



सत्यमेव जयते



# MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of AYUSH, Govt. of India

NEWSLETTER | MAY, 2020

## #MannKiBaat by Hon'ble Prime Minister, Shri Narendra Modi Ji

Yoga for Community, Immunity and Unity! Shri Narendra Modi Ji, Hon'ble Prime Minister in his #MannKiBaat addressed underlined rewards of Yoga. He stated that Yoga is a tried and tested practice and along with Ayurveda needs to be adopted to manage the current coronavirus crisis, as they strengthen the respiratory system.

The PM highlighted the initiative taken by the Ministry of AYUSH to launch the international Video Blog Contest - #MyLifeMyyoga.

The contestants all over the world can participate and share a three minutes video clip on the life-changing benefits of practicing Yoga.

Highlights of PM's  
**MANN KI  
BAAT**



## Sh. Shripad Yesso Naik addresses students on Essential Role and startup initiatives in AYUSH to fight Covid-19

**It is rightly said that 'Need is the mother of invention' and it couldn't have been more true in the challenging times that we are living in. Covid-19 has brought our world to a halt. In these times of need, it is natural for researchers and organizations to come up with innovative ideas and techniques to fight this pandemic. It is crucial at this time to motivate more and more people to contribute ideas and innovations in order to bring our lives, as soon as possible, back on track.**

He explained various traditions that have a scientific basis in fighting the spread of any kind of infection. He further said that these ethics are a part of our hygiene which is well defined in ancient Ayurvedic texts like Charaka Samhita, Sushruta Samhita etc. It is sad that in the modern times, we have forgotten our culture which has a highly scientific basis. He highlighted the fact that it was the Ministry of AYUSH which, for the first time, showed the path of fighting Covid-19 through promoting



general immunity. In technical terms, it is called Vyadhikshamatva, the capacity of our body to defend any infection or disease. The advisories of the Ministry of AYUSH were also based on promoting Vyadhikshamatva. In order to build immunity, he suggested some ways which are easy to do and available. He said "The herbal kadha of Tulsi, Ginger and Cinnamon is known to promote our immunity while consumption of Chyawanprash is also an excellent immunity booster. The advisories of AYUSH are a package to people to stay healthy. We

are thankful to Prime Minister

Narendra Modi for appreciating the efforts of the Ministry of AYUSH in his Mann ki Baat and address to the nation." to people to stay healthy. We are thankful to Prime Minister Narendra Modi for appreciating the efforts of the Ministry of AYUSH in his Mann ki Baat and address to the nation."

In further interaction, the Minister spoke about Yoga and ways to maintain personal hygiene. He mentioned that because of the current situation, it has become impossible for us to step out and this has reduced our daily activity. He emphasized on the role and need of Yoga in order to keep our body active and build mental and physical strength.

Looking at Covid-19 as an opportunity, he concluded by saying that it is the best time for young entrepreneurs and startups to come up with innovative ideas and solutions and one should not see Covid-19 just as a pandemic but also an opportunity to do something unique. He ended the meeting by appealing to all the students to contribute with innovations and new ideas to expand AYUSH in the world.

## Live Online Yoga sessions conducted on The Science and Art of Common Yoga Protocol

**International Day of Yoga is celebrated every year on 21st June all over the world. Its popularity has grown manifold since its inception in 2015. Yoga has been adopted by many countries as they have found it to be healing, calming and connecting body and mind. Common Yoga Protocol (CYP) is a specified sequence of Yoga asanas for a duration of 45 minutes. The Yoga poses are selected by Yoga experts and professionals keeping in mind their health benefits and wellbeing rewards to a diverse group of people from all genders and walks of life.**

Live online Yoga sessions on Common Yoga Protocol were organized by Morarji Desai National Institute of Yoga (MDNIY) from 8th to 17th May, 2020 from 8:00 to 8:30 am on the theme of the 'The Science and Art of Common Yoga Protocol.'

All the 10 sessions were live streamed on the Facebook page of MDNIY and were also shared on the facebook page of Ministry of AYUSH.



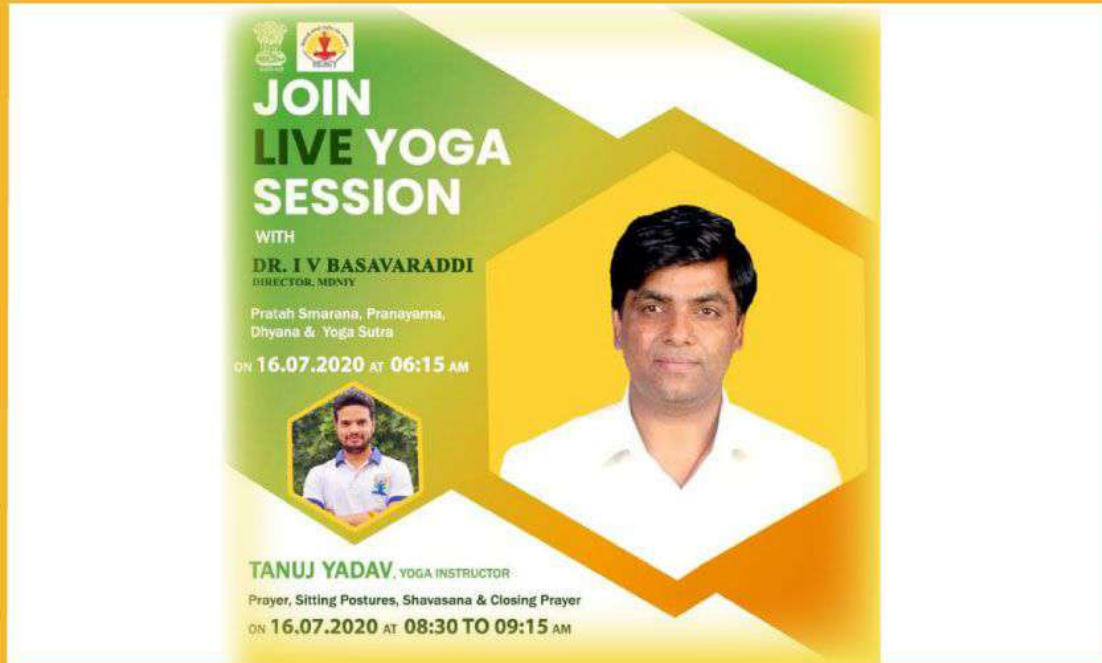
1st Day: Introduction to CYP and Invocation  
2nd Day: Yogic Sukshma Vyayama  
3rd Day: Standing Yoga postures  
4th Day: Sitting Yoga postures  
5th Day: Sitting Yoga postures

6th Day: Prone lying postures  
7th Day: Supine lying postures  
8th Day: Shavasana/Yoga Nidra  
9th Day: Kapalbhati and Pranayama  
10th Day: Dhyaan



## Yoga with Director, MDNIY

Dr. Ishwar V Basavaraddi, Director MDNIY started Live Yoga Sessions on Pratah Smarana, Pranayama, Dhyana and Yoga Sutra since 20th April 2020. It's was a regular feature that went live every morning at 6:15 am on MDNIY social media platforms.




**JOIN LIVE YOGA SESSION**

WITH  
**DR. I V BASAVARADDI**  
DIRECTOR, MDNIY

Pratah Smarana, Pranayama,  
Dhyana & Yoga Sutra

ON **16.07.2020** AT **06:15 AM**



**TANUJ YADAV**, YOGA INSTRUCTOR  
Prayer, Sitting Postures, Shavasana & Closing Prayer  
ON **16.07.2020** AT **08:30 TO 09:15 AM**



**JOIN LIVE YOGA SESSION**

WITH  
**Dr. I V BASAVARADDI**  
DIRECTOR, MDNIY

Pratah Smarana, Pranayama,  
Dhyana & Yoga Sutra

ON **03.07.2020**  
AT **06:15 AM**



**SONU RANI**  
YOGA INSTRUCTOR  
Prayer, Prone & Supine Postures, Closing Prayer  
ON **03.07.2020**  
AT **08:30 TO 09:15 AM**

# Online Practical Yoga Sessions

Due to the pandemic nature of COVID-19, the institute has started online practical Yoga sessions from 23rd April 2020. These are the live Yoga classes to encourage people to practice Yoga at their home, with participation from the entire family.



**MORARJI DESAI NATIONAL INSTITUTE OF YOGA**  
Ministry of AYUSH, Govt. of India  
68, Ashok Road, New Delhi - 110 001



**DEPARTMENT OF YOGA THERAPY**

**DATE-WISE SCHEDULE OF YOGA THERAPY ON-LINE SESSIONS**

**6<sup>th</sup> MAY, 2020**

Sr. No	Name of the Staff	Subject	Timing of the on-line class	Link
1.	Sh. Doren Singh, ARO (Y)	Cardiac Disorders – practical	9 am to 10 am	<a href="http://www.facebook.com/doren.yoga">http://www.facebook.com/doren.yoga</a>
2.	Ms. Hargreet Kaur, Yoga Instructor (c)	Arthritis – practical	10 am to 11 am	<a href="https://www.facebook.com/hargreet.kaur19">https://www.facebook.com/hargreet.kaur19</a>
3.	Mrs. Neetu, Yoga Therapist (c)	Respiratory diseases – practical	11 am to 12 Noon	<a href="http://www.facebook.com/profile.php?id=10006781558068">http://www.facebook.com/profile.php?id=10006781558068</a>
4.	Sh. Yeshwant Kumar Singh, Yoga Instructor (c)	Back & Neck pain – practical	12 Noon to 1 pm	<a href="https://www.facebook.com/yeshwant.singh.948954">https://www.facebook.com/yeshwant.singh.948954</a>
5.	Mrs. Manjot Kaur, Dietician	Diet for Specific Disorders – theory	4 pm to 5 pm	<a href="http://www.facebook.com/dietician-mdniy-11110087852258">http://www.facebook.com/dietician-mdniy-11110087852258</a>
6.	Ms. Bhawna Kalra, Yoga Instructor (c)	Chronic constipation – practical	5 pm to 6 pm	<a href="https://www.facebook.com/bhawna.kalra.353">https://www.facebook.com/bhawna.kalra.353</a>





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**DATE-WISE SCHEDULE OF YOGA THERAPY ON-LINE SESSIONS**

**8<sup>th</sup> MAY, 2020**

Sr. No	Name of the Staff	Subject	Timing of the on-line class	Link
1.	Ms. Nikita Kholiya, Yoga Instructor (c)	Bronchial asthma – practical	9 am to 10 am	<a href="https://www.facebook.com/profile.php?id=10000487004588">https://www.facebook.com/profile.php?id=10000487004588</a>
2.	Sh. Sahil Khokhar, Yoga Instructor (c)	Diabetes – practical	10 am to 11 am	<a href="https://www.facebook.com/sahil.khokhar.731">https://www.facebook.com/sahil.khokhar.731</a>
3.	Ms. Nidhi Khanduja, Yoga Therapist (c)	Arthritis – practical	11 am to 12 Noon	<a href="https://www.facebook.com/nidhi.chadha.144181">https://www.facebook.com/nidhi.chadha.144181</a>
4.	Ms. Kranli, Yoga Instructor (c)	Obesity – practical	12 Noon to 1 pm	<a href="https://www.facebook.com/kranli.kumar1">https://www.facebook.com/kranli.kumar1</a>
5.	Dr. Manju Singh, Consultant (Ayurveda)	Yogic management of Low backch by Yoga-Theory	4 pm to 5 pm	<a href="https://www.facebook.com/manju.singh.7965692">https://www.facebook.com/manju.singh.7965692</a>
6.	Ms. Aishwarya Laxmi Singh, Yoga Instructor (c)	Migraine/Headache – practical	5 pm to 6 pm	<a href="https://www.facebook.com/aish.tomar.1">https://www.facebook.com/aish.tomar.1</a>





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**DATE-WISE SCHEDULE OF YOGA THERAPY ON-LINE SESSIONS**

**7<sup>th</sup> MAY, 2020**

Sr. No	Name of the Staff	Subject	Timing of the on-line class	Link
1.	Ms. Neelam, Yoga Therapist	Back & Neck pain – practical	9 am to 10 am	<a href="https://www.facebook.com/neelamkumargupta16">https://www.facebook.com/neelamkumargupta16</a>
2.	Sh. DurganandDurg, Yoga Therapist (c)	Bronchial asthma – practical	10 am to 11 am	<a href="https://www.facebook.com/durga.durg.12">https://www.facebook.com/durga.durg.12</a>
3.	Mrs. Krati Sharma, Yoga Therapist (c)	Diabetes – practical	11 am to 12 Noon	<a href="https://www.facebook.com/profile.php?id=10013078064358">https://www.facebook.com/profile.php?id=10013078064358</a>
4.	Ms. NehaChauresiya, Yoga Therapist (c)	Obesity – practical	12 Noon to 1 pm	<a href="https://www.facebook.com/profile.php?id=10005437481072">https://www.facebook.com/profile.php?id=10005437481072</a>
5.	Dr. Dinesh Sharma, ARO	Yogic management of Constipation-Theory	4 pm to 5 pm	<a href="https://www.facebook.com/dinesh.sharma.88">https://www.facebook.com/dinesh.sharma.88</a>
6.	Sh. Kishoransand, Yoga Therapist (c)	Chronic constipation – practical	5 pm to 6 pm	<a href="https://www.facebook.com/kishor.ansand.90">https://www.facebook.com/kishor.ansand.90</a>





**SCHEDULE- II**  
**OF ONLINE LIVE PRACTICAL SESSION**  
STARTED FROM 23<sup>rd</sup> APRIL 2020 ONWARDS



(Pranah Bhasanam + Kapalabhati+ Pranasyama + Meditation by Dr. IV Basavaraddi, Director, MDNIY)

**(6.30 to 7.18am)**

Sr. No	Instructor's Name	Topics of Practical session	Date & Time of Class (6.30 to 7.18 am)	Link of FB/IG
1.	Mrs. Aemta Sharma	Prayer (chanting)+Shavasana + Closing Prayer	08.05.2020	<a href="https://www.facebook.com/aemta.deshwale.923">https://www.facebook.com/aemta.deshwale.923</a>
2.	Ms. Ujjwala Sharma	Prayer + Sukshma Vyayama + Closing Prayer	10.05.2020	<a href="https://www.facebook.com/ujjwala.sharma">https://www.facebook.com/ujjwala.sharma</a>
3.	Mr. Bhupnesh Kumar	Prayer + Shula Vyayama + Backward Bending + Closing Prayer	11.05.2020	<a href="https://www.facebook.com/profile.php?id=10000018122848">https://www.facebook.com/profile.php?id=10000018122848</a>
4.	Mrs. Shivani Khatri	Prayer + Sitting Asana + Shavasana + Closing Prayer	12.05.2020	<a href="https://www.facebook.com/shivani.khatri.5203">https://www.facebook.com/shivani.khatri.5203</a>
5.	Mr. Suhham Arya	Prayer + Standing & Balancing + Shavasana + Closing Prayer	13.05.2020	<a href="https://www.facebook.com/suhham.arya.771">https://www.facebook.com/suhham.arya.771</a>
6.	Mr. Jitendra Kaushik	Prayer Prayer + Sitting Asana + Shavasana + Closing Prayer	14.05.2020	<a href="https://www.facebook.com/jai.kushik.31">https://www.facebook.com/jai.kushik.31</a>
7.	Mr. Avjit Mutsuddhi	Prayer + Forward & Back Bending + Closing Prayer	15.05.2020	<a href="https://www.facebook.com/avjit.mutsuddhi">https://www.facebook.com/avjit.mutsuddhi</a>
8.	Mr. Rahul Singh Chauhan	Prayer + Tadasana + Twisting Posture + Closing prayer	17.05.2020	<a href="https://www.facebook.com/rahul.schauhan">https://www.facebook.com/rahul.schauhan</a>



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**DATE-WISE SCHEDULE OF YOGA THERAPY ON-LINE SESSIONS**

**26<sup>th</sup> MAY, 2020**

Sr. No	Name of the Staff	Subject	Timing of the on-line class	Link
1.	Sh. Doren Singh, ARO	Hypertension – practical	9 am to 10 am	<a href="https://www.facebook.com/doren.yoga">https://www.facebook.com/doren.yoga</a>
2.	Ms. Nikita Kholiya, Yoga Instructor (c)	Bronchial asthma – practical	10 am to 11 am	<a href="https://www.facebook.com/profile.php?id=100006270045699">https://www.facebook.com/profile.php?id=100006270045699</a>
3.	Ms. Aishwarya Laxmi Singh, Yoga Instructor (c)	Cardiac Disorders – practical	11 am to 12 Noon	<a href="https://www.facebook.com/ash.tomar.1">https://www.facebook.com/ash.tomar.1</a>
4.	Sh. Yeshwant Kumar Singh, Yoga Instructor (c)	Migraine/Headache – practical	12 Noon to 1 pm	<a href="https://www.facebook.com/yeshwant.singh.846954">https://www.facebook.com/yeshwant.singh.846954</a>
5.	Dr. Dileep Rajoria, Consultant (Naturopathy)	Yogic management for digestive disorders	4 pm to 5 pm	<a href="https://www.facebook.com/dileep.rajoria">https://www.facebook.com/dileep.rajoria</a>
6.	Ms. Kranti, Yoga Instructor (c)	Back & Neck pain – practical	5 pm to 6 pm	<a href="https://www.facebook.com/kranti.kumar1">https://www.facebook.com/kranti.kumar1</a>




  
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**DEPARTMENT OF YOGA THERAPY**

**SCHEDULE OF YOGA THERAPY ONLINE SESSIONS**

**30<sup>th</sup> MAY, 2020**

Sr. No	Name of the Staff	Subject	Timing of the on-line class	Link
1.	Ms Madhu Khurana, Yoga Instructor (c)	Migraine/ Headache – Practical	9 am to 10 am	<a href="https://www.facebook.com/madhu.khurana.735">https://www.facebook.com/madhu.khurana.735</a>
2.	Ms Lovemett Kaur, Yoga Instructor (c)	Arthritis – Practical	10 am to 11 am	<a href="https://www.facebook.com/lovmemett.kaur.56">https://www.facebook.com/lovmemett.kaur.56</a>
3.	Ms Bhavna Kalia, Yoga Instructor (c)	Bronchial asthma – Practical	11 am to 12 Noon	<a href="https://www.facebook.com/bhavna.kalia.353">https://www.facebook.com/bhavna.kalia.353</a>
4.	Ms Meelu Sharma, Yoga Therapist (c)	Obesity – Practical	12 Noon to 1 pm	<a href="https://www.facebook.com/profile.php?id=1000578158066">https://www.facebook.com/profile.php?id=1000578158066</a>
5.	Mrs Manoj Kaur, Dietician	Dietary Management of Gastro intestinal disorders- Theory	4 pm to 5 pm	<a href="https://www.facebook.com/Dietician-MDNIY-11119078522254/">https://www.facebook.com/Dietician-MDNIY-11119078522254/</a>
6.	Ms Beena, Yoga Instructor (c)	Hypertension – Practical	5 pm to 6 pm	<a href="https://www.facebook.com/profile.php?id=1000049289740">https://www.facebook.com/profile.php?id=1000049289740</a>

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**DATE-WISE SCHEDULE OF YOGA THERAPY ON-LINE SESSIONS**

**27<sup>th</sup> MAY, 2020**

Sr. No	Name of the Staff	Subject	Timing of the on-line class	Link
1.	Dr. Anshul Kumar, Yoga Instructor	Bronchial asthma – practical	9 am to 10 am	<a href="https://www.facebook.com/profile.php?id=1000000000000000">https://www.facebook.com/profile.php?id=1000000000000000</a>
2.	Dr. Sandeep Kumar Mishra, Naturopath (c)	Migraine/Headache – practical	10 am to 11 am	<a href="https://www.facebook.com/sandeepkumar1985/">https://www.facebook.com/sandeepkumar1985/</a>
3.	Dr. Pooja Prakash, Yoga Instructor (c)	Back & Neck pain – practical	11 am to 12 Noon	<a href="https://www.facebook.com/pooja.prakash">https://www.facebook.com/pooja.prakash</a>
4.	Ms Lovemett Kaur, Yoga Instructor (c)	Cardiac Disorders – practical	12 Noon to 1 pm	<a href="https://www.facebook.com/lovmemett.kaur.56">https://www.facebook.com/lovmemett.kaur.56</a>
5.	Dr. Meelu Singh, Consultant (Naturopathy)	Management of Bronchial asthma of Yoga	4 pm to 5 pm	<a href="https://www.facebook.com/naturopath-7989970">https://www.facebook.com/naturopath-7989970</a>
6.	Dr. Ashish Kumar, Yoga Therapist (c)	Hypertension – practical	5 pm to 6 pm	<a href="https://www.facebook.com/profile.php?id=1000000000000000">https://www.facebook.com/profile.php?id=1000000000000000</a>




  
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**DATE-WISE SCHEDULE OF YOGA THERAPY ON-LINE SESSIONS**

**28<sup>th</sup> MAY, 2020**

Sr. No	Name of the Staff	Subject	Timing of the on-line class	Link
1.	Dr. Renu Srivastava, Yoga Therapist (c)	Metabolic disorders – practical	9 am to 10 am	<a href="https://www.facebook.com/renu.srivastava.2048/">https://www.facebook.com/renu.srivastava.2048/</a>
2.	Ms. Kirti Sharma, Yoga Therapist (c)	Arthritis – practical	10 am to 11 am	<a href="https://www.facebook.com/profile.php?id=1000000000000000">https://www.facebook.com/profile.php?id=1000000000000000</a>
3.	Ms. Nikita Chavhan, Yoga Therapist (c)	Hypertension – practical	11 am to 12 Noon	<a href="https://www.facebook.com/profile.php?id=1000000000000000">https://www.facebook.com/profile.php?id=1000000000000000</a>
4.	Ms. Nishi Khanna, Yoga Therapist (c)	Stroke – practical	12 Noon to 1 pm	<a href="https://www.facebook.com/ishika.khanna.144181/">https://www.facebook.com/ishika.khanna.144181/</a>
5.	Dr. Divyesh Sharma, M.D.	Yogic management of Seborea	4 pm to 5 pm	<a href="https://www.facebook.com/ankita.yogic.management Seborea">https://www.facebook.com/ankita.yogic.management Seborea</a>
6.	Dr. Maheshwari, Yoga Therapist (c)	Migraine/Headache – practical	5 pm to 6 pm	<a href="https://www.facebook.com/ankita.yogic.management Seborea">https://www.facebook.com/ankita.yogic.management Seborea</a>




  
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**DATE-WISE SCHEDULE OF YOGA THERAPY ON-LINE SESSIONS**

**23<sup>rd</sup> MAY, 2020**

Sr. No	Name of the Staff	Subject	Timing of the on-line class	Link
1.	Ms Meenu Chugh, Yoga Instructor (c)	Migraine/Headache – practical	9 am to 10 am	<a href="https://www.facebook.com/meenu.chugh.789/">https://www.facebook.com/meenu.chugh.789/</a>
2.	Dr. Nishu Yadav, Yoga Instructor (c)	Arthritis – practical	10 am to 11 am	<a href="https://www.facebook.com/nishu.yadav.721/">https://www.facebook.com/nishu.yadav.721/</a>
3.	Ms Lovemett Kaur, Yoga Instructor (c)	Bronchial asthma – practical	11 am to 12 Noon	<a href="https://www.facebook.com/lovmemett.kaur.56">https://www.facebook.com/lovmemett.kaur.56</a>
4.	Ms Beena, Yoga Instructor (c)	Obesity – practical	12 Noon to 1 pm	<a href="https://www.facebook.com/beena.khanna.1/">https://www.facebook.com/beena.khanna.1/</a>
5.	Dr. Meenu Khanna, Dietician	Arthritis and its Yogic management	4 pm to 5 pm	<a href="https://www.facebook.com/profile.php?id=1000000000000000">https://www.facebook.com/profile.php?id=1000000000000000</a>
6.	Ms Nishi Sharma, Yoga Therapist (c)	Hypertension – practical	5 pm to 6 pm	<a href="https://www.facebook.com/profile.php?id=1000000000000000">https://www.facebook.com/profile.php?id=1000000000000000</a>



## MDNIY conducted a Yoga Session for the Police personnel of Karol Bagh

Rajat Sharma, Yoga Instructor, MDNIY conducted a Yoga Session for the Police personnel of Karol Bagh, Police Station on 21.05.2020 to boost their Immunity and to manage huge work pressure and stress induced by the ongoing crisis of COVID-19 pandemic.



## Online Orientation Lecture on Physiological Mechanism of Yogic Practices

An online monthly orientation lecture was delivered on 14 th May, 2020 by Dr. M. Rajajeyakumar, Clinical Neurophysiologist & Assistant Professor Department of Physiology, Trichy SRM Medical College,Hospital and Research Centre, Trichy, Tamilnadu on the Topic'Physiological Mechanism of Yogic Practices' through webex meet.



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**ONLINE ORIENTATION LECTURE**  
ON \_\_\_\_\_  
**PHYSIOLOGICAL MECHANISM OF YOGIC PRACTICES**

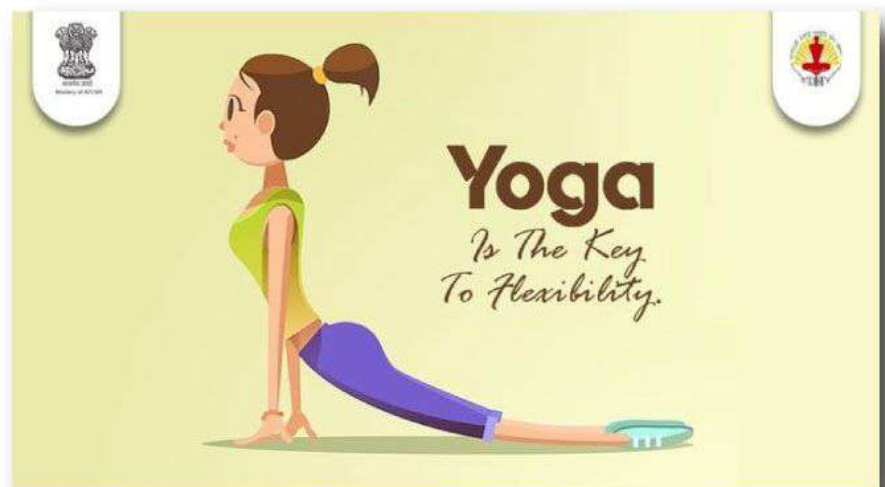
BY  
**DR. M. RAJAJEYAKUMAR,**  
(MBBS, MD , M.SC.(YOGA), CCEBDM, ACME, FMERC)  
CLINICAL NEUROPHYSIOLOGIST & ASSISTANT PROFESSOR  
DEPARTMENT OF PHYSIOLOGY,  
TRICHY SRM MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE  
TRICHY, TAMILNADU

**DATE: 8<sup>th</sup> MAY,2020**  
**TIMINGS: 5:15PM – 6:15PM (IST)**

**MEETING LINK-<https://bit.ly/2W91Pis>**

## Let's practice Yoga for a fitter and healthier you during India Lockdown!

The world is going through challenging times at the same time there is a surge of optimism by working in unison mankind can surmount the challenges. There is a hope too, amidst all the difficulties, feeling stressed is natural during these testing times. Here is an opportunity, use Yoga to manage your stress levels while you stay at home . Make good use of these difficult times, by keeping your mind and body healthy and happy with Morarji Desai National Institute of Yoga.





## Yoga E Societa! Yoga and society!

Director, MDNIY delivered a talk through a Webinar on the topic "Yoga E Societa! Yoga and society" with yoga masters and Italian yogis of Sarva Yoga International [www.sarvayoga.org](http://www.sarvayoga.org)

## YOGA E SOCIETÀ

Mercoledì 20 Maggio 2020 - ore 18.00  
Webinar in diretta dall'India con traduzione  
Dr. Ishvwar Basavaraddi, direttore MDNIY  
Per informazioni: [info@sarvayoga.org](mailto:info@sarvayoga.org)



## Online Yoga classes for M.Sc, PGDYTMP, B.Sc. and Diploma students

Online Yoga Classes were conducted by Assistant Professors of respective subjects through Video Conferencing for the students of M.Sc., PGDYTMP, B.Sc. and Diploma students. Reading materials and assignments were also provided.

Online Yoga classes were also conducted for the students of Certificate Course in Yoga for Wellness Instructor (CCYWI) and Certificate Course in Yoga for Protocol Instructors.





## Morarji Desai National Institute of Yoga

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