

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of AYUSH, Govt. of India

Newsletter : December, 2021

MDNIY organizes National Conference on the Bhagavad-Gita

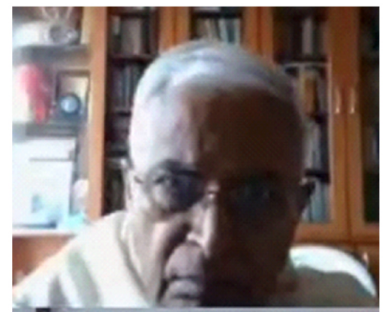
MDNIY Ministry of Ayush, Government of India organized a National Conference on The Bhagavad-Gita through online mode to celebrate Gita Jayanti on 14th December 2021. The Conference witnessed the auspicious presence of dignitaries and eminent experts of the field. Director, MDNIY gave Introductory Remarks. He welcomed all the participants in this important National Conference and told that the "promotion of reading of Bhagavad Gita can protect the social, cultural and spiritual values of our country, thereby making our society much more stronger."



Sh. Akhilesh Mishra, Ambassador of India to Ireland, Embassy of India, Dublin, Ireland was the Chief Guest of the National Conference. During his lecture he said that "The study of the Bhagavad Gita should be made compulsory for all those undergoing teachers' education and training."

Prof. V N Jha, Former Director, Centre of Advanced Study in Sanskrit, University of Pune

delivered Keynote address and told that the word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite.' As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, man & nature.

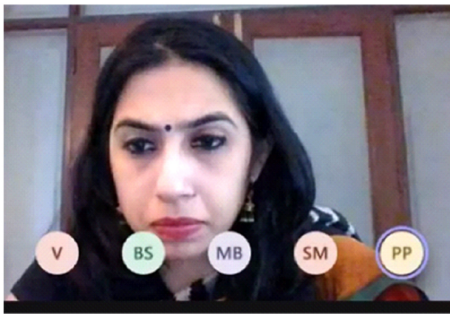




Prof. Sampadananda Mishra, Rashtram School of Public Leadership, Rishihood University, Sonapat, Haryana talked about "Core Teachings of the Bhagavad-Gita Insights from Sri Aurobindo. He mention that goal of the Bhagavad Gita is to enable a person to live as a good human being and to face all situations in life with poise outside and peace inside.



Prof. Narasingha Charan Panda, Panjab University Chandigarh, Hoshiarpur, Punjab gave a lecture on "Philosophy and Practices of Bhagavad-Gita: Its Modern Relevance. He believed that Bhagavad Gita presents a synthesis of Hindu ideas about Dharma, theistic bhakti and the yogic ideals of Moksha.



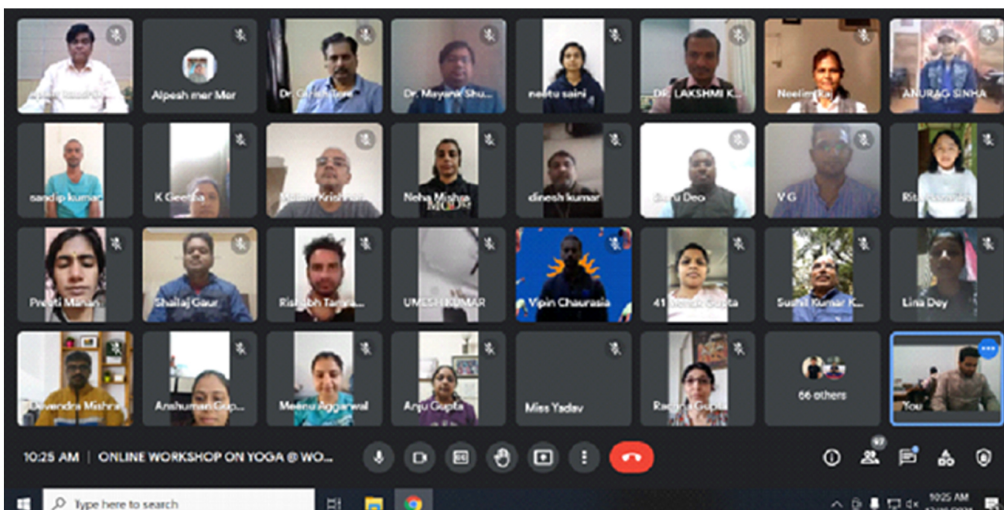
Dr. Megha Dhillon, Assistant Professor, Lady Shri Ram College for Women, University of Delhi spoke about "The relevance of Bhagavad-Gita for contemporary Psychology." She said that the conversation between lord Krishna and Arjuna is a key part of the Mahabharata which is known as Bhagavad Gita and is considered as a holy scripture of Hinduism.

Dr. Arpit Kumar Dubey, Assistant Professor, Sanskrit, was the coordinator for this national

conference. The conference was streamed live from You Tube and Institute's Facebook page. The conference was attended by more than 730 registered participants and more than 5000 audience through YouTubeas well as Institute's Facebook page. Overall the programme was successful.



MDNIY organizes Workshop on YOGA @ Workplace



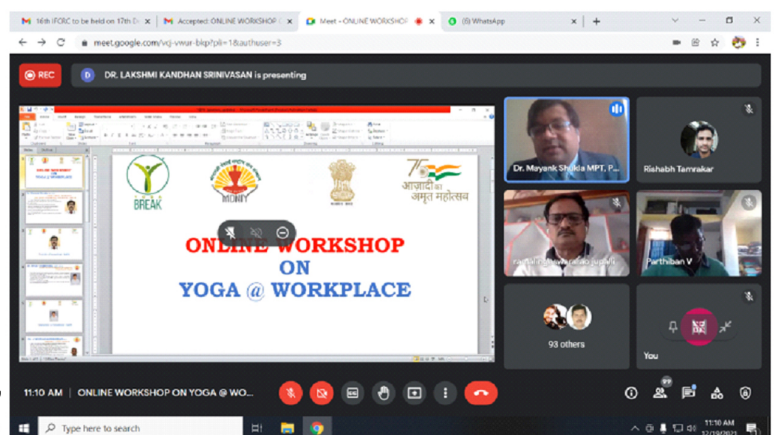
MDNIY organized a webinar on "Workshop on YOGA @ Workplace on 19th December, 2021. The duration of this program was 05 hours (include both theory & practical aspects). In this workshop, total 126 participants (public & students) were participated.



During his introductory remarks, Director, MDNIY, suggested about 'Applications of 'Y - Break ' @ Workplace.' He told that Y-Break mobile application, a five minute Yoga protocol has been design for working professionals to de-stress refresh and refocus at their workplace to increase their productivity.

Dr.Prem Venkatesan, (MPT; Ph.D.) Associate Professor & HOD, Manipal Hospital, Bangalore expressed his concepts on 'Ergonomics & Occupational Health wherein he said "Ergonomics can play an important role in the working Environment.

Dr.Mayank Sharma (MPT; Ph.D.) Assistant Professor, Amity Institute of Physiotherapy lectured on "Overview of Occupational Health." Dr. Sharma briefly explained the importance of occupational health. He coorelated that Occupational Health refers to the relationship between work and health.



Dr. J. Mohana Krishnan (MPT; Ph.D.) Physiotherapist, Department of Neurosurgery, PMRC, JIPMER, Puducherry delivered a lecture on 'Yoga & Occupational Health wherein he mentioned that the Promotion of the physical and mental health of workers is relevant for employers.

Overall, programme was coordinated by Dr. S. Lakshmi Kandhan, Assistant Professor (YT), and Ms. Neetu Saini, Yoga Instructor, MDNIY. Performed the 5 Minuts Yoga break .

Senior Officials from Jammu & Kashmir Visits MDNIY

A delegation of 30 Senior Officers from Jammu & Kashmir Administrative Services and staff of National Centre for Good Governance (NCGG), Mussoorie visited MDNIY on 22nd December, 2021 to experience the value of Yoga. Director, MDNIY welcomed the delegation.

Director MDNIY made a brief presentation about MDNIY as well as on Yoga, and also briefed them regarding various activities and programmes of the Institute.





Yoga Fusion programme followed by Yoga Break @ Workplace session were conducted for the delegates. Dr. I N Acharya, Programme Officer (YT), Md. Taiyab Alam, Communication & Documentation Officer along with other officers and staff also joined the team.

The visiting of the team was the part of '2nd Capacity Building Programme in Field Administration for Senior Officials of Jammu & Kashmir Administrative Services which was being conducted from 13 -24 December, 2021 at NCGG Mussoorie/New Delhi. Overall, the feedback of the delegation was quite satisfactory.

A delegation of 30 Civil Servants of Maldives Visits MDNIY

A delegation consisting of 30 Civil Servants of Maldives visited MDNIY on 29th December, 2021 to experience the value and practical knowledge of Yoga. Director MDNIY welcomed the delegation.

Director MDNIY made a general lecture on Yoga and all activities of the institute as well as on Yoga and also briefed them regarding various activities and programmes of the Institute.



Yoga Demonstration & Fusion programme followed by Yoga Break @ Workplace session were conducted for the delegates. Yoga Demonstration & Fusion programme followed by Yoga Break @ Workplace session were conducted for the delegates.

Introductory meeting was organised at Conference Hall of MDNIY, wherein Dr. I N Acharya, Programme Officer (YT), Md. Taiyab Alam, Communication & Documentation Officer along with other officers and staff also joined the team.

Delegation team was looking very satisfied with the arrangements.



MDNIY stood 1st position among Offices in Swachhta Ranking

It's a proud moment for Morarji Desai National Institute of Yoga as the institute stood 1st position among Offices in Swachhta ranking in New Delhi Municipal Council (NDMC) area

Shri Hardeep Singh Puri, Hon'ble Minister of Housing and Urban Affairs (MoHUA) launched the seventh consecutive edition of SwachhSurvekshan (SS), the world's largest urban cleanliness survey conducted by Swachh Bharat Mission-Urban (SBM-U) on 27th September, 2021.

As per MoHUA Swachh Survekshan, NDMC selected Top three ranks from Offices, Resident Welfare Association, Market Trade Association, Hotels, Hospitals and Educational Institutes for the Swachhta award.



“Yoga is cultural and spiritual heritage”-Director,MDNIY

PrasarBharati News Services did an important interview with Dr. Ishwar V. Basavaraddi ; Director of Morarji Desai National Institute of Yoga, Ministry of Ayush, Government of India, wherein he discussed about the importance of Yoga in life and how one can be healthy and happy with Yoga? The roll of Yoga in our physical and spiritual domains was also highlighted.



Director,MDNIY discussed the importance of the system, which is an integral part of Indian culture.

He told that there are two tag lines in Yoga, which I always use in my personal life. First, Yoga is cultural heritage and second Yoga is spiritual heritage from ancient time. It is a way of healthy and sound living that aims to connect you with your innerself and develop a balance between your mind and body.

He further added that a frightful number of people have come under the vicious grasp of the COVID-19 pandemic and hundreds of thousands have succumbed in less than two years. Therefore, building good health and strong immunity are all that have occupied the minds of people. Yoga, as we know it, is a tried and tested method of promoting good health and building resistance against diseases.

I. Involvement of Director MDNIY in Conclave 2021



Director, MDNIY has invited as the Esteemed Speaker by United Consciousness for a Conclave 2021 on topic “Spirituality and Dealing with Desires” on 19th December upon that the Vedas teach that there are four types of desires: Artha, Kama, Dharma, and Moksha. We all require shelter and security to have the freedom to pursue our other needs.

He added Kama refers to pleasure: sensory gratification, comfort, and sensual intimacy whereas Dharma, as stated earlier, refers to our purpose—the answer we arrive at by asking, “What am I here to do?”

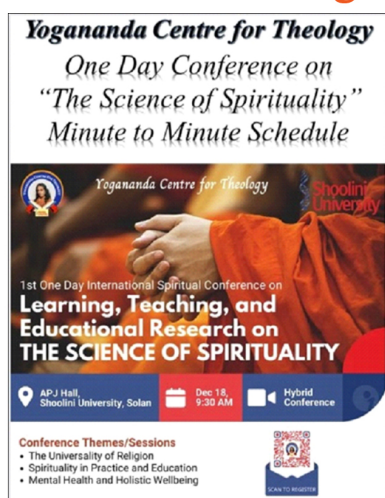
II. National webinar on form of Yoga Education

Director, MDNIY was invited as the Chief Guest by Dr. B. R. Ambedkar University of Social Sciences, Dr. Ambedkar Nagar (Mhow), Madhya Pradesh for an online National Seminar about the subject of "Form of Yoga Education" on 2nd December, 2021.

He highlighted Yoga is one of the most popular physical practices across the world and there are legions of followers who swear by it. The benefits of yoga are also widely documented and one can hope to improve your strength, flexibility, and balance with regular practice. Yoga also helps release stress quiets your thoughts, and helps you loosen up, said the Director.



III. Lecture at Yogananda Centre



Director, MDNIY was invited as the Guest Speaker by Yogananda Center for Theology, Shoolini University, Himachal for a One day Conference on the issue "The Science of Spirituality" on 18th December.

Director, MDNIY highlighted the Science of Spirituality and explained that the Science of Spirituality systematically describes the mechanisms behind a diverse range of subject matter including: consciousness, sleep and dreams, reincarnation, religion, creation, evolution, space and time, higher dimensions, heaven and hell, ghosts, angels and demons, out of body experiences, near death.

He also added Spirituality is the science of the 'life giving substance'. In physics, we have moved from molecules to atoms to the sub-atomic world and identified many fundamental forces. However, these forces only attempt to explain how matter is formed.

Yoga Re-orientation program at Jammu

MDNIY organized an offline Yoga re-orientation workshop & YCB examination programme at Jammu Division from 29th Nov. - 04, December 2021 for Yoga Wellness Instructors to upgrade their skills wherein total 84 students were participated of Jammu division. 6 days' workshop in the ambient environment of Yogashram, Bhartiya Yoga Sansthan Gole Gujral.

The programme was inaugurated by Dr. Mohan Singh, Director, AYUSH, UT of J&K. Smt. Seema Sagar, ARO, Smt. Amrita Sharma Yoga Instructor and Shri Lalit Gangwal, Yoga Instructor represented the Institute.

Shri Roshan Jaggi, Director, Department of Social Forestry Jammu visited the Yoga Orientation workshop centre at Gole Gujral Talab Tillo JAMMU. The former Joint Secretary, Ministry of Ayush also interacted with the Yoga trainees of Jammu Division and staff of MDNIY.

All the students of Jammu division were reported for this programme for first 4 days to receive the (10 hrs Theory and 16 hrs Practical) knowledge related to their course and for the upgradation of their teaching skills in the field of Yoga. In the last 2 days all qualified students attended the YCB Level 2 examinations.

Overall, it was the well managed programme by the staff of MDNIY and Ayush Department Kashmir under the guidance of Director, MDNIY, New Delhi & Director, AYUSH, ISM J&K.





Webinar Section:

I. Ethical and Scientific Values of Yogasana

The MDNIY organized a live webinar on "Ethical and Scientific Values of Yogasana" with Prof. (Dr.) G.D. Sharma, Former Chairman, Dept. of Yoga Studies, HPU, Shimla and Director, MDNIY on 3rd December, 2021.

Prof. (Dr.) G.D. Sharma said that the physical exercise specific postures of the body practised through different Asanas, Bandhas and Mudras harmonies the intra-body and brain functions and facilitate activation of otherwise dormant vital energy centers, as one makes progress in yoga.

He added the discipline of fasting, austerity, penance, etc. help in cleansing the body and the mental domains and help in enhancing self - control.

II. Health through Yoga



Join Webinar
on
Health through Yoga

Date: 10/12/2021
Time: 06:00 pm

Dr. Chandra Singh Jhala
Former Vice-Chancellor,
Lakulish Yoga University,
Ahmedabad, Gujarat

Introductory Remarks by
Dr. Ishwar V. Basavaraddi
Director, MDNIY

The institute organized a webinar on "Health through Yoga" with Dr. Chandra Singh Jhala Former Vice-Chancellor, Lakulish Yoga University, Ahmedabad, Gujarat. and Dr. Ishwar V. Basavaraddi, Director, MDNIY on 3 December, 2021

Dr. Chandra Singh Jhala said that Yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.

III. Role of Yoga in Gynaecological Disorders

The institute organized a webinar on "Role of Yoga in Gynaecological Disorders" with Dr Lavi Sindhu MBBS, MD (Gynaecology) Consultant and clinical incharge at Medicover fertility, Delhi-NCR and Director, MDNIY on 17 December, 2021.

Dr Lavi Sindhu said Yogapostures and breathing techniques help in reducing fat and losing weight as these improve metabolism. Specific postures can help keep the uterine, pelvic and groin muscles flexible and relaxed, reducing pain and discomfort.

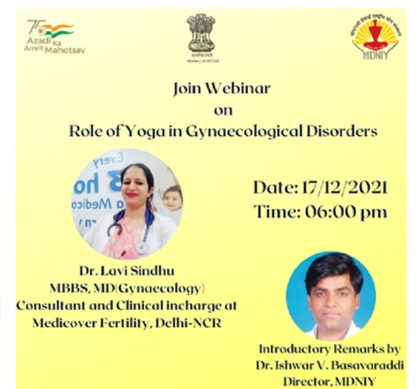


Join Webinar
on
Ethical and Scientific Values of Yogasana

Date: 03/12/2021
Time: 06:00 pm

Guest Speaker:
Prof. (Dr.) G.D. Sharma
Former Chairman
Dept. of Yoga Studies, HPU,
Shimla

Introductory Remark by
Dr. Ishwar V Basavaraddi
Director MDNIY



Join Webinar
on
Role of Yoga in Gynaecological Disorders

Date: 17/12/2021
Time: 06:00 pm

Dr. Lavi Sindhu
MBBS, MD (Gynaecology)
Consultant and Clinical Incharge at
Medicover Fertility, Delhi-NCR

Introductory Remarks by
Dr. Ishwar V. Basavaraddi
Director, MDNIY

IV. Uniqueness of Siddha Medicine



Join Webinar
on
Uniqueness of Siddha Medicine

Date: 24/12/2021
Time: 06:00 pm

Speaker
Dr B.R. Senthilkumar
Head In-charge,
Dept. of Udalthathuvam
(Physiology)
National Institute of Siddha,
Chennai

Introductory Remarks by
Dr. Ishwar V. Basavaraddi
Director, MDNIY

MDNIY organized a live webinar on “Webinar on Uniqueness of Siddha Medicine” with Dr B.R. Senthilkumar, Head In-charge, Dept. of Udalthathuvam (Physiology), National Institute of Siddha, Chennai and Director, MDNIY on 24th December.

Dr B.R. Senthilkumar, emphasised the need to promote the uniqueness of Siddha system of medicine for the benefit of mankind. “For centuries Siddha has been part of our lifestyle encouraging healthy life due to the voluminous contribution of the Siddhars. This system of medicine needs to be promoted for its uniqueness,” he said.

MDNIY welcomes the students of B.Sc. & M. Sc. (Yoga)



MDNIY welcomed the students of B.Sc. & M.Sc. (Yoga) for the academic session 2021-22 through hybrid mode.

Director MDNIY during his address said that students should learn Yoga not as a syllabus rather as a way of life. He also focused that Yoga will help to grow individual's personality in unique way because every individual has own uniqueness. He also highlighted the carrier aspects of these courses during his address.

The newly admitted students also interacted with faculty as well as the staff member.

5th Siddha Day Celebration



5th Siddha Day Celebration
Theme: Strength of Siddha in Communicable Diseases
23rd December 2021
Time- 9:30 am
Chennai Trade Center, Nandambakkam

MDNIY actively participated in the celebration of 5th Siddha Day. The institute share the various creatives related with Siddha Day from its various social media platforms. A webinar on the topic of “uniqueness of Siddha medicine” was organised by the Institute with Dr B.R. Senthilkumar, Head In-charge, Dept. of Udalthathuvam (Physiology), National Institute of Siddha, Chennai.