



Monthly Ayurveda Bulletin

(Embassy of India AYUSH Information Cell, Berne)

5th International Day of Yoga 2019

5th International Day of Yoga 2019 Celebrations at Rashtrapati Bhavan



Hon'ble Prime Minister of India, Shri Narendra Modi participates in the mass yoga demonstration, on the occasion of the 5th International Day of Yoga 2019 at Prabhat Tara ground in Ranchi on June 21, 2019.



Hon'ble President of India, Shri Ram Nath Kovind inaugurated event to mark the International Day of Yoga at Ceremonial Hall, Rashtrapati Bhavan Cultural

Centre on June 21, 2019. Hon'ble President Shri Ram Nath Kovind said he was happy that the International Day of Yoga is being celebrated at Rashtrapati Bhavan. "I'm happy that like previous years, we are celebrating Yoga Day this year too. It's not just an event, but a way to make yoga an integral part of our life," the President said.

Participation of Hon'ble Prime Minister of India, Shri Narendra Modi in 5th International Day of Yoga 2019 Celebrations



AYUSH News

Yoga Mahotsav-2019 at Morarji Desai National Institute of Yoga



Morarji Desai National Institute of Yoga (MDNIY) organized the Yoga Mahotsav-2019, a Curtain Raiser to the International Day of Yoga (IDY)-2019.

The Mahotsav was held at Indira Gandhi Indoor Stadium, New Delhi during June 1-2, 2019. The event aimed to sensitize the public about the significance of the observation of IDY and to make more and more people aware about the state of bliss that is called 'Yoga'. Shri Rajeev Kumar, Vice-Chairman, NITI AYO, Govt. of India inaugurated the Yoga Mahotsav-2019 on June 1 2019. Shri Shripad Naik, Hon'ble Minister of State (Independent Charge), Ministry of AYUSH, Govt. of India presided over the Inaugural session. The Mahotsav was attended by many government officers, yoga professionals and dignitaries.



AYUSH Ministry launches App to locate yoga Centres, Instructors



Ministry of AYUSH

AYUSH Ministry launched a mobile application to enable people to locate yoga events and centres providing training and instructors. The mobile app was launched ahead of International Yoga Day on June 21, 2019.

According to a senior official of the AYUSH ministry, yoga locator is a map-based location app which also enables yoga instructors to register themselves and reach out to a large number of people. The official said that yoga locator app helps people to locate yoga centres as well as yoga instructors within the preferred radius of their vicinity. It is a permanent app which gives information to people about yoga activities happening in their vicinity throughout the year. (Source: All India Radio News, national news dated June 2, 2019)

AYUSH Ministry takes steps to strengthen mechanism for Drug Regulations and Quality Control



The Drug Control Cell of the Ministry of AYUSH organized a training programme on the critical area of drug regulations and quality control on June 6-7, 2019 at Dharamsala, Himachal Pradesh. 39

functionaries from Jammu & Kashmir, Himachal Pradesh, Punjab & Chandigarh participated. Similar training programmes for AYUSH professionals from all the states/UTs will be held during 2019-20. This series of comprehensive training programs will address the felt need of strengthening the mechanism for Drug Regulations and Quality Control in the AYUSH Sector.

National Summit of Radio Jockeys held on June 15, 2019



A National Summit of FM Radio Jockeys was held jointly by Ministry of Information & Broadcasting and Ministry of AYUSH at Dr Ambedkar International Centre on June 15, 2019 for FM Radio Jockeys/Programme Managers of all FM Radio channels in India for creating awareness on the International Day of Yoga and the announcement of Awards by the Hon'ble Minister of Information and Broadcasting to the best programmes on the occasion of International Day of Yoga, 2019. The event was attended by more than 80 participants from FM Radio community, including AIR, Pvt FM Radio and Community Radio Stations.

Common Service Centre (CSC), an e-Governance SPV to convey message of 5th International Day of Yoga, 2019

Ministry of AYUSH and CSC an e-Governance SPV under the Ministry of Electronics and IT jointly took up screening of

a video with the message of International Day of Yoga and a call to participate in it, in over 20,000 CSCs across the



Country on June 14, 2019. An estimated 20 lakh people watched the same. This included mostly the far-flung and relatively less accessible Districts of the country.

Sampoorna Yoga Gram



On the occasion of IDY2019, the Department of AYUSH, Kerala Government chalked out a programme to enable more than 100 gram panchayats to become Sampoorna Yoga Gram, where at least one member from each family will adopt Yoga as a daily practice. Numerous activities to achieve this are in progress in different parts of the state.

2nd training programme on the critical area of drug regulations & quality control



The Drug Control Cell of the Ministry of AYUSH organized the second training programme on the critical area of drug regulations & quality control during June 24-25, 2019 at Jaipur, Rajasthan. Functionaries from Rajasthan, Haryana, Uttarakhand & Delhi participated.

5th International Day of Yoga 2019 Celebrations in Switzerland

Curtain raiser for 5th International Day of Yoga 2019 Celebrations



Glimpses of Curtain raiser for 5th International Day of Yoga, 2019 held in Berne on June 3, 2019.



5th International Day of Yoga 2019 Celebrations in Saas Fee



Glimpses of International Day of Yoga celebrations on June 5, 2019 at the historic Swiss Alps village of Saas Fee which Swami Vivekananda visited in 1896.

5th International Day of Yoga 2019 Celebrations in Lugano



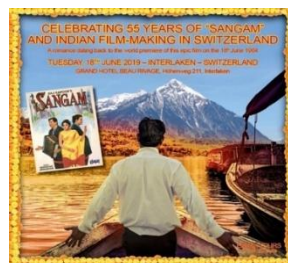
Glimpses of IDY 2019 celebrations at the serene landscape of Lugano in Ticino Canton of Switzerland on June 15, 2019.

5th International Day of Yoga 2019 Celebrations in Schilthorn Alps Summit



IDY 2019 celebrations at the top of snow covered Schilthorn Alps Summit (James Bond 007 Deck) in Switzerland, June 16, 2019 by Embassy of India along with Schilthorn Piz Gloria.

5th International Day of Yoga 2019 Celebrations in Interlaken



A yoga session in Interlaken at the celebrations to mark the 55th anniversary of the release of 'SANGAM', the first Bollywood movie shot in the serene landscape of Switzerland.

5th International Day of Yoga 2019 Celebrations in Lausanne



Yoga enthusiasts in Switzerland celebrating IDY 2019 at Lake Geneva in Lausanne on June 19, 2019.

5th International Day of Yoga 2019 Celebrations in the Principality of Liechtenstein



Images from International Day of Yoga 2019 celebrations in the laps of Alps in the Principality of Liechtenstein.

Yoga connects mighty Himalayas with Picturesque Alps.

5th International Day of Yoga 2019 Celebrations in Basel



Glimpses of International Day of Yoga celebrations (IDY 2019) at Basel city in Switzerland on June 20, 2019.

5th International Day of Yoga 2019 Celebrations in Berne



Glimpses of IDY 2019 celebrations in Berne, Switzerland on June 21, 2019.

5th International Day of Yoga 2019 Celebrations at International School, Berne



Curious school children learning yogasanas during their International Day celebrations at International School, Berne on June 23, 2019.

5th International Day of Yoga 2019 Celebrations in Seelisberg





Glimpses of yoga session at Maharishi European Research University (MERU) at Seelisberg on June 26, 2019 as part of the International Day of Yoga 2019 celebrations.

5th International Day of Yoga 2019 Celebrations in Flaach



Glimpses of International Day of Yoga 2019 celebrations at Mata Amritanandamayi (Ammā) Center, Flaach, Switzerland on June 27, 2019.

5th International Day of Yoga 2019 Celebrations in Davos



Yoga enthusiasts turn up in large numbers at International Day of Yoga (IDY 2019) celebrations at Davos, Switzerland on June 29, 2019.

5th International Day of Yoga 2019 Celebrations at WHO Headquarters in Geneva



In an endorsement that is likely to inspire many, the World Health Organization (WHO) observed IDY at their HQ in Geneva on June 21, 2019. School children from Geneva Schools were invited to participate in the event & were felicitated for their regular practice of yoga. More than 200 WHO staff participated in the event through different sessions, spread over two hours.



5th International Day of Yoga Yoga for Heart

The Origin of International Day of Yoga (IDY)

Yoga is a 5,000-year-old tradition from India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. On December 11, 2014, the United Nations General Assembly declared June 21 as the International Day of Yoga. Prime Minister, Shri Narendra Modi during his address to UN General Assembly on September 27, 2014 had stated: "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature". In Suggesting June 21, which is the Summer Solstice, as the International Day of Yoga, PM Modi had said: "the date is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world."

Common Yoga Protocol

The International Day of Yoga requires harmonious mass demonstrations in which millions of people participate. In order to make the event a success, a common protocol was needed that will ensure that everything is in sync. Common Yoga Protocol was developed jointly by some of the most accomplished Yoga gurus of India to ensure the harmonious conduct of the whole event. CYP makes sure that a single protocol yields maximum benefit to maximum number of people, through careful selection of the asanas included in it. Common Yoga Protocol is, essentially, a specified sequence of Yogaasanas which lasts 45 minutes.



Why is CYP important?

Common Yoga Protocol is the best way for beginners to get inducted into the highly rewarding world of Yoga. CYP emerged out of the IDY observance, as it was necessary that in the whole IDY event had the required internal harmony, thus requiring a uniform protocol. CYP is a guide to how and when an asana is to be performed, leading to the attainment health benefits to the maximum number of people, irrespective of age, gender, race and other distinctions. Beginners can learn CYP in about 15 sessions of one-hour duration each. The fact that CYP will be the highlight of all activities related to International Day of Yoga 2019 gives it added relevance.

General Guidelines for taking up CYP:

Before starting the practice it is advised to ensure that the surroundings are clean. This should also extend to the cleanliness of body and mind. Yoga needs to be practiced in a calm and quiet environment and with an empty stomach. Their body and mind both need to be in a relaxed position. Wearing light and comfortable cotton clothes is advised, and the use of a Yoga mat or duree is needed. Yoga shouldn't be practiced in states of acute pain or illness. If a person feels weak in the course of the Yoga practice, lukewarm water with honey can be consumed. Consulting a doctor or a Yoga expert is advised during pregnancy and menstruation prior to performing the asanas. The practice session will begin with a prayer followed by various Yogaasanas. Each Yoga asana will be beneficial and will have its own requirements to be performed perfectly. The body needs to be in a relaxed state and jerky movements during the asanas are to be avoided. Following the CYP will lead to harmony among mind, body and soul.

Common Yoga Protocol - Yoga Postures



VAJRĀSANA (Thunderbolt Posture): The different meanings of vajra are “thunderbolt,” “diamond-like” and “adamant/firmness”. The name comes from the fact that it

leads tranquillity or firmness of the mind. Vajrasana comes under the category of meditative asana. Vajrāsana is recommended after eating as it helps with digestion. It also gives strength to thigh and calf muscles.



UṢṬRĀSANA (Camel Posture): In Sanskrit 'Ustra' means camel. The body in this posture resembles a camel. It is beneficial for improving eyesight and it helps to relieve back and neck pain. It is believed to

increase flexibility in the spine and stimulate the nervous system.



ŚĀŚAKĀSANA (The Hare Posture): In Sanskrit 'Śaśaka' means hare. In this posture the body is bent forward to resemble a hare. It is sometimes described as the opposite of the camel posture. This asana gives

relaxation to back muscles and reduces stress and anxiety. Sasakasana helps in toning up the reproductive organs and relieves constipation.



UTTĀNA MANDŪKĀSANA (Stretched Up-Frog Posture):

In Sanskrit 'Uttāna' means upright and 'Maṇḍūka' means frog. The final position of Uttāna

Maṇḍukasana resembles an upright frog. This asana helps to reduce neck pain and also improves breathing process and lungs capacity.



VAKRĀSANA (The Spinal Twist Posture):

Vakra means twisted. In the course of this āsana, the spine reaches a twisted position which has a

rejuvenating effect on its functioning. This asana helps to increase flexibility of the spine and overcome constipation and dyspepsia.



MAKARĀSANA (The Crocodile Posture):

In Sanskrit, Makara means crocodile. In this āsana, the body acquires a crocodile-like

posture. Makarāsana helps in relaxing the whole body and in recovering from back problems.



BHUJAṄGĀSANA (The Cobra Posture):

Bhujanga means snake or cobra. In this āsana, the body is raised like the hood of the snake, hence the name. This asana is very helpful to overcome

stress and back related problems.



ŚALABHĀSANA (The Locust Posture):

The literal meaning of Śalabha is locust, which is an imagery that captures this āsana. This āsana helps to reduce

sciatica and lower backache. It also tones the hip muscles and helps to reduce fat in the thighs and buttocks.



SETUBANDHĀSANA (The Bridge Posture):

Setubandha means formation of bridge. In this posture, the body is positioned like a bridge, hence the name. This is also called as

Catuspādāsana. This asana helps to relieve depression, anxiety and strengthens lower back muscles.



UTTĀNA PĀDĀSANA (Raised feet posture): Uttāna means raised-upward and Pāda means leg. In this āsana, the legs are raised upward in supine position, hence the name. Uttana

Padasana helps in improving digestion and in overcoming depression and anxiety.



ARDHA HALĀSANA (Half plough posture): 'Ardha' means half and 'Hala' means plough. This posture is known as Ardha Halāsana because in its final position, the body resembles half

the shape of an Indian plough. This āsana is effective to overcome dyspepsia and constipation. Regular practice of this asana helps to manage diabetes and piles. This āsana is very beneficial in Hypertensive cases, but the patient is advised to practice under proper supervision.



PAVANA MUKTĀSANA (The Wind Releasing Posture): In Sanskrit 'Pavana' means wind and 'mukta' means to release or to make free. As the name suggests, this āsana is useful in

removing flatulence from the stomach and intestines. This āsana strengthens the lower back muscles and loosen the spinal vertebrae. It also gives massaging effect to the abdomen and digestive organs.



ŚAVĀSANA (The Corpse/Dead Body Posture): Sava' means dead body. The final position in this āsana resembles a corpse/dead

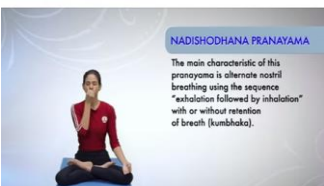
body. This is a very important āsana which helps to relax the whole Psycho- physiological

system of the body. This āsana helps to increase awareness of the mind and leads to other meditation techniques.



KAPALBHATI (Cleansing process): In Sanskrit 'kapal' means forehead or frontal lobe of the brain and 'Bhati' means light or splendour. It includes continue forceful exhalation and passive inhalation.

Kapalbhati purifies the frontal air sinuses and helps to overcome cough disorders. It also helps to strengthen the nervous system and to rejuvenate the body.



NAḌĪŚODHANA or ANULOMA VILOMA PRĀNĀYĀMA (Alternate Nostril Breathing): The main feature of this prāṇāyāma is alternate breathing through the

left and right nostrils without or

with retention of breath (kumbhaka). This prāṇāyāma helps to purify the principal channels of carrying energy called

nadis, thus nourishing the whole body. It increases vitality and lowers the level of stress and anxiety. Also, it alleviates cough disorders. Pranayama practice leads to increased ability for concentration.



ŚĪTĀLĪ PRĀṆĀYĀMA: Śītalī means cooling. It also means calm and passionless. This practice helps to cool the physical body and calms down the mind. It helps to

cure an enlarged stomach and spleen. It also helps to overcome fever, excess bile, hunger and thirst and also counteracts poisons.



BHRĀMARĪ PRĀNĀYĀMA (BHRĀMARĪ RECAKA):

Bhrāmārī is derived from bhramara which means black bee. During the practice of this prāṇāyāma, the sound produced

resembles the buzzing of a black bee, hence the name. It should be practiced after asana or before meditation or sleep. This practice helps to relieve tension and anxiety and also reduce anger. It helps to awaken psychic sensitivity and generates awareness of subtle vibrations. The resonance effect of humming sound creates a soothing effect on the nervous system and mind.



Dhyāna or Meditation: It is the most important component of Yoga practice. It is an act of continuous contemplation. It helps to eliminate negative emotions like fear, anger, depression, anxiety and to develop positive emotions. It

also helps in keeping the mind calm.

