

Yog Pranjna

January to April 2020

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Dear Readers thank you all for giving us overwhelming response for our "Introductory edition" of "YOG PRANJNA". We bring out this second edition of our Newsletter with great pride and feel privileged to be entrusted with this responsibility. We hope you along with your family are doing well during the ongoing pandemic. Due to many invisible aspects of CORONA & its devastating power, we all are passing through a lock down period. Due to this, people are very likely to develop a wide range of symptoms of psychological stress and disorders, including low mood, insomnia, anxiety, anger irritability and emotional exhaustion. In this situation, Yoga has emerged as a powerful tool to provide an opportunity for holistic development in the areas of physical, mental, intellectual and spiritual aspects. Many Yoga professionals & well known Yoga institutions shown pathways through social media & television and most of them have focussed on prayer and meditation as the powerful tools to fight such situation.

Maharishi Patanjali gives instruction how to meditate in chapter 1 verse 32 that for the removal of any obstacle of mind one pointed focus is required.

तत्प्रतिषेधार्थमेकतत्त्वाभ्यास

When meditation produces extraordinary sense perceptions, the mind gains confidence and thus helps perseverance.

Meditation is all about the expansion of the field of vision of consciousness. It is the art of consciousness, becoming aware of oneself on a grand and cosmic scale. In a simpler form, it is an inward journey from the gross to subtle and to the most subtle aspect of one's being.

Number of researches indicate that meditation generates energy which is expressed in the form of immunity at three levels i.e. biological, psychological and spiritual.

The biological immunity is the resistive-ness towards the physical states of in-equilibrium known as Physical immunity. It has been discovered that Indian Yogic masters had an amazing control over their nervous system. It affects brain cells especifcally in our limbic nervous system which control metabolism, blood pressure, respiration, heart rate & our emotions. Endorphins and encphalins (pleasure giving hormones) are secreted.

In the area of psychological benefits it decreases the load on the heart, reduces free radicals, increases skin resistance and helps in release from various pains etc. Researchers have found that meditation affects the areas of gray matter, brain structure, cardio-respiratory performance, immune-deficiency syndrome, hypotension, stress etc. Findings are quite encouraging and suggestive that it does helps in developing immune system of the body.

At spiritual level, it opens the door to cosmic energy, heals the body by regenerating each & every cell, nourishes mind with divinity & bliss, creates energy which may be experienced as absolute consciousness in deeper states of meditation.

Therefore, we do require mechanism to enhance the immune system through the efforts of systematic meditation practices under the guidance of able masters. Surely, it is going to help us sail through these tough times. Indeed, it is a great effort by the team of dedicated professionals who seen to have made promise to give their best for promotion of yogic science particularly focusing on the quality certification & multiplication of Yoga teachers, trainers & yoga promoters. Wishing good health and happiness for you all!



S.P. Mishra

Dr. S.P. MISHRA

CEO IYA PrCB

Words of Appreciation

“Yog Pranjna” is indeed a remarkable effort. This is exactly what India and the world of Yoga need in today’s time. We find variety of traditional and path showing articles for yoga professionals, coming together to take Yoga to its right place, personally and even professionally. I would like to congratulate the entire team of “Yog Pranjna” for bringing such an informative Quarterly. It is very enriching and educational.”



Professor (Dr) Ishwar Bhardwaj
Dean, Gurukul Kangri Vishwavidhyala, Haridwar
Member Management Committee IYA PrCB

We are glad to know that IYA PrCB has come up with quarterly newsletter “Yog Pranjna”. It is very informative and useful for yoga practitioner and yoga lovers. IYA PrCB team is doing well to motivate students who need a little extra push. This effort will help the yoga candidates to solve their problems in constructive ways. Congratulations & Wishing great success for entire team for their efforts.”



Shri P. C. Kapoor
Director, International Sivananda Yoga Vedanta Center, Delhi.
Treasurer Indian Yoga Association

In the present era of stress, anxiety and frequent phases of depression and mood swings, this newsletter provides an insight into a way to fight all these problems. It updates me about everything on ancient science of yoga and meditation that can help me lead a stress-, happy and successful life. An informative and useful read for sure.”



Margan Sinha
Senior Deputy Collector,
Jehanabad.

Editor's note

It gives me an immense pleasure to share this second edition of our e-newsletter with you. Friends, these are not the pleasant times as the whole world is badly affected by the COVID-19 pandemic. In order to stop the spread of this pandemic, India is under a lockdown. People are feeling stuck at home but friends, our Shastras and our Vedas have always taught us to remain calm both in pain and pleasure. We have to maintain social distancing in order to defeat this demon of Covid-19. Many of us crave for the times when we were able to move out and live normal lives but lockdown is a kind of collective effort at social distancing and very crucial in the fight against coronavirus pandemic. We can break the monotony of these stay-at-home times by spending more time with our loved ones, recultivating our hobbies or by learning some new skills. Practising yoga and meditation during these times would not only help our body remain healthy but also keep us away from stress and anxiety. We were always running around and the life had become so fast, this lockdown has given us the opportunity to slow down, to delve deep into ourselves and to analyse our goals and plans better. The Department of Science and Technology has invited proposals to study appropriate intervention of yoga and meditation in fighting COVID-19 and similar kinds of viruses. Teams of scientists, clinicians and experienced

practitioners of yoga and meditation who have a proven track record in the field of yoga and meditation research are being encouraged to submit concept notes on the proposal. So, you all can well imagine the importance of yoga and meditation not only at this time but during all times of our lives. At the same time we should ponder how we have been treating our mother earth. Guru Nanak Dev ji knew the importance of living in harmony with our mother nature when he said, "Pavan guru paani pita, maatadhartmahat ..."

Air is our teacher, Water our father, And the Great Earth our mother ...

Let's be more sensitive towards our mother earth and also towards the birds, the animals and all other organisms that share the earth with us. During these lockdown times, the mother earth is healing on its own, the rivers have become clean, the air is fresh and pollution free, our fellow beings—the animals and the birds and other life forms are getting a chance to move freely. But we should not lose hope. Our honourable Prime Minister Sh. Narendra Modi ji said, "Through patience, discipline, cooperation and alertness of all the countrymen, we will surely be able to defeat the coronavirus epidemic."

Stay at home, stay safe and spread love and compassion all around.



Sabina Gulati
Sabina Gulati

Management of mind in the current situation

The Patanjali way!



The whole world is presently engulfed by COVID 19. It's the only topic being discussed on all the forums. People are getting depressed and frightened with each passing day of shut down. Initially, some people took it easy as the mortality rate of this infection is quite low as compared to some other diseases. But the problem with this virus is that it is highly virulent and affects a large population within no time. So, the social distancing and close down is the only way to prevent its spread.

Now, sitting at home leads to some perceived and some real difficulties. There is a fear of catching the disease as someone from the house has to go out some time and also the vendors visit the house. There is also additional house work and taking care of children and elders. There is a loss of social contact in case only one or two people are living or one person living. Financial difficulties also will soon be perceivable even for the higher middle class. There are a lot of misleading news circulated regarding the spread of the diseases and its effect on the people of all strata in the media which profoundly affects many minds leading to anxiety.

It is a challenge to maintain one's health, both physical and mental in testing times. There are many ways available for maintaining physical health even for people not trained into Yoga.

If one is trained in Yoga then it's relatively easy to achieve it. Actually, it is found that most of the trained Yoga teachers are busy in teaching in normal circumstances. They don't get enough time to enhance their yogic practices and skills. This is a good time for them to catch up their personal sadhana. It's relatively easier for people associated with yoga to cope up with the situation.

But management of mind is not so easy even for the learned. Yoga provides solutions for managing the mind in a number of ways. Many Yoga gurus have suggested a sequence of sadhana consisting a set of asanas, breathing practices and pranayama to improve the immunity of the body. So, we will not discuss that aspect here.

The probability of us catching an infectious disease depends on two factors. One is the abundance of the load of the infective micro-organism. The other is our immunity. Immunity, to a great extent depends on our mental condition. A stressful, depressed and anxious mind leads to reduction of immunity level. So, it is critical to try and maintain equanimity of mind. It means, in simple terms, that the mind should not get adversely affected by outer stressful stimuli.

Muni Patanjali has given many sutras which are not only relevant to the Yogic aspirants, but for a common man too. So, we will briefly discuss here some practices given by Patanjali, which are useful in maintaining the equanimity of the mind.

Patanjali has given a practice called as 'ChittaPrasandanam', making the chitta blissful.

मैत्री करुणा मुदिता उपेक्षाणां सुखदुःख पुण्य अपुण्य विषयाणां भावनातः चित्तप्रसादनम् ।।

Feeling of pleasure, pain, virtue and vice observed in other persons should be responded by yogi through friendliness, compassion, joyfulness and equanimity respectively. This will keep Chitta in a blissful state.

In the present condition, we feel that everything is bleak only. But we have to learn and find out pleasure around us. It can be the pleasure of being with the family, learning new life skills, upgrading one's knowledge through reading, discussing, etc. Today the technology is available in our hands which can connect us to people with whom we like and share our mind!

Friendliness	Pleasure
Compassion	Misery
Joy	Virtue
Indifference, equanimity	Non- Virtue

We need to connect ourselves to the things and people who give us pleasure.

Compassion around us is the need of the hour. Compassion is different from mercy or pity. Mercy and pity involve a giver and a receiver; while compassion helps us to connect at par. We need to have compassion for those who are suffering from the disease and also for the poor people who are stranded at different places because of the lockdown. Compassion is a positive emotion as compared to pity and mercy.

Gratitude towards those doing virtuous services like medicos, police, authorities, front workers and others is needed.

We have to develop serenity to accept things we cannot change, courage to change the things we can, and wisdom to know the difference!

These methods have to be learned and followed consciously. This requires, 1. Knowledge and meaning of this sutra and 2. Constant efforts to cultivate these principles (Abhyasa as per Patanjali).

One can surely use the alternate techniques given by Patanjali.

वीतराग विषयं वा चित्तम् ।।

If a yogi meditates on or mentally connects with a subject such as a person who has transcended desires (saint or guru), the yogi's Chitta becomes steady.

Thinking, reading, listening to our gurus, saints, yogis, etc also will lead to a blissful state of chitta. This can very well be done in present time. This will help us in not only overcoming the depression of mind, but will help us in sadhana in future as well.

Abhyasa has to be accompanied by Vairagya to get the desired results. There are various forms of Vairagya. Patanjali has mentioned Vashikara vairagya so as to achieve chittavrittinirodha. But here we are not exactly discussing the vrittinirodha. So, Patanjali has given one more principle called as 'Pratipakshabhavanam'. Actually, it is given with respect to hinderance to the observance of Yamas. But we can use this along with the abhyasa of Chittaprasadanam as a type of Vairagya (though not classically so).

वितर्क बाधने प्रतिपक्ष भावनम् ।। 2-33

In case there is any disturbance (in observation of the Yama-Niyama) due to perverse thoughts, yogi should try to cultivate opposite tendencies.

We have to cultivate an attitude of opposite in response to the various negative inputs to the chitta coming from outside. Vairagya means staying away from all the inputs coming in from sense organs. But we can use the concept in this sutra to deal with negative thoughts and emotions. In general language, we have to block these undesired inputs and give the opposite thought (positive) to our chitta to overcome it. Actually, this is abhyasa also as well as Vairagya!

So, here, I have tried to make use of Patanjali's principles, not exactly in a classical way. But Patanjali's principles are relevant at all times and in all the conditions. We can utilize these principles and sadhana given by Patanjali to come out of the present situation outside us by working on our inside!



Dr. Ajit Oak

Faculty for M.A. Yogashastra & In- Charge of Teachers Training
Diploma Course for Ratnagiri, GMM,

Full MOON Meditation

The moon is an integral part of everyone's life. Whether it is celebrating a festival or starting an auspicious task. The full moon has been said to symbolize different things, different meanings in different cultures. It has religious and spiritual significance in some cultures, and in others, it is believed to symbolize the rhythm of time. It is also believed that the full moon affects the movement and flow of water in creation. Buddhists believe it is a time for spiritual reflection. The full moon is also thought to bring on swing in the mind and the emotions, hence the term 'lunatic'. Regardless of what culture or modality we want to follow, full moons are always a great time to RELEASE what we don't want in ourself "LET IT GO"! As the full moon is connected to spiritual practice, it is very good to meditate on a full moon day.

Meditation and mindfulness are buzzwords these days for a better reason. Yogis have been practising meditation (Dhyana) for millennia. In recent decades, researchers have been gaining insight into the benefits of practising this ancient technique. As we all know meditation is a concentration, relaxation but it's actually about deconcentrating. It's not about focusing one's thoughts on one object, but instead on becoming thoughtless. Learning how to be still is the process of meditation. Meditation brings the brain wave pattern into an alpha state that promotes healing. The mind becomes fresh, delicate and beautiful. It cleanses and nourishes us from within and calms us, whenever we feel over stressed, overwhelmed, unstable or emotionally shut down. Meditation makes us aware- that our inner attitude determines our true happiness.

Significance Of The Full Moon Meditation

In the universe, every object has an impact on the other. The full moon is also thought to have an effect on the body and mind to some extent. The rays of the moon affect human beings, animals, water, plants and so on. The time on and around the full moon supports us energetically as we contemplate our path forward, and align with the understanding of how we may best correct our course now, to align more fully with our hearts' true desire, and manifest with our higher selves. Full moons are associated more with releasing, than the setting intentions. With all the space we gain from releasing, we get an opportunity to move our intentions to the new ideas we now have. When we use the full moon to clear, we

can have room for what we want to bring in. It's a beautiful opportunity to heal patterns, uplift our vibrations, and align with our own light. The moment we align our mind to our body and our heart to our soul, we immediately start attracting prosperity of all kinds into our lives. The more we honour and respect our nature and the truth of who we are, the more we open ourselves to the prosperity which is present within us and all around us.



5 Amazing Benefits Of Full Moon Meditation

- 1 **Deeper purification**- Full moon meditation can help a person in deeper purification of thoughts, beliefs and in having better clarity of mind.
- 2 **Self analysis**- Meditation is the best way to connect with ourselves, and during full moon the energies and vibes, make this connectivity more effective and powerful. It helps us to attain self – knowledge through self control and self development.
- 3 **Assimilate the Divine blessings**- Meditation means to get closer to God because it puts the person in a state of mindfulness. During the full moon meditation, a person can experience the connection with the higher consciousness.
- 4 **Cleanses the Aura**– Aura is a reflection of the mental, physical, emotional and spiritual state of a living organism. Meditation during full moon helps in cleansing the negative thoughts and energies around us. It will clear the energy blockage that can trigger illnesses and improve the mental health and the emotional wellbeing.
- 5 **Spiritual Empowerment**- Full moon meditation helps us to explore our often unconscious strategies of seeking power, and the ways that mindful and compassionate awareness reconnects us to the source of true empowerment. When empowered, we prevision into the universal flow of love, wisdom and creativity.

Simple Practice Of Full Moon Meditation

Sit in a comfortable and relaxed position, or lie down if you prefer. Take a deep breath and relax to clear your mind, open your heart energy to the light of the divine moon which is all around. Notice the bright and brilliant light of the Full Moon glowing above you and nothing else. The light of the Full moon which is connected to the Divine and to all that is showering upon you. Feel your energy, mind and body receiving a cleanse of light as the positive uplifting energies of the moonlight showering upon you. Concentrate very humbly, because when there is concentration, the glands work smoothly. Feel yourself, letting go of what no longer empowers and nourishes you. Focus on what you truly desire. Visualize the true desire of your heart and imagine the divine light of the moon is super charging your intentions .

Breathe deeply and feel your inner light glowing brightly within you reflected in the light of the moon above.

The amount of time that you meditate will depend on your ability to focus and to keep your mind clear. The longer you are able to meditate, the better.

Namaste !!



Dr. Mayanka Rathore,
Sr. Yoga Lifestyle Coach,
Dubai, UAE

IYA-PrCB Activities

Examination at Noida, NCR

Noida based Sri Auribindo Ashram was the Centre of the quality certification examination conducted by IYA-PrCB for the yoga professionals on 11th Jan 2020. More than 20 students participated for Yoga Wellness Instructor & Yoga Teacher and Evaluator examination. The students were very excited and enthusiastic to write the exam and to know about the future prospects of this examination.

The examination was administered by Dr. Charu Sharma and Dr. Sudhanshu Verma were the examiners along with the Lead Examiner Ms. Seema Sagar. All of them managed it in a very efficient smooth and commendable manner.



Examination Centre at Jodhpur, Rajasthan

Rajasthan believes in 'Attithi Devo Bhavo' means to treat your guests like as you would treat God". Keeping this culture ahead the IndiraYoga Sansthan welcomed IYA-PrCB in Jodhpur and gave us a chance to conduct the 2nd quality certification examination in the city. The examination was conducted at Indira Yoga Sansthan on 11th Jan 2020 for more than 35 students who appeared in L1, L2 and L3 examination. Mr. Neeraj Goel led the examination along with Mr. Brajesh Pandey and Mr. Rajanish Sharma.

The institution left no stone unturned to make our examiners feel comfortable and carry out the Theory as well practical examination smoothly. We also found that they were involved in traditional yoga practices and gave free meditation classes to the society on Saturday.



Examination Centre at Faridabad, Haryana

IYA PrCB has conducted many examinations in Haryana but it was the first time that IYA-PrCB conducted Yoga Professional Examination at Faridabad on 15th Feb 2020. Because of the efforts and guidance of Mr. Kapil Kesari, the applicants appeared in quality examination of Yoga. The batch of 25 students appeared in the L1 & L2 examination were examined by Mr. Narendra Singh along with his teammates Dr. Sudhanshu Verma & Mr. Lalit Madan. Ms. Ankita represented IYA-PrCB.

Chaitanyan Yoga Foundation was the center of the Examination which is owned by Mr. Sanjiv Pathak.



Examination Centre at Noida



Being the operational place of PrCB, NOIDA again gave us the opportunity to conduct the exam in Sri Aurobindo Bhavan on 16th Feb, 2020. The examination was exclusively for Level 3 applicants this time. The students were excited and enthusiastic to participate in this examination

This Exam was conducted and managed by Dr. Charu Sharma and Ms. Seema Sagar, and the examiner team lead by Dr. Nedheesh Yadav. Ms. Ankita Pandey represented the IYA PrCB and helped the examiners during the whole process.

Examination Centre at Mumbai



Mumbai's Parivartan Ayuryoga Wellness center also was one of the examination centres for quality certification examination of yoga held on 15th February 2020. About 30 students participated in different levels of examination and got some data about next level of evaluation. The students and the examiners who participated in this exam were overwhelmed by the efforts and co-operation of the center coordinator Ms. Rashmi and the

hospitality arrangements made by her. The examinees were also happy and felt connected with examiners due to their vivaciousness, service and the well-coordinated examination pattern.

Mr. Shyam Pendse conducted the examination with his team mates Ms. Meeta Kulkarni and Ms. Neeta Sharma.

Examination at Ahmedabad



We all are aware that Ahmedabad has emerged as an important economic and industrial hub in India and the people of Ahmedabad are known to preserve the old heritage of India. And in the effort of preserving our heritage, they had given us a chance to organize various examinations and provided us with good number of quality certified yoga professionals.

On 29th Feb, 2020 IYA- PrCB again conducted the examination at Ahmedabad in coordination with Mr. Gaurang Vyas for more than 30 yoga professionals. A knowledge sharing session was also kept for the students to familiarize them with the other Level of quality certification examinations.

Dr. Charu Sharma Joined the event as the Lead examiner with her associate examiners Ms. Neeta Sharma and Dr. Kamlesh Bhogaty.

Examination at Motihari



For the first time, IYA PrCB had conducted examination in Motihari on 29th Feb, 2020 for Level 2. Applicants were enthusiastic to gather information about other level of examination for their professional advancement in the field of Yoga. The examination was managed and lead by Mr Rajanish Sharma along with his teammates Mr Mahesh Tripathi and Ravishankar Mani Pandey.

Dr. Brajeshwar Mishra who is Director of Satyananda Yoga and Ayurvedic Research Institute showed interest and helped to mobilize the students and conduct this examination successfully.

Examination at Azamgarh

IYA PrCB conducted its 3rd yoga professional examination at Azamgarh on 7th March. As the lead examiner, Mr. Rajanish Sharma co-ordinated the examination with Mr. Prashant Kumar Rai and Mr. Ravishankar Mani Pandey.

Mr. Amit Kumar Gupta Director of Nishtha Institute had been a great support and provided a great hospitality to the team of examiners. He has worked closely with IYA-PrCB to make the students aware about the quality certification examination and promotion of scheme where ever possible.



Significance of Yoga in Corporate world

"In the Krita Yuga, the way was Jnana, in the Treta, it was Karma, in the Dvapara, it was both Jnana and Karma, but in Kali, it is Yoga that gives joy and freedom."

~ T. Krishnamacharya



It is not a simple task to carry employment, shine at it and deal with the everyday stresses that arise from it, within the corporate world. Each day of a corporate employee involves targets, deadlines, peer pressure, pressure to perform, extended working hours and financial crunch at times-these are a part of an individual's daily routine and above all the incorrect sedentary lifestyle we've accepted as a part of our lives. Sitting is the new smoking. Remaining within the seated position for long hours, and do not forget the bad posture we adopt while sitting a minimum for eight hours or more in a day and to worsen the all we've switched to poor eating habits -wrong breakfast, lunch, and dinner.

Since we've tortured our body to such extent, it's bound to show some reactions that we see as stress, mental fatigue, and a number of other lifestyle diseases. This lead to a rise in the number of Sick leaves and less focus which ultimately affects productivity.

We can't deny the fact that almost every one of us is suffering from back pain, spondylitis, eye diseases, insomnia, depression, migraine, obesity, blood pressure, diabetes, and such other ailments, Most of these are a result of our lifestyle. Generally, we prefer to take antibiotics and painkillers to manage these problems but we forget that these are the silent killers because of their side effects. It has been also found out that the maximum of family or social relationships are in bad shape today due to mental and physical stress.

Since we all know, yoga is primarily a spiritual discipline, therefore, it provides an opportunity to regain focus, concentrate and give our best at work as it relaxes the body and mind. It teaches us how to lead a healthy living. A person is at his creative best and gives the best idea possible. Most of the companies now offer yoga classes in the office campus. This activity is a win-win situation for both employees as well as employers. As the employees are more relaxed and less stressed, they are more focused and thus do a better job leading to the progress of the organization.

Yoga has long been known to be a great remedy to stress. It reduces stress and, therefore, reduces the cost of stress-related illnesses and absenteeism

Determination and decision making comes from self-confidence. Yoga boosts our physical strength and we become stronger on the inside. It starts reflecting in our routine life by making us become more comfortable of who we are! Thus, it improves the employees decision-making skills and ability to multi-task and ability to react more productively and calmly in demanding situations.

Advocates balanced energy and vitality the work shift

Why should there be a Yoga Programme in office?

Aids in healing work- and stress-related physical issues, such as back and neck pain, joint ache, muscle tightness, headaches, and fatigue and various other ailments.

Builds team spirit and community by connecting people together in a peaceful, stress reducing, and encouraging environment

Enhances employee attitude and outlook by lowering stress level.

Promotes well-being in the workplace and reduces employee turnover by lowering stress levels as well as increasing communication



Ms. Ankita Pandey
Operational Manager, IYA PrCB

108 Surya Namaskars with SwayamsiddhYog

Suryanamaskar [SN] practice helps to improve body flexibility, lungs capacity, immunity, keeps endocrine system healthy, boosts energy level, works efficiently on female related problems, helps in weight loss and many more health benefits. It also tranquilizes body, mind and soul if practiced with its relevant variations.

On 26th January 2020, SwayamsiddhYog (SSY) organized Surya Namaskar Day (SN) for the 5th consecutive year. The venue of the program was sprawling lawns of AareyBhaskar Sports ground, Goregaon East, Mumbai. It was dark at 6am when 108 SN flow started with 200 participants and it ended with welcoming the Sun in a span of 40 minutes. Age range was from youngsters of 21 years to seniors of 84 years. `

All the participants were wearing white T shirts with 12 postures of Surya namaskar logo and tri colour wrist bands which brought more beauty / positive flavour to the programme.

For those participants who were suffering from back, neck and knee or heart related problems, there was special arrangement for them to do SN on chair like we did in previous years also. Total 15 people completed 108 SN by performing SN on chair, including one Polio affected and one lady with intellectual disability who also completed 108 SN.

Out of 200 participants, 150 completed 108 SN in 40 minutes time. Certificates were issued to those who completed 108 SN without a break.

The program ended with National Anthem as the nation was celebrating Republic Day.

All the participants enjoyed the light refreshment after the programme.



7 Online platforms to start online Yoga Sessions



Working from home is an important issue now a days and the market place is tight. Remote working is increasing in demand due to COVID-19 situation. Worldwide companies are asking their employees to work from home. A new way of life, work and social interaction is waiting for us. Although it is necessary to maintain social distancing in COVID-19 epidemic but it has created a new challenge in the business world. Work from home culture is rapidly gaining momentum in these days in India too. Companies also got an idea to take a step to change the scene and evaluating the changes it brings along. Now, when time is putting a challenge in front of us then it is our duty to prepare ourselves for the test.

What can we do in this situation? By entering into a sudden work from home situation with the right mindset can give us success these conditions. If we fail to utilize this time then we can fall badly. When you are managing your work from home flow, there are plenty of work trends which can be started online even while being offline. Here we are discussing about various platforms which can be used for yoga practical and even theory sessions.

There are many ways to teach online .We can use session, pre-recorded video or notes. But today we will focus on the live session methods. There are different ways to present your sessions. It can be chosen according to your need and convenience. The first way is presentation method, eg. ppt or apple keynote for creating slides. The second way is video recording platform which can happen live with the students on the other side of platform. The third and foremost channel is online class delivery platform. You need a payment provider to take payment for your teaching, if you are thinking to take payment.

Various live platforms-

There are many good options for hosting your videos and using them for classroom.

1. **Ustream-** Ustream is used to teach via live demonstrations and queries can be tackled via chat.
2. **Crowd Cast-** Crowd Cast is awesome if you want to bring other presenters on live via video feeds in the same chat environment.
3. **Go to Webinar-** Webinar is a great platform if you don't want to be on camera but have lots of material to be presented via slides.
4. **Skype-** Skype specializes in providing video chat and voice calls and it also provides instant messaging services. Users may transmit text, video, audio and images.
5. **Livestream-** Livestream is also a good video which can also increase audience engagement by allowing viewers to comment and ask questions.
6. **Webinar Jam-** Webinar Jam allows you to easily do webinar style presentations on video or showing presentations.
7. **Google Duo-** Google Duo is a simple video calling app that brings you face-to-face with all the people who matter most.



Dr. Charu Sharma

Technical Manager & Yoga Expert, IYA-PrCB

many more platform are there which can be checked check according to the requirement.

Yogga

National/International news



World's first yoga university outside India to Start classes later this year

The Vivekananda Yoga University (VAYU) has established its initial campus in Los Angeles. Our respected Guru ji, academic, writer and the chancellor of SVYASA University, Dr. H R Nagendra ji is the Chairman and Sree Sreenath, a Professor from Case Western University president. The University will start its post graduation course later this year in the US along with research in the ancient Indian practice and the admissions for it will begin in April.



The university will help thousands of yoga teachers in the US whose yoga education was limited to 200 or 500 hours of certificate programmes to progress further into university-based higher education, said Shri Prem Bhandari ji, a member of the VAYU board of directors.

Source: https://m.timesofindia.com/articleshow/74157832.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst

Yoga can end unemployment, says Gurudev Sri Sri Ravi Shankar ji at International Yog Festival

The Art of Living founder Gurudev Sri Sri Ravi Shankar ji said at the International Yog festival Rishikesh, "Now is the time to connect yoga with "Skill India" to generate livelihood opportunities for the youth of the country. He said that this is the time to connect "Yoga" with "udhyog" and reap benefits out of it for our nation's economy. Sri Sri also reiterated on need to propagate humanity and peace through Yoga.



Source: <https://timesofindia.indiatimes.com/city/dehradun/yoga-can-end-unemployment-says-sri-sri-at-intnl-yog-festival/articleshow/74446948.cms>

WHO nominates Dr. Chinmaya Pandaya as its Yoga Specialist

Dr. Chinmay Pandaya, Pro-vice chancellor of Dev Sanskriti Vishwavidhyalaya, Haridwar has been nominated as yoga expert by the World Health Organisation (WHO). Dr. Pandya will provide guidance on mobile health application being developed by the WHO. Dr. Pandya hold important position in a number of religious, social & academic bodies in India & abroad. Dr. Chinmay Pandaya is the first Indian ever to be nominated as a member of the jury for an international honour- "The Templeton Award".



Source: http://timesofindia.indiatimes.com/articleshow/74154493.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst&from=mdr

In a first, yoga classes held inside Hyderabad mosque



The mosque committee in the Old City has allowed yoga classes to fight the rising non-communicable diseases and obesity in a first such move in Hyderabad. One of the three floors in the Masjid-e-Ishaq at Nawab Saheb Kunta at Tadbun has been converted into a healthcare and medical counselling centre and yoga classes are being conducted here. Mujtaba Hasan Askari, who runs the clinic told that the Counsellors were not only demonstrating yoga

asanas, but were also giving YouTube links to some patients to follow Yoga on mobile phones to reduce their waistline. The lifestyle clinic at Masjid-e-Ishaq has two dedicated dieticians and two counsellors under the supervision of a lady doctor but The focus is more on exercises and diet control than on medication.

Source: https://m.timesofindia.com/articleshow/74142815.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst

Don't let Corona-virus anxiety take over: Harvard Medical School recommends yoga, meditation



A leading US medical school has suggested yoga, meditation, and breathing control to resolve anxiety problems associated with the novel coronavirus that has now spread rapidly across not only in America but also the whole World.

US hastaken so many necessary measures to stop the spreading of corona virus. Meanwhile, World Hindu Congress USA said that they had organized Hawan and prayer for better mental health and anxiety aroused due to COVID-19. Anil Sharma (community organizer) who was part of this initiative, pointed to the health guideline report published by Harvard Medical School and said “Asana, Dhyana and Pranayama could go a long way in mitigating the isolation anxiety” .

Source: <https://economictimes.indiatimes.com/magazines/panache/dont-let-coronavirus-anxiety-take-over-harvard-medical-school-recommends-yoga-meditation-to-relax/articleshow/74653730.cms?from=mdr>

Nepal Makes Yoga Mandatory for School children



In an interview, Mr. Giriraj Mani Pokhrel, the Education Minister of Nepal, said “Yoga is our ancient science and we want students to learn it, and we think this is the right time.”

The small Himalayan country will become the first in the world to make it a mandatory subject nationally from the new academic term. Students will be able to enroll themselves in a new, weekly yoga course along with mathematics, science, the Nepali language and English. They will learn about the history of yogic thought, along with lessons on Ayurveda and naturopathy, a kind of alternative medicine that promotes self-healing in revised curriculum.

Source: <https://www.nytimes.com/2020/03/16/world/asia/nepal-yoga.html>

US state legislature lifts yoga ban but says no to Namaste

An American state legislature voted to lift the decades-old ban on yoga after months of intense debate. Reflecting on the greater acceptance and popularity of the old Yogic Indian tradition the ban on Yoga was lifted, but the use of Namaste was not accepted even at a time when the world leaders are adopting this type of welcoming amid fears of corona-virus spreading.



Alabama Board of Education in 1993 had voted to prohibit yoga, along with hypnosis and meditation in public schools in the state. The Alabama House of Representatives while lifting the ban on yoga prohibited the use of Namaste. The use of Namaste had been banned when lifting the yoga ban by Alabama House of Representatives. This comes particularly at a time when the world leaders, including the US President Donald Trump, have introduced this as a common form of greeting to prevent coronavirus from spreading

Source: https://economictimes.indiatimes.com/news/international/world-news/us-state-legislature-lifts-yoga-ban-but-says-no-to-namaste/articleshow/74634889.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst

Yoga is Yogi Adityanath's mantra to fight coronavirus

Yogi Adityanath ji, the honourable Chief Minister of Uttar Pradesh said, "One who remains fit through yoga need not fear diseases like coronavirus". While inaugurating the International Yog Festival. The Indian tradition needs to be understood more deeply as it has tremendous things to offer through yoga," he said while inaugurating the International Yog-Festival in Rishikesh.



Source: <https://m.timesofindia.com/india/yoga-is-yogi-adityanaths-mantra-to-fight-coronavirus/articleshow/74432074.cms>

PM interacts with AYUSH practitioners

Honorable Prime Minister Shri Narendra Modi ji interacted with AYUSH sector practitioners via a video conference on 28th March 2020. The Prime Minister said that In the ongoing efforts to tackle COVID-19 the AYUSH field has a long history of maintaining the nation safe and its value has been amplified. He said the government could seek support from private doctors associated to the Ministry of AYUSH if the need arises. Prime Minister suggested that producers of AYUSH medicine may use their skills to produce important products such as sanitizers which are in high demand. Prime Minister said it is important to spread awareness around the world about the traditional medical practices in India. He thanked the AYUSH practitioners for their continuous efforts to serve the people.



Source: <https://www.narendramodi.in/prime-minister-narendra-modi-interacts-with-ayush-practitioners-549011>

How to Make Work from Home Effective



With the Outbreak of COVID-19 the most familiar term used by most of the corporates is Work from Home. Work from Home which is common now days is originally known as Telecommuting. Telecommuting or Work from Home is a work arrangement in which the employees don't need to commute or travel to a central place of work. The basic motto on which it works is **“Work is something we do, not a place that we go & work is something that we do, not where we are.”**

But the longer periods of working from home go along with various challenges which can be reduced or eliminated with few practices.

1. Dedicated Space for work

The basic fundamental which needs to be applied here is work where you work and sleep where you sleep. This doesn't mean to create an exact office space but to have an area which can solely be used for working purpose. Keep your work within this dedicated space only.

2. Maintain daily routines as when working regularly– get up at the same time, take a shower, dress-up, get breakfast and then start working at the same time as you normally do at the office
3. If you have struggle getting into a working mode in the morning, leave your apartment, walk a around the block and then open your laptop – simulate going to the office
4. Structure your day a long key tasks/objectives to achieve– keep track of what has to be done during the day (and week and month) and clearly decide when to do/ finalize it.

5. Leave private life outside work room (e.g., private mobile, etc.) When being in there fully focus on work– if you want to check private messages take a break and do it in your private space
6. Reward and give yourself breaks– Breaks as they are critical to recharge batteries, they can be small (e.g., 5 minutes of checking social media) or longer (e.g., full 45 min lunch break)
7. Do not do house hold tasks/chores while on work time, even when “only” in a call–when working focus 100% on work, when not working, focus 100% on private things
8. Take accountability of the tasks assigned and complete them on the assigned time, because you know better than everyone else what sort of actions are being taken by you to complete the assigned the tasks and what limitations or problems you faced.

“Difficulties to cope with family situation is the other common problem which we face during working from Home”. This can be taken care of by following ways:

- Leverage time saved from omission of commute to work to organize private life (e.g., laundry, tax returns, grocery shopping) – BUT: allocate distinct timeslots to avoid clashes with business duties
- Your family might not be used to having you home all day and might assume that you have more time for them – Clearly communicate that this is normally not the case as workload stays constant.

- Identify all critical activities regarding work, household chores and children, then find clear rules for who takes care of children/house hold chores and when and block these times with in the calendar
- Over-communicate and seek full alignment with your partner – Both have work and chores to do, the better you align the more effective it is for all
- Over-communicate “child-care” ,times with your team mates and management team – This will create the freedom for you to focus on your children and also create full awareness on your availabilities

Above we have seen what to expect from the individual employees similarly we have expectations from Employers as well which are explained below.

1. The best manager always sets clear expectations. Therefore, assign the task which needs to be accomplished and prioritize accordingly. And assign a person or point of contact if any issue arises. This can be checked by asking questions relating to what has been discussed to make sure you are working towards the same goal.
2. Monitor Progress regularly. It's a good management practice to regularly monitor progress on any projects being completed. As we know clarity is the pathway to solid result, therefore monitoring would help us in same.
3. Employee motivation is the key to happy and productive workplace. By interacting with the workers and updating them on the news from the office and paying interest in the projects they have been working on will boost productivity.
4. Micro management is just plain bad Management. Rather than micromanaging your employees and inadvertently going against what they desire in a more flexible work life balance, you need to trust that your staff will complete the task which they have been assigned to the best of their ability within the time needed.



Ms. Ankita Pandey
Operational Manager, IYA PrCB





Mental Health & psycho-yogic considerations during COVID-19 outbreak

कोरोना संक्रमण के खतरे ने पूरी दुनिया को लॉकडाउन कर दिया है। अनिश्चितता के इस माहौल में दिल-ओ-दिमाग में कई सवाल उमड़-धुमड़ रहे हैं। क्या कोरोना संक्रमण से हम खुद या परिवार को बचा पाएंगे? नौकरी बिचेगी? सैलरी कितनी कटेगी? कितने महीने 'लॉक' रहना पड़ेगा? बिजनेस दोबारा कब शुरू होगा? मतलब, इस कोरोना के खौफ ने फिजिकल से ज्यादा मेंटल हेल्थ को जल में ले लिया है। 15 अप्रैल को लैंसेट जर्नल ने एक रिसर्च पेपर Pandemic: a call for action for mental health science शीर्षक से प्रकाशित किया। इस रिसर्च का लब्धुआब यही था कि कोरोना की चपेट में आए लोग तो बिल भी जाएंगे लेकिन न दिखने वाली मेंटल हेल्थ का यह महामारी जो नुकसान कर रही है उसका खामियाजा लंबे समय तक हमें भुगतना पड़ेगा। कनाडा, यूएस, यूके में कोविड-19 की वजह से होने वाली मेंटल प्रॉब्लम से निपटने के लिए Crisis Text Line सेवा शुरू की गई। कंपनी के आंकड़ों के मुताबिक फरवरी आखिर से इस महामारी की वजह से पैदा हुए मेंटल प्रॉब्लम से जुड़े केसेज की बाढ़ आ गई है। मार्च के आखिर में एक भारत सरकार के स्वास्थ्य मंत्रालय ने भी मेंटल हेल्थ की समस्याओं से निपटने के लिए नेशनल इंस्टीट्यूट ऑफ मेंटल हेल्थ के सहयोग से एक हेल्पलाइन नंबर जारी किया। वर्ल्ड हेल्थ आर्गनाइजेशन ने तो मार्च के शुरू में ही मेंटल हेल्थ पर कोरोना के असर को लेकर चेतावनी दिया था। कुल मिलाकर कोरोना का कहर फिजिकल हेल्थ से ज्यादा मेंटल हेल्थ पर बरप रहा है।

कोरोना काल में दिमाग को रखना है दुरस्त तो अपनाएं यह उपाय—

1. चिंता को नकारे नहीं, कुबूलें: जब आपदा आती है तो दिमाग में अफरा-तफरी मच जाती है। हम चिंता का सामना करने की जगह उसे तरह-तरह के उपाय से बचने की कोशिश करते हैं। जैसे टीवी में खुद को घुसा दिया। किसी को बड़बड़ा दिया। दारु पी ली वगैरहा-वगैरहा... लेकिन मनोवैज्ञानिकों की मानें तो इस चिंता से आंख चुराने की जगह उसका सामना करें। चिंता एहसासों, भावनाओं, विचारों का एक कॉम्बो है। बकायदा इन सभी को एक डायरी में नोट करें और फिर खुद से पूछें कि क्या यह सभी चीजें स्थायी हैं? आप पाएंगे कि एहसास, भावनाएं और विचार परिस्थिति जन्म होते हैं। परिस्थितियां भी स्थायी नहीं होती।
2. मन में उठने वाली आशंका और चिंता के लिए तय करें समय: सुनने में यह अजीब लगेगा लेकिन एसोसिएशन ऑफ बिहेवियरल एंड कॉग्निटिव थिरेपीस (एबीसीटी) के मुताबिक अपनी चिंताओं और आशंकाओं के लिए पूरे दिन में 30 मिनट का 'वरी पीरियड' तय करें। अब उन चिंताओं और आशंकाओं की लिस्ट तैयार करें जिन पर आपका बिल्कुल कंट्रोल नहीं और उनकी भी लिस्ट बनाएं जिन पर आप कंट्रोल कर सकते हैं। यह काम थोड़ा ईमानदारी से करें। आप पाएंगे अगर दस वजहें आपके पास चिंती की थीं तो उनमें से 7 ऐसी थीं जिनसे आप आसानी से निपट सकते थे।
3. मेंटल एनवायरमेंट बदलें: लॉकडाउन है कहीं जा तो सकते नहीं तो दिन में एक घंटा कुछ पॉजिटिव, कंस्ट्रक्टिव करें। जैसे खाना बनाएं। बच्चों के साथ खेलें, परिवार के साथ क्वालिटी टाइम बिताएं।
ध्यान करें: इस यौगिक क्रिया के जरिए आप कुछ मिनट के लिए भविष्य की सका. रात्मक योजनाओं पर एकाग्रचित होकर सोच सकते हैं। खुशी के पल जो कभी बिताए थे उन पर ध्यान केंद्रित करें, समस्याओं के समाधान कैसे निकलें, उन पर भी ध्यान केंद्रित कर सकते हैं।
प्राणायाम: की टेक्निक भी असरदार साबित हो सकती है।
4. सोशल डिस्टेंसिंग का मतलब फिजिकल डिस्टेंसिंग नहीं: ऑनलाइन मध्यमों के जरिए लोगों से कनेक्ट करें। इस लॉकडाउन के पीरियड को थोड़ा क्रिएटिव बनाएं। वक्त निकालें उनके लिए जिनसे आप दफ्तर और घर की भागदौड़ की वजह से बात ही नहीं कर पाते थे।
5. क्वरंटीन पीरियडें: नही, नहीं यह कोरोना के संदिग्ध लोगों को क्वरंटीन करने जैसा नहीं है। खुद को दिमाग में उठने वाले विचारों की भीड़ से अलग करें। कैसे? योग निद्रा, शव आसन के जरिए कुछ देर के ललए आप बेतरतीब विचारों से छुटकारा पा सकते हैं। यह क्रियाएं डिटॉक्सीफाई करेंगी आपको।

कुल मिलाकर इवोल्यूशनरी मनोविज्ञान से निकले मेंटल एनवायरमेंट के कॉन्सेप्ट पर चलते हुए खुद को कोरोना काल से उपजे माहौल से मेंटल डिस्टेंसिंग बनानी है। और यह कोई घूमती हुई मछली में निशाना लगाने जैसा कठिन काम नहीं है। अरे आज से पहले कभी सोचा था कि सोशल डिस्टेंसिंग बनाने के लिए आप खुद को लॉकडाउन कर पाएंगे? पर कर रहे हैं न। तो फिर मेंटल डिस्टेंसिंग का अभ्यास करते-करते यह भी सीख ही जाएंगे।



Sandhya Dwivedi
Special Correspondent,
India Today Magazine

Prepare Your Self

आयुर्वेद के आचार्यों ने व्यक्ति के स्वास्थ्य को ठीक रखने के लिए दिनचर्या, ऋतुचर्या आदि का वर्णन किया गा हैं दिन मतलब 24 घंटे का अंक दिन जैसा हम मानते हैं, परंतु आयुर्वेद शास्त्र में दिन का मतलब सुबह से शाम होता है। 24 घंटे के दिन को अहोरात्र कहा जाता है। इस तरह से दिन के लिए दिनचर्या और रात्रि के लिए रात्रिचर्या का अलग से वर्णन मिलता है।

सुबह उठने से लेकर शाम तक स्वास्थ्यवर्धन के लिए जो भी क्रियाओं करनी है, वो सारी बातों का र्णन महर्षि चरक, सुश्रुत, वाम्भट आदि ने अपनी-अपनी संहिताओं के सुत्रस्थान में दिनचर्या प्रकरण में किया है।



दिनचर्या के प्रमुख बिंदुओं का वर्णन नीचे दिया गया है:

1. प्रातः उत्तिष्ठ – सुबह उठना
– ब्रा मुहूर्त में उठना चाहिए।
2. उषः पान – पानी पीना।
– इसमें क्षमता के अनुसार समशीतोष्ण पानी पीना चाहिए।
3. शौच – मल मूत्र का त्याग करना
– मल को स्वयं ही प्रवत होने दे, बल का प्रयोग न करें।
4. दंतधावन – दांतों का साफ करना
– दंतधावन करने के दो समय हैं: प्रायः काल और भोजन के बाद
– दातुन को मोटाई कनीनिका अंगुल जितनी और लंबाई बारह अंगुल होनी चाहिए।
5. जिहवा निर्लेखन – जीभी से जिहवा को साफ करना
– सोने, चांदी, तांबे या लकड़े की निर्लेखनी लेनी चाहिए।
6. अंजन – आंखों में सुरमा लगाना।
– सौवीर अंजन (काला सुरमा) को आंख में लगाना चाहिए।
7. नस्ल – नाक में औषध द्रव्यों को डालना
– दोनों नासिका छिद्रों में चार से आठ बुंद औषध को डालना।
– सामान्य रूप से अणुतैल का इसमें प्रयोग करना चाहिए।
8. गण्डुष – मुख में द्रव को भरना
– द्रव्य को मुख में इतना भरना है कि मुख बंद करके उसे अंदर नहीं हिलाया जा सके।
– इसमें तिततैल या वाथ का प्रयोग होता है।

9. कवल – मुख में द्रव को भरना
– द्रव्य को मुख में इतना भरना है कि मुख बंद करके उसे अंदर हिलाया जा सके।
10. धूमपान – औषध द्रव्य के धुंसे को पीना
– धूम को नाम से पीकर मुंह से निकालना चाहिए।
11. तैलाभ्यंग – तैल का मालिश करना
– नित्य अभ्यंग करना चाहिए।
– तिल के तैल का प्रयोग करना चाहिए।
12. व्यायाम – कसरत करना
– अर्धशक्ति व्यायाम करना चाहिए।
– शीतकाल और वसंत ऋतु इसके लिए उपयुक्त है।
13. स्नान – शीतल जल से स्नान करना चाहिए।
14. वस्त्रधारण – कपड़े पहनना
– फटे हुए और मैले वस्त्र नहीं पहनना चाहिए।
15. लेप – शरीर पर कस्तुरी, गोरोचन आदि का लेप करना चाहिए।
16. केशप्रसाधन – बालों को अच्छी तरह से प्रसाधन करना चाहिए।
17. माला ग्रहण – बहुत लंबी और बाहर दिखे जैसी माला नहीं पहननी चाहिए।
18. उपनाह धारण – दुसरे के उपनाह (जुते) नहीं पहनने चाहिए।
19. जीविका यत्न – आजीविका के लिए प्रयत्न करना।
20. भोजन – अपनी प्रकृति और रूतु के अनुसार लघु और सुपाच्य भोजन करना चाहिए।



Dr Gaurang Vyas
Director of Mudita Yoga & Panchkarma
Gujarat

Upanishad at a glance

Upanishads & main contents: at a Glance Prepare Yourself for Exam

How to learn the ten Upanishads-

ईश ने केन से कठिन प्रश्न पूछा, एतराते हुए मुण्डक ने माण्डुक्य को बृहद छन्द में तैत्तिरीय बतलाया

1. Ishavasyopnishad
2. Kenopnishad
3. Kathopnishad
4. Prashnopnishad
5. Aitreyopnishad
6. Mundakopnishad
7. Mandukyopnishad
8. BrihadAaranyakopnishad
9. Chandokyaopnishad
10. Taitiropnishad

उपनिषद् और संबंधित वेद की शाखा—

Yajurveda-

1. Ishavasya
2. Katha (Krishna)
3. BrihadAaranyak ((Shukla)
4. Taitiriya(Krishna)

Atharvaveda-

1. Mundaka
2. Mandukya
3. Prashna

Saamveda -

1. Chandogya
2. Kena

Rigveda-

1. Aitreyya

मुख्य वर्ण्य विषय (Main topics)

- **ईशावास्योपनिषद:** कर्मनिष्ठा की अवधारणा, विद्या और अविद्या की अवधारणा, ब्रह्म का ज्ञान, आत्मभाव
Ishavasyopnishad- Concept of Karma, concept of vidhya & Avidhya, knowledge of Brahma, Aatmbhav
- **केनोपनिषद:** आत्म (स्व) और मन, सत्य अंतर्दर्शी अनुभूति, यक्ष के उपाख्यान की शिक्षा
Kenopnishad- Atm (Self) & Mind, Satya antardarshi experience, Education about Yaksh teachings
- **कठोपनिषद:** योग की परिभाषा, आत्मा का स्वरूप, आत्मानुभूति का महत्त्व
Kathopnishad- Definition of Yoga, concept of Atm, importance of Self Realization
- **प्रश्नोपनिषद:** प्राण और रयि की अवधारणा, पंच प्राण, छः मुख्य प्रश्न
Prashnopnishad- concept of Prana & Rayi, Pancha Prana, Six important questions
- **मुण्डकोपनिषद:** ब्रह्मविद्या हेतु दो उपागम, पराविद्या और अपराविद्या, ब्रह्मविद्या की महानता, स्वार्थयुक्त कर्मों की निरर्थकता, तप और गुरुभक्ति, सृष्टि की उत्पत्ति, ध्यान का अंतिम लक्ष्य, ब्रह्मानुभूति
Mundakopnishad:
- **माण्डुक्योपनिषद:** चेतना की 4 अवस्थाएँ, और ऊँकार से सर्जित अक्षरों के साथ इनका सम्बन्ध
Mandukya Upanishad- 4 stages of consciousness, relation of these states with various factors of Aumkar
- **एतरोपनिषद:** आत्मा, ब्रह्माण्ड और ब्रह्म की अवधारणा
Aitreyya Upanishad- concept of Atma, brahmand & Brahma
- **तैत्तिरीयोपनिषद:** पंचकोश की अवधारणा, शिक्षावल्ली, आनंदवल्ली, भृगुवल्ली का संक्षिप्त विवरण
Taitiriya Upanishad- Concept of Panch Kosha, Anad Valli, Description of Bhrguvalli
- **छान्दोग्योपनिषद:** ऊँ ध्यान, शांडिल्य विद्या
Chandogya Upanishad- Aum Dhyan, Shandilya Vidhya
- **बृहदारण्यकोपनिषद:** आत्मा और ज्ञानयोग की अवधारणा
आत्मा और परमात्मा की एकात्मता
BrihadAaranyak Upanishad- concept of self & Jnanayoga, Unity of Atma and Parmatma



Dr. Charu Sharma

Technical Manager & Yoga Expert, IYA-PrCB

IYA and Yoga Institute during COVID-19



SYASA NEWS

Improve Immunity to Fight Corona (COVID-19)

Padma Shri H R Nagendra ji talks about the Corona challenge and how Raja Yoga and Jnana Yoga help through techniques of Meditation. Guru Ji stands in support of the honourable Prime Minister Modi Ji's decision of isolation to overcome this challenge.

Dr R Nagarathna ji, the Medical Director at VYASA, Bengaluru explains how the immune system works and how our human body is beautifully designed to fight off any invasion. She explains in simple words how we can support our own system to keep it healthy and make it stronger.

Corona COVID-19 is a challenge that we must fight together. Understand how to raise the body's immunity from within. Yoga plays an important role in improving our immunity and to strengthen our bodies from within to prevent us from corona and other viruses. At SVYASA, extensive research is done to understand the role of Yoga in enhancing our immune system.

For more videos on Yoga for prevention of Corona (COVID-19) visit Padma Shri H.R Nagendra's YouTube channel.

- Practices for elderly persons 1
- Practices for elderly persons 2
- Practices for adults
- Practices for children

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- **FACEBOOK** - Follow us on our official Page to get instant and latest updates on the different activities of the university.
- **TWITTER** - Follow us on twitter (@svyasa_yoga) to get instant and latest updates on the different activities of the university.
- **TWITTER** - Follow DR H R Nagendra on his official handle (@HRNagendra1).
- **YOGA SUDHA** - Monthly Journal of S-VYASA.



INDIAN YOGA ASSOCIATION

**Calls for - Synchronised Yoga Prayers
with Yoga Gurus**

April 14, 2020 @ 5:30 P.M. | Join now @ yogaiya.in/sgp



Live on Sudarshan TV | www.yogaiya.in/sgp
www.facebook.com/IndianYogaAssociation.IYA

Indian Yoga Association

**Calls for - Synchronised Global Prayers
with Yoga Gurus**

April 14, 2020 | 5:30 P.M.

Join now @ yogaiya.in/sgp

Gurus of IYA

Swami Ramdev ji Maharaj
Chairman, Governing Council,
Indian Yoga Association, Patanjali Yogpeeth, Haridwar

Dr. Pranav Pandey ji
Dev Sanskriti Vishva Vidyalaya, Haridwar

Sri Sri Ravishankar ji
Art of Living, Bengaluru

Swami Chidanand Saraswati ji
Paramarth Niketan, Kolkata

Dadiji Kamlesh Patel ji
Sri Rama Chandra Mission, Hyderabad

Sri O.P. Tiwari ji
Kalyanashrama, Jaipur

Swami Bharat Bhushan ji
Mokshayatan, Saharapur

Swami Atmapriyananda ji
Ramakrishna Mission Vivekananda University,
Calcutta

Swami Amrita Suryananda ji
Portuguese Yoga Confederation, Portugal

Swami Maheshwarananda ji
Yoga in Daily Life, Austria

Sadhvi Bhagavati Saraswati ji
Paramarth Niketan, USA

Maa Hansa Jayadeva Yogendra ji
The Yoga Institute, Mumbai

Antonietta Rozzi
Founder, Sarva Yoga International, Italy

Guraji De HR Nagendra
President, Indian Yoga Association SVYASA,
Bengaluru

The protocol suggested is simple for anyone to follow:

Complete your prayers (as per your regular practice)

Step 1: Chant Bhramari (5 secs inhalation, 10 secs exhalation) 27 times
starting exactly at 8 am or 6 pm (IST)

Step 2: Repeat the following loudly "With all our collective prayers
for peace, we power up our IMMUNE System" NINE times with hands
raised

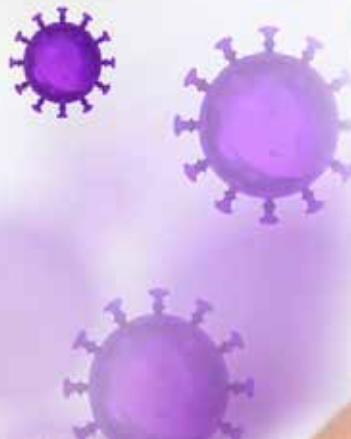
Step 3: Clapping after the 9th round

Step 4: End with Shanti, Shanti, Shanti

Who can participate?

Anyone – **Everyone!**

There are no disqualifiers



Live Telecast on DD Bharti

Join us: <http://www.yogaiya.in/sgp/>

Gurus of IYA Supporting the Movement



Gurus of IYA Supporting the Movement

**IYA CELEBRATES
SHANKARA JAYANTI**

(Starting Vaisakha Shukla Panchami)

In conversation with Gurus and Acharyas on "Shankara-advaitam for the present crisis"
followed by 'Synchronised Global Prayers'

www.yogaiya.in/sgp

On April 28th and 29th | From 5:30 p.m. to 6:30 p.m.
and 30th April | From 5:30 p.m. to 7:00 p.m.

World Meditates with Gurudev Sri Sri Ravi Shankar ji during Lockdown:

We are facing challenging times & many of us may be experiencing anxiety, stress, & fear during this COVID –19 Lockdown across the world. A little bit of pranayama and meditation can help cope with this. More than 2 million people across 142 countries are undergoing Live meditations online.

Led by Gurudev Sri Sri Ravi Shankar, this daily series is for both the beginners and the regular practitioners. Easy to follow instructions with depth and clarity help anyone seeking to learn mediation.

Links:

Youtube- <https://www.youtube.com/watch?v=R6dUKQGGFTI>

Facebook- <https://www.facebook.com/SriSriRaviShankar>

Twitter- <https://twitter.com/SriSri>

Instagram- <https://instagram.com/srisriravishankar>



LIVE Webstream: 'Swasthya with Sri Sri Yoga' Get #YogaFit at Home!

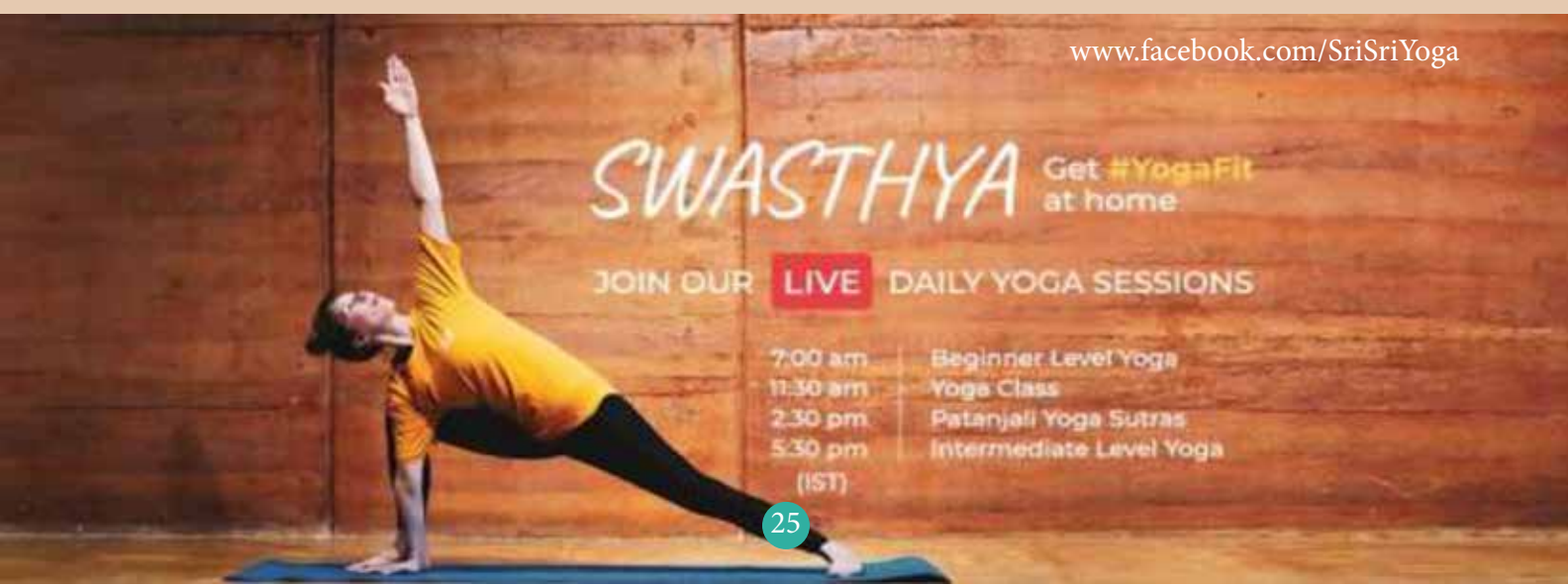
The Art of Living's Sri Sri School of Yoga is conducting Live Webstream Swasthya with Yoga.

Daily Online Yoga sessions are being conducted by the Sri Sri School of Yoga trainers and Senior teachers at various times of the day to help people get fit at home with yoga. Also a discourse on Pantanjali Yoga Sutras is being conducted by the Art of Living's senior faculty Shri Dinesh Kashikar ji daily at 2:30 PM on Facebook.

Maharishi Patanjali says “Heyam Dukham Annagattam”, the purpose of Yoga is to get rid of misery even before it comes.

If we notice, most of us before falling sick with a running nose or sneezing would have a recent history of sleeping at odd hours, working late nights, official deadlines, continuous travels, irregular food habits or an increased stress level due to personal or professional situations. It is only right then to focus on preventive practices and practices that will help

keep our immunity boosted and support body's natural ability to fight any illness. Kamlesh Barwal, CEO, Art of Living's Sri Sri Yoga, and Secretary-General, Indian Yoga Association explains, “A regular Yoga practice can effectively lower stress hormones, strengthen the nervous system, stimulate the lymphatic system, while also removing the toxins from the body. Some daily Yoga practice can reduce anxiety and calm the mind, thereby enhancing the quality of sleep. Good sleep is healing and is the most significant contributor in maintaining a healthy immune system.



Volunteers of The Art of Living Along With IAHV Have Reached Out To Millions of Migrant Labours, Families, And The Needy With 500 Tons of Essential Relief Material

The Organization To Also Set Up Hospital In Hyderabad, Has Opened a Helpline For Online Counseling For Anxiety and Stress

In its ongoing efforts, the volunteers of The Art of Living with its partner organization International Association for Human Values have been working tirelessly to provide material relief in all corners of the country from Maharashtra, Karnataka to Punjab, MP, West Bengal, Chattisgarh, Telangana, Delhi and Jammu, reaching out to over a million daily wage workers and migrant labourers stuck in different parts of the country. The Art of Living/IAHV is providing a family's ration for 10 days to a million families across the country along with film and TV fraternity joining this initiative. Total 500 tons of total relief material which includes food material, medicine supplies and sanitizers is being sent out to various parts of the country.

Relief Work Summary

Essential groceries, cooked foods or bulk supplies are being handed over to municipal corporations by our volunteers while following social distancing and hygiene protocol to the T, with due permissions in place. The organization is also setting up a hospital in Hyderabad while helping a Covid-19 hospital in Bengaluru. The organization has intervened to stop thousands of workers from migrating in many cities including Mumbai, Bengaluru and Jammu. Workers, who had no ration cards, were provided relief and support to be able to stay back.

Our volunteers are creating awareness about Covid-19 in II and III tier towns as well while also helping the administration in tracking Covid cases. The organization has opened a national helpline (080-676-12338) where the Art of Living teachers are counseling people undergoing stress and anxiety in the lockdown.

To provide mental relief, Gurudev Sri Sri Ravi Shankar is leading meditations twice at 12 Noon and 7.30 PM daily, open for all, on his official social media platforms. 9 hours of special content dedicated to help people deal with the aftereffects of the pandemic have been released for Spanish speaking countries today, by Gurudev.

The Art of Living teachers are also conducting yoga and meditation sessions for people to benefit from. The organization affiliated senior Ayurvedic doctors are enabling people to sail through the current times by providing dietary and lifestyle tips to boost overall immunity and stay healthy.

“Gurudev Sri Sri Ravi Shankar has given a call to everyone to do what they can possibly do to help each other in this critical time. The Art of Living fraternity has been reaching out to the people in their neighbourhood and helping them with both material and mental relief, while following the social distancing rules completely,” said Darshak Hathi, President, IAHV International, International Director, The Art of Living.
www.iahv.org/in-en/new/



Immunity Boosting Yoga Video with Head of Training, Sri Sri School of Yoga, Shri Mayur Kathik:

Sri Sri Yoga For Boosting Immunity & Busting Stress

Below are a few Yoga practices for boosting immunity. This Sri Sri Yoga protocol consists of Asanas, Pranayama, and Meditation. The asanas (Yoga poses) listed in this protocol can be divided into categories like inversions, twists and chest expanders.

Follow this sequence daily

1. Deep Yogic Breath – 5 to 7 breaths
2. Bhastrika (Bellows Breath) – 2 rounds of 20 breaths
3. Marjari Asana (Cat Pose)
4. Ardha Chakrasana (Backbend)
5. Hastapadasana or Ardha Uttanasana (Standing forward bend – Hand to knee/toe)
6. Trikonasana (Triangle Pose)
7. Ardha Matsyendrasana or Vakrasana (Half spinal twist)
8. Paschimottasana (Seated forward bend)
9. Shishuasana (Childs Pose)
10. Bhujangasana (Cobra Pose)
11. Dhanurasana (Bow Pose)
12. Adhomukhaswanasana (Downward Dog Pose)
13. Makarasana (Crocodile Pose) with humming sound for mental relaxation
14. Setu Bandhasana (Bridge Pose)
15. Sarvangasana or Vipritkarni (Shoulder stand or simple leg lift)
16. Matsyasana (Fish Pose)
17. Natarajasana (Supine spinal twist)
18. Pawanmuktasana (Wind-release Pose)
19. Yog Nidra (Relaxation)
20. Nadishodhan Pranayama (Alternate Nostril Breathing)

protocol

- Make sure to drink at least 2 to 3 liters of water daily. 6 to 8 hours of sleep. Eat light, unprocessed, vegetarian food at the right time. Follow basic hygiene practices. •Add ginger, turmeric, black pepper to your daily diet.
- A regular yoga practice can result in better health, know that it is not a substitute for medical treatment.
- In the case of a medical condition, practice yoga postures after consulting a doctor and under the supervision of a trained Sri Sri Yoga Teacher. Find a Sri Sri Yoga course at an Art of Living Center near you.

Guided Meditation by Gurudev Sri Sri Ravi Shankar -

- <https://www.youtube.com/watch?v=NEPzj...> Full yoga playlist -
- <https://www.youtube.com/watch?v=Dic29...> Along with a daily practice of the above

Kamlesh Barwal jis Article published Online on Onlymyhealth.com :

<https://www.onlymyhealth.com/try-out-this-daily-sequence-of-home-practice-to-prevent-sickness-1585725624>

This is the official YouTube channel of The Art of Living.

To subscribe click here: <https://bit.ly/Youtube-AOL>

Free Kids Yoga Live Yoga Session by Art of Living in partnership with Ministry of AYUSH:

Yoga at Home.

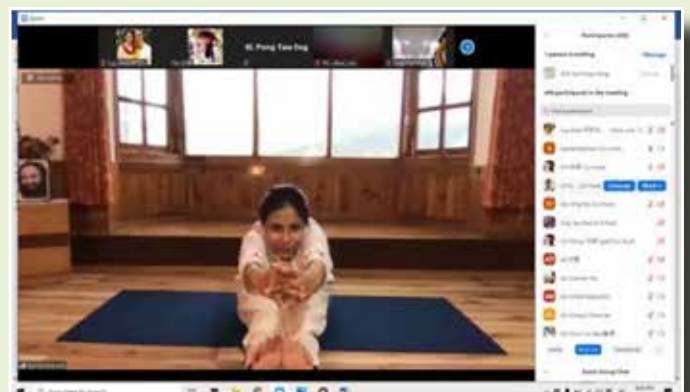
Yoga for Children.

The Ministry of AYUSH is happy to present live online Yoga training sessions for children between of age 8-13 years. This is brought to you from The Art of Living, Bengaluru, Stream into the live online Yoga sessions from 10 April 2020, at 5:30 PM IST. PMO India Shripad Naik Press Information Bureau - PIB, Government of India has organised the event.



Launch of the Nationwide Online Sri Sri Yoga beginners and intermediate level Yoga courses by Art of Living is seeing an overwhelming response.

More than 1000 trained Yoga teachers of Art of Living are conducting online Yoga and meditation courses for people stuck at home during the lockdown period.



Amidst Covid 19 we shall stay in touch via Social Handles, as a Wise Man Once said, "How we will fight, the answer is TOGETHER".

Stay Strong, Breathe and most Importantly BELIEVE!

Below are the Links of the courses which done at Directorate of Maharashtra for COVID.

- **Relaxation & Awareness - Shri. Subodh Tiwari ji.**
<https://www.youtube.com/watch?v=BTFLDxX51Lc&t=55s>
- **Inviting Absolute Joy - Dr. R.S Bhogal**
https://www.youtube.com/watch?v=_b_7f9Xc3wY
- **Experiential Breath Awareness - Part I - By Prof R.S Bhogal**
<https://www.youtube.com/watch?v=XLOcYO0sqxQ&t=2s>
- **Experiential Breath Awareness - Part II By Prof R.S Bhogal.**
https://www.youtube.com/watch?v=y_OnW2giuxY&t=16s
- **Experiential Breath Awareness - III - Prof. R.S Bhogal**
<https://www.youtube.com/watch?v=MezKbbZ8l64>
- **Remedy for Overcoming Fear - Interaction with Dr. S.D Bhalekar**
<https://www.youtube.com/watch?v=Jm0bXLxGgbg>
- **Energizing & Relaxation Practices with Neeraj Singh**
<https://www.facebook.com/kdhamyoga/videos/525532018359042/-> Neeraj
- **Explore the Sound of Silence**
<https://www.facebook.com/kdhamyoga/videos/818790325283983/-> Bhogalji
- **TratakKriya by Sandhya Dixit**
<https://www.facebook.com/kdhamyoga/videos/2852520611509075/-> Sandhyaji



Latest Research findings in the field of Yoga



Therapeutic Role of Yoga in Type 2 Diabetes

Abstract- Yoga originated in India more than 5,000 years ago and is a means of balancing and harmonizing the body, mind, and emotions. Yoga practice is useful in the management of various lifestyle diseases, including type-2 diabetes. Psycho-Neuro-Endocrine and immune mechanisms are involved in the beneficial effects of yoga on diabetes. Incorporation of yoga practice in daily life helps to attain Glycemic control and reduce the risk of complications in people with diabetes. In this review, we will briefly describe the role of various yoga practices in the management of diabetes based on evidence from various clinical studies.

Reference

Endocrinology Metabolism, 2018 Sep; 33(3): 307–317 (Arkiath Veetil Raveendran, Anjali Deshpandae, and Shashank R. Joshi)

Realizing Yoga's all-access pass: a social justice critique of westernized yoga and inclusive embodiment

Abstract- In the 21st century, the ancient mind-body practice of yoga has surged in popularity among western enthusiasts for its numerous health benefits. Particularly, a growing evidence base supports yoga for cultivating positive embodiment and reducing risk for disordered eating. Nevertheless, amidst its rise, are concerns about yoga's departure from its spiritual foundations and increasing assimilation into the appearance- and commercial-driven exercise and fitness culture. Consequently, an exclusionary identity has been perpetuated in shaping norms surrounding who can and does practice yoga, which contradicts earlier egalitarian visions of a yoga for all. Therefore, we adopt a social justice lens in offering a focused analysis of the intersection of yoga, embodiment, and inclusion for select marginalized social identities typically under-represented among yoga practitioners and in yoga scholarship. Data is synthesized from both qualitative and quantitative sources and integrate an understanding of how confined media representations of "the yoga body" and other practical constraints may undermine the perceived access to the practice for members of diverse groups. We conclude with inviting future considerations towards fostering more interdisciplinary community-based research partnerships among the variety of stakeholders invested in advancing the accessibility and inclusion of yoga and positive embodiment for all bodies.

Reference

Webb JB, Rogers CB & Thomas EV) (Eating Disorder 2020 Mar 9:1-27

Yoga Kernels: A Public Health Model for Developing and Disseminating Evidence-Based Yoga Practices., Smith BH, Lyons MD, Esat G

Abstract- Many people are drawn to yoga for its potential health benefits. With its rising popularity, yoga could become a widely used public health intervention, but its success depends on finding evidence-based yoga practices that are acceptable and feasible for a large segment of the population. Complexity and variability create barriers to the adoption and maintenance of yoga practices. In an effort to improve the study, adoption, and maintenance of therapeutic practices used in the context of public health interventions, we introduce the concept of "yoga kernels," defined as discrete, evidence-based yoga practices that are amenable to scientific study and can be effectively disseminated as a public health intervention. Yoga is reviewed from the standpoint of a public health intervention using the Reach Effectiveness Adoption Implementation and Maintenance (RE-AIM) model. This model is designed to improve the successful adoption and maintenance of generalizable, evidence-based interventions. In response to the challenges to the adoption and maintenance of yoga practices, we propose that a potentially fruitful direction for yoga research is moving away from studying yoga classes to studying specific yoga practices that are simpler and easier for the general public to use. Yoga kernels could be a unifying concept to identify therapeutic uses of yoga and help people adopt and maintain these practices as part of a systematic public health strategy.

Reference

International Journal of Yoga Therapy, 2019 Nov;29(1):119-126. Epub 2018 Oct 24.

Can Yoga Meet the Requirement of the Physical Activity Guidelines of India? A Descriptive Review

Abstract- Physical inactivity is the fourth major risk factor for global mortality accounting for 6% of all deaths globally and it is a key risk factor for non-communicable disease occurrences. About 54.4% of Indians are physically inactive and <10% engage in recreational activities. Therefore, we conducted a descriptive review of the rationality of yoga as one of the PA tools with two hypotheses - Does yoga qualify as a PA tool? Moreover, can yoga help to meet the requirement of Indian PAG? An in-depth literature review was carried out using databases such as PubMed, ScopeMed, Google Scholar, and Cochrane Library. All the published articles, government reports and policy documents, which met inclusion criteria with specific reference to yoga and energy expenditure, were gathered. The review included 7 policy documents and/or studies that discussed PAGs/policy/strategy globally and 9 research studies targeted toward the energy expenditure and yoga. Huge variability was documented in the recommended PAGs globally and yoga was found to be the moderate metabolic equivalents of tasks in the form of energy expenditure in this review. The compendium of physical activities should add a separate category for energy expenditure by yoga. This will help build-up newer exercise formats involving yogic physical activities to comply with the daily-recommended PA dose. In the national PA plan for India, yoga should get a prominent place. Further, in the Indian perspective, an exclusive PA plan is justified instead of a PA embedded within the national health programmes in lieu of a wider scope.

Reference

Satyajit Mohanty et.al, International Journal of Yoga. 2020 Jan-Apr; 13(1): 3–8.

Yoga for symptom management in oncology: A review of the evidence base and future directions for research

Abstract- Because yoga is increasingly recognized as a complementary approach to cancer symptom management, patients/survivors and providers need to understand its potential benefits and limitations both during and after treatment. The authors reviewed randomized controlled trials (RCTs) of yoga conducted at these points in the cancer continuum (N = 29; n = 13 during treatment, n = 12 post-treatment, and n = 4 with mixed samples). Findings both during and after treatment demonstrated the efficacy of yoga to improve overall quality of life (QOL), with improvement in subdomains of QOL varying across studies. Fatigue was the most commonly measured outcome, and most RCTs conducted during or after cancer treatment reported improvements in fatigue. Results also suggested that yoga can improve stress/distress during treatment and post-treatment disturbances in sleep and cognition. Several RCTs provided evidence that yoga may improve biomarkers of stress, inflammation, and immune function. Outcomes with limited or mixed findings (eg, anxiety, depression, pain, cancer-specific symptoms, such as lymphedema) and positive psychological outcomes (such as benefit-finding and life satisfaction) warrant further study. Important future directions for yoga research in oncology include: enrolling participants with cancer types other than breast, standardizing self-report assessments, increasing the use of active control groups and objective measures, and addressing the heterogeneity of yoga interventions, which vary in type, key components (movement, meditation, breathing), dose, and delivery mode.

Reference

(Danhauer SC, et.al) Cancer, 2019 Jun 15; 125(12):1979-1989

Using a Studio-Academic Partnership to Advance Public Health With in a Pragmatic Yoga Setting

Abstract- The objective of this study was to explore community-based yoga studio practitioners' psychosocial variables, behaviours, and studio satisfaction. Concurrent mixed-methods study consisted of a survey for demographic variables and psychosocial variables of interest (e.g., mindfulness, self-compassion, physical activity participation) and interviews regarding reasons for participating at the yoga studio. A rapid content analysis of interviews indicated that participants primarily practised at the studio for the sense of community. Yoga practitioners reported positive perceptions and behaviours; however, opportunities remain for interventions to improve mental and physical health among individuals already attending a yoga studio. Through an academic-studio partnership, studio offerings may include low-dose evidence-based interventions to improve access to and uptake of a yoga practice.

Reference

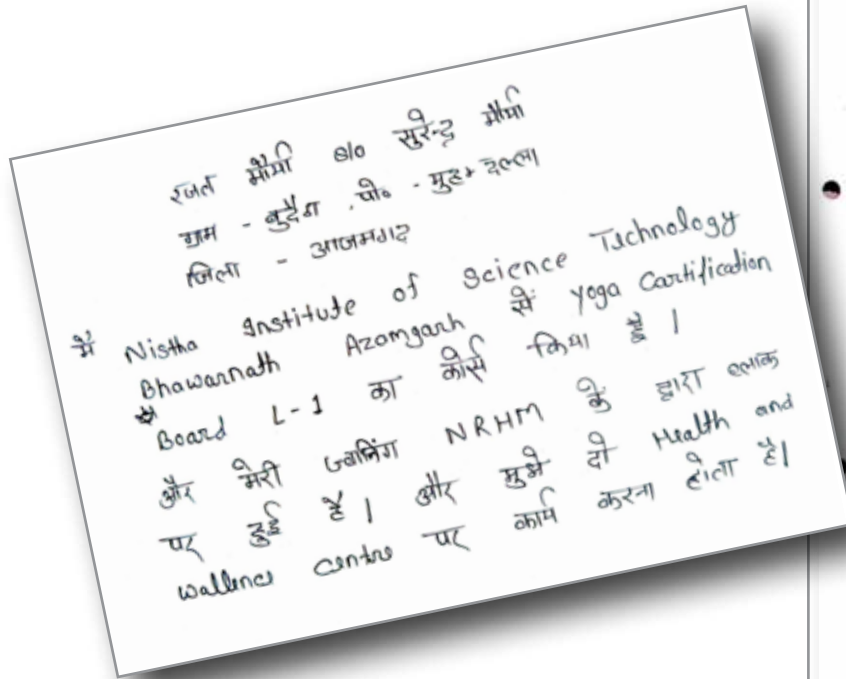
Samantha M. Harden, et.al., Journal of Primary Care Community Health, 2019 Jan-Dec; 10

Check your knowledge Answers

- | | | | | |
|------|------|------|------|-------|
| 1. a | 2. b | 3. a | 4. b | 5. a |
| 6. b | 7. c | 8. d | 9. d | 10. c |

Person Got placed with

YCB CERTIFICATE



कार्यालय मुख्य चिकित्साधिकारी आजमगढ़
पत्र संख्या- एन०एच०एम०/आरोग्य केंद्र/2019-20/11908 दिनांक : अक्टूबर 2019
सेवा में, रजत मैत्री
बुद्धा - नारायण
ग्राम - आजमगढ़

विश्व निदेशक, राष्ट्रीय स्वास्थ्य मिशन उ०प्र० लखनऊ के पत्र संख्या एस०पी०एम०एम०/कम्प्यू०/CHWC/2019-20/88/1494-75 दिनांक 18-05-2019 के द्वारा जनसमुदाय को योग प्रशिक्षण हेतु प्रत्येक हेल्थ एण्ड वेलनेस सेंटर (उपकेंद्र, प्रा०स्वा०केंद्र एवं ग्रहरी प्रा०स्वा०केंद्र स्तरीय आरोग्य केंद्र पर) प्रतिमाह 10 कार्यदिवस में योग सत्र आयोजित किये जाने हैं। उक्त हेतु को 2500-00 प्रतिमाह प्रति हेल्थ सेंटर के योग प्रशिक्षक को मन्देश के रूप में दिये जाने हैं। (रु० 250 प्रति दिन अधिकतम 10 दिन हेतु)

जिला आयुर्वेदिक एवं यूनानी अधिकारी आजमगढ़ के पत्र संख्या 880/2019-20 दिनांक 05-09-2019 के द्वारा योग प्रशिक्षक की सूची उपलब्ध कदवी गयी है, जिसने आपके नाम दर्जित है।

तक़र्रम में आपको हेल्थ एण्ड वेलनेस सेंटर (उपकेंद्र, प्रा०स्वा०केंद्र एवं ग्रहरी प्रा०स्वा०केंद्र स्तरीय आरोग्य केंद्र पर) 1- गढ़वाली 2- गढ़वाली 3- गढ़वाली पर योग प्रशिक्षक के रूप में कार्य करने हेतु आदेशित किया जाता है। आपके मानदेय का भुगतान कार्य के आधार पर किया जायेगा। साथ ही आपकी उपस्थिति सम्बंधित ए०एच०एम०/सी०एच०ओ० से प्रमाणित कराकर मानदेय भुगतान हेतु सम्बन्धित अधीक्षक/प्रभारी चिकित्साधिकारी को प्रस्तुत करना होगा।

आपको निर्देश दिया जाता है कि आप उक्त केंद्र पर नियुक्ति सम्बन्धित करें एवं जनमानस को योग में प्रशिक्षित करें।

मुख्य चिकित्साधिकारी आजमगढ़

पत्र संख्या- एन०एच०एम०/आरोग्य केंद्र/2019-20/11908-16 दिनांक : अक्टूबर 2019

प्रतिनिधि :- निम्नलिखित को सूचना एवं आवश्यक कार्यवाही हेतु प्रेषित।

1. विश्व निदेशक, राष्ट्रीय स्वास्थ्य मिशन उ०प्र० लखनऊ।
2. जिलाधिकारी/अध्यक्ष जिला स्वास्थ्य समिति आजमगढ़।
3. अपर निदेशक चिकित्सा स्वास्थ्य एवं प०क० आजमगढ़ मण्डल आजमगढ़।
4. क्षेत्रीय आयुर्वेदिक एवं यूनानी अधिकारी आजमगढ़।
5. अपर मुख्य चिकित्साधिकारी आर०सी०एम० आजमगढ़।
6. नोडल अधिकारी आयुष्मान भारत आजमगढ़।
7. जिला कार्यक्रम प्रबन्धक, डी०पी०एम०एम० एन०एच०एम० आजमगढ़।
8. अधीक्षक/प्रभारी चिकित्साधिकारी सामु०/प्रा०स्वा०केंद्र गढ़वाली आजमगढ़ को इस निर्देश के साथ कि इनको मानदेय का भुगतान नियमानुसार करना सुनिश्चित करें।
9. लेखालिपि एन०एच०एम० कार्यालय अधोहस्तक्षरी।

मुख्य चिकित्साधिकारी आजमगढ़

Upcoming Examination

- Bangalore
- Wardha ,Maharashtra
- Noida
- Dhanbad
- Surat
- Jodhpur
- Faridabad
- Mumbai
- Kolkata

For Registration

Please visit: yogacertificationboard.nic.in

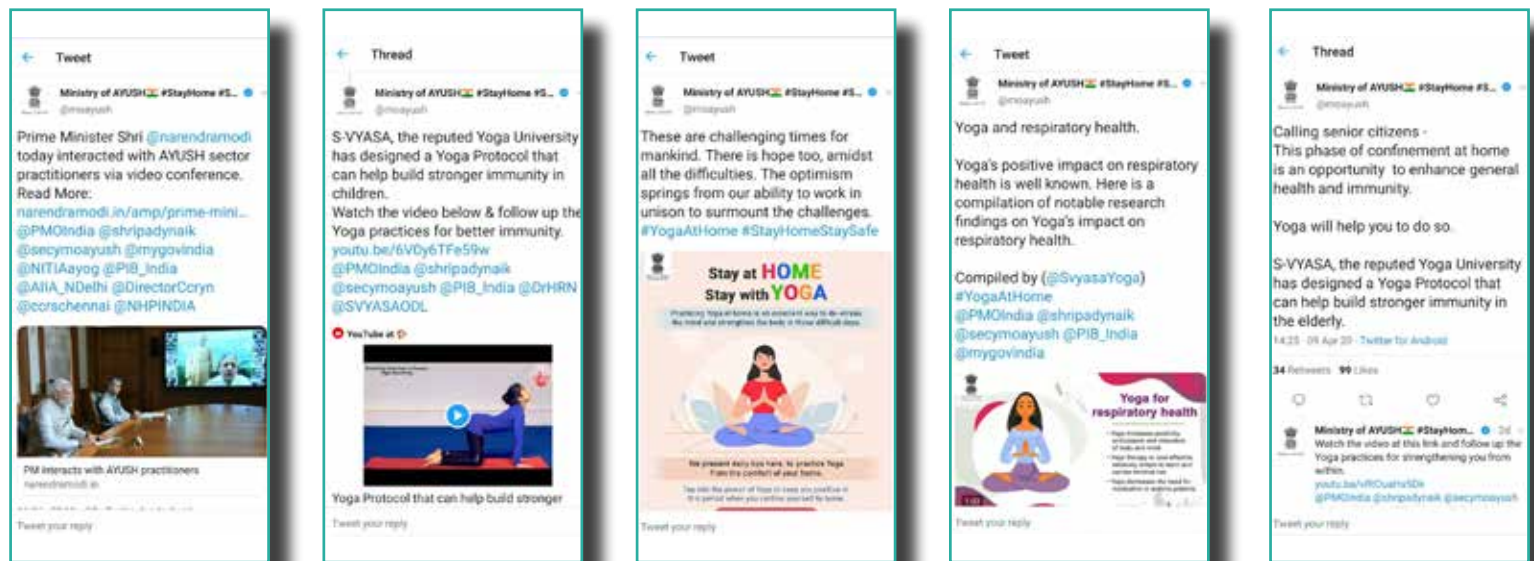
- Scroll down and check examination calendar
- Go to the specific date according to choice of center
- Click registration and fill the form
- Submit your fee

Check Your Knowledge

- 1. Founder of Buddhism philosophy is-**
 - a. Siddhartha Gautama
 - b. Kapil Muni
 - c. Charvak
 - d. None of the above
- 2. According to the prashnopnishad --- is best**
 - a) Agni
 - b) Prana
 - c) Jal
 - d) Vayu
- 3. _____ is the sukshma vyayama to be practised for the waist.**
 - a) Kati-shakti vikasak
 - b) Greeva Shakti vikasak
 - c) Bhuja valli vikasak
 - d) Hrid gati
- 4. Number of slokas in the first chapter of Brahmasutra are**
 - a) 157
 - b) 134
 - c) 186
 - d) 78
- 5. Meaning of Tasya in "tasya bhūmishu viniyogah"**
 - a) Samyama
 - b) Samadhi
 - c) Pratyahar
 - d) All of the above
- 6. Blood is-**
 - a) muscle
 - b) a connective tissue
 - c) a fluid only
 - d) odorless
- 7. The founder of Behaviourism is -**
 - a) Carl Rogers
 - b) Wilhelm Wundt
 - c) Watson
 - d) Abarahm Maslow
- 8. Education helps us in-**
 - a) improveing personal lives
 - b) personal Development
 - c) emotional development
 - d) All of the above
- 9. _____ is not a Common Personality Determinant -**
 - a) Social experience
 - b) Heredity
 - c) Physical characteristics
 - d) None of the above
- 10. This is not a stress hormone-**
 - a) Serotonin
 - b) Epinephrine
 - c) Prolactin
 - d) Adrenaline
- 1. बौद्ध दर्शन के संस्थापक हैं-**
 - a. सिद्धार्थ गौतम
 - b. कपिल मुनि
 - c. चार्वाक
 - d. उपराक्त में से कोई नहीं
- 2. प्रश्नोपनिषद के अनुसार, सर्वश्रेष्ठ है-**
 - a. अग्नि
 - b. प्राण
 - c. जल
 - d. वायु
- 3. कसर के लिए किये जानी वाली सूक्ष्म व्यायाम है-**
 - a. कटी शक्ति विकासक
 - b. ग्रीवा शक्ति विकासक
 - c. भुजा वल्ली विकासक
 - d. हृद गति
- 4. ब्रह्मसूत्र के पहले अध्याय में श्लोको की संख्या है-**
 - a. 157
 - b. 134
 - c. 186
 - d. 78
- 5. "तस्य भूमिषु विनियोगः" में तस्य का अर्थ है-**
 - a. संयम
 - b. समाधी
 - c. प्रत्याहार
 - d. उपरोक्त सभी
- 6. रक्त है-**
 - a. माँसपेशी
 - b. संयोजी उत्तक
 - c. केवल द्रव
 - d. गंधरहित
- 7. व्यवहारवाद के संस्थापक हैं-**
 - a. कार्ल रोजर्स
 - b. विल्हेम वुंड्ट
 - c. वाटसन
 - d. अब्राहम मासलो
- 8. शिक्षा हमें में मदद करती है-**
 - a. व्यक्तिगत जीवनमे सुधार
 - b. व्यक्तिगत विकास
 - c. भावनात्मक विकास
 - d. उपराक्त सभी
- 9. सामान्य व्यक्तित्व निर्धारक नहीं है-**
 - a. सामाजिक अनुभव
 - b. आनुवंशिकता
 - c. शारीरिक विशेषताएँ
 - d. उपराक्त में से कोई नहीं
- 10. यह तनाव हॉर्मोन नहीं है-**
 - a. सेरोटोनिन
 - b. एफिनेप्रिन
 - c. प्रोलाक्टिन
 - d. एड्रेनैलिन

Glimpse of Various Activities in Organisation

Member Institutes in the TWEETS of Ministry of Ayush



Celebrations @ IYA PrCB Premises



Discussion for the promotion of yoga



Prepare your Theory



1. It is always a good idea to read original text or explanations of text by learned gurus.

References for theory-

- Gheranda samhita
- Hathayogapradipika
- Patanjali Yoga Sutra
- Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga
- Yogic Sukshma Vyayama- Dharendra Brahmachari ji
- A Beginner's Guide to Ayurveda
- Anatomy and Physiology of Yogic Practices
- Management of Common Diseases
- Yoga Teachers Manual for School Teachers
- Upanishads (Kalayan), Geeta Press



How to prepare Notes-

Explained Notes- We recommend in-depth study of texts for better understanding.

- Firstly, Go and find the types of questions
- Then start making your notes for the concepts given in the syllabus. (If needed, seek help from the experts)
- Notes should have introduction, necessity/ relation to our life, how can we use it/process, benefits & contraindications of practice.
- Also write main Sutra/Sloka related to the topic.

Revision Notes- These notes will be very helpful at the time of examination for quick revision.

- Write the name of subject. Eg. Kriyayoga
- Then subparts- example- Tapa, Swadhyay, Ishwar Pranidhan.
- Write related shloka/sutra of each topic and subtopic
- Also write important points as benefit or contraindication in brief
- If possible, make any rhyme or game to learn lengthy concepts.

Group Discussion- Always study for growing yourself and go deeper in concepts. Group discussion is a nice way to learn more and it helps us in generating new ideas about a topic. It also makes us aware about our weakness and strength which provide us opportunity to improve our self. It will also help you to check your knowledge.

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