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Issue-1

Yog Pranjna

CONTENTS

Editor's Note	02
From the desk of CEO	03
Introduction of IYA	04
About IYA-PrCB officials	04
Mindfulness Meditation	05
Activities in IYA PrCB	07
Yoga is good for Health	11
Upcoming Examinations	11
Examinations in IYA PrCB	12
Yoga National/International News	13
Latest Research findings in the field of Yoga	14
Upcoming events in various Yoga Institutions	17
Check your knowledge	18
Yoga Vacancies(YCB Required)	19
Glimpses of Various Activities in the Organisation	20

Editor's NOTE



Ms. Sabina Gulati

Yoga is not an art but a way of life. It's an ancient practice which connects our mind, body and soul. Yoga has its origin in the Indian subcontinent. But during the last few years it has gained popularity all over the world. Our honorable Prime Minister Shri Narendra Modi proposed that 21st of June every year should be celebrated as the International Yoga Day. Since its inception, it's being celebrated all over the world on the same day. Innumerable are the benefits of this ancient Indian practice. It not only helps in maintaining physical health but also develops mental clarity and emotional stability. It gives me an immense pleasure to bring this newsletter in an effort to spread awareness regarding the great yogic practice. Let's all practice yoga in true spirit not only to have a healthy and happy lifestyle but also to experience the Divine.

Sabina Gulati

From the Desk of CEO, IYA-PrCB



Dr. S.P. MISHRA
CEO IYA PrCB

It gives me immense pleasure to place before you the first edition of e-newsletter of Indian Yoga Association-PrCB(Personal Certification Body). The focus of this news letter is to highlight all types of Quality Certification & yoga promotional activities being carried out by different

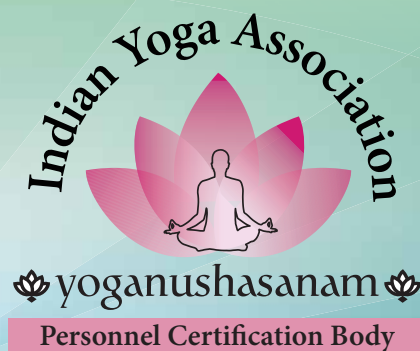
known and emerging yoga schools in India. This issue consists of information of IYA-PrCB activities, latest research in the field of yoga, training programs, news update on yoga, Vacancies and knowledge material for examinations and upcoming programs in various yoga organisations during last three months.

We wish to bring in record the significant initiative taken by the Ministry of Ayush, Govt. of India by setting up Yoga Certification Board to multiply the quality Yoga experts in the country & provide an impetus to spread the importance of quality certification in the field of yoga in different parts of the world.

Yoga helps in developing and maintaining a holistic balance between mind, body and soul . As such PrCB is making a sincere attempt to project quality measures required for strengthening the yoga practices in the professionals and practitioners in the field. Now we need such practising yoga professionals who are congruent in terms of their thinking, saying & actions. Some urgent efforts need to be made in this direction. A set of activities initiated by the prominent yoga schools like Patanjali Yoga Peeth, SVYASA, Kaivalyadhama, Dev Sanskriti University, The Yoga Institute, Mumbai and many more are not only praiseworthy but are also a land mark in the field of yogic sciences. We wish that all lovers & followers of yoga should extend their help in spreading it worldwide.

This is an earnest attempt by a dedicated team of professionals working with us to keep people abreast with information and also with the initiatives taken in the area of quality certification programs of yoga professionals and practitioners. We request our valuable readers to circulate it to interested people and institutions so that those who are interested to become yoga practitioners or trainers can take the advantage of quality certification through IYA-PrCB.

Dr. S.P. Mishra



Yoga, the mental, physical and spiritual practice to bring about positive transformation in one's body and mind, originated in India about 5000 years ago and has received its deserved accreditation by the United Nations by way of International Yoga Day to be celebrated worldwide every year on June 21.

Hon'ble Prime Minister of India Shri Narendra Modi has taken a leadership to spread this India's cultural and spiritual heritage worldwide with credible system which shall provide India leadership to ensure the quality in teaching and training in Yoga.

Indian Yoga Association has responded to the call of the Hon'ble Prime Minister and has taken the responsibility of making the vision of the Hon'ble Prime Minister into a reality.

Indian Yoga Association which was founded by the legendary Yogi Padma Vibhushan Late Dr BKS Iyengar, was the collective maiden effort of all leading yoga institutions following lineages of more than 25-30 years to bring together all institutes of Yoga under one umbrella which are committed to promotion and advancement of yoga and its application around the world.

Yogreshi Swami Ramdev ji Maharaj is the Chairman of the Governing Council and Gururji Dr HR Nagendra is the President.

For Promotion of Yoga IYA has taken an initiative to make Personnel Certification Body approved under the Scheme for Voluntary Certification of Yoga Professionals owned by Yoga Certification Board (Formerly was owned by QCI) launched by Ministry of AYUSH. IYA has created an independent entity within itself named as IYA PrCB by giving functional autonomy to it.

The focus of the Scheme for Voluntary Certification of Yoga Professionals, as it is being called, is to certify the competence of Yoga Professionals who provide Yoga training as teachers or instructors.

About IYA-PrCB officials

Office Bearers

Dr. S. P. Mishra - Chief Executive Officer

Mr. Manoj Singh - Chief Operational Officer

Ms. Ankita Pandey - Operational Manager/Administrative Manager

Dr. Charu Sharma - Technical Manager/Yoga Expert

Mr. Rajanish Sharma - Assistant Technical Manager/Incharge Marketing

Mr. Anoop Mishra - Quality Manager

Mr. Sumit - IT Expert

Ms. Deepti Garg - Assistant Accountant



Mindfulness

Meditation

H. L. Dhar stated in his research that the term Meditation was coined from the Greek Word “Meridi” means heal. Meditation is a personal experience in which mind focuses to reduce or eliminate conscious thoughts to calm our mind. This process channelizes our mind for the positive transformation. People who practice meditation have good emotional control.

Relaxing our mind through any such method brings the mind and body in harmony and reduces all the obstacles of mind..

तत्प्रतिक्षेधार्थमेकतत्त्वाभ्यासः (प.योग सूत्र. १/३२)

Maharishi Patanjali says that focus on one point to concentrate your mind.

Our mind has a wavering nature, so to keep it calm it is necessary to calm it by focusing it on one single object not keep on changing, and the attention has to be continuous. But Maharishi Patanjali does not describe about “What this single point should be, it has been left to us. A tranquil, composed and peaceful mind teaches you to stay unagitated in any situation. It improves your intuition as well.

Mindfulness meditation-

Mindfulness meditation is a form of self-regulatory exercise for mind and body. The core concepts of awareness include paying attention to the present moment and achieving a state of awareness in a non-judgmental manner (Bishop et al., 2004; Lutz et al., 2008). Attaining a state of consciousness in a non-judgmental/accepting . Mindful-ness meditation has its roots in Veda (Self inspection), which seeks to influence mental events by requiring a specific set of focus. Instead of trying to change emotional experiences, the practice of meditation teaches the person simply to recognize and consider emotions as they are and acknowledge emotional reactions when they occur.

The practice of mindfulness has its origins in Vipassana (insight meditation, a method of Buddhist meditation)

How to do Meditation-

- ❖ Wear loose and comfortable and neat clothes
- ❖ Sit straight and erect with hands placed over knees (or meditative pose)
- ❖ Close your eyes, fix your attention at your thought process
- ❖ Say to your mind ,“I am guarding you.”
- ❖ Check what you are doing

Remain relaxed and conscious of breathing in and out and temporarily deep breath may occur, ignore it. Initially, many thoughts will flood your mind, let them come and go. Don't stress your mind to return. Stay mindful of mind when it comes back. Gradually mind is going to settle down. Remain aware of your thought process, you may experience momentary stillness between your thoughts. Slowly over a period of time, thoughts will be slower, shallower and calmer, and stillness will increase, and finally over a period of months or years, time may come when you will feel then you are conscious all the time even if you were not concentrating. This is the state of complete calmness.

Benefits of Transcendental Meditation- Some of the benefits of transcendental meditation are-

- ❖ Reduced stress and anxiety
- ❖ Improved sleep
- ❖ Greater sense of clarity and productivity
- ❖ Lower blood pressure
- ❖ Greater sense of calmness throughout the day
- ❖ Reduced cortisol
- ❖ Lower risk of heart attack or stroke
- ❖ Improved brain function and memory

How Does Transcendental Meditation Work?

Many advantages for mental and physical well-being have been linked with transcendental meditation. Some of the main benefits are correlated with brain functioning, heart health, and stress management, and anxiety relief.

One research analyzed Mindfulness-based stress reduction program in 2004 (Carlsen, E.L.et al.) was associated with enhanced quality of life and decreased stress symptoms in breast and prostate cancer patients, and possibly resulted in beneficial changes in the functioning of the hypothalamic-pituitary-adrenal (HPA) axis.

Another interesting 2015 study explored “The Intensive meditation training influences emotional responses to suffering” and concluded that intensive meditation training encourages emotional responses to suffering characterized by enhanced sympathetic concern for, and reduced aversion to, the suffering of others. (Washington,D.C.)

Zeidan F. (2010) Results indicate that short meditation has beneficial effects on mood and cardiovascular variables that go beyond the demanding characteristics of a placebo meditation intervention.

Meditation is the practice of relaxing the mind and concentrating within for a certain period of time. It is an ancient practice that has gained popularity as a therapeutic way to reduce anxiety, promote relaxation, and improve memory, focus, and mood, but it can help one live longer. It has been shown that meditation improves the immune system and reduces stress hormone levels like cortisol, epinephrine. Meditation has beneficial effects on our human body but how these behavioural and psychological changes are brought; it can be explained by understanding Neuro-physiological effects of meditation.

Research by Chamandeep Kaur and Preeti Singh-The effectiveness of meditation has been demonstrated in alleviating anxiety and depression and achieving emotional wellbeing. Cahn et al. measured the effect of Vipassana meditation in terms of decreased delta and relative increase in theta over the frontal regions in his research "Occipital gamma activation during vipassana meditation" although other usual changes over alpha, beta, and theta bands were not observed. The main limitation of the study was unspecific effect of meditation practice on different frequencies, which should be well understood.

Park, B.Y. in his research article “Clinical utility of paced breathing as a concentration meditation practice” published in Complementary Therapies in Medicine stated that meditation causes change in EEG parameters (increase in low frequency and high frequency alpha power and decrease in theta power). Park used “Paced breathing technique” which is a method of voluntary breathing.

In another study, Barnhofer T. & Chittka T. (2010) in his research used two meditation techniques i.e. mindfulness breathing and loving kindness (or metta) meditation for investigation. Results showed that subjects low in brooding responded to loving kindness meditation while the subjects high in brooding showed response to the other meditation technique.

Dr. Charu Sharma
Yoga Expert/Technical Manager



Teachers Workshop for Maharashtra Region

IYA-PrCB organized an interactive workshop for examiners and coordinators to discuss about the changes in the content, process & patterns of examinations conducted for all the three levels of Professional certification made by Yoga Certification Board, Ministry of AYUSH, Government of India. It was observed and brought into the notice of PrCB that the examiners were facing certain problems particularly in conducting practical examinations. Therefore, we felt the need of some more interaction to clarify the emerging resource. The workshop was attended by more than 20 examiners representing different Yoga-Schools like- Gantali Mitra Mandal, Kaivalyadhama, Soamiya College, Mudita Yoga, Yog Vidya Gurukul, Swayam-Siddh-yog, Yoga Sadhana Mandir etc. A few prominent & senior examiners like- Dr. Deepak Bagadia, Dr. Gorang Vyas, Shri Krishna Mhaskar and Mrs. Aishwarya Vaibhav Joshi also attended and contributed quite significantly during deliberation. Dr. Ajit Oak & Mr. Sabir Shaikh along with Dr. S. P. Mishra was the panelist during the interactive session.



The participants felt satisfied by the outcome of the workshop as stated in their feedback. It was an excellent initiative taken by Gantali Mitra Mandal to provide all kinds of needed facilities to organize this workshop at Thane which was greatly appreciated by Dr. Mishra. Vote of thanks was proposed by Mr. Srikrishna Mhaskar to the participants who actively participated for organizing the program.

Awareness Workshop for Students & Teachers

AYUSH Ministry felt the requirement of Quality Certification of Yoga Professionals at three levels all over the country & different part of world. i.e.

1. Level 1 (Yoga Protocol Instructor)
2. Level 2 (Yoga wellness Instructor)
3. Level 3 (Teacher & Evaluator)

It was also felt that such quality professionals should only be involved in giving proper yoga therapy. In order to help Yoga Professionals to understand the need and significance of Quality certification & process of examination a series of awareness workshops was organized for students & teacher in different school, college and universities at different places by IYA-PrCB.



Examination of various levels of Examination at different centers

Examination at Hisar Center, Haryana

IYA-PrCB conducted a quality certification examination in yoga at Hisar, Haryana center on 28th September, 2019. More than 50 candidates appeared in the examination & are marked for level 1, 2 & 3 examination. Most of the candidates were found to be quite interested in not only to qualify this test but were eager enough to know more about next level of examination to enrich their professional competence in the field of yogic science. Lead examiner, Mr. Narendra Singh managed the examination with Mr. Rajanish Sharma and Mr Surendra Prasad Rayal. Mr. Ankit extended his whole hearted support in managing and conducting the examination.



Examination at Jodhpur Center, Rajasthan



First time Yoga Professional examination was conducted at Jodhpur, Rajasthan on 28th September 2019 by IYA-PrCB. More than 20 candidates were examined by Ms. Nivedita Goel as the Lead Examiner with her teammates; Mr Brajesh Pandey and Dr. Vijay Singh. Ms. Ankita represented the IYA-PrCB and helped our examiners to be comfortable at new place.

This examination was conducted at Ananta Yoga & Ayurveda Research Institute. We found that Mr Shyam Bhati & Mr Rajan Parihar is spreading the awareness of natural living by promoting the natural art in attaining good health through yoga, naturopathy, holistic healing and many other alternate medicinal therapies at their center.

Examination at Jaipur Center, Rajasthan

Yoga Professional Examination was held at Pragya Yoga Alliance, Jaipur, on 28th September 2019. Mr. Neeraj Goel, the Lead Examiner, coordinated the examination with Dr. Abhishek Bhardwaj Pandey and Dr. Charu Sharma. A group of 30 Candidates participated in the examination.



Mr. Kapil Kesari was quiet helpful in carrying out promotional activities of IYA-PrCB in conducting Yoga Certification Examination at Jaipur.

Examination at Bhuj center

On 12th October, 2019 Yoga Certification examination was organized second time at Bhuj center wherein more than 35 students participated for level 1 examination. A knowledge sharing session about level 2 & 3 examinations was kept on the demand of candidates. Participants showed interest and wanted to know more about next level examinations.



Dr. Manorama Nikhra joined the event as Lead examiner with her team Mr. Rajanish Sharma & Mr. Kapil Kesari to evaluate the practical session. Mr. Kashyap Trivedi who is serving as the Head of Department of Sanskrit, Bhuj University and their staff was very supportive and cooperative. Mr. Kashyap Trivedi briefed us that they are running a yoga certificate program in their campus and daily yoga practice is mandatory for all the candidates in the campus. They made all arrangements for IYA staff very satisfactorily. Mr. Gorang Vyas was very supportive in coordinating the center examination.

Examination at Vadodara, Gujarat



Morarji Desai Institute conducted a Yoga Certification examination in their campus on 12th October 2019. More than 20 students participated for the level 1 examination. Members demonstrated a great deal of energy and got some information about next level assessment and for their advancement in the field of Yoga. As Lead Examiner, Dr. Manorama Nikhra with her associate examiners Mr. Rajanish Sharma and Mr. Kapil took the practical session. Mr. Ashok Parmar and their staff gave us a helping hand in composing courses of action for IYA staff.

Examination at Mumbai, Maharashtra



IYA-PrCB coordinated two Yoga professional Examinations at Kaivalyadhama & Gantali Mitra Mandal, Mumbai on 19th October 2019. More than 50 candidates were engaged into this examination for level 1, 2 & 3. Individuals participated with great enthusiasm.

Mr. Sabir Sheikh coordinated the examination at Kaivalyadhama in Mumbai as the Lead Examiner with his team (Mr.) Shri Krishna Vasant Mhaskar and Mr. Pramod Nifadkar.

All the teachers are associated with IYA-PrCB for a long time and share their knowledge with all the candidates with ease. Mr. Ravi Mohan Dixit Ji supported the staff and encouraged the students and the teachers. He always remains positive for IYA-PrCB programs and supports us in all positive manners.

Dr. Shyamala Prasad led the examination at Gantali Mitra Mandal with Ms. Meeta Kulkarni and Ms. Smita Mata. They all showed women power at the center with the coordination of Ms. Abha Sathe. Dr. Ajit Oak as the center head made nice arrangements for IYA PrCB team and candidates for the examination



Examination at Hyderabad, Telangana



Very first time Yoga certification examination was held at Hyderabad on 15th December, 2019 for 30 candidates. All of them showed a lot of vitality and asked for preparation for next level examination. Mr. Srinivas Pulluri managed the examination with Dr. Charu Sharma and Dr. Durasami as an IYA paneled examiner. Mr. Phani helped in mobilizing candidates through his personal contacts and showed eagerness to continue as an active member of IYA-PrCB to promote Quality certification examination in Telangana.

Examination at Ludhiana Center, Punjab

IYA PrCB coordinated a Yoga Professional test at Ludhiana, Punjab, dated on 15th December 2019. Individuals showed interest and got some data about next level evaluation. As Lead Examiner, Mr. Neeraj Goel coordinated the examination with Mr. Rajanish Pandey and Dr. Sudhanshu Verma. Mr. Amit Ahuja & their team welcomed the team with great zeal. Mr. Amit helped IYA PrCb for increasing awareness for Quality certification examination in the field of Yoga while Ms. Rajanish Sharma represented the IYA PrCB and helped the examiners to be comfortable at new place

Examination at Rajkot & Surat, Gujarat

IYA PrCB directed a Yoga Certification test at Rajkot and Surat center on 28th December, 2019. The state of Gujarat is gaining momentum in promoting Quality certification in the field of Yoga through Ministry of AYUSH, Government of AYUSH. All the candidates showed interest in knowing more about next level of assessment and the process of advancement in the field of Yoga. Practical session was

taken by Dr. Charu Sharma as the Lead examiner with her team members Mr. Kapil Kesari and Ms. Neeta Sharma. This time the examination was conducted in the campus our associate institute of Project life. Ms. Dhruti Vyas gave us all her support in conducting the program



Yoga

A Gift to Children

Yoga can help withstand worldly and internal pressures which we are facing now a days. When children learn techniques for self-health, relaxation, and internal fulfilment, they can navigate life's challenges a little more easily. Yoga at an early age encourages self-esteem and body awareness with physical activity that is incompatible. Promoting cooperation and compassion — rather than opposition — is a great gift to give to our children. Children get huge benefits from yoga. Physically, it increases their

flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of peace improves. Yoga brings wonderful inner light for all.

When yogis developed Asanas thousands of years ago, they still lived close to the natural world and used animals and plants for their inspiration — the sting of a scorpion, the grace of a swan, at the base of a tree. When children imitate the movements and sounds of nature, they get a chance to imagine the other coming in and taking on their qualities. Let's assume the lion's (Simhasana) pose, for example, they not only experience the lion's power and behaviour, but also their sense of power: when to be aggressive, when to retreat. Physical movements introduce children to the true meaning of yoga: union and expression and respect for oneself in this fragile world.

Mr. Rajanish Sharma
Assistant-Technical Manager



Upcoming Examination

Various Evaluations are expected to set up at different across the India in January, February & March month in 2020. More than 200 participants will share the venue for various examination levels. Our IYA members are helping IYA (PrCB) in advancing Yoga Accreditation assessment for setting benchmarks for Yoga experts

Level 1, Level 2 & Level-3 Examination

- Rishikesh, Uttarakhand - 15th Feb. 2020
- Noida, Uttar Pradesh - 15th Feb. 2020
- Faridabad, Haryana - 15th Feb. 2020
- Motihari - 29th Feb 2020
- Lucknow, Uttar Pradesh - 29th Feb. 2020
- Vadodara, Ahmedabad, Gujarat 29th Feb. 2020
- Mysore, Karnataka - 28th March 2020
- Bangalore - 28 March 2020
- Wardha, Maharastra - 28th March 2020
- Noida, Uttar Pradesh - 28th March 2020
- Dhanbad - 11th April 2020

Registration
opens
for

For Registration

- Please visit: yogacertificatioboard.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



Ayuryog Expo, India's First World Assembly on Ayurveda, Yoga and Naturopathy was organized at India Exposition Mart, Greater Noida from November 7-10, 2019 and it was the biggest platform for the domain of Ayurveda, Yoga and Naturopathy with the aim to make concrete foundation and set up goals to globally increase the market share and customer profitability in these sectors.

The event comprised Keynotes, Knowledge Sessions, Paper Presentations, Conferences and an integrated Exhibition for Yoga Experts. People were blessed with the presence of Swami Ramadeva ji, Padamshree Awardee Dr. H.R. Nagendra, Amrata Suryananda Maharaja, Padma Bhushan Vaidya Devendra Triguna, Maa Dr. Smt. Hansaji Jayadeva Yogendra under one umbrella.



Yog guru Swami Ramdev ji held a mega camp on yoga and holistic living. The session was attended by nearly 25,000 participants including students from different schools and more than 200 disciples of Amrta Suryananda Maharaja from Europe.

"The Shivir received an overwhelming response where the attendees were delighted to have had received the opportunity to widen their familiarity on Yogic Science which is still nascent. Various foreign visitors also lauded the efforts of Exports Promotion Council for Handicrafts and IEML for organizing world's largest assembly on Yoga, Ayurveda and naturopathy bringing all yogis, gurus, experts and eminent personalities related to Ayurveda, Yoga and Naturopathy under the same platform.



PM presented Yoga Awards and released 12 AYUSH Commemorative Postal Stamps, also launched 10 AYUSH Health and Wellness Centres



The Prime Minister Shri Narendra Modi presented Yoga awards to the winners of PM's Award for Outstanding Contribution for Promotion and Development of Yoga, which were announced during the International Day of Yoga, 2019 at Ranchi, along with the two winners of the previous year in an event being organized by the Ministry of AYUSH at Vigyan Bhawan, New Delhi.

On this occasion, the Prime Minister also released 12 commemorative postal stamps to honour eminent scholars, practitioners and great Master Healers of AYUSH Systems



Swami Rajarshi Muni of Life Mission, Gujarat in Individual-National category, Ms. Antonietta Rozzi, Italy in Individual-International category, Bihar School of Yoga, Munger, Bihar in Organisation-National category, and Japan Yoga Niketan, Japan in Organisation-International Organisation category and Winners of 2018 Yoga Awards are Shri Vishwas Mandalik, Nasik, Individual- National category and the Yoga Institute, Mumbai, Organisation – National category. They all were the

recipients of the Prime Minister's Award for outstanding contribution for promotion and development of Yoga.

The Ministry of AYUSH developed the guidelines for the awards. Two committees were constituted, viz., Screening Committee (for preliminary evaluation) and Evaluation Committee (Jury), so that a transparent process is followed in finalizing the awards.

The Prime Minister also launched 10 AYUSH Health and Wellness Centres (AYUSH HWCs) located in the state of Haryana and they are in line with Ministry of AYUSH's commitment to make 12,500 AHWCs functional in next three years.



AYUSH Ministry proposed to include 19 treatment packages in PM-JAY



Union Minister Sh. Shripad Yesso Naik ji said that the Ayush Ministry has proposed the inclusion of 19 Ayurvedic, Yoga, Unani, Siddha and Homeopathy (AYUSH) treatment packages in the cashless health insurance scheme Pradhan Mantri Jan Arogya Yojana (PM-JAY).

AYUSH Secretary Sh. Vaidya Rajesh Kotecha said that the proposal to treat neurological diseases, arthritis among others has been submitted to the National Health Authority. The packages include treatments through Panchakarma, cupping therapy and Varmam therapy.



Mr. Shripad Yesso Naik, Minister of State (Independent Charge) for AYUSH informed that proposal for inclusion of 19 AYUSH packages has been finalised and submitted to the National Health Authority. Mr. Naik also said that the guidelines for expanding insurance to additional AYUSH treatments has also been finalised. He said funds of Rs 325 crore have been released to states for the activities under National AYUSH Mission (NAM) based on scrutiny of proposals.

A Scheme for Integrated Health Research (SIHR) has been finalised with an outlay of Rs 490 Crore, in collaboration with NITI Aayog and Invest India. Mr. Naik stated that this would add the untapped potential of integration of AYUSH systems with modern medicine.



International Yoga Day: 2019



Yoga is a physical, mental and spiritual practice which originated in India. The fifth edition of International Day of Yoga was celebrated on 21st June 2019. Prime Minister Shri Narendra Modi hosted the main event at Ranchi and performed yoga along with more than 18000 people. The fifth annual International Day of Yoga was celebrated at the United Nations on Thursday, 20 June 2019, "Yoga with Gurus," followed by a panel discussion on 21 June. The theme for this year's event was "Yoga for Climate Action."

The International Day of Yoga has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014. The Indian Prime Minister Shri Narendra Modi, in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.



Latest

Research findings in the field of Yoga

Efficacy of yoga based life style modification program on medication score and lipid profile in type 2 diabetes—a randomized control study

R Nagarathna, MR Usharani, A Raghavendra Rao, R Chaku, R Kulkarni, HR Nagendra

International Journal of Diabetes in Developing Countries 32 (3), 122-130, 2012

Several studies have documented the beneficial short term effects of yoga in type 2 diabetics. In this prospective two-armed interventional randomized control study, 277 type 2 diabetics of both genders aged above 28 years who satisfied the study criteria were recruited from 5 zones in and around Bengaluru, India. They were allocated to a yoga-based life style modification program or exercise-based life style modification program. Integrated yoga special technique for diabetes included yogasanas, pranayama, meditation and lectures on yogic life style. Control intervention included physical exercises and life style education. Medication score, blood glucose, HbA1c and lipid profile were assessed at

baseline and after 9 months. Intention to treat analysis showed better reduction ($P < 0.05$, Mann-Whitney test) in the dose of oral hypoglycemic medication required (Yoga - 12.8 %) (Yoga-12.3 %) and increase in HDL (Yoga-7 %) in Yoga as compared to the control group; FBG reduced (7.2 %, $P = 0.016$) only in the Yoga group. There was significant reduction within groups ($P < 0.01$) in PPBG (Yoga-14.6 %, Control-9 %), HbA1c (Yoga-14.1 %, Control-0.5 %), Triglycerides (Yoga-15.4 %, Control-16.3 %), VLDL (Yoga-21.5 %, Control-5.2 %) and total cholesterol (Yoga-11.3 %, Control-8.6 %). Thus, Yoga based life style modification program is similar to exercise-based life style modification in reducing blood glucose, HbA1c, triglycerides, total cholesterol and VLDL. Yoga is better than exercise in decreasing oral hypoglycemic medication requirement and LDL; and increasing HDL in type 2 diabetics.

Effects of yoga on well-being and healthy ageing: study protocol for a randomized controlled trial (Fit For Age), Östh J, Diwan V, Jirwe M, et al. (2019)-

Introduction- Due to ageing populations worldwide, the burden of disability is increasing. It is; therefore important to develop interventions that improve healthy ageing, reduce disability onset and enhance life quality. Physical activity can promote healthy ageing and help maintain independence, yet many older adults are inactive. Yoga is a form of physical activity that aims to improve health and may be particularly suitable for older adults. Research indicates positive effects of yoga on several health-related outcomes; however, empirical studies examining the benefits of yoga on well-being among the elderly remain scarce. This study protocol reports the methodology for a 12-week yoga program aimed to improve health and well-being among physically inactive older adults.

Methods and analysis- Three group parallel, single-blind randomized controlled trial. Two comparison groups are included: aerobic exercise and a non-active wait-list control. In total, 180 participants aged 65–85 years will be recruited. Assessments will be performed at baseline and post intervention (12-week follow-up). The primary outcome is subjective well-being. Secondary outcomes include physical activity/sedentary behaviour, mobility/ fall risk, cognition, depression, anxiety, mood, stress, pain, sleep quality, social support and cardio metabolic risk factors. Data will be analyzed using intention-to-treat analyses, with mixed linear modeling.

Ethics and dissemination- All participants must voluntarily agree to participate and are free to withdraw from the study at any point. Written informed consent will be obtained from each participant prior to inclusion. Results will be available through research articles and conferences. A summary of key results will be publicly available through newspaper articles.

Physical activity and mental health in India: A narrative review

Aishwarya Gonzalez Cherubal, Balasubramanian Suhavana, Ramachandran Padmavati and Vijaya Raghavan; International Journal of Social Psychiatry, 2019, Vol. 65(7-8) 656–667.

Background: Apart from its evident impact on physical health, physical activity also has a role to play in mental health. Individuals engaged in physical inactivity have been found to have higher morbidity and health care expenditure. In order to combat these issues and preserve mental health, interventions of exercise are typically advocated. This review aimed to assess the benefits of physical activity on common and severe mental disorders in the Indian context.

Materials and methods: A Boolean search was carried out using both relevant keywords and MeSH terms. Articles were sourced from online databases including PubMed, ScienceDirect, Cochrane Database, PsycINFO and Google Scholar. All studies included in the review were peer-reviewed articles exclusively from India with Indian subjects reporting the relationship between physical activity and at

least one mental health outcome including depression, anxiety, psychosis, stress, self-esteem and cognitive functioning. Results: Nineteen articles were found eligible for the narrative review. Out of these, 7 were cross-sectional studies and 12 were intervention studies.

Conclusion: Existing literature from India has shown promising results towards the impact of physical activity in mental health disorders. However, more research is needed in the assessment of physical activity and physical activity interventions suitable to the Indian context. This review found that exercise and yoga are effective in reducing mean scores for both severe and common mental disorders. Yoga had a more significant impact on patients with schizophrenia than exercise or no intervention. To confirm that exercise is an effective add-on treatment, further research is required.

Keywords: Physical activity, mental health, yoga, exercise, intervention, schizophrenia, depression, anxiety, stress

What are the known effects of yoga on the brain in relation to motor performances, body awareness and pain? A narrative review

Emmanuelle Rivest-Gadboisa & Marie-Hélène Boudrias; Complementary Therapies in Medicine, 44 (2019)129-142

Objective: The current body of literature was reviewed to evaluate the effects of yoga on the brain in relation to motor performance, body awareness and pain. Background: Yoga has been increasingly popular in the Western countries especially for its unique integration of the mind and body. Yoga has been studied more intensely in the last decade. Although it has been shown to improve cognitive functions, few studies have looked into the effects of yoga on improving motor performance, body awareness or pain and the possible underlying brain mechanisms associated with them.

Methods: A search of the current literature was made using keywords such as: “yoga brain motor”, “yoga brain pain”, “effects yoga brain” and “effects yoga brain motor performance”. The findings were then discussed in relation to motor performance, body awareness and pain and their reported mechanisms of action on the brain. Results: A total of 61 articles were selected, out of which 29 were excluded because they did not meet our criteria. A total of thirty-two articles were included in this review, which we further subdivided by focus: motor performance (n = 10), body awareness (n = 14) and pain (n = 8).

Discussion: Our review shows that yoga has a positive effect on learning rate, speed and accuracy of a motor task by increasing attention and decreasing stress through a better control of sensorimotor rhythms. Yoga also seems to improve sensory awareness and interoception, regulate autonomic input, increase parasympathetic activity and promote self-regulation. Yoga was also shown to reduce the threat signal, increase pain tolerance, decrease pain unpleasantness and decrease the anxiety and distress associated with pain. Those changes are associated with the recruitment of specific brain areas such as the insula, the amygdala and the hippocampus. Conclusion: Based on the studies reviewed in this report, we found that the practice of yoga seems to facilitate motor learning, to increase body awareness and to decrease pain. These are associated with a wide variety of changes in terms of brain activity and structure. Further studies are necessary to reveal its precise mechanism of action on the brain and to validate its wider application in clinical settings.

Upcoming

Events in various Yoga Institutions

Upcoming Events Kaivalyadhama, Lonavala			
S.No.	Activities	Date	Description
1.	Practical Vedanta Yoga Workshop	27th January - 1st February 2020	Topics to be covered <ol style="list-style-type: none"> 1. Introduction to Practical Vedanta 2. The Jnana Yoga 3. Basic tenets of Practical Vedanta and Modern Applications 4. The Upanishads as the basis of Practical Vedanta 5. Astanga Yoga in the light of Vedanta 6. Shravana Manana Nidhidhyasana- The vedantic method of Sadhana 7. Concept of Ishwara – Personal & Impersonal
2.	Kriya Yoga Anushtana	22 - 27 February 2020	Kriya Yoga offers a direct approach for “attenuation of kleshas” and “cultivating inner ambience for samadhi” according to Patanjali Yoga Sutra. Therefore, every year kriya yoga anushtana is held under the guidance of our Chairman, Rev. Swami Maheshananda. This year the Kriya Yoga Anushtana is being held from February 22 to 27, 2020. Rev. Swami Anubhavananda-ji, will deliver a discourse in the form of “Swadhyaya” as a part of Anushtana.
3.	Treatment-oriented Yoga Therapy	24th - 29th February, 2020	In this workshop, we will communicate the salient features of basic anatomy and physiology of the human body that a Yoga therapist should know. We will also explain what anatomical and physiological changes occur in our body due to practice of different Yogic practices, so as to help the teachers to treat such disorders/diseases.
4.	Meditation Workshops	9th - 16th February 2020	This traditional method of learning and practising meditation towards holistic health has been in practice in India for thousands of years, healing people with chronic illnesses and psychosomatic disorders, relieving them from day-to-day pain and stress, and leading them towards a rejuvenated life filled with inner peace and harmony.
5.	Yoga Therapy for Chronic Diseases	1st – 8th March, 2020	The purpose of this workshop is to treat the mental & physical health issues, arising from depression, stress, fibromyalgia and other chronic conditions. The healing methods can also be used as a self care strategy for prevention and cure. This workshop is work all dimension of personality.
6.	Patanjali Yoga Sutras	0th March - 3rd April 2020	This intensive workshop on Patanjali Yoga Sutras will enrich the understanding and practice of Yoga for all students and teachers of Yoga. It is relevant for all those enthusiasts who are interested in understanding the human mind, its functioning, control and transcendence. Clear understanding of PYS adds quality and sheer joy to life.
7.	Intermediate Pranayama	12th – 19th April 2020	Kaivalyadhama will also offer a workshop in pranayama for those practitioners looking to strengthen their knowledge and skills in the field. This course is designed for those students with a strong foundation in yoga, and have had some prior experience in the practice of pranayama according to the lineage of Kaivalyadhama. The workshop will include practical sessions in pranayama, theoretical lectures*, and daily asana classes.

For more details: please check: <https://kdham.com/workshops/>

Sivananda Yoga Teacher's Training courses

S.No.	Location	Description
1.	Sivananda Yoga Vedanta Dhanwantari ashram, kerala	<ul style="list-style-type: none"> • 5 January -1 February 2020 • 15 March - 11 April 2020
2.	Sivananda Yoga Vedanta Meenakshi Ashram, Tamilnadu	<ul style="list-style-type: none"> • 12 January - 8 February 2020 • 16 February-14 March 2020
3.	Sivananda Kutir, uttarakhand	<ul style="list-style-type: none"> • 5 April - 2 May 2020 • 10 May - 6 June 2020
4.	Sivananda Yoga Vedanta Tapaswini Ashram, Andhra Pradesh	<ul style="list-style-type: none"> • 9 February - 7 March 2020

For more details: please check: <http://sivananda.org.in/>

Parmarth Yoga Niketan

S.No.	Location	Description	Description
1.	International yoga Festival, 2020	Rishikesh	March 1-March 7, 2020
2.	Yoga in the Bhagavad Gita	Rishikesh	February 9-February 14

For more details: please check: <https://www.parmarth.org/events/>

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Your Knowledge

1. "Yogah Karmasu Kaushalam" definition is described in which verse of the BhagwadGita?
 - a. 3/48
 - b. 3/50
 - c. 2/50
 - d. 2/48
2. Among the following, the word yoga has the appropriate meaning-
 - a. Add
 - b. Moderation
 - c. Join
 - d. All of the above
3. From the following, Prakriti is also called-
 - a. Nirgunatmika
 - b. Dwigunatmika
 - c. Tri-gunatmika
 - d. None of the above
4. The definition of yoga given by Maharishi Patanjali is-
 - a. Yogaschitta vritti nirodh
 - b. Yogah karmashu Kaushalam
 - c. Atma aur parmatma ka Milan
 - d. All of the above
5. Aim of Yoga is-
 - a. Physical health
 - b. Mental health
 - c. Spiritual health
 - d. All of the above
6. Part of yoga is-
 - a. Asana
 - b. Pranayama
 - c. Shatkarma
 - d. Nadanusandhana
7. The first sign of yoga is found in-
 - a. Veda
 - b. Tantra
 - c. Upanishad
 - d. Purana
8. Described Yoga in Srimadbhagwadgita is-
 - a. Bhaktiyoga
 - b. Karmayoga
 - c. Jnanayoga
 - d. All of the above
9. The misconception regarding yoga was that-
 - a. It is not for monks
 - b. It is not for vairagis
 - c. It is not for ladies
 - d. It is not for yogis
10. Third part of ashtanga Yoga is-----
 - a. Asana
 - b. Pranayama
 - c. Pratyahara
 - d. Niyama
1. "योग: कर्मसु कौशलम" परिभाषा श्रीमद्भगवद्गीता के किस श्लोक से ली गयी है?
 - a. ३/४८
 - b. ३/५०
 - c. २/४०
 - d. २/४८
2. निम्नलिखित में से, योग शब्द का उपयुक्त अर्थ है
 - a. जोड़ना
 - b. संयमन
 - c. मिलाना
 - d. उपरोक्त सभी
3. निम्नलिखित में से प्रकृति कहलाती है-
 - a. निर्गुणात्मिका
 - b. द्विगुणात्मिका
 - c. त्रिगुणात्मिका
 - d. उपरोक्त कोई नहीं
4. पतंजलि योग सूत्र में दी गयी योग की परिभाषा है-
 - a. योगश्चित्तवृत्तिनिरोधः
 - b. योगः कर्मसु कौशलम
 - c. आत्मा और परमात्मा का मिलन
 - d. उपरोक्त सभी
5. योग का लक्ष्य है-
 - a. शारीरिक स्वास्थ्य
 - b. मनसिक स्वास्थ्य
 - c. आध्यात्मिक स्वास्थ्य
 - d. उपरोक्त सभी
6. योग के अंग है-
 - a. आसन
 - b. प्राणायाम
 - c. षट्कर्म
 - d. नदानुसंधान
7. योग का संकेत सर्वप्रथम मिलता है-
 - a. वेदों में
 - b. तंत्रों में
 - c. उपनिषद् में
 - d. पुराण में
8. श्रीमद्भगवद्गीता में वर्णित योग है-
 - a. भक्तियोग
 - b. कर्मयोग
 - c. ज्ञानयोग
 - d. उपरोक्त सभी
9. योग के सम्बन्ध में गलत धारणा थी कि
 - a. यह सन्यासियों के लिए नहीं है
 - b. यह वैरागियों के लिए नहीं है
 - c. यह स्त्रियों के लिए नहीं है
 - d. यह योगियों के लिए नहीं है
10. अष्टांग योग का तीसरा अंग है-
 - a. आसन
 - b. प्राणायाम
 - c. प्रत्याहार
 - d. नियम

Detailed Advertisement

INDIAN COUNCIL FOR CULTURAL RELATIONS Azad Bhavan, I.P. Estate, New Delhi - 110 002

Separate applications are invited from Indian nationals for deployment as Teacher of Indian Culture (TIC) for two years contractual assignment at ICCR's Cultural Centres abroad. The applicants should be motivated, enthusiastic, dynamic and confident in teaching and having command over English language to teach foreign students.

QUALIFICATIONS AND EXPERIENCE REQUIRED

1. A Degree in Yoga with a minimum of 55% marks from a recognised University established under UGC Act. OR Any Graduate from a recognised University established under UGC Act with Diploma in Yoga Education/Yoga Studies/Yoga Science after graduation of at least one year duration from a recognised University established under UGC Act/Institute with a minimum of 55% marks.
2. Level II of Yoga Professional Competence Exam of QCI sponsored by Ministry of AYUSH, Govt. of India.
3. Applicant should have teaching & training/practical experience in Yoga from UGC recognised Institute/University/College, reputed school/organization for a minimum period of 5 years.
4. A minimum period of 5 years.
5. Candidate must have ability to teach the theory & Practice of Yoga, Vedas, Upanishads, Indian Philosophy, History and Culture, Sanskrit language and to deliver talks/lectures at the Cultural Centre and other venues.
6. The candidate must have ability to be an added advantage. Candidate must deliver talks/lectures at the Cultural Centre and other venues.
7. Fluency in English language will be an added advantage. Candidate must have initiative and strive to help students achieve their personal best with high expectation of attainment, progress and behaviours.

Desirable: (1) Practical ability to perform Yogic practices. (2) Experience in giving Yoga instructions at different levels. (3) Sound knowledge in Computer Operation and its use. (4) Sound knowledge of Hindi, English and Sanskrit language. (5) Experience in

ANNEXURE - 'A'

MORARJI DESAI NATIONAL INSTITUTE OF YOGA
Ministry of AYUSH, Govt. of India
68, Ashok Road, Near Gole Dak Khana, New Delhi - 110 001
Phone: 011-23730417-18, 23331099, 23721472. Fax: 23711657
E-Mail: mdniy@yahoo.co.in; Website: www.yogamdniy.nic.in

Dated:

December, 2019

File No.12-44/2018-Estt. (Vol.I)

DETAILS OF VACANCIES AND TERMS AND CONDITIONS

Morarij Desai National Institute of Yoga (MDNIY) an Autonomous Organization under Ministry of AYUSH, Govt. of India invites applications from Indian Citizens for the following four categories of posts to be filled up by Direct Recruitment as per details given below

Sl. No.	Name of the post & Pay Scale	No. of Posts/Category	Min. Qualification & Experience	Age limit for direct recruitment
1.	Yoga Instructor Level-6 of 7th CPC (Rs.35400-112400)	One (UR)	Essential: 1. A Degree in Yoga with a minimum of 55% marks from a recognised University established under UGC Act. OR Any Graduate from a recognised University established under UGC Act with Diploma in Yoga Education/Yoga Studies/Yoga Science after graduation of at least one year duration from a recognised University established under UGC Act/Institute with minimum of 55% marks. 2. Level II of Yoga Professional Competence Exam of QCI sponsored by Ministry of AYUSH, Govt. of India or its YCB equivalent i.e. Yoga Teacher & Evaluator. 3. Practical experience in Yoga in a reputed Yoga Institute for a minimum period of one year.	Preferably not exceeding 30 years as on the closing date for receipt of application.

Various YOGA Vacancies (YCB Required)

Subject :- Empanelment of Teacher of Indian Culture (TIC)

(A)

Issuing of the Advertisement

ADVERTISEMENT

Applications are invited in a prescribed format from Indian Nationals for deployment as Teacher of Indian Culture (TIC) for two years contractual assignment at ICCR's Cultural Centres abroad. The candidate must have ability to teach the Theory and Practice of Yoga, Veda, Upanishads, Indian Philosophy and Sanskrit language. The applicant should be motivated, enthusiastic dynamic and should have minimum of 5 years teaching experience of yoga. Applicants need to have command over English language to teach foreign students.

For further details, terms & conditions, eligibility and proforma application kindly visit ICCR's website www.iccr.gov.in. Please note the last date for the submission of application is 08th March, 2019

MORARJI DESAI NATIONAL INSTITUTE OF YOGA
Ministry of AYUSH, Govt. of India
68, Ashok Road, Near Gole Dak Khana, New Delhi - 110 001
Phone: 011-23730417-18, 23331099, 23721472. Fax: 23711657
E-Mail: mdniy@yahoo.co.in; Website: www.yogamdniy.nic.in

Date: 31st December, 2019

VACANCY NOTICE

Morarij Desai National Institute of Yoga (MDNIY), an autonomous organisation under Ministry of AYUSH, Govt. of India, invites applications by direct recruitment for the posts as per the details given below:

S. No.	Name of the Post	No. of Posts	Pay Scale
1.	Yoga Instructor	One (UR)	Level-6 of 7th CPC (Rs.35400-112400)
2.	Lower Division Clerk	Two (01 UR & 01 SC)	Level-2 of 7th CPC (Rs.19900-63200)
3.	Lab Assistant	One (UR)	Level-2 of 7th CPC (Rs.19900-63200)
4.	Multi-tasking Staff	Ten (04 UR, 03 OBC, 02 SC & 01 ST)	Level-1 of 7th CPC (Rs.18000-56900)

2. The details of qualifications, experience, age etc. and other terms and conditions to fill up the above 04 categories of posts are given at Annexure 'A'. The prescribed application form is given at Annexure 'B'.

3. The last date for receipt of Hard Copy of application in the prescribed format duly filled in all respect in MDNIY is 10th February, 2020 and for candidates residing in Assam, Meghalaya, Arunachal Pradesh, Mizoram, Manipur, Nagaland, Tripura, Jammu & Kashmir, Ladakh & Spiti District and Pangri Sub Division of Chamba, District of Himachal Pradesh, A&N Island or Lakshadweep or abroad is 25th February, 2020

Bimalash Kumar
(Bimalash Kumar)
Administrative Officer

Answers: check your knowledge

1. C 2. D 3. C 4. A 5. D
6. D 7. A 8. D 9. C 10. A

Glimpse

of Various Activities in Organisation



VISIT of Art of Living, Bangalore



AWARENESS Workshop



DEEP Yajna @ PrCB premises



Visit of Mr Subodh Tiwari,
Vice President, IYA at PrCB office



Dr Satbir Singh Khalsa,
Dr. Shirley Telles,
Dr S. P. Mishra,
Mr. Chandru behrawani

*left to right)

IYA PrCb participated in Yoga Expo, Greater Noida



Honorable Guide & Gurus



PrCB official with PM
awardee Antonietta Rozzi



GB Meeting @ Ayuryog Expo In the presence of
IYA Chairperson Yogaguru swami Ramadev ji



Team IYA in Action @ Ayuryog Expo

INDIAN YOGA ASSOCIATION PrCB

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