natha Cult and their contributions for the development of Yoga Asanas, Concept, Etymology, definition and principles of Asanas, Relevance and importance of asanas in Hatha Yoga Sadhana	Hatha Yogis of Natha Cult and their contributions for the development of Yoga Asanas
6	21/03/2023	11:00-12:00			Hatha Yogis of Natha Cult and their contributions for the development of Yoga Asanas, Concept, Etymology, definition and principles of Asanas, Relevance and importance of asanas in Hatha Yoga Sadhana	Hatha Yogis of Natha Cult and their contributions for the development of Yoga

7	27/03/2023	11:00-12:00			Concept, Etymology, definition and principles of Asanas, Relevance and importance of asanas in Hatha Yoga Sadhana	Concept, Etymology, definition and principles of Asanas,
8	28/03/2023	3:00-4:00			Concept, Etymology, definition and principles of Asanas, Relevance and importance of asanas in Hatha Yoga Sadhana	Concept, Etymology, definition and principles of Asanas,
9	29/03/2023	11:00-12:00			Relevance and importance of asanas in Hatha Yoga Sadhana	Relevance and importance of asanas in Hatha Yoga Sadhana
10	03/04/2023	3:00-4:00			1.5 definition and principles of Asanas, Relevance and importance of asanas in Hatha Yoga Sadhana, Shatkarma: Introduction to Shatkarma and their relevance in Hatha Yoga Sadhana, Shatkarmas as mentioned in different Hatha Yogic Texts,	definition and principles of Asanas
11	10/04/2023	11:00-12:00			1.5 definition and principles of Asanas, Relevance and importance of asanas in Hatha Yoga Sadhana, Shatkarma: Introduction to Shatkarma and their relevance in Hatha Yoga Sadhana, Shatkarmas as mentioned in different Hatha Yogic Texts,	, Relevance and importance of asanas in Hatha Yoga Sadhana
12	11/04/2023	11:00-12:00			Shatkarma: Introduction to Shatkarma and their relevance in Hatha Yoga Sadhana, Shatkarmas as mentioned in different Hatha Yogic Texts,	Shatkarma: Introduction to Shatkarma and their relevance in Hatha Yoga Sadhana,
13	12/04/2023	11:00-12:00			Shatkarmas as mentioned in different Hatha Yogic Texts,	Shatkarmas as mentioned in different Hatha Yogic Texts,
14	17/04/2023	11:00-12:00	2	INTRODUCTION TO HATHAYOGA TEXTS, PRANAYAMA	2.1 General Introduction to Hatha Yoga Text; Siddhasiddhantpaddhati, Hathapradipika, Gorkshashatkam, Hatharatnavali and Gheranda Samhita with reference to their author, nature and practices.	General Introduction to Hatha Yoga Text:

15	18/04/2023	11:00-12:00			Siddhasiddhantpaddhat, Gorkshashatkam	Siddhasiddhantpaddhati, Gorkshashatkam
16	19/04/2023	11:00-12:00			Hathapradipika, Gorkshashatkam , Hathapradipika, Hatharatnavali with reference to their author, nature and practices.	Hathapradipika, Gorkshashatkam, Hathapradipika, Hatharatnavali with reference to their author, nature and practices.
17	21/04/2023	11:00-12:00			Gheranda Samhita with reference to their author, nature and practices.	Gheranda Samhita with reference to their author, nature and practices.
18	24/04/2023	11:00-12:00			2.2 Pranayama: Concept, Etymology and definitions of Prana and Pranayama in Hatha Yogic texts, Relevance and Importance of Pranayama in Hatha Yoga Sadhana,	Pranayama: Concept, Etymology and definitions
19	03/05/2023	11:00-12:00			Prana and Pranayama in Hatha Yogic texts, Relevance and Importance of Pranayama in Hatha Yoga Sadhana,	Prana and Pranayama in Hatha Yogic texts
20	09/05/2023	11:00-12:00			Relevance and Importance of Pranayama in Hatha Yoga Sadhana,	Relevance and Importance of Pranayama in Hatha Yoga Sadhana,
21	10/05/2023	11:00-12:00			2.3 Bandhas: Etymology, relevance and importance of bandhas in HathaYoga Sadhana	Bandhas: Etymology, relevance
22	15/05/2023	11:00-12:00			Importance of bandhas in HathaYoga Sadhana	importance of bandhas in HathaYoga Sadhana
23	16/05/2023	11:00-12:00			2.4 Mudras: Concept, Etymology, Importance and their relevance in HathaYoga Sadhana, Mudras as mentioned in HathaYogic texts	Mudras: Concept, Etymology, Importance
24	17/05/2023	11:00-12:00			relevance in HathaYoga Sadhana, Mudras as mentioned in HathaYogic texts, Rules and regulations to be followed by Hatha Yoga practitioners	relevance in HathaYoga Sadhana, Mudras as mentioned in HathaYogic texts, Rules and regulations to be followed by Hatha Yoga practitioners
25	22/05/2023	11:00-12:00	3	HATHA YOGA PRINCIPLES	3.1 Introduction to Tantra Yoga, and its relationship with Hatha Yoga, its relationship with Hatha Yoga	Introduction to Tantra Yoga its relationship with Hatha Yoga

26	23/05/2023	11:00-12:00			3.2 Concept of Swas-prashwas, Vayu, Prana and Upaprana, 3.3 Concept of Kand, Nadi, Swar, Chakra and Granthi	3.2 Concept of Swas-prashwas, Vayu, Prana and Upaprana, 3.3 Concept of Kand, Nadi, Swar, Chakra and Granthi
27	29/05/2023	11:00-12:00			3.4 Concept of Kundalini & Kundalini prabodhan, Unmani avastha, Nadanusandhan	3.4 Concept of Kundalini & Kundalini prabodhan, Unmani avastha, Nadanusandhan
28	31/05/2023	11:00-12:00			Kundalini prabodhan, Unmani avastha, Nadanusandhan	Kundalini prabodhan, Unmani avastha, Nadanusandhan
29	31/05/2023	11:00-12:00			3.5 Swara, Importance of Svarodaya-Jnana in Hatha Yoga Sadhana, Importance of Svarodaya-Jnana in Hatha Yoga Sadhana.	3.5 Swara, Importance of Svarodaya-Jnana in Hatha Yoga Sadhana, Importance of Svarodaya-Jnana in Hatha Yoga Sadhana.

Signature of Teaching Incharge

Name of Teacher: Dr. Guru Deo

Signature:

मोरारजी देसाई राष्ट्रीय योग संस्थान

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Name of Course: M.Sc (Yoga)

Name of Subject/Paper: Human Anatomy and Physiology (MS-CT103)

Name of Teacher: Dr. Rameswar Pal, Asstt. Prof. (Human Physiology) & Ms. Sobika Rao Asstt. Prof. (Human Physiology)

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
01	10.10.2022		Unit I	General Physiology and Musculo-Skeletal System	Structure and Function of Cellular Organelles.	Structure and Function of Cellular Organelles.
02	11.10.2022		Unit I	General Physiology and Musculo-Skeletal System	Structure and Function of Cellular Organelles.	Structure and Function of Cellular Organelles.
03	13.10.2022		Unit I	General Physiology and Musculo-Skeletal System	Homeostasis.	Homeostasis.
04	13.10.2022		Unit I	General Physiology and Musculo-Skeletal System	Skeletal system: Structure and functions of bone	Skeletal system: Structure and functions of bone
05	14.10.2022		Unit I	General Physiology and Musculo-Skeletal System	Classification of bone and Joints. Names of bone of different skeleton	Classification of bone and Joints. Names of bone of different skeleton
06	17.10.2022		Unit I	General Physiology and Musculo-Skeletal System	Neuron. Neuroglia, Receptor, Synapse, Neurotransmitter, Reflex activity	Neuron. Neuroglia, Receptor, Synapse, Neurotransmitter, Reflex activity
07	20.10.2022		Unit I	General Physiology and Musculo-Skeletal System	Types of muscle. Mechanism of muscle contraction	Types of muscle. Mechanism of muscle contraction

08	26.10.2022		Unit I	General Physiology and Musculo-Skeletal System	Neuro–muscular junction. Action potential, Electromyogram, Muscle endurance.	Neuro–muscular junction. Action potential, Electromyogram, Muscle endurance.
09	31.10.2022		Unit II	Hematology	Composition of blood	Composition of blood
10	01.11.2022		Unit II	Hematology	Functions of component of blood	Functions of component of blood
11	03.11.2022		Unit II	Hematology	RBC and Haemoglobin	RBC and Haemoglobin
12	03.11.2022		Unit II	Hematology	WBC and Immunity	WBC and Immunity
13	04.11.2022		Unit II	Hematology	Platelets and Blood clotting	Platelets and Blood clotting
14	10.11.2022		Unit II	Hematology	Blood groups and their importance.	Blood groups and their importance.
15	10.11.2022		Unit II	Hematology	Lymphatic system and lymph.	Lymphatic system and lymph.
16	14.11.2022		Unit III	Biomolecules and Digestive system	Biomolecules	Biomolecules
17	17.11.2022		Unit III	Biomolecules and Digestive system	Biomolecules	Biomolecules
18	17.11.2022		Unit III	Biomolecules and Digestive system	Anatomy of digestive tract, Functions of digestive system	Anatomy of digestive tract, Functions of digestive system

19	21.11.2022		Unit III	Biomolecules and Digestive system	Mouth and salivary gland and Stomach,	Mouth and salivary gland and Stomach,
20	22.11.2022		Unit III	Biomolecules and Digestive system	Phases, and mechanism of gastric juice secretion	Phases, and mechanism of gastric juice secretion
21	24.11.2022		Unit III	Biomolecules and Digestive system	Pancreas, Liver, gall bladder, Small Intestine, and large intestine, GI hormones	Pancreas, Liver, gall bladder, Small Intestine, and large intestine, GI hormones
22	25.11.2022		Unit III	Biomolecules and Digestive system	Movements of GI tract. Absorption of carbohydrate, protein, and fat.	Movements of GI tract. Absorption of carbohydrate, protein, and fat.
23	29.11.2022		Unit IV	Respiratory system and cardiovascular system	Tracheo-bronchial tree, Mechanism of breathing;	Tracheo-bronchial tree, Mechanism of breathing;
24	01.12.2022		Unit IV	Respiratory system and cardiovascular system	Exchange and transport of respiratory gases (oxygen and carbon dioxide).	Exchange and transport of respiratory gases (oxygen and carbon dioxide).
25	05.12.2022		Unit IV	Respiratory system and cardiovascular system	Transport of respiratory gases (oxygen and carbon dioxide).	Transport of respiratory gases (oxygen and carbon dioxide).
26	06.12.2022		Unit IV	Respiratory system and cardiovascular system	Lung function test. Ventilation,	Lung function test. Ventilation,
27	07.12.2022		Unit IV	Respiratory system and cardiovascular system	Regulation of respiration.	Regulation of respiration.
28	08.12.2022		Unit IV	Respiratory system and cardiovascular system	Structure of heart.	Structure of heart.
29	09.12.2022		Unit IV	Respiratory system and cardiovascular system	Cardiac cycle. Heart sound. Cardiac output.	Cardiac cycle. Heart sound. Cardiac output.

30	12.12.2022		Unit IV	Respiratory system and cardiovascular system	Heart rate. Blood pressure and regulation of blood pressure.	Heart rate. Blood pressure and regulation of blood pressure.
31	13.12.2022		Unit IV	Respiratory system and cardiovascular system	Coronary circulation, cerebral circulation.	Coronary circulation, cerebral circulation.
32	18.12.2022		Unit IV	Respiratory system and cardiovascular system	Electrocardiography	Electrocardiography
33	22.12.2022		Unit V	Endocrinology	Mechanism of action of hormones	Mechanism of action of hormones
34	02.01.2023		Unit V	Endocrinology	Pituitary	Pituitary
35	02.01.2023		Unit V	Endocrinology	Adrenal	Adrenal
36	03.01.2023		Unit V	Endocrinology	Thyroid	Thyroid
37	04.01.2023		Unit V	Endocrinology	Parathyroid,	Parathyroid,
38	05.01.2023		Unit V	Endocrinology	Endocrine function of Pancreas,	Endocrine function of Pancreas,
39	06.01.2023		Unit V	Endocrinology	Gonads and Gastro - Intestinal tract hormones, local hormones. Endocrine function of other organs.	Gonads and Gastro - Intestinal tract hormones, local hormones. Endocrine function of other organs.

40	09.01.2023		Unit VI	Nervous System and Special Senses	Spinal cord, Thalamus, Hypothalamus,	Spinal cord, Thalamus, Hypothalamus,
41	10.01.2023		Unit VI	Nervous System and Special Senses	Basal ganglia, Cerebral cortex,	Basal ganglia, Cerebral cortex,
42	11.01.2023		Unit VI	Nervous System and Special Senses	Proprioceptors, Posture and Equilibrium,	Proprioceptors, Posture and Equilibrium,
43	12.01.2023		Unit VI	Nervous System and Special Senses	Higher Intellectual Function.	Higher Intellectual Function.
44	12.01.2023		Unit VI	Nervous System and Special Senses	Peripheral nervous system: Autonomic nervous system- Sympathetic and somatic nervous system.	Peripheral nervous system: Autonomic nervous system- Sympathetic and somatic nervous system.
45	13.01.2023		Unit VI	Nervous System and Special Senses	Special Senses	Special Senses
46	13.01.2023		Unit VII	Excretory System and Reproductive system	Nephron, Juxtaglomerular Apparatus,	Nephron, Juxtaglomerular Apparatus,
47	15.01.2023		Unit VII	Excretory System and Reproductive system	Urine formation, Concentration of Urine,	Urine formation, Concentration of Urine,
48	17.01.2023		Unit VII	Excretory System and Reproductive system	Acidification of Urine, Micturition. Role of other organs on excretion in humans.	Acidification of Urine, Micturition. Role of other organs on excretion in humans.
49	27.01.2023		Unit VII	Excretory System and Reproductive system	Structure and function of male and female reproductive organs	Structure and function of male and female reproductive organs

50	27.01.2023		Unit VII	Excretory System and Reproductive system	Menstrual cycle. Ovulation, Menopause.	Menstrual cycle. Ovulation, Menopause.
51	27.01.2023		Unit VII	Excretory System and Reproductive system	Gametogenesis. Fertilization. Pregnancy, Infertility	Gametogenesis. Fertilization. Pregnancy, Infertility
52	01.02.2023			Revision	Discussion and Question answer Session	Discussion and Question answer Session
53	03.02.2023			Revision	Discussion and Question answer Session	Discussion and Question answer Session
54	03.02.2023			Revision	Discussion and Question answer Session	Discussion and Question answer Session

Signature of Teaching In charge

Name of Teacher

Signature

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SUBJECT TEACHING PLAN

Name of Course: M.Sc. Yoga

Name of Subject/Paper: Yoga and Human Consciousness

Name of Teacher: Dr. Shubham Kirar Suryawanshi

			Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Friday	17/3/23	2-3 PM	I	1.1 Meaning & Definition of Consciousness	Definition of Consciousness; Characteristics of Consciousness in Psychology	Definition of Consciousness; Characteristics of Consciousness in Psychology
Monday	20/3/23	2-3 PM	I	1.1 Meaning & Definition of Consciousness	Definition of Consciousness in Indian Context; Characteristics of Consciousness in Indian scriptures	Definition of Consciousness in Indian Context; Characteristics of Consciousness in Indian scriptures
Tuesday	21/3/23	2-3 PM	I	1.1 Scope of Consciousness	Relevance and application of consciousness studies.	Relevance and application of consciousness studies.
Thursday	23/3/23	2-3 PM	I	1.1 Nature of Consciousness	Nature of Consciousness in Western Philosophies.	Nature of Consciousness in Western Philosophies.
Friday	24/3/23	2-3 PM	I	1.1 Nature of Consciousness	Nature of Consciousness in Indian Philosophies.	Nature of Consciousness in Indian Philosophies.
Monday	27/3/23	2-3 PM	I	1.2 Need for study of Human Consciousness	Studies associated with consciousness and their Significance.	Studies associated with consciousness and their Significance.
Tuesday	28/3/23	2-3 PM	I	Crisis on Human Consciousness	Major issues of understanding consciousness; Crisis of human consciousness development	Major issues of understanding consciousness; Crisis of human consciousness development

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Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Thursday	30/3/23	2-3 PM	I	Measures for Human Consciousness crisis	Indian and Western interventions for the development of human consciousness.	Indian and Western interventions for the development of human consciousness.
Monday	03/4/23	2-3 PM	I	Revision of Unit I	Discussion and Revision	Discussion and Revision
Tuesday	04/4/23	2-3 PM	II	Human Consciousness in Veda	Introduction to Veda; Concept of Human Consciousness in Four Vedas, its characteristics and development.	Introduction to Veda; Concept of Human Consciousness in Four Vedas, its characteristics and development.
Thursday	6/4/23	2-3 PM	II	Human Consciousness in Upnishad	Introduction to Upnishads, Concept of Human Consciousness in Upnishads, its characteristics and development.	Introduction to Upnishads, Concept of Human Consciousness in Upnishads, its characteristics and development.
Friday	7/4/23	2-3 PM	II	Human Consciousness in Buddhist Philosophy	Fundamentals of Buddhist philosophy and its concepts of human consciousness.	Fundamentals of Buddhist philosophy and its concepts of human consciousness.
Monday	10/4/23	2-3 PM	II	Human Consciousness in Buddhist Philosophy	Development of Human Consciousness in Buddhist Philosophy	Development of Human Consciousness in Buddhist Philosophy
Tuesday	11/4/23	2-3 PM	II	Human Consciousness in Jain Philosophy	Fundamentals of Jain philosophy and its concepts on development of human consciousness	Fundamentals of Jain philosophy and its concepts on development of human consciousness
Thursday	13/4/23	2-3 PM	II	Human Consciousness in Nyay Philosophy	Fundamentals of Nyay philosophy and its concepts of human consciousness.	Fundamentals of Nyay philosophy and its concepts of human consciousness.
		2-3 PM	II	Human Consciousness in Vaisheshik Philosophy	Fundamentals of Vaisheshik philosophy and its concepts of human consciousness. Comparison of Nyay and Vaisheshik philosophies.	Fundamentals of Vaisheshik philosophy and its concepts of human consciousness. Comparison of Nyay and Vaisheshik philosophies.
Friday	14/4/23	2-3 PM	II	Human Consciousness in Sankhya Philosophy	Fundamentals of Sankhya philosophy and its concepts of human consciousness.	Fundamentals of Sankhya philosophy and its concepts of human consciousness.

S. Kishan

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Monday	17/4/23	2-3 PM	II	Human Consciousness in Yoga Philosophy	Fundamentals of Yoga philosophy and its concepts of human consciousness.	Fundamentals of Yoga philosophy and its concepts of human consciousness.
Tuesday	18/4/23	2-3 PM	II	Human Consciousness in Yoga Philosophy	Development of human consciousness in Yoga Philosophy	Development of human consciousness in Yoga Philosophy
Thursday	20/4/23	2-3 PM	II	Human Consciousness in Mimansha Philosophy	Fundamentals of Mimansha philosophy and its concepts of human consciousness.	Fundamentals of Mimansha philosophy and its concepts of human consciousness.
Friday	21/4/23	2-3 PM	II	Human Consciousness in Vedanta Philosophy	Fundamentals of Vedanta philosophy and its concepts of human consciousness.	Fundamentals of Vedanta philosophy and its concepts of human consciousness.
Monday	24/4/23	2-3 PM	II	Human Consciousness in Vedanta Philosophy	Development of human consciousness in Vedanta philosophy.	Development of human consciousness in Vedanta philosophy.
Tuesday	25/4/23	2-3 PM	II	Revision of Unit II	Discussion and Revision	Discussion and Revision
Thursday	27/4/23	2-3 PM	III	Human Consciousness in Tantra	Concept of Tantra and its concepts of consciousness.	Concept of Tantra and its concepts of consciousness.
Friday	28/4/23	2-3 PM	III	Human Consciousness in Astrology	Basic principals of astrology and its concepts of human consciousness.	Basic principals of astrology and its concepts of human consciousness.
Monday	1/5/23	2-3 PM	III	Human Consciousness in Ayurveda	Fundamentals of Ayurveda, its concepts on Human Consciousness and its development through Ayurveda.	Fundamentals of Ayurveda, its concepts on Human Consciousness and its development through Ayurveda.
Tuesday	2/5/23	2-3 PM	III	Human Consciousness in Modern Science	Human consciousness in Psychology, Neurology and Medical sciences.	Human consciousness in Psychology, Neurology and Medical sciences.
Thursday	4/5/23	2-3 PM	III	Human Consciousness in Human Anatomy	Basis of Human Consciousness in Human Anatomy,	Basis of Human Consciousness in Human Anatomy,

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Friday	5/5/23	2-3 PM	III	Human Consciousness in Human Physiology	Basis of Human Consciousness in Human Physiology	Basis of Human Consciousness in Human Physiology
Monday	8/5/23	2-3 PM	III	Human Consciousness in Psychology	Fundamentals and development of Human Consciousness in Psychology	Fundamentals and development of Human Consciousness in Psychology
Tuesday	9/5/23	2-3 PM	III	Human Consciousness in Psychology	Fundamentals and development of Human Consciousness in Psychology	Fundamentals and development of Human Consciousness in Psychology
Thursday	11/5/23	2-3 PM	IV	Concept of Birth and Life	Philosophical perspectives on the concept of Birth and Life, its various dimensions.	Philosophical perspectives on the concept of Birth and Life, its various dimensions.
Friday	12/5/23	2-3 PM	IV	Concept of Fate and Efforts (Purushartha)	Human consciousness and its association the Purusharth, dynamics and development of human consciousness with respect to Purushartha.	Human consciousness and its association the Purusharth, dynamics and development of human consciousness with respect to Purushartha.
Monday	15/5/23	2-3 PM	IV	Principle of Karma	Concept of Karma, types of karma, association of karma with levels of consciousness and development of human consciousness with karma.	Concept of Karma, types of karma, association of karma with levels of consciousness and development of human consciousness with karma.
Tuesday	16/5/23	2-3 PM	IV	Sanskar and Rebirth	Indian concepts of Sanskar and Rebirth; Causes and consequences of Sanskar, its association with consciousness.	Indian concepts of Sanskar and Rebirth; Causes and consequences of Sanskar, its association with consciousness.
Thursday	18/5/23	2-3 PM	IV	Concept of Kundalini	Notion of Kundalini in Indian scriptures and Yoga, its association with the level and development of human consciousness.	Notion of Kundalini in Indian scriptures and Yoga, its association with the level and development of human consciousness.
Friday	19/5/23	2-3 PM	IV	Concept of Chakra	Types of energy chakras in yoga and its association with consciousness levels and development.	Types of energy chakras in yoga and its association with consciousness levels and development.

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Monday	22/5/23	2-3 PM	IV	Psychological Methods for Development of Human Consciousness	Psychological Methods for Development of Human Consciousness	Psychological Methods for Development of Human Consciousness
Tuesday	23/5/23	2-3 PM	IV	Development of Human Consciousness in Islam	Concepts and Process of human consciousness development in Islam	Concepts and Process of human consciousness development in Islam
Thursday	25/5	2-3 PM	IV	Development of Human Consciousness in Christianity	Concepts and Process of human consciousness development in Christianity	Concepts and Process of human consciousness development in Christianity
Friday	26/5	2-3 PM	IV	Development of Human Consciousness in Sikhism	Concepts and Process of human consciousness development in Sikhism	Concepts and Process of human consciousness development in Sikhism
Monday	29/5	2-3 PM	IV	Development of Human Consciousness according to Indian Sages	Concepts and Process of human consciousness development according to Indian Sages: Swami Vivekanand, Patanjali,	Concepts and Process of human consciousness development according to Indian Sages: Swami Vivekanand, Patanjali.
Tuesday	30/5	2-3 PM	IV	Development of Human Consciousness according to Indian Sages	Raman Maharshi, Pt. Shriram Sharma Acharya.	Raman Maharshi, Pt. Shriram Sharma Acharya.
Friday	02/6/23	2-3 PM	I	Revision of Unit I	Revision of Unit I	Revision of Unit I
Monday	5/6	2-3 PM	I	Revision of Unit I	Revision of Unit I	Revision of Unit I
Tuesday	6/6	2-3 PM	II	Revision of Unit II	Revision of Unit II	Revision of Unit II
Thursday	8/6	2-3 PM	II	Revision of Unit II	Revision of Unit II	Revision of Unit II
Friday	9/6/23	2-3 PM	III	Revision of Unit III	Revision of Unit III	Revision of Unit III

S. K. Singh

Day	Date	Timings	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Monday	12/6/23	2-3 PM	III	Revision of Unit III	Revision of Unit III	Revision of Unit III
Tuesday	13/6/23	2-3 PM	IV	Revision of Unit IV	Revision of Unit IV	Revision of Unit IV

Signature of Teaching In charge:

Name of Teacher: *Dr. Shubham K. Swgawankhi*

Signature: *S. Kiran*

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SUBJECT TEACHING PLAN

Name of Course: PGDYT

Name of Subject/Paper: Techniques of Psychological Counselling

Name of Teacher: Dr. Shubham Kirar Suryawanshi

Day	Date	Time	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Mon	20/3/23	12:00 – 01:00 PM	1	Psychoanalytic model of Psychopathology	Fundamentals of Freud's Psychoanalytic theory – Structure, Dynamics and Development of Personality. Causes of psychopathology and treatment model.	Fundamentals of Freud's Psychoanalytic theory – Structure (Levels of Consciousness), Dynamics (id, ego, super-ego) and Development (Psychosexual Developmental stages) of Personality. Causes of psychopathology (Unconsciousness, Complexes, Fixation etc.) and treatment model (Dream Analysis, Free Association etc.)
Tue	21/3	12:00 – 01:00 PM	1	Behavioural model of psychopathology	Concept of Behaviourist School of Psychology – Learning, Classical and Operant Conditioning, Social modelling. Causes of psychopathology and treatment model.	Pavlov's Classical conditioning, Skinners Operant Conditioning, Reinforcement, Punishment, Bandura's Social Learning theory. Management techniques – Behavioural Modification Techniques.
Wed	22/3	12:00 – 01:00 PM	1	Cognitive Model of psychopathology	Cognitive School of Psychology, Cognitive processes. Causes of psychopathology - Cognitive distortions, Cognitive triad, and treatment model.	Cognitive processes (Thinking, reasoning, memory, decision making). Causes of psychopathology - Cognitive distortions, Cognitive triad (Self, world and future), and treatment model (CBT and REBT)
Thu	23/3	12:00 – 01:00 PM	1	Biological model of Psychopathology	Bio-medical model of health and disease. Causes of psychopathology – Human anatomy, Physiology, Neuropsychology, and its management model.	Bio-medical model of health and disease. Causes of psychopathology – Human anatomy, Physiology, Neuropsychology, and its management model (Biological/Medical interventions)

Shubham Kirar

Day	Date	Time	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Mon	27/3	12:00 – 01:00 PM	1	Sociobiological model of health and disease	Integrated Social and biological factors for psychopathology. Socio Economic Status, Employment, Cultural beliefs, social support system, social stress.	Social factors (Socio Economic Status, Employment, Cultural beliefs, social support system, social stress) which affect other biological factors (Healthcare, nutrition, stressors and coping mechanisms) for psychopathology.
Tue	28/3	12:00 – 01:00 PM	1	Diagnostic Classification of psychological disorders : ICD	Introduction to ICD and its historical background. Classification of Psychological Disorders.	Introduction to ICD and its historical background. Classification of Psychological Disorders. F0 - F9: Organic, including symptomatic, mental disorders F10 - F19: Mental and behavioural disorders due to use of psychoactive substances F20 - F25: Schizophrenia, schizotypal and delusional disorders F30 -F39: Mood [affective] disorders
Wed	29/3	12:00 – 01:00 PM	1	Diagnostic Classification of psychological disorders : ICD	Classification of Psychological Disorders.	F40 - F49: Neurotic, stress-related and somatoform disorders F50 - F59: Behavioural syndromes associated with physiological disturbances and physical factors F60 - F69: Disorders of personality and behaviour in adult persons F70 - F79: Mental retardation F80 - F89: Disorders of psychological development F90 - 98: Behavioural and emotional disorders with onset usually occurring in childhood and adolescence
Mon	03/4/ 23	12:00 – 01:00 PM	1	Diagnostic Classification of psychological disorders : DSM	Introduction to DSM-5 and its historical background. Classification of Psychological Disorders.	Introduction to DSM-5 and its historical background. Classification of Psychological Disorders - Neurodevelopmental Disorders, Schizophrenia Spectrum and Other Psychotic Disorders, Bipolar and Related Disorders
Wed	05/4	12:00 – 01:00 PM	1	Diagnostic Classification of psychological disorders : DSM	Classification of Psychological Disorders.	Depressive Disorders, Obsessive-Compulsive and Related Disorders, Anxiety Disorders, Trauma- and stressor-related disorders, Dissociative disorders, Somatic symptom and related disorders.

SKipat

Day	Date	Time	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Thu	06/4	12:00 – 01:00 PM	I	Revision	Short Revision of Unit I	Revision of Unit I
Mon	10/4	12:00 – 01:00 PM	II	Case History Taking	Concept of Case History Taking, need and relevance in counselling; Sociodemographic details, chief complaints – onset, duration; History of Present Illness.	Meaning of Case History Taking, need and relevance in counselling; Sociodemographic details, chief complaints – onset, duration; History of Present Illness.
Tue	11/4	12:00 – 01:00 PM	II	Case History Taking	Family structure & history, Personal history, Educational/Occupational history, Premorbid Personality	Family structure (pedigree chart) & history, Personal history, Educational/Occupational history, Premorbid Personality
Wed	12/4	12:00 – 01:00 PM	II	Mental Status Examination	Meaning of Mental Status Examination – relevance in counselling. Appearance and behaviour	Meaning of Mental Status Examination – relevance in counselling. Assessment of Appearance and behaviour
Thu	13/4	12:00 – 01:00 PM	II	Mental Status Examination	Examination of Mood, Thoughts, Perception, Memory, Insight, Judgement.	Assessment techniques of Mood, Thoughts, Perception, Memory, Insight, Judgement.
Mon	17/4	12:00 – 01:00 PM	II	Disorder of Attention	Symptoms of Attention Deficit Disorder	Symptoms of Attention Deficit Disorder. Diagnostic criteria for ADD
Tue	18/4	12:00 – 01:00 PM	II	Disorder of Perception	Hallucination and Its types.	Hallucination and Its types – Visual, Auditory, Tactile, Olfactory.
Wed	19/4	12:00 – 01:00 PM	II	Disorder of Thought	Concept of thought disorders and its types.	Concept of thought disorders and its types Echolalia, Derailment, Neologism, Incoherence.
Thu	20/4	12:00 – 01:00 PM	II	Disorder of Movement	Concept and types of Psychogenic Movement Disorders	Concept and types of Psychogenic Movement Disorders - spasms, shaking or jerks involving any part of the face, neck, trunk or limbs; somatoform disorders.
Mon	24/4	12:00 – 01:00 PM	II	Diagnosis and treatment: Stress Disorder	Defining Stress, Sign and Symptoms of stress and types of stress disorders. Management Techniques of Stress Disorders.	Stress, Sign and Symptoms of stress and types of stress disorders – PTSD, Acute stress disorder, Adjustment disorder. Management Techniques of Stress Disorders.

Shivan

Day	Date	Time	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Tue	25/4	12:00 – 01:00 PM	II	Diagnosis and treatment: Anxiety Disorders	Defining Anxiety, Sign and Symptoms of stress and types of anxiety disorders. Management of Anxiety Disorders.	Defining Anxiety, Sign and Symptoms of stress and types of anxiety disorders. Management of Anxiety Disorders.
Wed	26/4	12:00 – 01:00 PM	II	Diagnosis and treatment: Schizophrenia	Meaning and Characteristics of Schizophrenia- positive and negative symptoms.	Meaning and Characteristics of Schizophrenia- positive and negative symptoms.
Thu	27/4	12:00 – 01:00 PM	II	Diagnosis and treatment: Schizophrenia	Types of schizophrenia, Management techniques of schizophrenia.	Types of schizophrenia, Management techniques of schizophrenia.
Mon	01/5	12:00 – 01:00 PM	II	Diagnosis and treatment: Affective Disorder	Affective disorders- meaning, signs and symptoms, mania and depression. Unipolar and Bipolar Disorders. Management techniques.	Affective disorders- meaning, signs and symptoms, mania and depression. Unipolar and Bipolar Disorders. Management techniques.
Tue	02/5	12:00 – 01:00 PM	II	Diagnosis and treatment: Psychosomatic Disorder	Concept of Psychosomatic Disorder, Somatoform disorder and its treatment.	Concept of Psychosomatic Disorder, Somatoform disorder and its treatment.
Wed	03/5	12:00 – 01:00 PM	II	Diagnosis and treatment: Personality Disorder	Defining Personality disorder, Clusters of Personality Disorders – Cluster A, B and C. One personality disorders from each cluster. Management techniques.	Defining Personality disorder, Clusters of Personality Disorders – Cluster A, B and C. One personality disorders from each cluster. Management techniques.
Thu	04/5	12:00 – 01:00 PM	II	Diagnosis and treatment: Substance abuse	Substance abuse, types of substance and treatment techniques.	Substance abuse, types of substance and treatment techniques.
Mon	08/5	12:00 – 01:00 PM	III	Diagnosis and treatment: Intellectual Disability (Mental Retardation)	Intellectual disability – meaning and symptoms, concept of IQ and its range for ID.	Intellectual disability – meaning and symptoms, concept of IQ and its range for ID.
Tue	09/5	12:00 – 01:00 PM	III	Diagnosis and treatment: Intellectual Disability (Mental Retardation)	Management techniques of Intellectual Disability.	Management techniques of Intellectual Disability.
Wed	10/5	12:00 – 01:00 PM	III	Diagnosis and treatment: Learning Disability	Meaning and types of LD, Symptoms of specific LD.	Meaning and types of LD – Dyslexia, Dysgraphia, Dyscalculia. Symptoms of specific LD.

Rishabh

Day	Date	Time	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Mon	15/5	12:00 – 01:00 PM	III	Diagnosis and treatment: Learning Disability	Management techniques for LD.	Management techniques for LD – Cognitive and Behaviouristic techniques.
Tue	16/5	12:00 – 01:00 PM	III	Diagnosis and treatment: ADHD	Meaning and symptoms of ADHD, Management of ADHD.	Meaning and symptoms of ADHD, Management of ADHD.
Wed	17/5	12:00 – 01:00 PM	III	Diagnosis and treatment: Autism	Meaning and Symptoms of Autism, Comorbid disorders of Autism, Management of Autism	Meaning and Symptoms of Autism, Comorbid disorders of Autism, Management of Autism
Mon	22/5	12:00 – 01:00 PM	III	Diagnosis and treatment: Fears and Phobias	Phobia meaning and types, Management of phobia	Phobia meaning and types, Management of phobia
Tue	23/5	12:00 – 01:00 PM	III	Diagnosis and treatment: Conduct Disorders	Conduct Disorders symptoms and diagnostic criteria. Management techniques	Conduct Disorders symptoms and diagnostic criteria. Management techniques
Mon	29/5	12:00 – 01:00 PM	III	Revision	Revision of Unit III	Revision of Unit III
Tue	30/5	12:00 – 01:00 PM	IV	Introduction to Counselling	Defining counselling, its nature and characteristics. Types of counselling.	Defining counselling, its nature and characteristics. Types of counselling.
Wed	31/5	12:00 – 01:00 PM	IV	Approaches of Counselling	Psychological Approaches for counselling	Psychological Approaches for counselling – Psychodynamic, Behaviourism, Cognitive, Humanistic.
Thu	01/6	12:00 – 01:00 PM	IV	Challenges to Counselling	Various challenges to counselling.	Various challenges to counselling – Training, social stigma and taboo, time, availability, etc.
Mon	05/6	12:00 – 01:00 PM	IV	Attitude Change towards Yoga through Counselling	Meaning of Attitude, its formation and process to change, counselling to change attitude towards yoga.	Meaning of Attitude, its formation and process to change, counselling to change attitude towards yoga.

Shankar

Day	Date	Time	Unit	Topic & Sub-topic	Proposed Lesson Plan	Actual Lesson Plan
Tue	06/6	12:00 – 01:00 PM	IV	Conflict and Frustration Management	Yogic and psychological perspective of conflict and frustration management.	Yogic and psychological perspective of conflict and frustration management.
Wed	07/6	12:00 – 01:00 PM	IV	Yoga Psychology for Adjustment – Psychological counselling	Yogic perspective for adjustment and its implication in counselling.	Yogic perspective for adjustment and its implication in counselling.
Thu	08/06 /23	12:00 – 01:00 PM	IV	Yoga Psychology for Adjustment – Philosophical and Yogic Counselling	Yogic perspective for adjustment and implication of philosophical and yogic counselling.	Yogic perspective for adjustment and implication of philosophical and yogic counselling.
Mon	12/6/ 23	12:00 – 01:00 PM	IV	Karma Yoga	Concept of Karma Yoga and its relevance with yogic counselling	Concept of Karma Yoga and its relevance with yogic counselling
Tue	13/6/ 23	12:00 – 01:00 PM	IV	Psycho-physiological effects and health benefits of Pranayama, Shatkarma, Bandha and Mudra	Psycho-Physiological effects and health benefits of Pranayama & Shatkarma.	Psycho-Physiological effects and health benefits of Pranayama & Shatkarma.
Wed	14/6/ 23	12:00 – 01:00 PM	IV	Psycho-physiological effects and health benefits of Pranayama, Shatkarma, Bandha and Mudra	Psycho-Physiological effects and health benefits of Bandha and Mudra	Psycho-Physiological effects and health benefits of Bandha and Mudra
Thu	15/6/ 23	12:00 – 01:00 PM	IV	Psycho-physiological effects and health benefits of Meditation	Psycho-physiological effects and health benefits of Meditation	Psycho-physiological effects and health benefits of Meditation
Mon	19/6/ 23	12:00 – 01:00 PM	IV	Revision	Revision of Unit IV	Revision of Unit IV

Signature of Teaching In charge:

Name of Teacher: *Dr. Shubham K. Suryawanshi*

Signature:

SKS

मोरारजी देसाई राष्ट्रीय योग संस्थान

आयुष मंत्रालय, भारत सरकार,

68, अशोक रोड़, नई दिल्ली-110001

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

MINISTRY OF AYUSH, GOVT. OF INDIA

68, ASHOK ROAD, NEW DELHI-110001

File No. 12-49/2021-GA/05

Dated: 02.02.2023

OFFICE ORDER NO.....52...../2023

Sub:- Best Teacher & Best Student Award for the Year 2021-22 in MDNIY –reg-

Morarji Desai National Institute of Yoga invites the nominations for the selection of the Best Teacher from its faculty and Best Students from the courses of DYSc., M.Sc (Yoga), B.Sc. (Yoga) & PGDYTMP.

2. In this regard, the availability of Application Form and Last Date will be as mentioned below: -

Sl.No.	Particulars	Tentative Dates
1.	Availability of Application form for the nomination of Best Teacher and Best Student Award	02.02.2023
2.	Late Date for the submission of application Form	13.02.2023

The said application forms may be collected and submit to Smt. Himani Sharma, L.I.A., MDNIY from 10:00am to 05:00pm on all working days. The LIA will give a duly signed slip to the teacher/student after the submission of the complete form. The LIA will finally submit all the received forms to the C &DO office **latest by 16.02.2023** along with excel sheets comprising the name and form no. of teachers and students separately.

This issues with the approval of the Competent Authority.

(Md. Taiyab Alam) 02/2/23

Communication and Documentation Officer

Copy to:-

1. P.O (YT), MDNIY
2. All Consultant, MDNIY
3. All Assistant Consultant, MDNIY
4. Co-ordinators, Teaching Deptt, MDNIY
5. Yoga Research/ OPD
6. Accounts Section
7. Establishment Section
8. General Administration Section
9. Store & Purchase Section
10. TO-cum-Receptionist
11. Office of the Director, MDNIY
12. Office of Administrative Officer, MDNIY
13. Office Order File.
14. Smt. Himani Sharma, L.I.A.

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

68, Ashok Road, New Delhi – 110 001

Communication and Documentation Department

MDNIY Library

Details of Institute's Library Collection:

1. Total Volume of Books: 16233
 - a. Titles 8445
 - b. References 210

2. Subscribed Periodicals (Subscription renewal for the year 2022 is in process):
 - a. National 20
 - b. International 23
 - c. Magazines 12
 - d. Newspapers 11

3. Audio Video: 194

4. Library Automation Software: Alice for Windows

5. Internet Service : Yes

6. Membership Service : Annual and Quarterly basis

7. Photocopier Service : Yes

8. Book Bank Service : Yes

C.&D.O.

Dr. Priyanka

Ilmani
L.I.A. 28/11/22

मो.वे.रा.यो.सं. के संचार एवं प्रलेखन अधिकारी का कार्यालय

MDNIY C.&D. Officer's Office

दैनिकी सं. 4146 Dy. No.

दिनांक 28/11/22 Date.....

YOGA THERAPY LAB EQUIPMENT

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

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

Psychology Laboratory

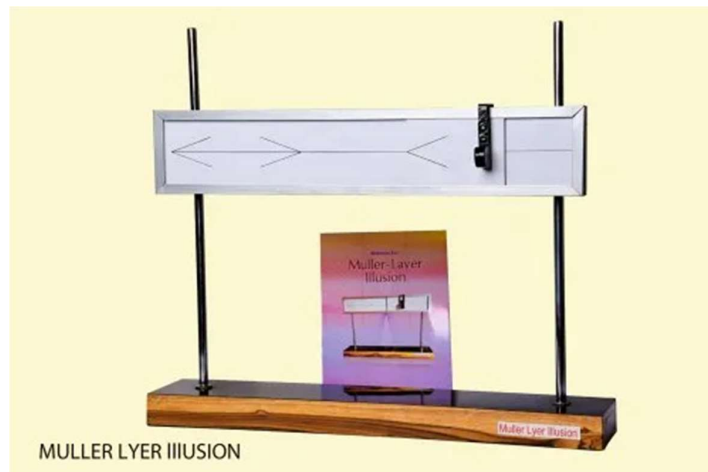
Psychology laboratory is used as teaching aid for Psychology & Human Consciousness courses in different programmes (UG, PG, Diploma etc.) as well as also for testing various psychological variables for research activities. The lab is equipped with psychological tests, questionnaires, inventories, apparatus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

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

Available Assessment Tests, Apparatus and Batteries

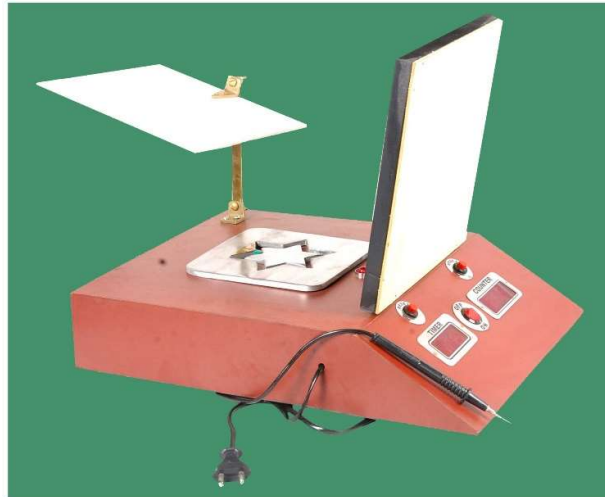
Apparatus

Muller Lyer Illusion



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

Mirror Drawing Apparatus



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

Chronoscope



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

Bhatia Battery



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

Memory Drum



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

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

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

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

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Department of Human Physiology

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

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

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

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

List of Instruments already available in the Department of Human physiology

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

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

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Department of Human Anatomy

Introduction:

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

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

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

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Department of Human Anatomy

List of Charts in Human Anatomy Laboratory are as follows:

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

List of Models in Human Anatomy Laboratory are as follows:

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

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

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

Ms. Sobika Rao
Assistant Professor (Human Anatomy)

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of Ayush, Govt. of INDIA

68, Ashok Road, New Delhi

DEPARTMENT OF ALLIED SCIENCES



DEPARTMENT OF ALLIED SCIENCES

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

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

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



Biochemistry laboratory, MDNIY.

INSTRUMENTS & FACILITIES OF BIOCHEMISTRY LABORATORY

1. Multimode Microplate reader

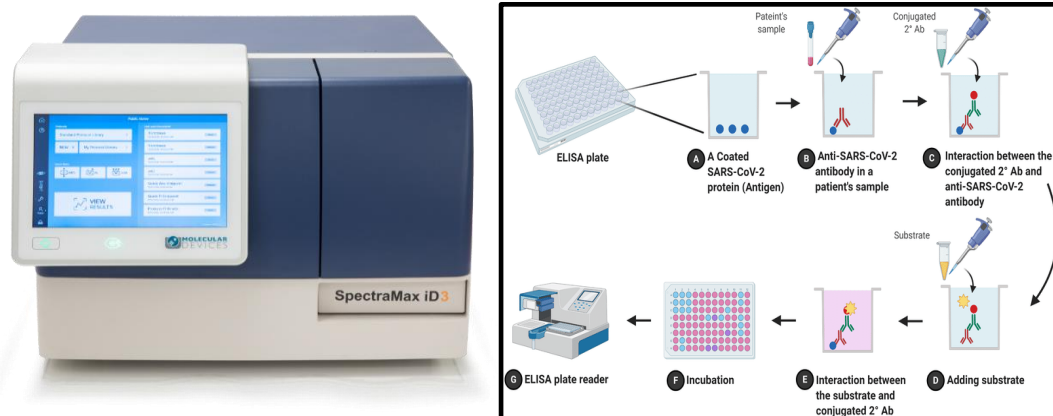


Figure: Multi-Mode Microplate Reader (Molecular Devices, USA, SpectraMax ID3)

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

The instrument supports the following read modes:

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

The instrument supports four read types.

- Endpoint
- Kinetic
- Well Scan
- Spectrum

REFERENCE

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

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

2. Handheld blood analyser (Portable)

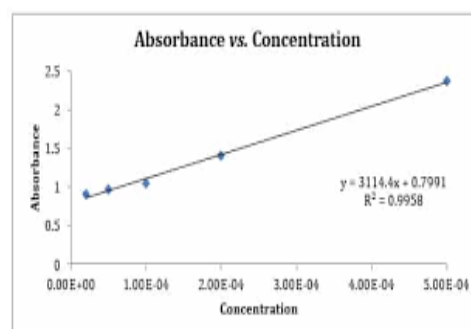


iSTAT Portable Clinical Analyzer (Abott Laboratories) is a handheld device is a fully automated system used for point-of-care clinical testing. It uses small amount of whole blood to provide time sensitive test at patient's side in just minutes. The analyzer is designed to provide rapid and accurate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

REFERENCE

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

3. Semi Auto-Biochemistry analyser



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

REFERENCE

1. Kumari S, Bahinipati J, Pradhan T, Sahoo DP. Comparison of test performance of biochemical parameters in semiautomatic method and fully automatic analyzer method. *J Family Med Prim Care*. 2020 Aug 25;9(8):3994-4000. doi: 10.4103/jfmpc.jfmpc_94_20. PMID: 33110800; PMCID: PMC7586617.
2. X. Lv, Y. Luo, M. Deng and Y. Chen, "The design of the semi-automated biochemistry analyzer", *Proc. Int. Conf. Inf. Acquisition*, pp. 164-167, 2004.

4. Advanced Immuno-analyser (Portable)



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

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

REFERENCE

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

5. Dual beam spectrophotometer



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







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

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

REFERENCE

1. Jain PS, Chaudhari AJ, Patel SA, Patel ZN, Patel DT. Development and validation of the UV-spectrophotometric method for determination of terbinafine hydrochloride in bulk and in formulation. Pharm Methods. 2011 Jul;2(3):198-202. doi: 10.4103/2229-4708.90364. PMID: 23781456; PMCID: PMC3658052.

Equipments/ Instruments for Student's regular Practical's

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

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

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

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

DETAILS OF WORKSHOPS

1) WORKSHOP ON 'FOUR YOGAS: AN INTRODUCTION'-

A workshop on 'Four Yogas: An Introduction' was conducted by Swami Anupamananda, Secretary, Ramkrishna Mission Ashram, Chandigarh on 19th September, 2022 for the students and staff members of MDNIY.

2) NATIONAL WORKSHOP ON 'PATANJALA YOGA SUTRA: THE CORE OF YOGA PHILOSOPHY AND PRACTICES'-



A three-day National Workshop on "Patanjala Yoga Sutra: The Core of Yoga Philosophy and Practices" was organised by Morarji Desai National Institute of Yoga, Ministry of Ayush, Govt. of India in association with Inter University Center for Yogic Sciences, UGC from 14th-16th October, 2022 in hybrid mode.

Prof. Avinash Chandra Pandey, Director, Inter-University Accelerator Centre, New Delhi graced the inaugural session on 14th October, 2022 as the Chief Guest wherein he mentioned that the ultimate goal of Yoga is to reach the ultimate level of spiritual growth of self-realization. He further explained the yogic view of consciousness and elaborated on Bell's theorem in the theory of quantum mechanics. In his presidential remarks, Dr. Ishwar V. Basavaraddi, Director, MDNIY highlighted the importance of in-depth knowledge.

Prof. Omnath Bimali, Head, Sanskrit Department, University of Delhi, Delhi ; Prof. Ramnath Jha, Professor, SSIS & Director, UGC, HRDC, JNU, New Delhi; Prof. Girishwar Misra, Former Vice Chancellor, MGAHV, Wardha, Maharashtra, were the resource persons of the workshop.

This workshop was coordinated by Dr. Arpit Kumar Dubey, Assistant Professor, Sanskrit, MDNIY and co-coordinated by Dr. Vandana Singh, Assistant Professor, Hindi; Dr. Pawan Kumar, Assistant Professor, Yoga Education and Ms. Neetu Sharma, Consultant (Technical Yoga), MDNIY.







Morarji Desai National Institute of Yoga
 Ministry of Ayush, Government of India,
 and
Inter-University Centre for Yogic Sciences, Bengaluru
Organizing





National Workshop on Patanjala-Yoga-Sutra

The Core of Yoga Philosophy and Practices
 The first four sutras of Yogasutra with three commentaries (Nyasabhasya, Tattvaivaishardi and Yogavartika)

14th to 16th October, 2022
 10:30am to 05:30pm
 15:00:00 Study
 Venue : MDNIV



Resource Persons

 <p>‘Psychological Dimensions of Yoga Sutra’ by Prof. Girishwar Misra, Former Vice-Chancellor, MGAIY, Wardha</p>	 <p>‘Yoga Sutra with commentaries’ by Prof. Omnath Bimali Head, Sanskrit Department, University of Delhi, Delhi</p>	 <p>‘The Holistic view of Yoga Sutra in the light of Vedant Philosophy’ by Prof. Ramnath Jha Professor, SSIS, JNU, Delhi, Director, IRI/ICR, JNU, Delhi</p>	 <p>‘Yoga Sutra & Spirituality’ by Dr. Ishwar V. Basavaraddi Director, MDNIV, New Delhi</p>
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3) YOGA FOR EXECUTIVES WORKSHOPS-

Morarji Desai National Institute of Yoga organized two Workshops for Executives, titled 'Yoga for Executives (to Stretch, Relax and Meditate) specifically tailored for executives on 12-13 May 2023 and 2-3 June,2023 respectively.

These workshop focused on the advantages of yoga for professional growth and overall well-being. Its objective was to provide executives with an understanding of Yogic Principles, and Yogic Practices (Yoga Asanas, Pranayama, Dhyana, and Yoga Nidra) adapted to address their unique challenges.

These workshops garnered a substantial number of participants, with 10 executives (from 12-13 May 2023) and 60 executives (from 2-3 June,2023) attending from various ministries and holding different seniority levels within their organizations.

These workshops catered precisely to the specific needs and demands faced by executives in their roles, resulting in participants experiencing the positive impact of yoga practices on their well-being, leadership abilities, peer learning, and work-life integration. Additionally, the workshop facilitated the Yoga Break @ Workplace (De-Stressed, Refreshed, and Re-Focused) to enhance immunity at the workplace by practicing selected Yoga Practices for short duration accrue the benefits as projected from Yoga practices for a longer duration.



Morarji Desai National Institute of Yoga

Ministry of Ayush, Government of India
68, Ashok Road, New Delhi-110001

Yoga Workshop for Executives
(to Stretch, relax & Meditate)

12-13th May, 2023



Morarji Desai National Institute of Yoga

Ministry of Ayush, Government of India
68, Ashok Road, New Delhi-110001

Yoga Workshop for Executives
(to Stretch, Relax & Meditate)

02-03 June, 2023



List of Friday Webinars Conducted from 1.07.2022 to 30.06.2023

Morarji Desai National Institute of Yoga conducts a webinar, popularly known as Friday Webinar, by inviting eminent experts from the field of Yoga, Health and Allied Sciences. The topic of lectures and names of invited experts during the time period are mentioned as under-

Sl. No.	Speaker	Topic of Lecture	Date
1.	Dr.Vandana Shrivastav Associate Professor and Head of the Department, Department of Ayurveda and Holistic Health Dev Sanskriti Vishwavidyalaya, Haridwar	Holistic Health Management Through Ayurveda	1 st July,2022
2.	Dr. (Prof.) Rajesh Taneja Senior Consultant and Advisor Urology, Andrology and Robotic Surgery Indraprasatha Apollo Hospitals New Delhi	Diet and Disease	8 th July,2022
3.	Sh. Amresh Kumar Tiwary Editor-in-Chief and Publisher, Double Helical Health Magazine	Improving Lifestyle through Yoga	15 th July,2022
4.	Dr.YaminiBhusan Tripathi Former Head, Department of Medicinal Chemistry and Former Dean, Faculty of Ayurveda Institute of Medical Sciences, Banaras Hindu University, Varanasi	Scientific Basis of Integrated Use of Health Practices	22 th July,2022
5.	Dr. Omlata Bhagat Additional Professor	Physiological Effects and Therapeutic Potential of Yogic Breathing	29 th July,2022

	Department of Physiology, All India Institute of Medical Sciences, Jodhpur		
6.	Dr. Nibu R. Krishna Associate Professor and HoD, Department of Yogic Sciences, LNIFE, Gwalior, M.P.	Sports Psychology & Yogic Science	5 th August, 2022
7.	Dr. Saroj Yadav Former Dean (Academic) and Project Coordinator AEP?NPEP NCERT, New Delhi	Yoga for Personality Development	12 th August, 2022
8.	Dr. Ghazala Javed RO(U)- Scientist IV, Incharge Drug Standardisation Research Unit, Central Council for Research in Unani Medicine New Delhi	Taking Care of Mental Health during Adversity	19 th August, 2022
9.	Dr. Jay Prakash Narayan Associate Professor and Head Department of Sanskrit Jamia Millia Islamia New Delhi	Relevance of Ayurveda and Yoga in Current Scenario	26 th August, 2022
10.	Dr. Sarika Singh, School of Allied Health Sciences and Management, Delhi Pharmaceutical Sciences and Research University, New Delhi	Yoga and Nutrition	2 nd September, 2022
11.	Dr. Lalita Verma Associate Professor Lady Irwin College University of Delhi Delhi	Womens' Health and Nutrition	9 th September, 2022

12.	Dr.Satyendra Singh Yoga Guru and Founder Utkarsh Yoga Mission	Antarang And Bahirang Yoga	16 th September,2022
13.	Prof. (Dr.) Kommi Kalpana, Professor, Manav Rachna International Institute of Research Studies, Faridabad,	Mainstreaming of Millets for Nutrition and its Health Benefit	23 rd September,2022
14.	Dr. Neena Bhatia Professor, Lady Irwin College, University of Delhi Former Senior Specialist (Joint Advisor) WCD vertical, NITI Aayog, Govt. of India	Healthy Lifestyle and Diet	30 th September,2022
15.	Prof. (Dr.) Divya Sanghi Head, Dept. Of Nutrition and Dietetics, FAHS, Manav Rachna International Institute of Research and Studies, Faridabad, Haryana	Nutrition and Immunity	7 th October,2022
16.	Dr. Ruchi Gautam Chief Counselor & Associate Professor, Psychological Counselling Cell, Sharda University, Uttar Pradesh	Positive Practices to improve Mental Health	14 th October,2022
17.	Dr. Prashant Gupta Associate Professor, Department of Kaumarbhritya, All India Institute of Ayurveda, Delhi	Covid-19 and Ayurveda	21 st October,2022
18.	Dr. Meera K. Bhojani Associate Professor, Department of KriyaSharir,	An Overview of Prakritis of Ayurveda	28 nd October,2022

	All India Institute of Ayurveda, Delhi		
19.	Dr. Ruchi Jain Naturopath, Alternate Therapist & Research Evangelist, Arham Dhyana Yoga	Dincharya and Ritucharya : Key to Good Health	4 th November,2022
20.	Dr. Bharat Shah Director, Nisargopachar Kendra, Vinoba Ashram Gotri, Vadodara, Gujarat	Role of Naturopathy in Integrative Medicine	11th November, 2022
21.	Dr. Babu Joseph Senior Yoga and Naturopathy Physician and Former Director National Institute of Naturopathy, Ministry of Ayush, Govt. of India	Relevance of Naturopathy Today	18 th November,2022
22.	Dr. Swadesh Bhushan Sharma (MD Ay Medicine) Former Senior Medical Officer UP State Ayurvedic Hospital, Bulandshahr, UP	Role of Ayurveda in dealing with Seasonal Changes	25 th November,2022
23.	Dr. Santosh Kumar Shukla Professor School of Sanskrit and Indic Studies, Jawaharlal Nehru University, New Delhi	The Holistic Vision of Bhagavadgita for Self Management	2nd December,2022
24.	Ms. Sujata Vithalrao Cowlagi Director Pragya Yoga and Wellness Singapore	Yoga and Pregnancy	9th December,2022
25.	Dr. Alka Gupta Founder-Director	An Integrative Yogic Perspective on Stomach Disorders	16th December,2022

	AGATH Healthcare & Wellness Thailand		
26.	Mr. Akash Vishwakarma Clinical Psychologist (RCI) Student Counsellor, Wellness Centre, Indian Institute of Technology- Roorkee, Uttarakhand	Substance Abuse: Health Related Issues	23rd December, 2022
27.	Dr. Saraswati Kala, Professor and Dean, School of Humanities and Social Science, SGRRU, Dehradun, Uttarakhand	Importance of Alternative Therapy in Daily Life	30th December, 2022
28.	Mr. Chetan Upadhyaya Founder Secretary Satya Foundation	Stress Management through Music, Yoga and Natural Lifestyle	6 th January, 2023
29.	Prof. (Dr.) Mayank Shukla Professor, Allied Health Sciences, Sharda University, U.P.	Holistic Health through Therapeutic Self-Reflection	13 th January, 2023
30.	डॉ. साधना दौनेरिया अध्यक्ष, योगविभाग, बरकतुल्ला विश्वविद्यालय, भोपाल, मध्यप्रदेश	योगदर्शन और समग्र जीवन	20 th January, 2023
31.	Dr. Aashish Phadke Ayurveda and Yoga Consultant & Hon. Deputy Director, KHS - MRC, Vileparle, Mumbai, Maharashtra	Yoga Techniques and their Clinical Application	27 th January, 2023
32.	Prof. Surendra Kumar Head and Dean Department of Yogic Science, Gurukula Kangri, Deemed to be University, Haridwar, UK	Role of Yoga Sutras in Prevention of Mental Disorders	3rd February, 2023
33.	Dr. Geeta Kadayaprath	Breast Cancer Awareness	10 th February, 2023

	Senior Director- Surgical Oncology (Breast) Max Super Speciality Hospital, Delhi		
34.	Dr. Ramanujam Meganathan Professor, English, Department of Education in Languages, NCERT, New Delhi	Languages for Life	17 th February,2023
35.	Dr. Indranil Manna Associate Professor Head, Dept. of Physiology Midnapore College (Autonomous) Midnapore-721101, West Bengal, India	Role of Yoga in Maintenance of Health and Fitness	24 th February,2023
36.	Dr. Gautam Goswami, Scientist G, Technology Information, Forecasting and Assessment Council (TIFAC), Dept. of Science & Technology, Govt. of India, New Delhi-110016	Technology Vision 2047 for India	03 rd March,2023
37.	Dr. Nisha Joshi Head, Departmet of Yoga Shree Jain Shwetamber Professional Academy Collage, Indore , M.P.	योग के क्षेत्र में नारी की महती भूमिका	10 th March, 2023
38.	Prof. (Dr.) Neeru Nathani Professor & Former Head, Dept. of Swasthavritta and Yoga, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi	Significance of Ashtanga Yoga in the Promotion of Health and Prevention of Disease in the Present era	17 th March, 2023

39.	Dr. Sheetal Yadav, Assistant Professor, Department of Hospital Management Delhi Pharmaceutical Sciences and Research University, Govt. of NCT, Delhi	Tele-Yoga: Current Scenario and Future Prospects	24th March, 2023
40	Dr. Sohini Paul, Assistant Professor of Physiology Faculty of Health and Wellness Sri Sri University Cuttack, Odisha	Yoga through the lens of Physiology and Biomechanics'	31 st March, 2023
41.	Dr. Anilendu Pramanik Assistant Professor Department of Sports Sciences and Medicine Guru Nanak Dev University (GNDU), Amritsar, Punjab	Advancements in Physiology in the 21st Century: Emerging Areas of Research and Innovative Applications in Healthcare and Medicine	7 th April, 2023
42.	Dr Gargi Chatterjee Assistant Professor Dept. of A.H.C. & Archaeology University of Allahabad Prayagraj (India)	Human History vis-à-vis Origin of Yoga	14 th April, 2023
43.	Dr. Nihal Chand Jain, retd. Indian Forest Service Officer, former Principal Chief Conservator of Forests, Rajasthan	Protecting Nature, Our Planet Earth, Our Future: Challenges in Environmental Conservation	21 st April, 2023
44.	Dr. Vinamra Sharma Associate Professor, Guru Gorakshnath Institute of Medical Sciences, Mahayogi Gorakshnath University, Sonbarsa, Balapar Maniram, Gorakhpur-273007, Uttar Pradesh	Exploring the Intersection of Ayurveda and Yoga for Holistic Health	28 th April, 2023
45.	Dr. Tirthankar Ghosh, HOD & Professor, Faculty of Health and Wellness, Sri Sri University, Odisha	Ergonomics for Work Place Safety	5 th May, 2023
46.	Prof. (Dr.) Alka Chawla Professor-In-Charge, Campus Law Centre, Faculty of Law, University of Delhi	Intellectual Property Rights	12 th May, 2023
47.	Dr Vivek Agarwal, Assistant Professor/Lecturer,		19 th May, 2023

	Engineering and Environment Department University of Northumbria, United Kingdom	How much is too much: Stress and Opportunities for exploring Groundwater	
48.	Dr. Venkata Naresh Burla, Assistant Professor, Department of Performing Arts, Central University of Jharkhand, Ranchi, India	Intersection of Indian and World Traditions: Contemporary Theatre Practices and Universal Well-Being	26 th May, 2023
49.	Prof. (Dr) R. Elangovan Professor (Retd), Secretary, Indian Yoga Association - Tamil Nadu State Chapter,	Scientific Importance of Yoga	2 nd June, 2023
50.	Dr Ulka Natu Gadam Gynecologist, Nest Hospital, Naupada, Thane Director, Prajnana Yoga Anusandhana Kendra, Vice President, Ghantali Mitra Mandal, Thane Mumbai Maharashtra	Exploring the inner beauty and bliss with Yoga	9 th June, 2023
51..	Dr Manoj Naik Consultant Physician, Krishna Hospital and Deccan Sahyadri Super Speciality Hospital Yoga teacher, Iyengar institute, Pune	Yoga and Health	16 th June, 2023
52.	Dr. Satyaprakash Pathak Assistant Professor (Yoga) Department of Yoga Studies Himachal Pradesh University, Shimla Himachal Pradesh	Conceptual Understanding of Aahar in Hath Yoga Sadhana	23 rd June, 2023
53.	Dr. N. Ganesh Rao Director, Indian Yoga Association Professor and Advisor, Member of Board of Studies of Kaivalyadhama Founder, ACT Yoga	Significance of Patanjali's Yoga Sutras	30 th June, 2023

Sports and Cultural Events

- 1) Diwali Celebration program 'Jyoti Parva-2022' was organised on 21.10.2022 under **Pancham Swar** for the students and staff members of MDNIY.
- 2) A cricket Match was organised for the student of M.Sc.(Yoga),B.Sc.(Yoga), PGDYTMP, DYSc at Talkatora Cricket Ground on 28th November, 2022.





- 3) 17th Intercollegiate Sports Tournament was conducted at GGSIPU, Dwarka from 14th to 16th December, 2022, where students of MDNIY participated in various sports events like Tug of war, Table Tennis, Track and Field Events and Yoga Competition (Men and Women Category) held on 14th and 15 December, 2022.





Students of MDNIY secured first place in Yoga Competition in both Men and Women Category in 17th Intercollegiate Sports Tournament of GGSIPU, Dwarka.

Ms. Pragyanidhi Malik, student of M.Sc. Yoga, First Year, won silver medal in 5 km race (women category) at 17th Intercollegiate Sports Tournament of GGSIPU, Dwarka.

- 4) A new year celebration program- 'Navodaya-2023' was organised under Pancham Swar on 2nd January, 2023 from 2.00 p.m. onwards in the Auditorium of the Institute for the staff members and students of B.Sc. (Yoga), M.Sc. (Yoga) PGDYTMP, DYSc., and certificate courses.
- 5) Team of MDNIY, participated in the Tug of War competition on 28th March, 2023 at Spardha Sports Fest-2023 organised by Amity School of Physical Education and Sports Sciences at Amity University, Noida, UP.



माह के संकाय सदस्य द्वारा छात्र अभिविन्यास व्याख्यान-

Orientation Lecture by Students by Faculty of the Month-

इस व्याख्यान श्रृंखला में, मोरारजी देसाई राष्ट्रीय योग संस्थान के निदेशक ने योग, स्वास्थ्य और अन्य प्रासंगिक विषय से संबंधित किसी भी विषय पर व्याख्यान देने के लिए हर महीने एक संकाय सदस्य को नामित किया। यह पहल अगस्त, 2021 में शुरू की गई थी। वर्ष-2022 में दिए गए व्याख्यानों की सूची इस प्रकार है-

In this lecture series, Director, MDNIY nominated a faculty member for every month to deliver a lecture on any topic related to Yoga, Health and other relevant topic. This initiative was started in August, 2021. In the year-2022, the lists of lectures delivered are as below-

29.04.2022	डॉ. इंदु शर्मा सहायक आचार्य (योग शिक्षा) Dr. Indu Sharma Assistant Professor (YE)	योग के माध्यम से व्यक्तित्व विकास Personality Development through Yoga
31.05.2022	डॉ. पवन कुमार सहायक आचार्य (योग शिक्षा) Dr. Pawan Kumar Assistant Professor (YE)	आज के समय में योग की भूमिका Role of Yoga in Today's Time
30.06.2022	डॉ. एस. लक्ष्मी कंधन सहायक आचार्य (योग चिकित्सा) Dr. S. Lakshami Kandhan Assistant Professor, (Yoga Therapy)	स्मार्ट फोन उपयोगकर्ताओं के लिए योग (टेक्स्ट नेक सिंड्रोम) Yoga for Smart Phone Users (Text Neck Syndrome)
29.07.2022	डॉ. अर्पित के. दुबे सहायक आचार्य (अंग्रेजी) Dr. Arpit K. Dubey Assistant Professor (Sanskrit)	भगवद गीता का योग The Yoga of Bhagavad Gita
31.08.2022	डॉ. सुमन राठौर सहायक आचार्य (अंग्रेजी) Dr. Suman Rathore Assistant Professor (English)	सम्भाषण की कला The Art of Conversation



Mark your calendar for the month of April !

Online Lecture by
"The Faculty of Month of MDNIY"
on
**Personality Development
Through Yoga**



Speaker

Dr. Indu Sharma

Assistant Professor (Yoga Education)
MDNIY



Date: 29.04.2022
Time: 4:00-5:00PM

Catch us Live on:



Followed by Q and A session

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Mark your calendar for the month of May !

Online Lecture by
"The Faculty of Month of MDNIY"
On
Role of Yoga in Today's Time



Speaker

Dr. Pawan Kumar

Assistant Professor (Yoga Education)
MDNIY



Date: 31.05.2022
Time: 4:00-5:00PM

Catch us Live on:



Followed by Q and A session

Follow us: @mdniyayush @mdniy @yogamdniy Director Mdniy

Mark your calendar for the month of June !

Online Lecture by
"The Faculty of Month of MDNIY"
on
Yoga for Smart Phone Users
(Text Neck Syndrome)



Speaker
Dr. S. Lakshmi Kandhan
Assistant Professor, Yoga Therapy
MDNIY



Date: 30.06.2022
Time: 4:00-5:00PM

Catch us Live on:



Followed by Q and A session

Follow us: @mdniyayush @mdniy @yogamdniy Director Mdnly

Mark your calendar for the month of July !

Online Lecture by
"The Faculty of Month of MDNIY"
on
The Yoga of Bhagavad Gita



Speaker
Dr. Arpit Kumar Dubey
Assistant Professor, Sanskrit,
MDNIY



Date: 29.07.2022
Time: 4:00-5:00PM

Catch us Live on:



Followed by Q and A session

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Mark your calendar for the month of August !

**Online Lecture by
"The Faculty of Month of MDNIY"
on
The Art of Conversation**



Speaker
Dr. Suman Rathore
Assistant Professor, English,
MDNIY



Date: 31.08.2022
Time: 4:00-5:00PM

Catch us Live on:



Followed by Q and A session

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DETAILS OF VARIOUS COMPETITIONS

1) COMPETIONS FOR STUDENTS DURING HINDI PAKHWADA-

Various Competitions were organized for students during the Hindi Pakhwada-2022. **Debate Competition** was organized on 19th September,2022, **Essay Writing Competition** was organized on 21th September,2022, **Poetry Recitation Competition** was organized on 22nd September,2022.



Students Participating in Essay Writing and Debate Competitions

2) YOGA QUIZ COMPETITION, ELOCUTION COMPETITION AND POSTER PRESENTATION COMPETITION-

Various Competitions were organized during the Yoga Fest, held at Talkatora Indoor Stadium on 13-14 March,2023. Yoga Quiz Competition was organized on 14.03.2023, Elocution Competition was organized on 14.03.2023 on the topic- **‘Scope of Yoga Services across the Globe’** and Poster Presentation Competition was organized on 14.03.2023 on the topic- **‘Yoga and Millet Diet for Health and Wellness’**.



Students Participating in Quiz Competition

Sports and Cultural Events

- 1) Diwali Celebration program 'Jyoti Parva-2022' was organised on 21.10.2022 under **Pancham Swar** for the students and staff members of MDNIY.
- 2) A cricket Match was organised for the student of M.Sc.(Yoga),B.Sc.(Yoga), PGDYTMP, DYSc at Talkatora Cricket Ground on 28th November, 2022.





- 3) 17th Intercollegiate Sports Tournament was conducted at GGSIPU, Dwarka from 14th to 16th December, 2022, where students of MDNIY participated in various sports events like Tug of war, Table Tennis, Track and Field Events and Yoga Competition (Men and Women Category) held on 14th and 15 December, 2022.





Students of MDNIY secured first place in Yoga Competition in both Men and Women Category in 17th Intercollegiate Sports Tournament of GGSIPU, Dwarka.

Ms. Pragyanidhi Malik, student of M.Sc. Yoga, First Year, won silver medal in 5 km race (women category) at 17th Intercollegiate Sports Tournament of GGSIPU, Dwarka.

- 4) A new year celebration program- 'Navodaya-2023' was organised under Pancham Swar on 2nd January, 2023 from 2.00 p.m. onwards in the Auditorium of the Institute for the staff members and students of B.Sc. (Yoga), M.Sc. (Yoga) PGDYTMP, DYSc., and certificate courses.
- 5) Team of MDNIY, participated in the Tug of War competition on 28th March, 2023 at Spardha Sports Fest-2023 organised by Amity School of Physical Education and Sports Sciences at Amity University, Noida, UP.



List of Sports Items available during the assessed year

S. No.	Sport Items available & Quantity
1.	Badminton Racquet: 11+1 Shuttle Cock: 02 Packs Net: 03
2.	Cricket Kit: 1 Kitbag, 3 Bats, 1 Pair Cricket Batting Pad, 1 Helmet, 1 Thigh Guard, 1 Pair Batting Gloves, 1 Elbow Guard Stumps Set - 12 Stumps + 8 Bails Balls: 01
3.	Carrom board with Buttons- 04
4.	Chess board with pieces- 03
5.	Table for Table Tennis-02 Table Tennis Bat: -04 Ball: 02