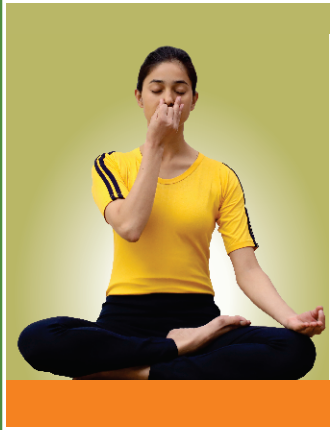




Issue 4
1 May to 15 May 2021



INTERNATIONAL DAY OF YOGA

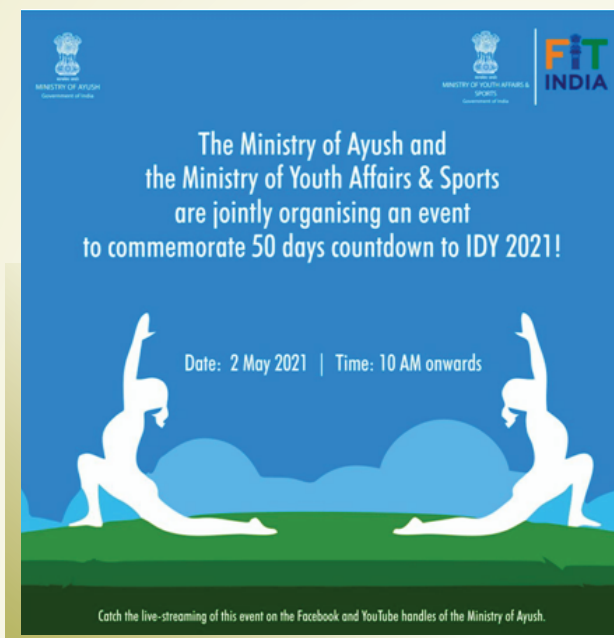
IDY 2021

NEWSLETTER



YOGA

Ayush Ministry and Ministry of Youth Affairs & Sports come together to promote Yoga in the run-up to the International Day of Yoga (IDY) 2021



The Ministry of Ayush and the Ministry of Youth Affairs & Sports (MYAS) jointly organised a virtual event on 2nd May 2021 to mark 50 days in the countdown to IDY-2021. They came together to encourage the public to pursue Yoga as a daily routine for good health and well-being. The programme was streamed on the social media platforms of both the Ministries and attracted more than 5000 viewers.

A galaxy of Yoga experts participated in this online event including Dr. H. R. Nagendra, Chancellor of the SVYASA University in Bengaluru, Shri O.P. Tiwari, Secretary-General of Kaivalyadhama in Lonavala, Yogacharya Shri S. Sridharan from Krishnamacharya Yoga Mandiram, Chennai, Dr. Madanmohan, Emeritus Professor of Physiology and Director of the Centre of Yogic Science AV Medical College & Hospital, Puducherry and Smt. Kamlesh Barwal, Coordinator, Art of Living Foundation, Bengaluru.

The event also carried a recorded video of Shri Kiren Rijju, the Sports Minister in conversation with Shri Pallela Gopichand about the importance of Yoga for sportspersons. There was also a message on Yoga from Smt. Anju Bobby George celebrated athlete.



Morarji Desai National Institute of Yoga (MDNIY) holds a live Webinar on "Exercise and Body Immunity During COVID-19 Pandemic"

Morarji Desai National Institute of Yoga (MDNIY), Delhi, an autonomous institute working under the Ayush Ministry, held a live webinar on the topic "Exercise and Body Immunity During COVID-19 Pandemic" on 14 May 2021. The speaker of the event was Dr. G L Khanna B.Sc (Hons), Pro-Vice-Chancellor, Manav Rachna International Institute of Research and Studies, Faridabad, and it was presided over by Dr. Ishwar Basavaraddi, Director, MDNIY.

Prof G L Khanna spoke about Coronavirus disease as the global public health challenge. He said that the immune system plays a vital role in preventing an individual from contracting the novel coronavirus and progression of the disease. He added, with the advancement of technologies over the past several decades. Physical inactivity has progressively increased nowadays and potentially contributes to the risk of numerous diseases/disorders. Physical activity and physical conditioning can lower the risk of infection from viruses and maintenance of overall health.

The participants interacted through their queries to the guest speaker.

The poster is for a live webinar titled "Exercise and Body Immunity During Covid -19 Pandemic". It features the Government of India Ayush Ministry logo and the MDNIY logo. The text says "TUNE IN FOR LIVE WEBINAR ON Exercise and Body Immunity During Covid -19 Pandemic". It includes social media icons for Facebook, LIVE, and YouTube. The date is "Date: 14.05.2021" and the time is "Time: 6.00 p.m.". There are two circular portraits: one of Dr. Ishwar V. Basavaraddi, Director (MDNIY), with the text "Introductory remarks by Dr. Ishwar V. Basavaraddi, Director (MDNIY)", and one of Prof Dr G L Khanna, Pro Vice Chancellor, Manav Rachna International Institute of Research and Studies, Faridabad, with the text "Guest Speaker Prof Dr G L Khanna Pro Vice Chancellor Manav Rachna International Institute of Research and Studies, Faridabad". At the bottom, it says "Follow us:" with social media handles for @mdniyayush, @mdniy, @yogamdniy, and Director Mdniy. It also provides Facebook and YouTube links.

Kind Attention all Readers!

Please let us know the details of your IDY 2021 and other Yoga related activities. We would be happy to give appropriate coverage of the same in this Newsletter. You can email your details to Pooja Yadav at this email address: ayushnewsletter3@gmail.com



Atthi Naturopathy and Yoga Medical College, Tamil Nadu conducts a virtual camp on 'Yoga Management for Diabetes Mellitus'

Our food habits affect our lifestyle and unbalanced food habits can lead to stressful mental conditions. Diabetes Mellitus is one of the commonest disorders and how Yoga can help to overcome this problem is a topic of discussion.

The Atthi Naturopathy and Yoga Medical College, Tamil Nadu conducted a virtual camp on 'Yoga Management for Diabetes Mellitus' on 5 May 2021 at Gudiyattam. It was organised to bring awareness among the public about Diabetes Mellitus and its management through Yoga. Dr. G. Rajamuneeswaran, BNYS., Medical Officer interacted with the people and discussed the disease condition, Yoga therapy and diet therapy of Diabetes. About 76 people participated in the virtual camp.

This virtual camp was focused on sensitizing the public about the fundamental concept of Naturopathy and Yoga in maintaining and enhancing the health of diabetic mellitus patients.



Online Yoga training for COVID-19 patients in Andhra shows positive response

The preventive measures can play a significant role in combating the COVID-19 pandemic. A COVID Care Centre 'Patrunivalasa' at Srikakulam of Andhra Pradesh has adopted Yoga training in times of distress and results are overwhelming. About 850 patients staying in the Centre practised Yoga and Pranayama to improve their health under the supervision of Yoga teachers.

According to media reports, a regular visitor of this centre District Magistrate J. Nivas said "Yoga was the best medicine for everyone and it would improve immunity within no time. Apart from yoga and Pranayama, every patient is advised to have delicious and nutritious food supplied at the Centre."

The COVID-19 not only affects physically but mentally as well and Yoga can help in the psychological care of the patients.

Yoga classes for Covid-19 patients: MP Govt begins online Yoga classes to improve health

The District administration and Bhopal Smart City Development Corporation started free online Yoga classes for Covid-19 patients in home quarantine. More than 350 patients and people participated in class and practiced Yoga.

These Yoga classes are happening daily from 8.00 am to 9.00 am. Yoga experts are conducting these classes. The control centre of Bhopal Smart City communicates with the patients by sending them links and information about the classes. Patients are made to do breathing exercises and other yogic exercises to improve their physical and mental health.

You can also participate in the classes by simply joining this link: <http://meet.google.com/uiv-ibpk-rcu>

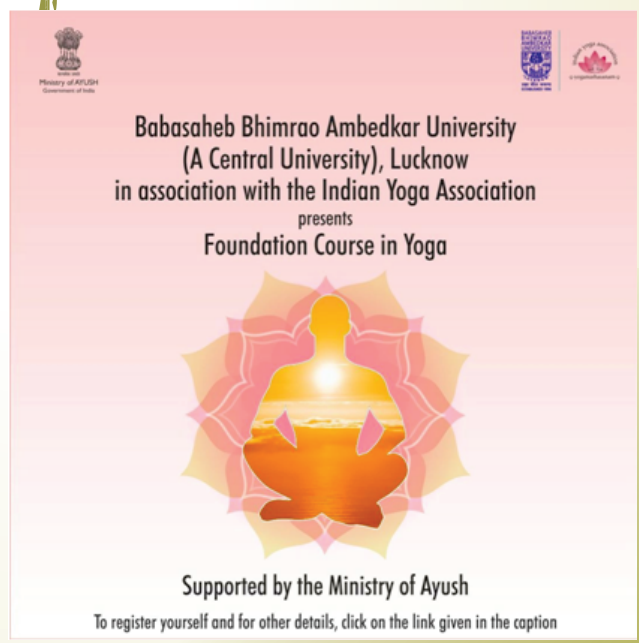
Babasaheb Bhimrao Ambedkar University and Indian Yoga Association collaboratively offer a Foundation Course in Yoga

In association with the Indian Yoga Association (IYA), a Central University of Lucknow Babasaheb Bhimrao Ambedkar University offer a Foundation Course in Yoga. This course is supported by the Ministry of Ayush.

This is a 50-hour program designed by Gurus and Acharyas of IYA by combining the knowledge base of all Yoga traditions. The certificate will be awarded by BBAU Central University and IYA. All above 16 years of age can enroll in this course. This course is based on FYC developed by the IYA standing Academics and Accreditation Committee (SAAC).

This course will also include Common Yoga Protocol (CYP). As is well known, CYP is designed for easy learning by common people, irrespective of their age and gender, and can be learnt through simple training sessions and online classes.

You can register yourself anytime with Rs 3000 registration fees by visiting this link <https://gurukulam.yoga/course/view.php?id=5>



Ayush Ministry supports "Yoga for Unity and Well-being" programme, a collaborative effort of leading Yoga institutes



As part of a collaborative initiative "Yoga for unity and well-being -2021", the leading Yoga institutions with the support of the Ayush Ministry organised a series of events from 3 May to 9 May 2021. The series includes special youth-centric programmes, meditation sessions, discussion sessions and sessions on Yoga as a sport and its role in personality development.

While entering the 9th week of the initiative, the institutes also organised various events up to the International Day of Yoga (IDY) 2021 (21st June). During this week (10 May to 16 May 2021), many special sessions like Yoga for depression and anxiety, Yoga in Krishnamacharya style etc. were organised.

It was held by renowned Yoga Experts and Gurus and sessions were live-streamed on the YouTube channel of Yoga for Unity and Well-being (https://www.youtube.com/channel/UCYTPMRKuwJ0eQ_8MPYhkv5w).



Morarji Desai National Institute of Yoga (MDNIY) conducts a live webinar on "Yoga in the Present Situation"



Morarji Desai National Institute of Yoga (MDNIY), Delhi conducted a live webinar on the topic "Yoga in the Present Situation" on 7 May 2021. The eminent speaker of the event was Sh. Sankar Kumar Sanyal, President, All India Harijan Sevak Sangh, and it was presided over by Dr. Ishwar Basavaraddi, Director, MDNIY.

Sh. Sanyal said, Yoga seeks to bring body, mind and soul together to harness our full potential and energy and through yoga and spiritual practices like meditation we strive to bring excellence into our lives and activities.

The session was also concluded with many interactive questions which were answered by the speaker.



Ayush Ministry, NIN and Outreach Bureau jointly organise a lecture on 'Post COVID Rehabilitation through Yoga'

The Ayush Ministry, National Institute of Naturopathy (NIN), Pune and Regional Outreach Bureau, Maharashtra and Goa collaboratively organised a virtual lecture on the topic 'Post COVID Rehabilitation through Yoga' on 15 May 2021. The speaker of the event was Dr Kamaraj Rajendran, Yoga naturopathy holistic wellness consultant, Drk Wellness Limited, Bristol, U.K.

Dr. Kamaraj Rajendran said people get affected more emotionally than physically, and psychological stress and anxiety weaken one's immunity. He spoke about eight stages to be followed to improve the quality of life. The stages include reconnecting to self and scanning the body, body tapping therapy, breathing practices to improve lung capacity, breath work for oxygenating the body, dividing the body into three different levels as per the elemental constitution and bhramari Pranayama, breathing with four inhalations.

He also emphasized the benefits of salt water gargling, steam inhalation which enhances the effects of yogic techniques. The lecture summarized the importance of rehabilitation in post-COVID cases and various interventions one can easily follow at home. The event was live-streamed on the Facebook page of NIN (<https://www.facebook.com/punenin/>).

Nature Cure Ashram, Urulikanchan promotes Yoga to mitigate the hardships of COVID-19

The Nature Cure Ashram, Urulikanchan has taken many initiatives by conducting various virtual Yoga programs in the run-up to IDY 2021. In the COVID-19 pandemic situation, the ashram has collaborated with many Naturopathy & Yoga Medical Colleges to spread awareness among the people through daily Yoga sessions. The trust has recently organized webinars on Yoga for general well-being, stress and the role of Yoga in the current scenario. With the message "Be with Yoga, Be At Home", they are conducting the practice of Common Yoga Protocol (CYP) as well.



सत्यमेव जयते
Ministry of AYUSH
Government of India

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