



MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of AYUSH, Govt. of India

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Shri Shripad Naik, Hon'ble Minister of State (I/C) for AYUSH & Minister of State for Defence, Govt. of India chairs the Inter-Ministerial Coordination Committee meeting for the observation of 6th International Day of Yoga.

Shri Shripad Naik, Hon'ble Minister of State (I/C) for AYUSH & Minister of State for Defence, Govt. of India chaired the Inter-Ministerial Coordination (IMC) Committee meeting for the observation of 6th International Day of Yoga, 2020 on 11th February at Ministry of AYUSH.



The meeting was also graced by Vaidya Rajesh Kotecha, Secretary (AYUSH); Dr. H R Nagendra, Chancellor, SVYASA, Bengaluru; Shri P.N Ranjit Kumar, Joint Secretary (AYUSH); Dr Ishwar V. Basavaraddi, Advisor (Y&N), including senior level officers from different ministries, Govt. of India, and Yoga Gurus & masters of leading Yoga institutions. Many important points were discussed and deliberated during the meeting.

Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, Govt. of India Visits MDNIY

Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, Govt. of India paid a visit to the institute on..... Sh. P.N. Ranjit Kumar, Joint Secretary, Ministry of AYUSH, Govt. of India also accompanied him. Dr. Ishwar V Basavaraddi, Director MDNIY briefed Secretary AYUSH about the various activities and programmes of the institute.

The secretary appreciated the efforts of the institute on Yoga Education; Yoga training and outreach activities and also acknowledged that Brand MDNIY is getting popularity across the globe. The secretary also conveyed that the institute considered research as priority area. The Hon'ble Secretary and Joint Secretary also interacted with the officers and staff of the institute.



Director MDNIY graces the 75th Anniversary of Shri Ram Chandra Mission

Director, MDNIY graced the occasion of the 75th anniversary of Shri Ram Chandra Mission by conducting a Yoga session in the biggest meditation hall of the world where about 22000 aspirants from over 160 countries were participated at the Heartfulness World Headquarters at KanhaShantivanam, Hyderabad in the benevolent presence of Rev. Daaji (Shri Kamlesh D.Patelji).



MDNIY has MoU with Ramachandra Mission to promote Yoga education and training. Director MDNIY and faculty provided training to master trainers and Yoga volunteers of the participants of the mission.



Director, MDNIY received 2020 Heartfulness Wellness for category University / Higher Institution Award on the occasion of 75th year of SRI RAMCHANDRA MISSION at KanhaShantivanam near Hyderabad



Director, MDNIY with badminton star PV Sindhu during a meeting on the occasion of the 75th anniversary of Shri Ram Chandra Mission at the Heartfulness World Headquarters, Kanha Shantivanam, Hyderabad. The event was attended by more 22000 aspirants from over 160 countries.



Director MDNIY participates at 2nd Steering Committee meeting at Isha Foundation Coimbatore



Director MDNIY participated at 2nd steering committee meeting at IshaYoga Center, Coimbatore on on 10.02.2020. The meeting was attended by Yog Rishi Swami Ramdevji, Founder Patanjali Yogpeeth; Sadhguru Jaggi Vasudeva Ji, Founder, Isha Foundation; Dr. H. R. Nagendra, Chancellor, SVYASA; Shri O. P. Tiwari, Secretary, Kaivalyadham; Maa. Hansaji Jayadeva, Director, The Yoga Institute; Swami Chidanand Saraswati Ji, Founder, Parmarth Niketan Ashram and many other Yoga masters from Yoga fraternity. The members of steering committee of the Yoga Certification Board discussed and appreciated the board efforts and programs and gave their valuable suggestions for taking the values of Yoga forward using YCB as a medium.

Inauguration of 1st Batch of Certificate Course in Yoga for Protocol Instructors for the students of Leh at Amity University.

Morarji Desai National Institute of Yoga (MDNIY) in collaboration with the National Research Institute of Sowa Rigpa, Leh is conducting first batch of Certificate Course in Yoga for Protocol Instructors of one month duration (200 hrs.) for 100 students of Leh, at Amity University, Noida with effect from 24th February, 2020. The course was inaugurated by Dr. I V Basavaraddi, Director MDNIY. Dr. W.Selvamurthy, President, Amity University and other senior officers of the university were also present.



It is desired to train the students from Leh who can take Yoga as their career in future, therefore, it is considered to give them the said training, which will be certified by MDNIY and Yoga Certification Board (YCB). All these certified candidates will be turn provide Yoga Training

Director MDNIY delivers a keynote address at Amity institute of Public Health, Noida

Director, MDNIY delivered a keynote address on the topic, “Yoga : The Body Integrating Science and Philosophy” at Amity institute of Public Health, Amity University, Noida. The said training program titled “Traditional Medicine - Modern Approaches for Affordable and Accessible Healthcare” was sponsored by Department of Science and Technology.



MDNIY Faculty attends National Training Programme by Amity University, Noida

Dr. S Lakshmi Kandhan, Assistant Professor (Yoga Therapy) and Dr. Rameswar Pal, Assistant Professor (Human Physiology) attended a National DST sponsored program for Training of scientists and Technologists working in Government Sector on “Traditional Medicine – Modern Approaches for Affordable and Accessible Healthcare” organized by Amity University Uttar Pradesh, Noida, from 10th – 14th February 2020. This 05 day compact training program was comprised of informative lectures, industry visit and Yoga practice session.



Scientific Study

A project entitled “Assessment of behavior, anxiety, perception, attention psychological wellbeing and physiological changes following one month Yogic practices in high altitude natives” has started and 1st phase physiological data was collected.

Workshop on Yoga for De- Stress and Rejuvenation



Two Workshops on Yoga for De-stress and Rejuvenation was conducted by the institute. The basic motto of the workshop is to give insight upon managing stress and restoring happiness. The workshop was conducted on the first and third week of every month. The first one was conducted from 7th -10th February while the second was conducted from 21st -23rd February 2020. Each workshop was comprised of 3 days / 20 hrs. duration . Total 32 sadhaks of irrespective backgrounds such as housewife's, IT professionals, students, teachers and businessmen were participated in these workshops. Lunch, Breakfast and Tea were provided for both participants and resource person. A kit including note pad, pen, cotton Yoga matt and a booklet on How to Manage Stress through Yoga was also given to all participants at these workshops.

One Month Certificate Course in Yoga for Protocol Instructor (200 Hrs.)

The first batch of One Month Certificate Course in Yoga for Protocol Instructor (200 Hrs.) was started in the month of February, 2020. The course was inaugurated by Dr. I.V Basavaraddi, Director MDNIY on 1st February, 2020. The intake capacity of the course is 30 wherein total 24 students were enrolled. Besides their course syllabus, they also participated on Saturday Common Yoga Protocol, Clinical Yoga Therapy workshop, and other programmes of the institute. This course has been successfully completed on 29th February 2020.



Foundation Course in Yoga Science for Wellness-(10 days duration)

MDNIY conducted Foundation Course in Yoga Science for Wellness of 10 days duration (50 Hrs.). The basic motto of the course is to provide basic Introduction of Yoga and Yogic Practices as a Science of Holistic Living and Wellness. Total 38 Sadhakas were participated.

Yogavāsīṣṭha Workshop

A workshop on Yogavāsīṣṭha was organised at the institute by Christopher Key Chapple, Doshi Professor of Indic and Comparative Theology, USA from 27-29 February, 2020. The basic motto of the workshop was to explore the psychology, ethics, and meditation techniques of the Yogavāsīṣṭha, an 11th century Sanskrit text by the participants. The workshop was attended by more than 40 participants and faculty of the institute. The highlight of this workshop was PanchaMahabhuta Meditation.



Clinical Yoga therapy workshop on yoga for sleep disorders at MDNIY

A Clinical Yoga Therapy Workshop on “Yoga for Sleep Disorders” by Dr. Ravindra P. N, Associate Professor, Department of Neurophysiology Center for Consciousness Studies, NIMHANS, Bangalore, Karnataka was conducted at MDNIY on 29th February where more than 200 Yoga Sadhaks were participated.



Monthly Orientation Lecture

A monthly orientation lecture was delivered by Dr. Mitali Mukerji, Chief Scientist, CSIR-Institute of Genomics & Integrative Biology, Delhi on ‘Connecting Sciences through Genomics: Application in Integrative Medicine’ on 14th February, 2020 at the institute. About 200 students and staff were participated in the lecture.



Self Defence Workshop



ICC of MDNIY had organized a two days workshop on “Self Defence & Awareness “on 24th and 25th February, 2020 .The key highlights of the workshop were a Lecture on “Gender Rights against Sexual Harassment” followed by practical training sessions on self-defence techniques by Mr. Shiv Kumar Kohli, Director, Naina Activity Educational Society and Ms.KiranSethi, SI, Delhi police. The workshop was organised with the objective of sensitizing the students, faculty and staff regarding the sensitive issue of sexual harassment. Also, various self-defence techniques were taught, as how avoiding or preventing an attack is easy when one steps out of the house or is caught in an un-wanted situation. The 2 days’ workshop was very informative and the witnessed active participation by the staff, students and faculty members. ICC of MDNIY had organized a two days workshop on “Self Defence & Awareness “on 24th and 25th February, 2020 .The key highlights of the workshop were a Lecture on “Gender Rights against Sexual Harassment” followed by practical training sessions on self-defence techniques by Mr. Shiv Kumar Kohli, Director, Naina Activity Educational Society and Ms.KiranSethi, SI, Delhi police. The workshop was organised with the objective of sensitizing the students, faculty and staff regarding the sensitive issue of sexual harassment. Also, various self-defence techniques were taught, as how avoiding or preventing an attack is easy when one steps out of the house or is caught in an un-wanted situation. The 2 days’ workshop was very informative and the witnessed active participation by the staff, students and faculty members.

Weekly Orientation Lecture

A weekly Orientation Lecture was delivered by DIG, CRPF, Shri Manoj Dhyani, in February 2020 for CAPF & Delhi Police at MDNIY.



Comprehensive Yoga Prana Vidya Healing Course

Director MDNIY inaugurated the Comprehensive Yoga Prana Vidya Healing Course at MDNIY.

BahratParv

MDNIY sent a full-fledged Yoga team to the Parv and continued its various Yoga programmes throughout the event. Thousands of people were benefited from Yoga therapy, training, lecture, demo, Yoga Fusion Programmes and activities of the institute. The institute thanked the entire team of Bharat Parv who continuously helped to go the Yoga show on. The Parv was wasorganised by Ministry of Tourism.



Yoga training workshop for Delhi Traffic Police

Sh. Rahul Chauhan, Yoga Instructor, conducted a Yoga training workshop for Delhi Traffic Police at SatyaGrah Hall, Gandhi Smriti on the occasion of Delhi Police Week-2020.



MDNIY students for a Cricket match at Talkatora Cricket Ground

MDNIY students of M.Sc., B.Sc., PG-DYTMP (Post Graduate Diploma in Yoga Therapy for Medicos and Para-medicos) and DYSc. played a Cricket match at Talkatora Cricket Ground.



Proud Moment for MDNIY

Ms. Shalini Singh, M.Sc. (Yoga) 1st year student won first prize in creative writing competition of Prelims of Anugoonj-2020, the annual cultural fest of GGSIP University. The entire fraternity of MDNIY congratulated her.



National AROGYA Fair

MDNIY participated at National AROGYA Fair at Parade Ground, Dehradun, Uttarakhand from 12th - 16th February, 2020. The Fair was organized by The Ministry of AYUSH in association with the Directorate of Ayurvedic&Unani Service, Government of Uttarakhand.

The National Arogya Fair was inaugurated by Hon'ble Shri-mati Baby Rani Maurya, Hon'ble Governor of Uttarakhand. The fair was also graced by Sri.Trivendra Singh Rawat, Hon'ble Chief Minister of Uttarakhand; Dr.Harak Singh Rawat, Minister of Ayush; PadamShri Swami Bharat Bhushan, AcharyaBalkrishnaJi and Swami ChidanandmuniJi. MDNIY conducted Yoga therapy, training, lecture, demo, Yoga Fusion Programmes during the event.

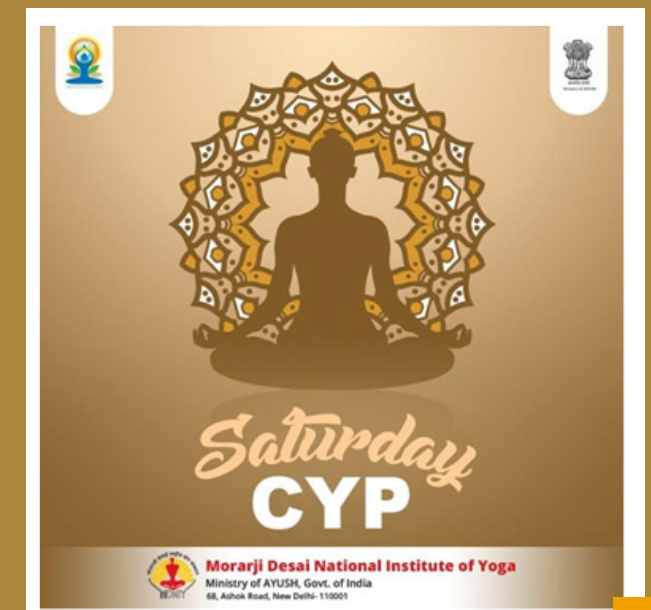


Saturday CYP



Yoga helps to reduce stress and modifies one's attitude towards stress. It improves self-confidence, creates a feeling of relaxation and calmness in body-mind coordination.

Director MDNIY leads the IDY Common Yoga Protocol (CYP) followed by insightful discussion on Yoga and Dhyana every Saturday. Let's be the part of CYP movement at MDNIY and everywhere.



Yoga Training and Therapy Statistics

S. No.	Yoga Education	No. of Students/Sadhaks	Training Hrs.	Patient Days
1	M.sc (Yoga)	18	98	
2	B.Sc. (Yoga Science) course	27	300	
3	Post Graduate Diploma in Yoga Therapy for Medicos and Paramedics	03	27	
4	Diploma in Yoga Science (D.YSc) of one year duration for Graduates	83	120	
5	Certificate Course in Yoga Science for Special Interest Group 04 months regular course	125	130	
6	Certificate Course in Yoga Wellness Instructor -6 months course	71	100	
7	Certificate Course in Yoga Protocol Instructor -3 months course	54	75	
8	Certificate Course in Yoga Protocol Instructor -1 months course	24	200	
9	Foundation Course in Yoga Science for Wellness (One Month duration)	50	50	
10	Foundation Course in Yoga Science for Wellness (10 Days duration)	53	50	
11	Yoga for De-Stress and Rejuvenation	31	40	
12	CCYWI at Lajpat Bhawan	30	65	
13	CCYPI at Sports Authority of India Stadia (4 centre)	130	200 hrs (for 3 months course period)	
14	Foundation at Sports Authority of India Stadia (4 centre)	109	50	
15	CCYPI at Amity University	13	200 hrs (for 3 months course period)	
16	HPP	184	50	
17	OPD	132		3018
18	Individual Yoga Therapy Session	94		328
19	YTC	1418		5563
20	Preventive Health Care Units of Yoga in CGHS Dispensaries	1061		10821



FCYScW: Foundation Course in Yoga Science for Wellness.

CCYPI: Certificate Course in Yoga for Protocol Instructor, 3 months course

CCYWI: Certificate Course in Yoga for Wellness Instructor, 6 months course






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