



Monthly Ayurveda Bulletin

(Embassy of India AYUSH Information Cell, Berne)

International Yoga Session

Rajesh Kotecha, Secretary, Ministry of AYUSH, Government of India inaugurated the Seminar.



The Yoga expert deployed by ICCR at Embassy of India in Bern, Switzerland lead the International Yoga session during the World Health Assembly at Geneva on May 19, 2019.

The IDY Logo



ABOUT THE IDY LOGO

- Folding of both hands in the logo symbolise Yoga, the union, which reflects the union of individual consciousness with that of universal consciousness, a perfect harmony between mind & body, man & nature; a holistic approach to health & well being.
- The brown leaves symbolise the Earth element, the green leaves symbolise the Nature, blue symbolises the Water element, brightness symbolises the Fire element and the Sun symbolise the source of energy and inspiration.
- The logo reflects harmony and peace for humanity, which is the essence of Yoga.

Yoga News

National Seminar on Art and Science of Common Yoga Protocol for Wellness

Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Government of India, organized a National Seminar on Art and Science of Common Yoga Protocol for Wellness on May 2, 2019 at Talkatora Indoor Stadium to mark the 50th Day Countdown for International Day of Yoga - 2019. Vaidya

'Ministry of AYUSH is actively involved to promote Yoga as a therapeutic tool to spread across the globe. Ministry of AYUSH is working hand-in-hand with MDNIY, DRDO, Armed forces, CCRYN and active research is going on for how to optimize decision making in adverse situations', said the Secretary. The inaugural function was graced by Shri Pramod Kumar Pathak, Additional Secretary, Ministry of AYUSH; BK Sister Asha, Director, Om Shanti Retreat Centre, Gurugram, Prajapita Brahma Kumaris, Ishwariya Vishwavidyalaya; Dr. N. Saravana Kumar, Joint Secretary (ICC), Ministry of HRD, Govt. of India; Sh. Roshan Jaggi Joint Secretary, Ministry of AYUSH; Sh. P. N. Ranjit Kumar, Joint Secretary, Ministry of AYUSH and Dr. I. V. Basavaraddi, Director, MDNIY. The seminar was attended by approximately 3,500 Yoga teachers, heads of leading institutions and other dignitaries.

First Inter-Ministerial Meeting for Celebration of International Day of Yoga-2019





First Inter-Ministerial Meeting for Celebration of International Day of Yoga-2019 was held under the Chairmanship of Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, Govt. of India. The meeting was also attended by Shri Pramod Kumar Pathak, Additional Secretary, Ministry of AYUSH; Sh. Roshan Jaggi Joint Secretary, Ministry of AYUSH; Sh. P. N. Ranjit Kumar, Joint Secretary, Ministry of AYUSH; Dr. I. V. Basavaraddi, Director, MDNIY along with Senior Officers from various ministries of Govt. of India and Eminent experts and Head of leading Yoga Institutions.

Visit of a delegation from Ministry of AYUSH to Geneva

Official Release of
WHO Global Report
on
Traditional and Complementary Medicine
2019



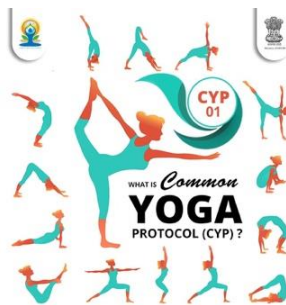
A delegation from Ministry of AYUSH under the leadership of Shri Pramod Kumar Pathak, Additional Secretary visited Geneva during 20th May to 21st May 2019 to participate in launching a program of the “WHO Global Report on Traditional and Complementary Medicine -2019” during the 72nd World Health Assembly and to attend “informal side-event on Traditional, Complementary and Integrative Medicine Contributions to Universal Health Coverage on 21st May 2019 at the World Health Organization (WHO) headquarters premises organised by Traditional Complementary and Integrative medicine unit of WHO.

Congratulations to Shri Shripad Yesso Naik Hon'ble Minister (IC) of Ministry of AYUSH



Shri Shripad Yesso Naik, Hon'ble Minister (IC) of Ministry of AYUSH began his second tenure as the AYUSH minister. Secretary (AYUSH) and other senior officers of the Ministry greeted him on May 31, 2019, on the occasion.

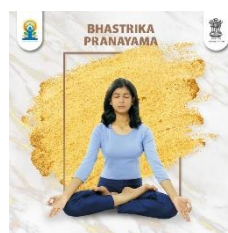
Common Yoga Protocol – CYP



The CYP is the centre-piece of all activity related to IDY – 2019. The Asanas and practices forming part of the CYP are selected in such a way as to yield the maximum health rewards to a diverse group of people from different profiles of health, age etc. Experts are of the view that

beginners can learn CYP in about 15 sessions of one-hour duration each. Common Yoga Protocol is designed to orient one towards comprehensive health and wellness. It is an effort to influence our life and attitude positively to lead to overall well-being. CYP is a specified sequence of Yoga Asanas of 45 minutes duration. It evolved out of the need to have harmonious mass Yoga demonstrations for the IDY observation on 21st June in which millions of people participate at thousands of venues. To ensure that the Yoga demonstration of such large groups take place in a harmonious fashion, some of the most accomplished Yoga gurus of India came together and developed the Common Yoga Protocol (CYP). CYP has been designed keeping people of different age-groups and of varied walks of life in mind, and can be learned in about 15 sessions of one-hour duration each. It is now widely acknowledged that CYP is the ideal assemblage of asanas for inducting beginners to Yoga practice. It is expected that those who get trained in CYP are likely to develop a taste and attitude for Yoga, and hence may pursue it in the long term. Free video and e-book giving details of CYP are available for free download from the Ministry of AYUSH website. For more details: <https://yoga.ayush.gov.in/yoga/>

YOGA

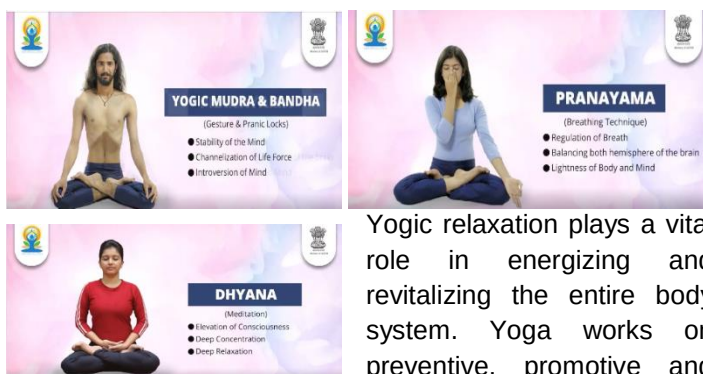


Bhastrika Pranayama: Bhastrika derives its name from the blacksmith's bhastra or bellow. As a peculiar sound, like the strokes of bellow, is created during practice, this Pranayama is called as Bhastrika Pranayama. This breathing technique

is performed with sufficient energy, and during its practice, the lungs constantly dilate and contract like a bellow. Practice of this Pranayama increases gastric fire. Its practice rectifies the imbalances of wind, bile and phlegm.

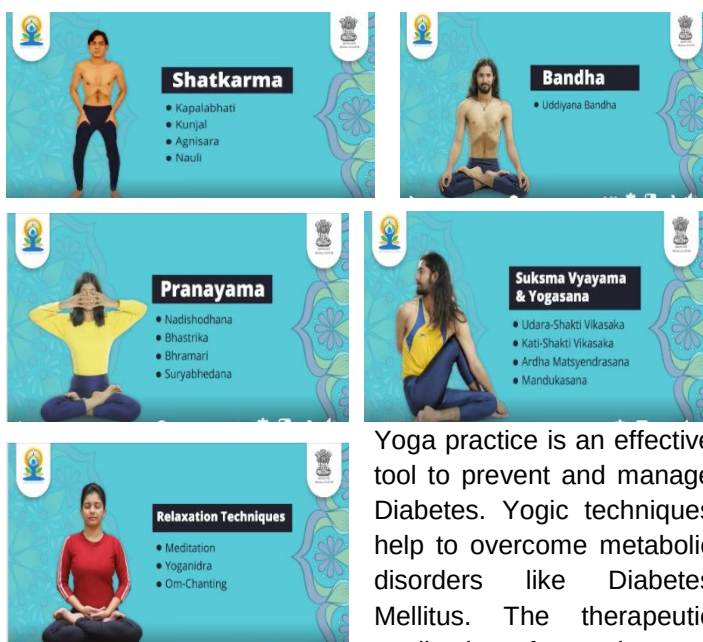
Yogic relaxation





Yogic relaxation plays a vital role in energizing and revitalizing the entire body system. Yoga works on preventive, promotive and curative aspects of health. It is an effective tool for the physical, mental, emotional and spiritual upliftment of human beings. Also, Yoga is not merely the system of exercise for physical health; it is an effective tool for the development of the entire human personality. Practicing Yoga brings harmony among the body, mind, and soul.

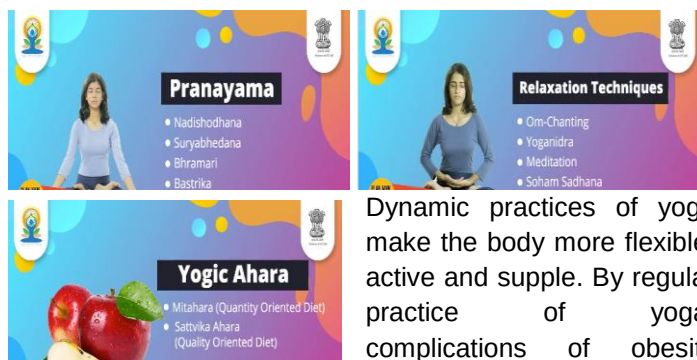
Yoga Practice



Yoga practice is an effective tool to prevent and manage Diabetes. Yogic techniques help to overcome metabolic disorders like Diabetes Mellitus. The therapeutic application of yoga is not a symptoms-based approach but it treats the person as a whole. Yogic practices rejuvenate the insulin-producing cell of the pancreas. Through yoga practices, a person can achieve a higher state of Wellbeing quality of life and social adjustment.



Yogic practice builds the stamina and provides a sense of wellbeing. Yogic cleansing techniques reduce the excess deposition of fat in the whole body.



Dynamic practices of yoga make the body more flexible, active and supple. By regular practice of yoga, complications of obesity naturally become less. Yoga plays a vital role to shatter the stress which is one of the causes of obesity.



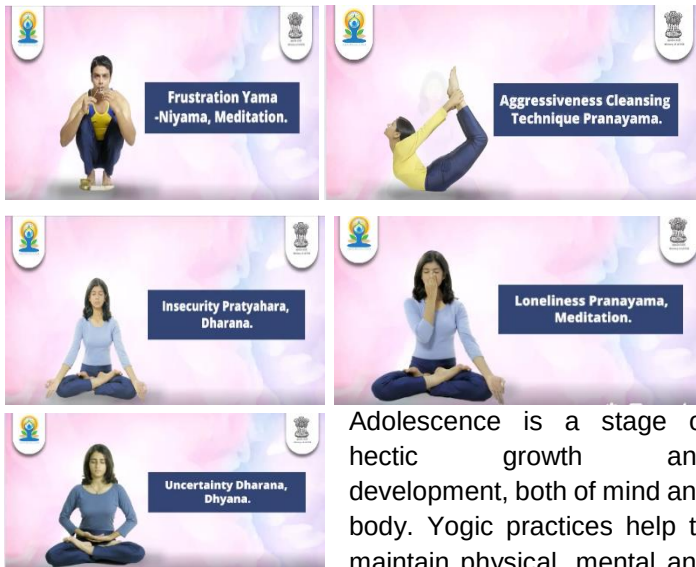
Self Realization



The discipline of yoga is basically designed for self-realization and to overcome all kinds of sufferings. Yoga effectively switches off the response and brings stress hormone down and thereby reduces blood pressure. The purificatory processes of yoga enhance proper circulation, absorption, assimilation, and elimination as well. Yogic practices ensue the dominance of the parasympathetic nervous system and reduce the workload of the heart. Hyperventilation practices in yoga give an added advantage in relaxing the entire cardiovascular system.

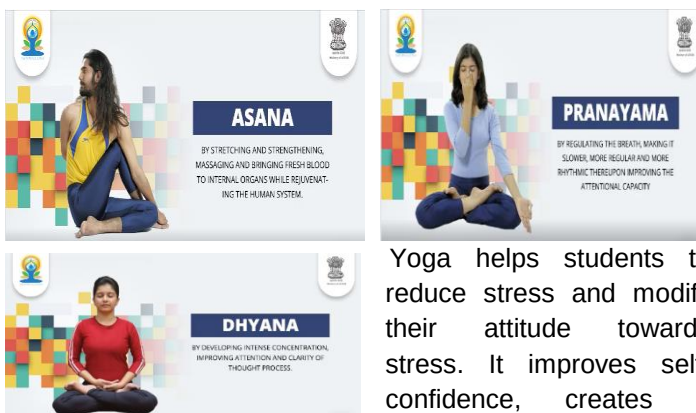


Yoga for Adolescents



Adolescence is a stage of hectic growth and development, both of mind and body. Yogic practices help to maintain physical, mental and emotional health in adolescents. Yogic practices have multidimensional effects on body, mind and soul. Through Yoga, adolescents learn to understand their own body, mind and energy; and to channelize them for constructive activities.

Yoga for Students



Yoga helps students to reduce stress and modify their attitude towards stress. It improves self-confidence, creates a feeling of relaxation and calmness in the mind and body. Yogic practices also help to stay stress-free and are known to improve academic performance in students.

Yogic solutions for IT Professionals

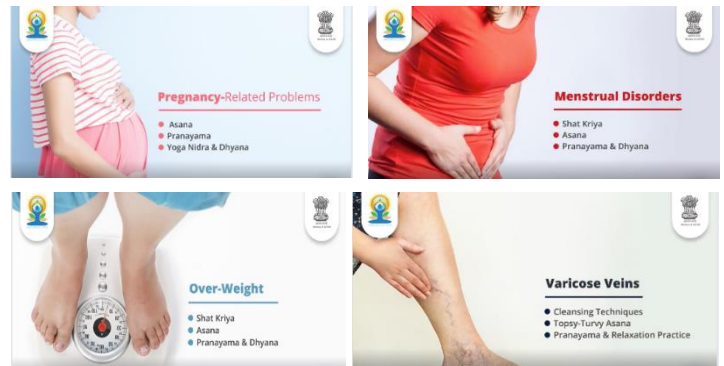


Modern lifestyle increases the stress which leads to excessive tension and results in a decline in professional efficiency. Yoga has the potential to provide physical, mental and emotional



health benefits for IT professionals. Yogic practices help to combat the problems of stress in IT professionals by bringing in health, and happiness.

Yogic solutions for women



Today's woman is much more than her traditional role of a housewife, a mother or a daughter. She plays an equal role in the decisions of today's socio-economic and political life. Yogic practices have great and positive effects on the mind and fill in positive energy that results in eradicating depression, anxiety and other health issues women face in their lives.

Multi dimensional development of Human Body and Mind



Education of Yoga helps in multi-dimensional development of human beings, by exposing all facets of one's personality. Today's generation is the reflection of the society of tomorrow. Yoga is an important and effective means for the revival of individual, society, nation and the world as a whole.

Yoga Postures



Tāḍāsana (Palm Tree Posture): Tāḍāsana is named after Tāḍa, or the palm tree. This āsana helps to attain stability and firmness and forms the base for all the standing āsanās. It gives stretching effect on the back muscles & nerves, and also strengthens the toes. It helps to correct faulty posture. It also helps in increasing the height of young and growing children.



Vṛkṣāsana (The Tree Posture): Vṛkṣāsana is modelled on Vṛkṣā, or the tree. It comes under the category of balancing āsanās. It helps to increase flexibility, especially of knee and ankle joints. It also tones up the leg muscles and rejuvenates the ligaments. It helps to manage rheumatic pain.



Pāda-Hastāsana (The Hands to Feet Posture): In Sanskrit 'Pāda' means feet and 'hasta' means hands. Thus, Pāda Hastāsana brings up the image of keeping the palms down towards the feet. This is also referred as Uttānāsana. Pāda Hastāsana helps to increase the flexibility of the spine. It stated to achieve this by increasing the flow of prana throughout the spine.



Ardha Cakrāsana (The Half Wheel Posture): In Sanskrit 'Ardha' means half and 'Cakra' means wheel. In this posture, the body takes the shape of a half wheel, and hence it is called Ardha Cakrāsana. This āsana helps to improve lung efficiency and to correct faulty posture of the spine.

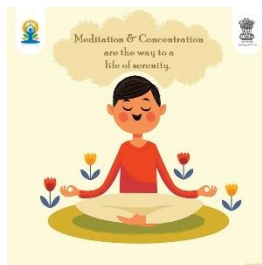


Trikonāsana (The Triangle Posture): This āsana invokes 'Trikoṇa', or the triangle. In this āsana, the body makes three triangles made by the trunk and the limbs. Trikoṇāsana helps to improve the tone of legs muscles and ps to increase the flexibility of the spine. It needs to be performed on both sides of the body.

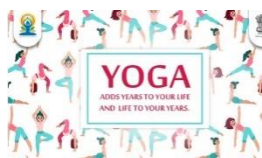


Bhadrāsana - The firm/auspicious posture: 'Bhadra' means firm; it also means auspicious. It is a basic yoga pose and is suitable for beginners. Bhadrasana strengthens the hips and thighs, and adds flexibility to legs. It is very helpful and beneficial for expecting mothers. This āsana should be avoided in case of severe arthritis.

Yoga Messages



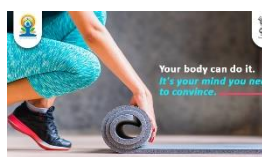
Practice Yoga regularly & reap the benefits of meditation.



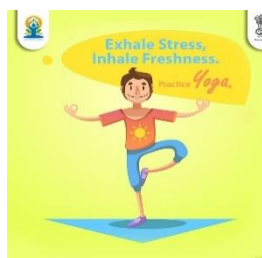
Practice Yoga regularly to enjoy life to the fullest.



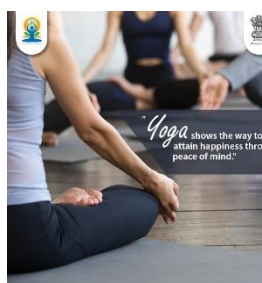
Today Yoga is part of the daily routine of millions. Join them. Usher in the rewards of Yoga into your life.



Embrace Yoga. Embrace the present moment. Take a pledge to make Yoga a part of your daily routine.



Make Yoga an integral part of your daily routine for a healthier life.



Yoga is not about perfection. Yoga is a life long journey.

