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# Monthly Ayurveda Bulletin

(Embassy of India AYUSH Information Cell, Berne)

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ॐ सर्वे भवन्तु सुखिनः। सर्वे सन्तु निरामयाः। सर्वे भद्राणि पश्यन्तु। मा कश्चित् दुःखं भाग्भवेत्॥  
ॐ शान्तिः शान्तिः शान्तिः ॥

Let all be Happy! Let all be Healthy!  
Let all experience auspiciousness! Let no one be overwhelmed by grief!  
OM Peace Peace Peace !!



## Launch of AYUSH Clinical Case Repository (ACCR) portal & AYUSH Sanjivani (3 Version)

### Mobile App

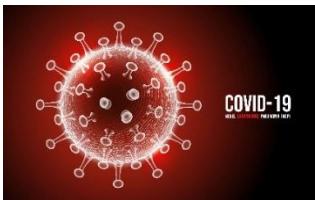


In a momentous event, Shri Kiren Rijiju, Hon'ble Union Minister of State for Ayush, Youth Affairs and Sports (Independent Charge), launched the AYUSH Clinical Case Repository (ACCR) portal & AYUSH Sanjivani (3 Version) Mobile App on May 27, 2021. The launch of the portal & the

App will help the Ministry to fight better the current COVID 19 situation in the country. The AYUSH Clinical Case Repository portal (<https://accr.ayush.gov.in>), as a platform will serve both the AYUSH practitioners & the people. It is expected to document the strengths of AYUSH systems for the treatment of various disease conditions. Watch the launch here:

<https://twitter.com/i/status/1397882974356443139>

### Opinion: Can AYUSH Systems help turn the tide in India's COVID-fight?



The COVID-19 pandemic is one of the biggest challenges of the current century. It has strained the world's health care systems, economies, and even social systems. From India's first case

on January 30, 2020, in a student who returned from Wuhan, China to the previous peak of 97,894 cases on September 17, 2020 (70 per million), daily cases have multiplied four times to over 4 lakh (280 cases per million) on May 1. India's actual case count is expected to be higher given low testing rates (1.2 tests per 1,000 people per day in India as compared to between 3 and 5 per 1,000 people in others). The Health System in India has been overwhelmed by the current wave of COVID-19. To stem the tide of the rising count of cases and the ever-increasing need for care of cases, a public health approach using traditional medicine and yoga in the prophylaxis of COVID-19 can supplement vaccination and other current measures.

**Building on AYUSH strengths:** There has been an unprecedented increase in interest in healthcare solutions rooted in traditional Indian systems of medicine (AYUSH) disciplines in the last few weeks, particularly in practices that promote immunity and disease resistance. Prevention is better than cure. The AYUSH system advocates more on these preventive aspects. Ayurveda's extensive knowledge base on preventive care derives from the concepts of "Dinacharya" - daily regimes and "Ritucharya"- seasonal regimes to maintain a healthy life. Integration of the knowledge and resources of AYUSH for its strengths in prevention, and rehabilitation needs to be optimized. The

AYUSH system has over 600,000 registered practitioners, 900 medical colleges, 3,986 hospitals, 50,000 beds, 11 national institutes and 27199 dispensaries. The Ministry of AYUSH (MoA) and the Ministry of Health and Family Welfare (MoHFW) have jointly provided training to 33,000 AYUSH master trainers.

**iGOT Digital Platform:** Subsequently, as many as 66,045 AYUSH personnel had obtained training at [igot.gov.in](http://igot.gov.in) platform on a continual basis. With appropriate training, their services can be utilized for the management of COVID cases, which will reduce the pressure and burden on Allopathic doctors. Simply by pooling these resources, existing knowledge, and experience India can supplement its anti-COVID resources, spread them wider outside urban areas, and in the process build faith of people (and providers) in the strength of age-old, an indigenous system of knowledge, and healthy living. The Ministry of AYUSH and Central Council of Industrial Research (CSIR) collaboration has recently released results of a randomized controlled study (RCT) on Ayurvedic drug AYUSH 64. This controlled drug trial study has provided substantial evidence that AYUSH 64 can be effectively and safely used to treat mild to moderate cases of COVID-19 as an add-on to Standard of Care (SoC). Many more AYUSH drugs are being scientifically studied and could be used in the mainstream treatment of COVID-19. In the current crisis, needy patients deserve to be benefited from evidence-based, time-tested, safe, and effective AYUSH interventions as an adjunct to the SoC. 'Dhanvantri Rath', having an AYUSH Doctor, paramedic, and nursing staff along with a local Medical Officer from Urban Health Centre has been visiting various areas in Ahmedabad and providing OPD services for non-COVID essential services. This example needs replication.

**Decentralized management: Involvement of Local Self Government Bodies:** The simplicity of AYUSH therapies is their strength. They can be practiced by the local community in their natural locations. In this role, India's 25 million panchayats and 9,000 urban local bodies (ULBs) can play an active role. Health is a subject under the remit of the states. However, the Union government has invoked the Disaster Management Act, which has given itself and designated officials in the States vast powers in handling the coronavirus pandemic. Though the PM had an online interaction with panchayat sarpanches throughout the country during the lockdown in April 2020, involvement of local self-government bodies have not been systematic. The strategies varied from State-to-State. Kerala's immediate response to this pandemic can be attributed to its experience and investment made in emergency preparedness from their past experience of Kerala flood 2018 and Nipah outbreak in 2019. The mechanism to deal with this crisis is to be more decentralized through active involvement of Panchayati Raj Institutions. Cluster management strategy is best governed at the local

level, under the supervision of local authorities. The Ministry of AYUSH has already released the National Clinical Management Protocol based on Ayurveda and Yoga which is vetted by National Task Force on COVID-19. In addition, the MoA has released several guidelines for the benefit of people and clinicians for prophylaxis, quarantine, home isolation, and clinical management of asymptomatic, mild-moderate COVID-19. AYUSH interventions may be beneficial as standalone or as an adjunct to the SoC in prophylaxis and clinical management of asymptomatic, mild, and moderate COVID-19 patients either at home care, quarantine centers, or in hospitals.

**Steps for Fully Using Power of AYUSH in Managing COVID-19:** The following specific actions can be taken to strengthen our capacity.

- Expand eSanjivini digital platform to 24x7 availability all over the country (including regional languages) to include guidance on AYUSH protocol for prevention, treatment, rehabilitation of COVID. It includes AYUSH practitioners to operate this helpline.

- Panchayats and ULBs, Civil Society Organizations, Cooperatives can be enrolled in the fight against COVID. Each such local body should be encouraged to commence the public practice of "Yoga Protocol for Primary Prevention of COVID- 19" (45 minutes) at dawn and dusk at public places. Sessions could start with awareness of COVID disease, precautions of social distancing and mask-wearing, and measures to be adopted in the event of the development of symptoms. Public facilities like schools, Anganwadi Centres, parks, community centers, and even religious places can be used for such gatherings. Guidance for following the prescribed Yoga protocol shall be provided by a national program to be broadcast on the national channels for four 45 minute sessions in the mornings and evenings. A seed grant of Rs 10,000 per panchayat and ULB may be provided to procure an LCD screen for the broadcast of the national programme. [Total Financial implication: Rs. 260 crore).

- To provide sufficient Rapid Antigen Testing kits to each Panchayat and ULB for testing of all incomers in the area, those suspected of coming in contact with COVID cases for early detection and following WHO protocol Government to make available RAT kits costing Rs. 150, to each enrolled local body for testing at the rate of 1 test per day per 1,000 people.

- Allow AYUSH graduates who have undergone training under [igot.gov.in](http://igot.gov.in) and passed an exit test to work in COVID Care Centres, Dedicate COVID Health Centres, Dedicate COVID hospitals under the supervision of allopathic consultants by empowering them under Section 32 of NMC

Act to work as Community Health Provider and prescribe medicines for COVID and manage mild to moderate cases under the guidance of a specialist.

- Convert all AYUSH institutions into Prevention and post-COVID rehabilitation centers for providing ambulatory, walk-in care. The Ministry of AYUSH is provided a grant of Rs 500 crore to ensure that at least one such institution is functioning in each of 6,612 Blocks of the country to provide high-class services for advice on prevention and rehabilitation of post-COVID Cases. AYUSH drugs and RAT can be done at zero cost to patients in such centers.

To conclude, no fight can be won if the forces are divided. India today needs to rally all its medical practitioners and resources in a single-minded pursuit of the goal of empowering communities to defend against the common enemy of COVID. There is enough arsenal in the armory and the country needs a policy direction to bring all its rich resources of traditional medicine for the common cause.

*(Rakesh Sarwal, a Doctor of Public Health from Johns Hopkins University, is currently Additional Secretary, NITI Aayog. Bhushan Patwardhan, former Vice Chairman of UGC, is now National Research Professor, AYUSH at Savitribai Phule Pune University. Views are personal.)*

<https://government.economictimes.indiatimes.com/news/healthcare/opinion-can-ayush-systems-help-turn-the-tide-in-indias-covid-fight/82365091>

### How I got cured of immune response to COVID with Ayurveda medicine

Prof. MG Chandrakanth, Retired Director, ISEC, Bengaluru shared his experience with Times of India on how Ayurveda helped him recover from an immune response to COVID-19:

Read here: The way COVID-19 is attacking persons irrespective of their age, class, income, location, or any other criteria including whether first dose vaccinated or both the doses vaccinated, is frightening. I received the first vaccination Covishield on March 6 2021. I am sharing my experience of cure from immune response to COVID vaccination using Ayurveda medicine. In the process of sharing my experience, am sharing a few details only with the intention to help and benefit any other patient similarly placed.

I had been to hospital to meet a COVID Positive relative on the April 17, 2021 due to the confidence that I was already vaccinated. However I got into self-quarantine at home from April 17, 2021 itself following Doctor's advice. Even though the doctor suggested quarantining only for 3 or 4 days, I continued to be in self-quarantine for 14 days and beyond. In the meanwhile, I received the second vaccination shot of Covishield on the April 24, 2021. Continuing in home isolation, I felt absolutely no symptoms till April 27, 2021

midnight when I felt feverish, shivering with profuse dry cough. COVID patients in Bengaluru were already struggling for oxygen, ICU, bed; an alarming and frightening situation.

**Immune response to COVID vaccine:** My COVID RTPCR test result dated April 29, 2021 showed negative. But even then I was getting feverish with persistent dry cough. Upon consultation of my family Dr Mandakini, I was told that my symptoms such as fever and dry cough are in fact an immune response to the COVID vaccination Covishield as I completed both vaccination doses by April 24 2021. Reason being, my blood reports indicated no signs of infection but showed high inflammation indicated by C -Reactive Protein 22mg/L; D DIMER 528.1 ng/ml, ESR (Modified Westergren Method 31 mm/hour. My Oxygen levels were fluctuating between 94 and 95 with feverish temperature (Table), but with persistent dry cough all through from the very first day of April 28, 2021, which was certainly frightening. The family doctor indicated that for inflammation cortico steroids will be prescribed along with blood thinner for heart health. As I was insisting that I will prefer Ayurveda medicines for treatment, my family doctor got in touch with the well-known Ayurveda physician Dr. Lalitha Vamadevacharya (+91-9481400586) in Bengaluru, who prescribed medications in Ayurveda along with strict pathya.

**Ayurveda medicine for COVID:** The Ayurveda medicines prescribed were 1. Sitopaladi churna (quarter spoon) with two or three drops of honey, once every 3 hours i.e. 8 doses per day; 2. Trishun 1 tablet at morning and night, 3. Samathva 1 tablet at morning and night and 4. Kalamegha 1 spoon morning and night. I have already been taking one Arjin tablet for BP and heart health. I also learnt Arjin also acted as a thinner. Occasionally whenever the dry cough went out of control, I was advised to have 3 spoons of Kofol syrup. In the process of duration, I was given no fruits, no heavy food (except pepper sambar and rice).

The above medicines and periodic monitoring of the oxygen and temperature levels, periodic reporting to the Ayurveda Doctor and constant advise in medicine and in food, resulted in returning to normalcy in temperature in about ten days. Dry cough which persisted is now under control. Friends and relatives constantly used to advise to take at least paracetamol for fever which was also avoided due to my trust in Ayurveda medicine and the experienced Dr. Lalitha.

**Insulin dependency after COVID medication:** By this time I had also learnt about a few COVID cases where upon having admitted to hospital and come out cured with negative COVID result, but then some of the patients had become insulin dependent after treatment with COVID. This was also reason, I preferred to take Ayurveda medicine to treat COVID. Thus, the COVID immune response symptoms were

taken care of only by Ayurveda medicines and the pathya (food).

**Sitopaladi, the wonder Ayurveda expectorant:** My curiosity with Ayurveda medicine Sitopaladi churna in curing persistent dry cough due to COVID immune response lead to interesting information that Sitopaladi churna is made from white part of bamboo tree, pepper, cardamom and cinnamon. This medicine aims at curing respiratory diseases by restoring lung capacity, improving pulmonary performance and immunity. Further learnt that Sitopaladi churna is used to fight flue, chest congestion and respiratory problems like pneumonia, bronchitis, TB. The expectorant loosens the phlegm and the anti-inflammatory property treats respiratory diseases, with the ability to soothe a cough.

**Ayurveda medicine, never to be branded as slow action:** There is an informal tendency to brand Ayurveda medicines as slow action and not so effective in emergency situations. However, it is crucial to realize that as I was taking lone Ayurveda tablet Arjin for BP, it also served as blood thinner according to the Allopathic doctor. Therefore it is crucial to appreciate that Ayurveda has effective medicines on par with allopathy for different ailments. For me, getting cured in ten days of home isolation with Ayurveda medicine was much better than the same ten days of hospitalization with cortico steroids and paracetomol compromising immunity. Therefore, it is crucial to appreciate the usefulness of Ayurveda medicines and use the same for curing different ailments. (<https://t.co/frc6i285BC?amp=1>)



### News Alert

i. Ministry of AYUSH launched nationwide campaign to distribute ayurvedic drugs for COVID patients in home isolation.

Read more:

<http://toi.in/aWKPAb53/a31gj>

ii. Free Distribution of AYUSH-64 at 7 Delhi locations. Read more:

<https://pib.gov.in/PressReleasePage.aspx?PRID=1717242>

iii. Free Distribution of AYUSH-64 in Delhi expanded to 25 locations. Read more:

<https://pib.gov.in/PressReleasePage.aspx?PRID=1718687>

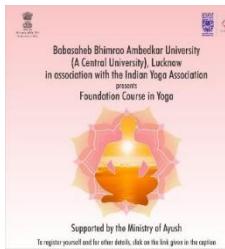
### A contribution towards COVID-19 control in Bengaluru



The Central Ayurveda Research Institute, Bengaluru, a unit of Ministry of AYUSH handed over its hospital block to the Karnataka

State Govt for converting it into a COVID 19 health infrastructure.

### Foundation Course in Yoga



Babasaheb Bhimrao Ambedkar University (A Central University), Lucknow in association with the Indian Yoga Association offers a Foundation Course in Yoga. For details, click on this link <https://gurukulam.yoga>. The course is supported by the Ministry of AYUSH.

### Activities being undertaken by Institutes in observance of IDY 2021

Listen to Dr. Anil Khurana, DG, CCRH, New Delhi speak about various activities being undertaken by the institute in observance of IDY 2021. This IDY 2021, the institute's focus is on increasing awareness of the health benefits of Yoga among students. Watch here: <https://youtu.be/Y1-XhSRhNi4>

Dr Seema Akbar, Assistant Director, RRIUM, Srinagar, speaks about various activities being undertaken by RRIUM, Srinagar in observance of IDY2021, including various sessions on the role of Yoga in disease management. Watch here: <https://youtu.be/eqnlszLwjxE>

### CYP: Common Yoga Protocol

To facilitate Yoga activities that could be practised by people of different age groups from varied walks of life, the Common Yoga Protocol (CYP) has been prepared in consultation with Yoga experts from eminent Yoga institutions. Evening classes for CYP- Yoga Sadhana, were jointly organised by the Ministry of AYUSH and the Ministry of Youth Affairs and Sports in May 2021. This was the 3rd leg of the "CYP - Yoga Volunteer Training Course" and was a 6-day programme. It included theoretical and practical training on various sitting and standing Yogasanas, including Kapalbhati and Pranayama. You can watch the classes on the Ministry of AYUSH Facebook Page and YouTube handle.

### Advisory issued for induction of trained AYUSH human resources for clinical management of COVID-19

Continuing with the efforts to augment human resources for the management of COVID-19 cases, the Ministry issued advisory to deploy the trained AYUSH human resources available with them for clinical management of COVID-19 cases. The decision to deploy AYUSH professionals to the frontlines of the COVID-19 war is in continuation of decisions taken a few days back to boost availability of medical personnel to fight COVID-19 such as postponement of the NEET-PG Exam, giving priority to medical personnel completing 100 days of COVID duties in forthcoming regular Government recruitments and deployment of medical interns

in COVID Management duties under the supervision of their faculty. AYUSH doctors are institutionally qualified professionals, well-trained in various aspects of medical care. They have already proven their competence in various COVID-19 management roles in different institutions across the country. Some of the institutions under the Ministry of AYUSH like the All-India Institute of Ayurveda (AIIA), New Delhi which functions as a COVID -19 Care Centre, are efficiently managing COVID-19 cases at present. Further, States/UTs have trained nearly 1.06 lakh AYUSH professionals in different aspects of COVID-19 management, and 28,473 professionals have been deployed for COVID-19 activities. Training to AYUSH professionals in different aspects of COVID-19 management was also provided by the Ministry of AYUSH through the Integrated Government Online Training (iGOT) digital platform (<https://igot.gov.in/>), and 66045 AYUSH professionals completed the same. In addition, the Ministry of AYUSH and the Ministry of Health and Family Welfare have jointly provided training to 33,000 AYUSH master trainers. Thus, a large number of AYUSH professionals have already been prepared through various efforts to take up frontline tasks in the fight against the pandemic. Details of about 8.32 Lakhs of AYUSH manpower have been compiled through the initiatives of the Ministry of AYUSH and provided on the COVID Warriors portal ([covidwarriors.gov.in](https://covidwarriors.gov.in)). The following are the highlights of the advisory being issued:

#### I - FACILITATION/EXTENSION:

- i. Considering the current situation in the wake of resurgence of COVID-19, the State/UT Governments are advised to reach out to all qualified AYUSH practitioners and persuade them to join the COVID – 19 workforces in this hour of need. The services of these AYUSH doctors can be utilized in the management of COVID – 19 at appropriate levels. The deployment of AYUSH physicians, Post Graduate students and interns in clinical set ups for COVID management may be done under the supervision of medical doctors / specialists. Necessary prescriptions may be issued by medical doctors / specialists and clinical care to the patients will be provided by AYUSH doctors under supervision as mentioned as a part of the treating team. This mechanism will augment the available human resources for COVID management.
- ii. AYUSH doctors, PG Students and interns may be deployed to manage e-Sanjivini digital platform (including local languages), where they will be able to guide people on AYUSH protocol for prevention, treatment and post Covid rehabilitation from COVID. They will maintain proper records and will connect to Allopathic/AYUSH hospitals should the cases demand referrals.

iii. With deployment of different levels of AYUSH human resources, mobilization of AYUSH facilities to offer services as per approved protocol (<https://main.AYUSH.gov.in/event/national-clinical-management-protocol-based-ayurveda-and-yoga-management-covid-19>) can be immediately possible. Furthermore, the AYUSH facilities may also be used for Post COVID Care and Rehabilitation where visiting/on-call Allopathic doctors may provide post-discharge continuing treatment as required in these facilities.

iv. Ministry of AYUSH advises the States/UTs to offer AYUSH infrastructure (hospitals / facilities / centres / clinics etc.) for re-purposing into COVID Care centres/hospitals (alongwith nurse and other staff) in an effort to enhance health system capacity to face the ongoing wave. In this regard, information on AYUSH hospitals (50000+ beds, hospitals of 750+ AYUSH colleges, 86 clinical facilities of National Institutes and Research Councils under Ministry of AYUSH) as COVID appropriate facilities will be provided by MoA through a national portal.

v. The State/UT Governments may deploy AYUSH Interns also in COVID Management duties under the supervision of their faculty. They may be deployed at Isolation and Quarantine facilities being managed by State Governments, Local bodies, NGO's and private sector.

vi. The services of Final Year AYUSH students can be utilized for providing services like outreach activities, screening of suspected COVID-19 cases, testing and counselling after due training/ orientation by and supervision of Faculty. They may also be engaged to provide tele-counselling for home-cared cases as per national guidelines, as well as provide information on vaccination, COVID appropriate behaviour, answering FAQs etc. through 24x7 helplines.

vii. The services of Final Year PG students may be utilised until fresh batches join. The All-India AYUSH PG Entrance has been postponed by National Testing Agency and intimation of date of examination after 31st August 2021 will be given by National Testing Agency at least one month in advance.

viii. Qualified Staff Nurses from the AYUSH side may be utilized in COVID -19 nursing duties at AYUSH based COVID facilities within infrastructure of AYUSH as mentioned above. They may be deployed in other COVID hospitals also if required under the supervision of medical doctors. Other nurses deployed by the AYUSH departments/colleges/ institutions may be deployed at COVID facilities/ hospitals under the State health and medical college departments.

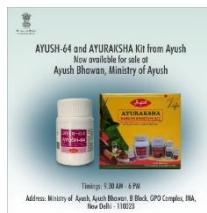
ix. Ministry of AYUSH, in consultation with states, will coordinate further interactive training of AYUSH human resources as and when required for the suggested roles and responsibilities.

x. The additional human resources thus mobilized may be used only in facilities managing COVID- 19 cases or for Post COVID Management and Rehabilitation.

## II – HONORARIUM/ RECOGNITION OF SERVICE:

- i. The above-mentioned guidelines aim to augment human resources available for responding to COVID-19 pandemic and can be fully availed by public and private institutions engaged in the effort. State Governments can make available additional AYUSH professionals engaged through this process to private COVID-19 hospitals as well in surge areas.
- ii. A suitable honorarium for distinguished COVID -19 Service may be considered by the States/UTs for the specific assignment.
- iii. The financial incentives/ remuneration shall be available only for those who work for at least 100 days for COVID-19 care.
- iv. All such professionals who complete a minimum 100 days of COVID -19 duty will be given the Prime Minister's Distinguished COVID-19 National Service Samman from the Government of India.
- v. The AYUSH doctors, Post Graduate students, Interns, final year students and other human resource sought to be engaged in COVID related work will need to be suitably vaccinated.
- vi. All such AYUSH professionals thus engaged will have to be covered under the Insurance scheme of Government for health workers engaged in fighting COVID-19.
- vii. The Central Government recommends to State/UT Governments to consider giving preference in regular Government appointments of AYUSH professionals through the respective Public Service Commission / other recruitment bodies and contractual appointments for such AYUSH Professionals who complete a minimum of 100 days of COVID-19 related duty.
- viii. The State / UT Governments may also expeditiously fill vacant posts of AYUSH doctors, nurses, other supportive staff in Health and Medical departments through accelerated processes as soon as possible and positively within 45 days through contractual appointments.

### Ministry of AYUSH-Drugs



The Ministry of AYUSH has made available the following 2 drugs, AYUSH-64, a polyherbal drug and Ayuraksha, an immunity kit from AYUSH at AYUSH. The availability of

the drugs will help benefit out of hospital patients with mild to moderate symptoms of COVID- 19.

## Guidelines for Ayurveda preventive measures for self-care during the COVID-19



The Ministry of AYUSH has released guidelines for Ayurveda preventive measures for self-care during the COVID-19 pandemic. To read the guidelines click here: <https://t.co/33WO6hYrTG?amp=1>

## Covid Patients Provided AYUSH 64 As Treatment



To tackle the corona pandemic head on, the Ministry of AYUSH and the Central Council of Research in Ayurveda and Siddha (CCRAS) have started studying the effects of Allopathic and Ayurvedic medicines on COVID patients at COVID hospitals and COVID care centers in eight districts of the state. This is under the State government's 'Maru Gaam, Corona-mukt Gaam' initiative. The effects of these drugs on the recovery of COVID patients will be monitored. In this regard, Ayurvedic medicines are also being given to mild or moderate patients at the 1200-bed COVID hospital at Civil, SVP Hospital and Kidney Hospital. Dr Bhavnaben Patel, director, AYUSH, said, "Distribution of AYUSH 64 medicine has been started at Community COVID care centers, Dedicated COVID health centers and COVID Hospitals in Ahmedabad, Gandhinagar, Vadodara, Bhavnagar, Junagadh, Surat, Narmada and Valsad." distribution of AYUSH 64 medicine has been started at Community COVID care centers, health centers and COVID Hospitals in 8 districts - Dr Bhavna Patel, Director, AYUSH. AYUSH 64 and other Ayurvedic medicines have been given to COVID patients across the country and the results have been good, Dr. Patel said. "Based on this, the medicine has been made available at the 1200-bed hospital, SVP Hospital and Kidney Hospital in Ahmedabad." In this regard, Dr. Falgun Patel, Deputy Director, AYUSH, said, "Ayurvedic medicines, including AYUSH 64, have been given to COVID patients at various stages and the results have been good. Giving Ayurvedic and Allopathic medicines have shown faster recovery in COVID patients."

<https://t.co/kSMm92CtvE?amp=1>



## Be with Yoga, Be at Home

Listen to Yog Guru Smt. Hansaji Jayadeva Yogendra, Director of The Yoga Institute, Mumbai speak about the need for practicing Yoga at home in the present situation and also on why it is quite feasible and practical to learn Yoga in the safety of one's own home. Keeping the current surge in COVID-19 in mind, it's best to embrace Yoga and its benefits from the safety of our homes. Thus this year, the Ministry of AYUSH is observing the 7<sup>th</sup> IDY with the important message "Be with Yoga, Be at Home". A short message from renowned Yoga teacher Smt. Hansaji Jayadeva Yogendra. <https://youtu.be/eP6wlaeJkts>

Supporting the campaign, "Be with Yoga Be at Home", celebrated athlete Anju Bobby George speaks about the rewards of Yoga, especially during the times of the pandemic:

<https://twitter.com/i/status/1395019786870878209>

As a part of the campaign, "Be with Yoga Be at Home", listen to Thamby Koshy, an accomplished management consultant speak about the importance of Yoga in managing lifestyle diseases. He also highlights how practising Yoga regularly helped bring calmness & composure to his mind. Watch here: <https://twitter.com/i/status/1397109015759388676>

## Pranayam

Pranayam is effective in immunity building and promotes relaxation during these stressful times. Here is a guided video by our Yoga Expert Amrita Sharma from (MDNIY), New Delhi. Watch here: [https://youtu.be/Q1I6\\_YszFgw](https://youtu.be/Q1I6_YszFgw)

## How to relieve stress

During these uncertain times, we all are experiencing stress in some form. Here are some tips to relieve stress from the experts of different branches of AYUSH. Share with us your favorite activity which calms you. Watch here: <https://youtu.be/xuZgTjbCBGk>

## IDY 2021 Newsletter

The second issue of the IDY 2021 Newsletter is here! This newsletter includes important information concerning health & Yoga and various activities & events organised on the occasion of IDY. Subscribe now! Link:

<https://www.getrevue.co/profile/moayush/issues/international-day-of-yoga-2021-newsletter-issue-2-574086>

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