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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 दुःख 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 ॥



CELEBRATION OF IDY 2021 in Switzerland



Glimpses of the main event held on 18 June in Bern to mark the 7th International Day of Yoga. Guest of Honour, Mayor of the City of Bern, H.E. Mr. Alec Von Graffenried inaugurated the event with Ambassador Monika Kapil Mohta

The world participated with ever-growing enthusiasm in the International Day of Yoga 2021 Celebrations. Feel the energy from its different corners. Watch here: <https://twitter.com/i/status/1406841977165864964>

Glimpses of International Day of Yoga 2021 events in Switzerland

International Day of Yoga 2021 in Lausanne



International Day of Yoga 2021 in Basel

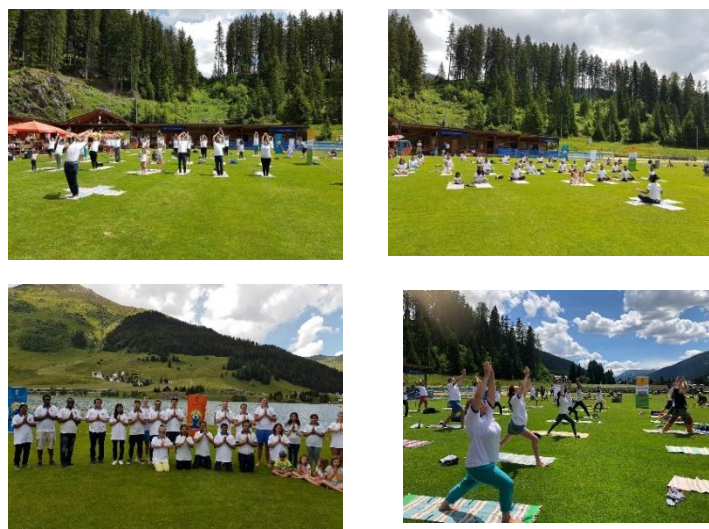


Curtain Raiser for International Day of Yoga 2021



A curtain raiser event was held in Bern on June 4, 2021 to commence the International Day of Yoga 2021 in Switzerland and Liechtenstein.

International Day of Yoga 2021 in Davos



IDY Online Yoga Photo Contest - Be With Yoga Be At Home



Congratulations to Manyutha Sadhu (13 yrs) from Zurich for her entries in the IDY Online Yoga Photo Contest- Be With Yoga Be At Home.



Congratulations to Mr. Shashin Garach from Neuchatel for his entries in the IDY Online Yoga Photo/Video Contest- Be With Yoga Be At Home.

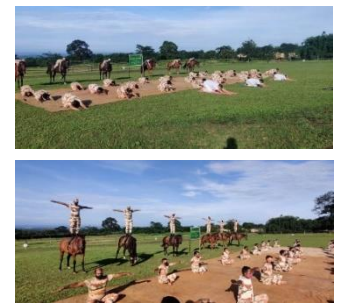
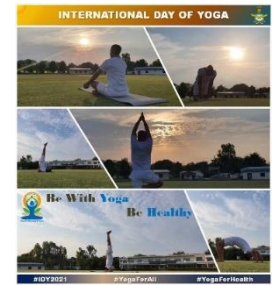
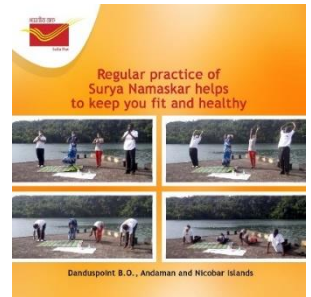
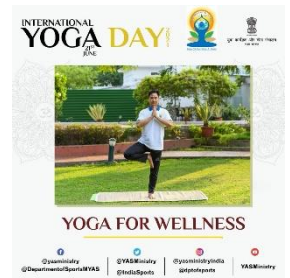


Congratulations to Ms. Yashvi Dommalapati (10yrs) from Münsingen for her entry in the IDY 2021 Online Yoga Photo/Video Contest- Be With Yoga Be At Home.

Glimpses of Ayurveda Stall set by the Embassy of India, Berne



Glimpses of International Yoga Day 2021 celebrations in India



Yoga is not just a set of exercises that keeps the body fit, but a passport to health insurance. Yoga makes us better individuals in thought, action, knowledge, and devotion.

Hon'ble Prime Minister Shri Narendra Modi's speech on International Day of Yoga 2021

Namaskar!

Wishing you all a very Happy 7th International Yoga Day!

Today, when the whole world is battling the corona pandemic, Yoga has remained a ray of hope. Even though no major public events have been organized in countries around the world and in India for almost two years, the enthusiasm for Yoga Day has not diminished a bit. Despite Corona, the theme of this year's Yoga Day "Yoga for Wellness" has intensified the enthusiasm for Yoga among crores of people. I pray that every country, society and

individual stays healthy, and let's all come together to become each other's strength.

Friends,

Our sages had termed Yogaas “समत्वम् योग उच्यते” i.e., remaining steadfast in every situation. They had made restraint a parameter of Yoga, being resolute in happiness and sorrow. Today Yoga has proved it in this global tragedy. In these one and a half years, so many countries, including India, have faced a huge crisis.

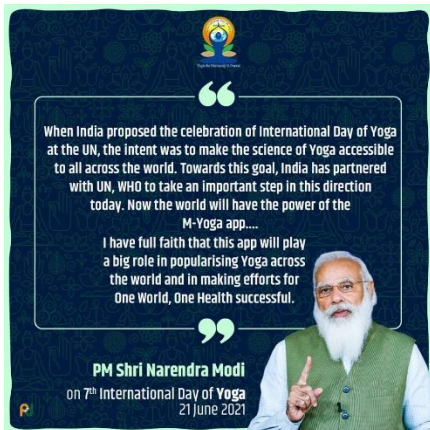
Friends,

Yoga Day is not the age-old cultural festival for most of the countries of the world. People could easily forget and ignore it in this difficult time. But on the contrary, the enthusiasm and love for Yoga has increased among the people. In the last one and a half years, there have been lakhs of new Yoga seekers in every part of the world. Everyone is trying to implement the first synonym of Yoga, which is said to be restraint and discipline, in their life.

Friends,

When the invisible virus of Corona hit the world, no country was prepared for it, from the point of capabilities, resources, or mental toughness. We have seen that Yoga became a great medium of self-confidence in the face of adversity. Yoga helped people to muster confidence to fight this disease.

When I talk to frontline warriors and doctors, they tell me that they also made Yoga their protective shield in the fight against Corona. Doctors also made themselves strong with Yoga, and also used it to help their patients recover quickly. Today, one finds so many stories from hospitals where doctors and nurses are teaching Yoga to patients, and patients sharing their experiences. The experts of the world are also stressing the importance of breathing exercises like ‘Pranayama’ and ‘Anulom-Vilom’ for strengthening our respiratory system.



Friends,

The great Tamil saint Thiruvalluvar has said: “नोड़ नाडी, नोड़ मुदल नाडी, हदु तनिककुम, वाय नाडी वायपच्चयल” i.e., if there is a disease, diagnose it, go to its root, find out what is the cause of the disease, and then ensure its treatment. Yoga shows this way. Today medical science also lays equal emphasis on healing and Yoga is beneficial in the healing process. I am satisfied that today experts from all over the world are conducting various types of scientific research on this aspect of Yoga.

Many studies are being done on the benefits of Yoga to our body, on the positive effects it has on our immunity. Nowadays we see that in many schools, children are being taught Yoga-Pranayama for 10-15 minutes before the start of the online classes. It is also preparing the children physically to fight against Corona.

Friends,

The sages of India have taught us-

व्यायामात् लभते स्वास्थ्यम्,

दीर्घ आयुष्यम् बलम् सुखम्।

आरोग्यम् परमम् भाग्यम्,

स्वास्थ्यम् सर्वार्थ साधनम् ॥

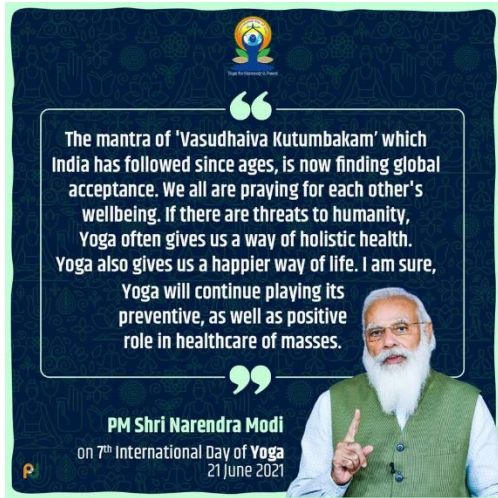
That is, by doing Yoga, we get good health, strength and a long happy life. For us health is the greatest fortune, and good health is the means of all success. Whenever the sages of India have spoken about health, it is not only physical health. That is why there is so much emphasis on mental health in Yoga along with physical health. When we do ‘Pranayama’, meditate and perform other yogic activities, we experience our inner-consciousness. Through Yoga, we experience our inner strength which is so strong that no problem of the world, no negativity can shatter us. Yoga shows us the path from stress to strength and from negativity to creativity. Yoga takes us from depression to ecstasy and from ecstasy to blessing.

Friends,

Yoga tells us that so many problems might be out there, but we have infinite solutions within ourselves. We are the biggest source of energy in our universe. We do not realise this energy because of the many divisions that exist. At times, the lives of people exist in silos. These divisions reflect

in the overall personality as well. The shift from silos to union is Yoga. A proven way to experience a realisation of oneness is Yoga. I am reminded of the words of the great Gurudev Tagore, who said and I quote: “the meaning of our self is not to be found in its separateness from God and others, but in the ceaseless realization of Yoga, of union.”

The mantra of वसुधैव कुटुम्बकम्, which India has followed since ages, is now finding global acceptance. We all are praying for each other's well being, if there are threats to humanity, Yoga often gives us a way of holistic health. Yoga also gives us a happier way of life. I am sure Yoga will continue playing its preventive, as well as positive role in healthcare of masses.



Friends,

When India proposed the International Day of Yoga in the United Nations, the spirit behind it was to make this Yoga science accessible to the entire world. Today, India has taken another important step in this direction along with the United Nations and WHO.

Now the world is going to get the power of the m-Yoga app. In this app, many videos of Yoga training will be available in different languages of the world based on the common Yoga protocol. It is also a great example of the fusion of modern technology and ancient science. I am sure the m-Yoga app will play a big role in expanding Yoga across the globe and making the efforts of One World, One Health a success.

Friends,

It is said in the Gita:

तं विद्याद् दुःख संयोग-

वियोगं योग संज्ञितम्।

That is, Yoga is liberation from suffering. We have to carry forward this journey of humanity, which is Yoga, by taking everyone along. No matter what the place, situation, age, Yoga definitely has some solution for everyone. Today the number of people who are curious about Yoga is increasing very much in the world. The number of Yoga establishments in the country and abroad is also increasing. In such a situation, it is necessary that the basic philosophy of Yoga should reach every person while keeping intact its foundation and core. And this work should be done by the people associated with Yoga, the masters of Yoga and Yoga preachers together. We ourselves have to take the pledge of Yoga, and we have to connect our loved ones also with this resolution. This mantra of 'Yoga to Cooperation' will show us the way to a new future and will empower humanity.

I wish you and the entire human race the very best on International Yoga Day.

Many thanks!

Yoga in Uttarakhand



Youth Volunteers of Nehru Yuva Kendra Pithoragarh Uttarakhand practicing Yoga at home and inspiring people to adapt yoga in daily life.

Agreement signed between Ministry of AYUSH & Govt. of Goa



Shri Shripad Yesso Naik, Hon'ble MOS for Defense has recently handed over the lease signing agreement to Dr. H.K Gupta, Research Officer I/C RARIM&MMR, CCRAS Goa Unit for setting up of RARIM & MMR under CCRAS at Goa. The Agreement has been signed between MoA & Govt of Goa.



Weekly free distribution of AYUSH 64



The Ministry of AYUSH has started the weekly free distribution of AYUSH 64 at the Press Club of India, Delhi. The centre which will be functional from 2 PM to 4 PM every Saturday, will also be providing General Consultation to those in need.

WHO mYoga app

WHO mYoga App which was recently launched, has already secured a prestigious place in the World Ranking!

As per the AppBrain ranking report, the WHO mYoga App has secured:

Rank	Country	Category
3	United States	Health & Fitness
22	India	Overall
112	Switzerland	Overall

Developed by World Health Organization (WHO) in collaboration with Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, the WHO mYoga app that was launched recently, has already secured a rank globally as per the AppBrain ranking report. Download Link: <https://play.google.com/store/apps/details?id=org.who.APPMYOGA>

Benefits of Giloy and other medicinal plants

Prime Minister Shri Narendra Modi in his Mann ki Baat address to the nation on June 27, 2021, spoke about the importance of medicinal plants. He also mentioned how awareness about the health benefits of Giloy and other medicinal plants has increased after Covid 19. Listen here: <https://twitter.com/i/status/1409188978067075075>

Theme song for the 7th International Day of Yoga

The theme song for the 7th International Day of Yoga is shot across all the continents, covering the length & breadth of the country, featuring singers like Shri Kailash Kher, Shri Shankar Mahadevan, Shri Shaan and Ms. K S Chithra, and several international artists. Watch here: <https://twitter.com/i/status/1406806585247080448>

MoU between Ministry of AYUSH and SIDBI



An MoU was signed on June 28, 2021 between Ministry of AYUSH and Small Industries Development Bank of India (SIDBI) as a part of a Central Sector Scheme. Under the scheme financial assistance in the form of interest subsidy up to Rs. 8.15 Cr. would be given to the private investors to encourage them to invest in the AYUSH sector.

AYUSH Center of Excellence (COE) in Singapore



Team Invest India, under the chairmanship of Ministry of AYUSH and in collaboration with Ministry of External Affairs has initiated investor engagements for setting up the AYUSH Center of Excellence (COE) in Singapore.

Covid Patients Given Both Allopathy, Ayurveda Treatment Healed Faster



Even as controversy over yoga guru Baba Ramdev's comments about allopathy and advocating ayurvedic medicines for the treatment of Covid patients rages on, the Union Ministry of Ayush

conducted the first clinical study to find the effect of allopathic treatment on Covid patients. The study also sought to find the combined effect of allopathic and ayurvedic therapy administered to Covid patients at the 1200-bed Covid-designated hospital on Ahmedabad Civil Hospital campus. As per the study, those treated with allopathy along with ayurvedic therapy recovered faster than those treated with only allopathic drugs, and they also tested negative earlier in RT-PCR tests conducted on both sets of patients. The clinical findings also claimed that patients who received allopathic and ayurvedic therapies did not require oxygen or even ICU. Between July 2020 and October 2020, the Ministry of Ayush and the ethical committee at B J Medical College had conducted a study titled, "Evaluation of Efficacy of Ayurveda Management as a Supportive Therapy in SARS-CoV-2 Mild Positive Patients – An Open Labelled

Randomized Active Control Trial". In this regard, Vaidya Bhavnaben Patel, director, Ayush, Gujarat, told Ahmedabad Mirror, "Research is being conducted all over the world on Covid-19. At this time, the first such clinical research study was conducted by the Union Ministry of AYUSH jointly with the State Health Department. Health Secretary Jayanti Ravi has shown great interest in the study and has encouraged it." According to Vaidya Patel, two groups of 26 Covid-19 patients each were chosen for the study. One group of 26 patients (STG-Standard Treatment Group) was treated according to standard allopathy treatment protocol and the other group (ATG-Ayurveda Treatment Group) was treated with AYUSH, Gujarat government approved ayurvedic protocol and allopathic medicines. Of the 26 patients treated in the ATG group, it was found that all the patients were found to recover faster under all eight symptoms of Covid than the STG group after treatment. The patient group under ATG were administered Ayush 64 tablets, Sanshamani Ghanvati, Yashtimadhu Ghanvati and Ayurvedic Amrut decoction on a regular basis. Treatment was given for a maximum of 28 days or until the RT-PCR test report came back negative, whichever was earlier. Importantly, not one Covid patient of the total 26 patients in the ATG group had to be kept on oxygen, ventilator or ICU, and not a single patient died. Moreover, the RT-PCR test of ATG group patients reported negative sooner than that of STG group patients. The RT-PCR report of STG group patients tested negative in an average 12.19 days, while the RT-PCR report of ATG was reported negative in an average of 7.85 days, she said. After successful completion of the three-month clinical study, the Gujarat State Biotechnological Mission is now conducting research on the ayurvedic ingredients. Principal investigator of the clinical research and deputy director of Ayush Gujarat Vaidya Falgun Patel said, "We have studied 26 patients of each group before treatment, during treatment and after treatment. If we talk about the eight main symptoms of Covid-19 in patients of both these groups, ATG took fewer days to recover on average," Patel said.

Campaign: Be With Yoga Be At Home

Listen to celebrated athlete C A Bhavani Devi speak about Yoga and its numerous health benefits. She also highlights the importance of practising breathing techniques, which help increase oxygen intake & calms the mind. The COVID-19 pandemic is one of the biggest challenges of the current century. Watch here:

<https://twitter.com/i/status/1402896718497079298>

Listen to celebrated sportsperson Shri Varun Thakkar speak about Yoga as the best antidote to stress in today's stressful world. He also advises all to embrace Yoga and its health benefits from the safety of their homes. Watch here:

<https://twitter.com/i/status/1403296774740082690>

Listen to Dr. Ishwar Basavaraddi, Director, Morarji Desai National Institute of Yoga explaining about Pranayama, its origin from "Prana", the vital force of life & the important role played by it in improving our respiratory health. Watch here: <https://youtu.be/3BkGtn1uq8>

Listen to acclaimed sportsperson Shri Vishnu Saravanan speak about the benefits of Yoga, an ancient science that was taught to him by his father. He also mentions how practising it helped enhance the flexibility of his mind & body. Watch here:

<https://twitter.com/i/status/1403721602483724289>

Listen to renowned sport shooter Shri Abhinav Bindra speak about Yoga and its multiple health benefits. He also mentions how practising Yoga made him feel confident and competitive. Watch here:

<https://twitter.com/i/status/1403758632693424128>

Listen to acclaimed sportsperson Shri Vikas Mahajan speak about how practising Yoga for the past 10 years helped him excel in his field. He also attributes Yoga to his good physical health and mental well-being. Watch here:

<https://twitter.com/i/status/1404362461491253254>

Listen to Bakul Joshi, a trained statistician and Yoga teacher speak about how he was able to maintain his physical health and mental well-being during the difficult times of the pandemic by regularly practising Yoga. Watch here:

<https://twitter.com/i/status/1404756669104496645>

Let's watch how Yoga can be adopted fruitfully in this situation both for filling the space of inactivity and for coming out of the various anxieties induced by the stressful aspects of the pandemic. Watch here:

<https://twitter.com/i/status/1404818387868393481>

Learn some simple breathing practices and Kriyas which will improve respiratory health, as taught by Ms. Kamlesh Barwal, Director, Art of Living Yoga.

Watch here: https://youtu.be/KTwVXkj_a14

On the occasion of the IDY 2021, Sri B.S. Yediyurappa, Hon'ble Chief Minister of Karnataka speaks about the role of Yoga and Pranayama in enhancing physical and mental health, especially during the pandemic. He also advises all to observe the 7th IDY from the safety of their homes. Watch here: <https://twitter.com/i/status/1406217578154889219>

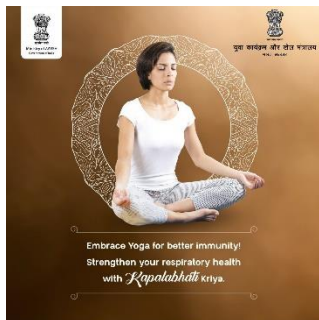
Listen to Mr. Usain Bolt, celebrated athlete conveying his wishes on the occasion of International Day of Yoga. He also mentions its importance in promoting global health, harmony and peace. Watch here:

<https://twitter.com/i/status/1405394150716055552>

Looking for a career opportunity in the field of Yoga?



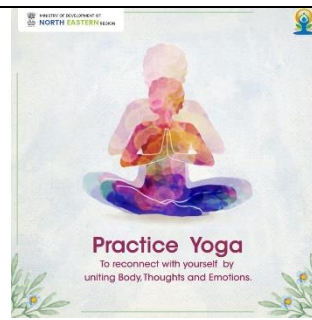
The Yoga Certification Board, Ministry of AYUSH offers certifications for various courses in Yoga which you can undertake from the institutes accredited to it. To know more, click here <https://yogacertificationboard.nic.in>



Kapalabhati Kriya: Embrace Yoga for better immunity. Practice Kapalabhati everyday to strengthen your respiratory health and immunity amidst COVID-19.



Yoga is not just a workout it's working on yourself.



Harmonize your body, mind and emotions by practicing yoga and reconnect with your inner-self!



Emotions.

Yoga is a process in which we can bring our mind, body and soul together. Practice yoga to reconnect with yourself by uniting Body, Thoughts and



In Yoga Flexibility is an attitude that energises and transforms the mind as well as the body.



Yoga for Harmony & Peace