

ANNUAL REPORT AND AUDITED ACCOUNTS 2019 -20



Central Council for Research in Yoga & Naturopathy
(Ministry of AYUSH, Govt. of India)

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CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

ANNUAL REPORT 2019-20

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PREFACE

Yoga and Naturopathy are traditional medical systems being practiced in India for over centuries. The scriptural and archaeological evidence attributes the birth of these systems in the ancient civilizations in Indian Subcontinent. While Naturopathy modalities such as hydrotherapy, heliotherapy, manipulative therapy, fasting therapy and acupuncture etc. find mention in Rigveda and Suchi Veda. Yoga is depicted in the seals of Indus valley civilization. Yoga and Naturopathy have evolved through civilizations and undergone modifications due to this transition and migration. The modern day yoga and naturopathy is acknowledged as a system of medicine in India and globally.

Yoga as a precious mind body intervention is an ominous contribution of Indian tradition and Culture to the global community. June 21st has been celebrated as the International Day of Yoga globally. Yoga has gained wide acclaim and following the world over for its health promoting benefits. The pace of adopting Yoga gathered momentum especially after the declaration of International Day of Yoga.

During the last few decades, the practices of Yoga have been actively used for promoting health, preventing disease and for therapeutic and rehabilitative purposes. Professionals of both modern and traditional systems of medicine prescribe Yogic life style as adjuvant therapy for early recovery of patients. The research work carried out in the last 3-4 decades in the field of Yoga has further contributed in establishing its wellness potential to the satisfaction of the modern scientific community and researchers.

Living in tune with nature has been an essential part of Indian culture from time immemorial. Naturopathy is one of the old and time-tested health care sciences, which is widely practiced in India and the West. Though Naturopathy also has its mooring in our subcontinent, the influence of advancements in Naturopathy treatment modalities in the West has had a vast influence. While Yoga helps in purifying the inner consciousness, Naturopathy helps in purifying the body by balancing the Panchamahabhootas. Prakriti Chikitsa or Naturopathy aims at harmonizing the imbalance in these five elements by Jala Chikitsa (water therapy), Vayu Chikitsa (balancing pranas through exercise and yoga), Aakash Chikitsa (upavasa Chikitsa, to have a Satvik frame of mind and eliminate toxins), Agni Chikitsa (Sun therapy, light therapy sun salutation, diet) to normalize metabolism, and Prithvi Chikitsa (mud therapy) to detoxify. The practice of Nature cure therefore, helps to keep the body healthy for spiritual pursuits.

Central Council for Research in Yoga & Naturopathy has been playing an active role in the development of Yoga and Naturopathy in the country under Ministry of AYUSH.



Efforts are being made to conduct systematic and scientific research in the field of Yoga and Naturopathy to establish credible evidence for efficacy of these systems in the treatment and management of various diseases/disorders. Council is conducting collaborating research work with the help of Medical Institutes/Yoga & Naturopathy Hospitals. The Council also funds several NGOs for propagation and promotion of these systems in the country.

The Council is in process of establishing PGIs and CRIs of Yoga and Naturopathy with hospitals to cater to the growing demand from the public. There is need therefore to provide trained quality manpower in the field. The construction work for establishment of two Post Graduate Institutes of Yoga & Naturopathy Education and Research (PGIYNER) at Jhajjar (Haryana) and Nagamangala (Karnataka) with 200 bedded Yoga & Naturopathy Hospital are in the final stages. At present, the Council is running 20 beds Yoga & Naturopathy Hospital in Rohini, Delhi. It is the first ever such Yoga & Naturopathy Hospital under the Council.

The Council has played a key role in observing IDY's in last six years. Unlike previous years, this year, Ministry of AYUSH has decided to observe IDY-2020 by encouraging people to practice Yoga at their home, Yoga with Family keeping in view of Covid-19 pandemic. Considering the social distancing measures, it was decided to observe IDY 2020 with online events and competitions. Ideas are being explored to use social and digital media platforms like Youtube, Facebook, twitter, Instagram etc. for organising various activities of IDY-2020 through Social and Digital media platforms. In this regard, several rounds of meeting have been taken place to organise online video contest.

The Council has initiated surveys and multi-centric RCTs evaluating the effects of Yoga interventions in the management of Covid 19. Since, there is no Vaccine yet for management of Covid 19, Yoga has been tried to improve respiratory function, reduce airway reactivity and psychological stress and anxiety in these patients. The Council has also initiated to set up mind body laboratory in AIIMS Rishikesh, PGI Chandigarh and AIIMS Raipur. The Council has further initiated establishment of collaborative research centre for mind body medicine for generating quality data for scientific validation of efficacy of Yoga and other mind body practices.

The Council is taking all possible steps for promotion of Yoga & Naturopathy all over the country with active support and guidance of Ministry of AYUSH with its limited manpower and resources. Nevertheless, it is hoped that the activities of the Council will spread far and wide to reach the maximum people with support of the Govt./Non-Govt. organisations and scientific organizations in the years to come.

(Dr. Raghavendra Rao)

Director



ADMINISTRATIVE REPORT

1. BACKGROUND

Central Council for Research in Yoga & Naturopathy (CCRYN) is an autonomous institution for Research and Development in Yoga and Naturopathy, established in 1978 under the Societies Registration Act, 1860. The Council is fully funded by Ministry of AYUSH, Govt. of India. As per the Memorandum of Association, the objectives of the Council are as under:-

1. The formulation of aims and patterns of research on scientific lines in Yoga and Naturopathy.
2. To undertake any education, training, research and other programmes in Yoga and Naturopathy.
3. The prosecution of and assistance in research, the propagation of knowledge and experimental measures generally in connection with the causation, mode of spread and prevention of diseases.
4. To initiate, aid, develop and coordinate scientific research in different aspects, fundamental and applied of Yoga & Naturopathy and to promote and assist institutions of research for the study of diseases, their prevention, causation and remedy.
5. To finance enquiries and researches for the furtherance of objects of the Central Council.
6. To exchange information with other institutions, associations and societies interested in the objects similar to those of the Central Council and specially in observation and study of diseases in East and in India in particular.
7. To prepare, print, publish and exhibit any papers, posters, pamphlets, periodicals and books for furtherance of the objects of the Central Council and to contribute to such literature.
8. To issue appeals and make applications for money and funds in furtherance of the objects of the Central Council and to accept for the aforesaid purpose gifts, donations and subscriptions of cash and securities and of any property whether movable or immovable.
9. To borrow or raise monies with or without security or on security mortgage, charge, hypothecation or pledge of all or any of the immovable or movable properties belonging to the Central Council or in any other manner whatever.
10. To invest and deal with the funds and monies of the Central Council or entrusted to the Central Council not immediately required in such manner as may from time to



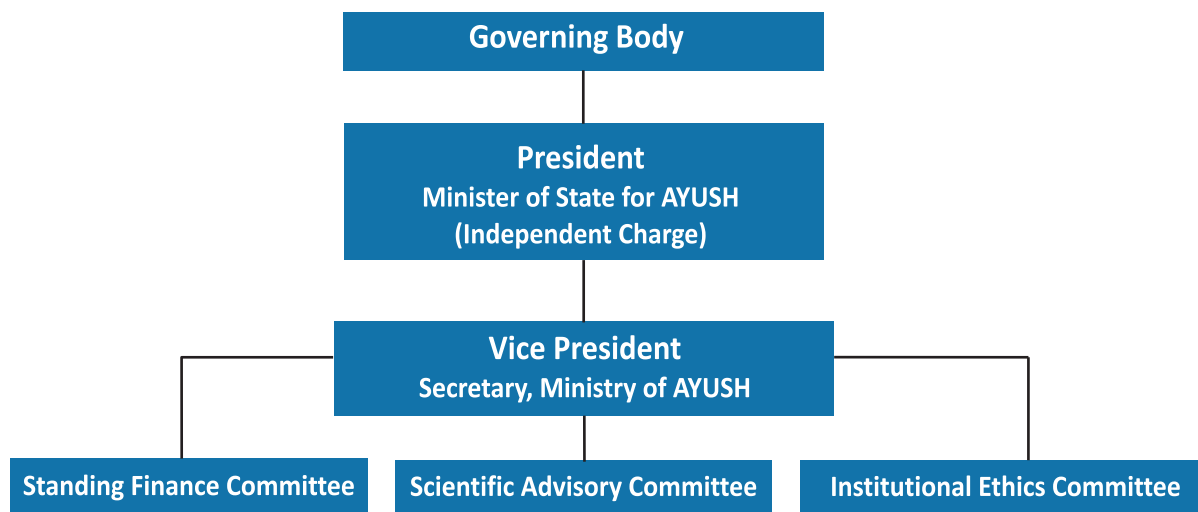
time be determined by the Governing Body of the Central Council.

11. To permit the funds of the Central Council to be held by the Government of India.
12. To acquire and hold, whether temporarily or permanently any movable or immovable property necessary or convenient for the furtherance of the objects of the Central Council.
13. To sell, lease, mortgage and exchange and otherwise transfer any of the properties movable or immovable of the Central Council provided prior approval of the Central Government is obtained for the transfer of immovable property.
14. To purchase, construct, maintain and alter any buildings or works necessary or convenient for the purposes of the Central Council.
15. To undertake and accept the management of any endowment or trust fund or donation the undertaking or acceptance whereof may seem desirable.
16. To offer prizes and grant of scholarships, including traveling scholarships in furtherance of the objects of the Central Council.
17. To create administrative, technical and ministerial and other posts under the Society and to make appointments thereto in accordance with the rules and regulations of the Society.
18. To establish a provident fund and or pension fund for the benefit of the Central Council's employees and /or their family members.
19. To do all such other lawful things either alone or in conjunction with others as the Central Council may consider necessary or as being incidental or conducive to the attainment of the above objects.
20. To accreditate of teaching institutions conducting courses in Yoga & Naturopathy.

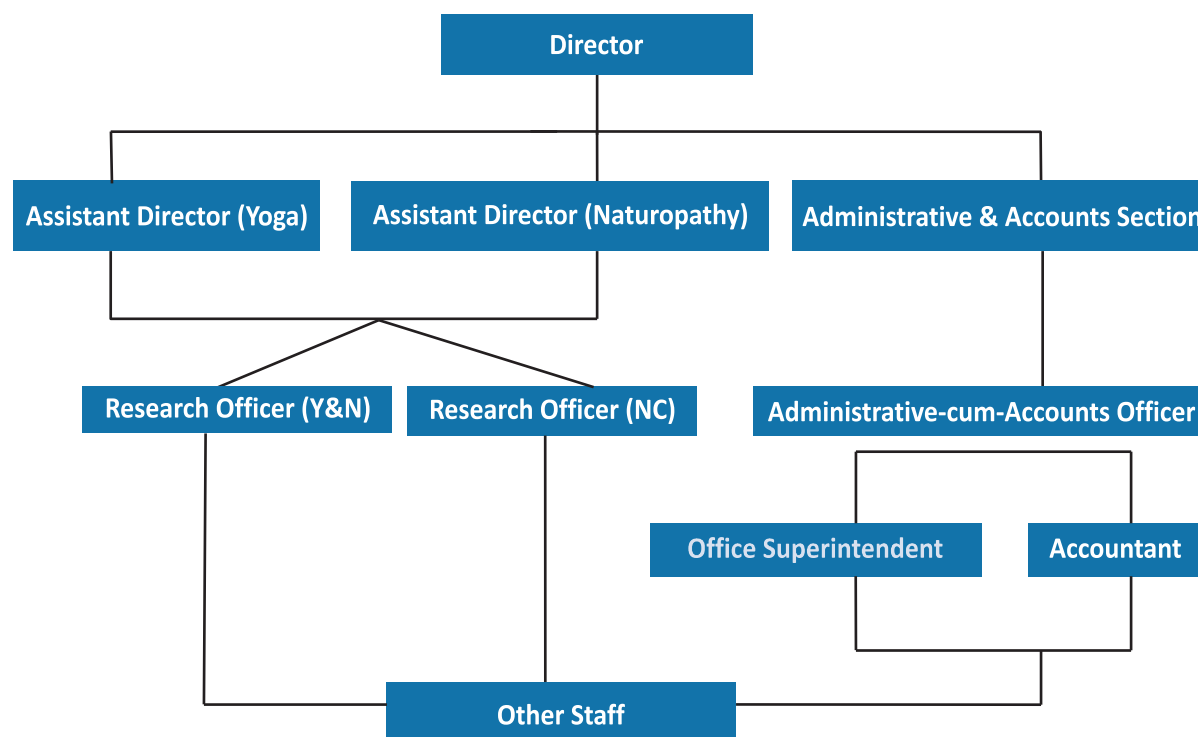


2. ADMINISTRATIVE SET UP

MANAGEMENT



ORGANISATIONAL SET UP





3. GOVERNING BODY (GB)

The Governing Body (GB) of the Council was re-constituted on 26.06.2018 for a period of three years by President of the Governing Body of the Council.

The constitution of Governing Body is as under:-

- | | |
|-------------------|---------------------------------------|
| 1. President | Hon'ble Minister of State (IC), AYUSH |
| 2. Vice-President | Secretary, Ministry of AYUSH |

Official Members

- | | |
|--|--|
| 1. Joint Secretary | Ministry of AYUSH |
| 2. Special Secretary & Financial Adviser | Ministry of Health & Family Welfare |
| 3. Joint Secretary (School Education) | Deptt. of Secondary & Higher Education
Ministry of Human Resource Development |
| 4. Director | Morarji Desai National Institute of Yoga |
| 5. Director | National Institute of Naturopathy |
| 6. Member Secretary | Director, Central Council for Research in Yoga & Naturopathy |

Non-official Members

- | | |
|--|--|
| 1. Four eminent experts of Yoga | Nominated by Hon'ble Minister of AYUSH |
| 2. Four eminent experts of Naturopathy | Nominated by Hon'ble Minister of AYUSH |
| 3. Two eminent experts of Modern Medicine | Nominated by Hon'ble Minister of AYUSH |
| 4. Member of Lok Sabha/ Rajya Sabha or an eminent citizen having interest in the field of Yoga & Naturopathy | Nominated by Hon'ble Minister of AYUSH |

The name and address of Governing Body is as under:-

- | | |
|---------------------------|--|
| 1. Sh. Shripad Yesso Naik | Hon'ble Minister of State (IC),
AYUSH President |
| 2. Vaidya Rajesh Kotecha | Secretary, Ministry of AYUSH
Vice-President |

Official Members

- | | |
|----------------------------------|--|
| 1. Shri P. N. Ranjit Kumar | Ministry of AYUSH Joint Secretary |
| 2. Dr. Dharmendra Singh Gangwar, | Ministry of Health & Family Welfare
Special Secretary & Financial Adviser |

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- | | | |
|----|--|--|
| 3. | Shri Maneesh Garg, | Deptt. of Secondary & Higher Education Joint Secretary (School Education) Ministry of Human Resource Development |
| 4. | Dr. I V. Basavaraddi Director | Morarji Desai National Institute of Yoga |
| 5. | Dr. Satyalakshmi Director | National Institute of Naturopathy, Pune |
| 6. | Dr. Raghavendra Rao M. Director and Member Secretary | Central Council for Research in Yoga & Naturopathy |

Non-official Members

Yoga Expert

- | | | |
|----|---|----------------------|
| 1. | Dr. H. R. Nagendra
Chancellor
Swami Vivekananda Yoga Anusandhan Sansthan, 19, Eknath Bhavan, Gavipuram Circle, Kempe Gowda Nagar, Bengaluru – 560019 | -Non Official Member |
| 2. | Shri O.P. Tiwari
Director
Kaivalyadhama Yoga Institute & Research Center Swami Kuvalyananda Marg, Parsi Colony, Lonavala, Dist. Pune, Maharashtra- 410401 | -Non Official Member |
| 3. | Swami Atmapriyananda
Vice Chancellor
Swami Vivekananda University, PO Belur Math, Dist Howrah – 711202, West Bengal | -Non Official Member |
| 4. | Dr. Shirley Telles
Director
(Research), Patanjali Research Foundation, Haridwar - 247 663, Uttarakhand | -Non Official Member |

Naturopathy Experts

- | | | |
|----|---|----------------------|
| 5. | Dr. R.M. Nair
Bapu Nature Cure Hospital and Yogashram, | -Non Official Member |
|----|---|----------------------|



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- Gandhi Smarak Nidhi, Mayur Vihar Phase-I,
New Delhi – 110091
6. Dr. Prashant Shetty -Non Official Member
Principal
SDM College of Naturopathy & Yogic Sciences,
Ujire - 574240 (D.K.) Karnataka
7. Acharya Ram Gopal Dixit -Non Official Member
Arogyapeeth, 2/6, Lower Ground Floor,
Near Patel Nagar Metro Station,
Pillar No.193 & ICICI Bank, Patel Nagar,
Delhi – 110008
8. Sh. Amit Nagpal, -Non Official Member
GP-56, Pitampura, Near Gopal Mandir,
Delhi -110034
9. Dr. Vijay Kumar Bhairma -Non Official Member
Plot No. 15 & 16, Shamshi Industrial Area,
Kullu Valley, Himachal Pradesh – 175126
10. Dr. Rajesh S. Sharma -Non Official Member
Shraddha General Hospital, Katju Nagar,
Laxman Pura, Ratlam, Madhya Pradesh
– 457001
11. Dr. M. K. Taneja -Non Official Member
General SARC
ENT Doctors Association, Indian Institute of
Ear Diseases
E-982, Chitranjan Park, ND – 110019
12. Sh. Vinay Dinu Tendulkar -Non Official Member
Hon'ble Member of Parliament (Rajya Sabha)
C-302, Swarna Jayanti Sadan,
Dr. B. D. Marg. New Delhi-110001
13. Dr. Raghavendra Rao M. -Member Secretary
Director
Central Council for Research in Yoga &
Naturopathy,
Janakpuri, New Delhi -110 058

The 21st meeting of Governing Body was held on 24.09.2019.



4. STANDING FINANCE COMMITTEE (SFC)

The Standing Finance Committee (SFC) of the Council was re-constituted on 12.06.2018 with the approval of Hon'ble MOS (IC), Ministry of AYUSH in his capacity as President of the Governing Body of the Council to formulate, examine and supervise the research, education and training programmes, and to examine financial matters for subsequent approval of the Governing Body of the Council.

The composition of Standing Finance Committee of CCRYN is as under:-

Official Members

- | | |
|--|--------------------|
| 1. Joint Secretary
Ministry of AYUSH | - Chairman |
| 2. Representative of Special Secretary & FA
Ministry of Health & Family Welfare | - Member |
| 3. Director
Central Council for Research in Yoga &
Naturopathy | - Member Secretary |

Non-Official Members

- | | |
|--|---|
| 1. Two eminent experts of Yoga | Nominated by Hon'ble Minister of
AYUSH |
| 2. Two eminent experts of Naturopathy | Nominated by Hon'ble Minister of
AYUSH |
| 3. One eminent expert of Modern Medicine | Nominated by Hon'ble Minister of
AYUSH |

The name and address of Standing Finance Committee of CCRYN is as under:-

Official Members

- | | |
|---|--------------------|
| 1. Shri P. N. Ranjit Kumar
Joint Secretary
Ministry of AYUSH | - Chairman |
| 2. Sh Rajkumar Dy. Secretary
Representative of Special Secretary & FA
Ministry of Health & Family Welfare | - Member |
| 3. Dr. Raghavendra Rao M.
Director
Central Council for Research in Yoga &
Naturopathy | - Member Secretary |



Non-Official Members

Yoga Experts

1. Dr. Anand Balayogi, - Non-Official Member
Director, ICYER, Puduchery
2. Dr. Navdeep Joshi - Non-Official Member
Director, NAVYOGA & Homeopathic Shodha
Kendra, 91, Mangalachanam, 125 National
Highway, Tanakpur (Champawat), Uttarakhand

Naturopathy Experts

1. Dr. Prashant Shetty, - Non-Official Member
Principal,
SDM College of Naturopathy & Yogic Sciences,
Ujire - 574240 (D.K.) Karnataka
2. Dr. Anant Biradar, - Non-Official Member
National President,
International Naturopathy Organization,
Paschim Vihar, New Delhi

Modern Medicine Experts

- Dr. M. K. Taneja, - Non-Official Member
Secretary
General SARC ENT Doctors Association,
Indian Institute of Ear Diseases E-982,
Chitranjan Park, N.D.-19

The 38th meeting of Standing Finance Committee (SFC) was held on 16.03.2020 under the Chairmanship of Joint Secretary, Ministry of AYUSH.



5. SCIENTIFIC ADVISORY COMMITTEE (SAC)

The Scientific Advisory Committee (SAC) of the Council was re-constituted on 26.06.2018 for a period of three years with the approval of Hon'ble MOS (IC), Ministry of AYUSH in his capacity as President of the Governing Body of the Council. The terms of reference of 'Scientific Advisory Committee (SAC)' are as follows:

- i. To suggest guidelines/policy and to decide priority areas in research both as - intra mural and collaborative research.
- ii. To review the work conducted by the Council under intra mural and collaborative research. The Committee may visit institutions to verify physical performance of the projects.
- iii. To offer suggestions and directions for collaborating with other reputed institutions to carry out identified research work.
- iv. To recommend discontinuation of the non-productive research work.
- v. To recommend appropriate areas for training programs and workshops etc. with the development of research protocols and modules for Council's technical staff to develop their research skills.
- vi. To suggest 'ways and means' viable for large scale dissemination of research outcome of CCRYN for the benefit of the public.
- vii. To examine other technical matters of the Council including Annual Report.
- viii. To recommend and monitor other research projects, other technical programs and to guide for their proper execution and other matters referred by the SFC/GB of the Council.

The composition of Scientific Advisory Committee of CCRYN is as under:-

Chairman

- | | |
|---------------------------------------|----------------------------------|
| 1. An eminent expert of Yoga
AYUSH | Nominated by Hon'ble Minister of |
| Members | |

- | | |
|--|----------------------------------|
| 1. Three experts of Yoga
AYUSH | Nominated by Hon'ble Minister of |
| 2. Three experts of Naturopathy
AYUSH | Nominated by Hon'ble Minister of |
| 3. Three experts of Modern Medicine
AYUSH | Nominated by Hon'ble Minister of |

Member Secretary

- | | |
|-----------------------|--|
| 1. Director
Yoga & | Central Council for Research in
Naturopathy |
|-----------------------|--|



The name and address of Scientific Advisory Committee members of CCRYN is as under:-

Non-Official Members

Yoga Experts

1. Dr. H. R. Nagendra, - Chairman
Chancellor,
SVYASA University, 19, Eknath Bhavan,
Gavipuram Circle,
Kempe Gowda Nagar, Bengaluru-560019
2. Yogacharya Vishwas Vasant Mandlik - Member
President
Yog Vidya Dham, Yog Bhawan, Kaivalya Nagar,
HPT College Road, Nashik-422005 (MH)
3. Dr. Naveen Kalkuni Visweswaraiah - Member
Medical Director
Yogeaksema Stress & Lifestyle Clinic, 775,
Paramahansa Yogananda Road,
Indiranagar, Bangalore- 560038

Experts of Naturopathy

1. Acharya Ram Gopal Dixit - Member
Aarogya Peeth, 51/3, Old Rajender Nagar,
Delhi- 110060
2. Dr. Rajesh Sharma - Member
Shraddha General Hospital, Katju Nagar,
Laxman Pura, Ratlam, M. P. – 457001

Experts of Modern Medicine

1. Dr. M. K. Taneja - Member
Director
Indian Institute of Ear Diseases, E-982,
Chitranjan Park, New Delhi-110019
2. Dr. Bhanu Duggal - Member
Prof. & Head, Dept. of Cardiology,
AIIMS, Rishikesh
3. Dr. Vishal Rao - Member
Head, Dept. of Head and Neck Surgical
Oncology Health Care Global
Enterprises Ltd., No. 8, HCG Towers,
P. Kalinga Rao Road, Sampangi Rama
Nagar, Bangalore-560027



The 6th meeting of Scientific Advisory Committee (SAC) was held on 24.01.2020 under the Chairmanship of Dr. H. R. Nagendra, Chairman, SAC.

6. INSTITUTIONAL ETHICS COMMITTEE (IEC)

Institutional Ethics Committee (IEC) was re-constituted on 17.03.2015 with the approval of Hon'ble Minister of AYUSH in his capacity as Chairman of the Governing Body of the Council to examine and evaluate the research projects and other schemes.

The constitution of the Institutional Ethics Committee (IEC) is as under:-

Chairman

1. An eminent expert of Modern Medicine

Members

2. Two experts of Basic Medical Sciences
3. Two expert Clinicians
4. One Legal expert/Retired Judge
5. One Social Scientist/Representative of NGOs
6. One Philosopher/Ethicist/Theologian
7. One Lay Person from Community

Member Secretary

- | | |
|-------------|---|
| 8. Director | Central Council for Research in
Yoga & Naturopathy |
|-------------|---|

The name and address of Institutional Ethics Committee members of CCRYN is as under:-

- | | |
|---|--------------|
| 1. Dr. Nalin Mehta,
Professor,
Department of Physiology, AIIMS,
New Delhi | -Chairperson |
| 2. Dr. Vandana Mehta,
Department of Anatomy Vardhaman,
Mahavir Medical College, Safdarjung
Hospital, New Delhi | -Member |
| 3. Dr. Raj Kumar Yadav,
Professor,
Department of Physiology, AIIMS,
New Delhi | -Member |
| 4. Dr. Ashok Kumar,
Superintendent, | -Member |



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Janakpuri Super Speciality Hospital,
Govt. of NCT of Delhi

- | | |
|---|---------------|
| 5. Dr. Mina Chadra,
Sr. C.M.O. (NSG), Dept. of Psychiatry,
Dr. RML Hospital, New Delhi | -Member |
| 6. Sh. Anantha Narayan, M.G.,
Advocate-on-Record, Supreme Court of
India, B-13, Sector-15, Noida | -Legal Expert |
| 7. Dr. Mahendra Gupta,
Janakpuri, New Delhi | -Member |
| 8. Sh. K. Venkatesha Moorthy,
Asstt. Professor, Rashtriya Sanskrit
Sansthan, Janakpuri, New Delhi | -Member |
| 9. Sh. Anant Biradar,
General Secretary,
International Naturopathy Organisation | -Member |

No meeting of the Institutional Ethics Committee (IEC) could be convened during the period under report.



7. STAFFING PATTERN

At present the Council is having 26 sanctioned posts. As on 31.03.2018, the group-wise sanctioned vis-à-vis actual strength is as under:

Group	Sanctioned Strength	Actual Strength
Group 'A'	9	6
Group 'B'	4	3
Group 'C'	13	10
Total	26	19

8. BUDGET PROVISIONS (2017-18)

(Rs. in Lakhs)

S. No.	Details	Budget Allocation	Revised Estimate	Funds received	Expenditure / Refund
1.	Grant-in-Aid General	1,585.00	1,835.00	1,864.00	1,850.00
2.	Grant-in-Aid Salary	400.00	260.00	416.00	416.00
3.	Grant-in-Aid Capital Assets	2,150.00	4,150.00	4,150.00	4,150.00
	Total	4,135.00	6,245.00	6,430.00	6,416.00

* Rs.14 lakh unspent balance is bank interest only.

** Rs.77 lakh of Internal Revenue has been earned during 2019-20 which has not been included in the funds above and remained un-utilised.



Yoga and Naturopathy systems are gaining popularity globally. Scientific community and intellectuals as a whole have accepted the role of Yoga as panacea for the effective management of various psychosomatic ailments and lifestyle disorders. In-depth research work and evidences are needed to establish its efficacy especially to establish data base on the modern scientific lines. In the last 3-4 decades, the Council has made specific efforts to prove the efficacy of these sciences in prevention and management, but plenty of work is still required to be done. In-house research work at Council is essential to determine the true potential of these sciences which cannot be carried out at modern hospitals or at Yoga & Naturopathy hospitals alone. Collaborative research studies needs to be carried out in collaboration with renowned institution of modern medicine and Yoga /Naturopathy.

The Council has been putting constant efforts to establish its own units - Central Research Institutes of Yoga and Naturopathy (CRIYN) with 100 bedded Hospital to generate sufficient data in support of these Health Care Systems and to provide indigenous time tested Health Care facilities to the citizens. At present, two CRIs at Jhajjar (Haryana) and Nagamangla (Karnataka) have been upgraded to Post - Graduate Institute of Yoga and Naturopathy Education and Research (PGIYNER) with 200 bedded Yoga and Naturopathy Hospital by the Competent Authority. The construction of both these institutions is in final stage. The details of the status of these PGIs and CRIs are as under:

1. ESTABLISHMENT OF POST-GRADUATE INSTITUTES OF YOGA AND NATUROPATHY EDUCATION AND RESEARCH (PGIYNER).

KARNATAKA

- (i) **Post-Graduate Institute of Yoga and Naturopathy Education and Research (PGIYNER), Nagamangla (Karnataka):** First phase of construction work on 15 acres of cost free land provided by Govt. of Karnataka has been completed. The construction work of 2nd phase of PGIYNER assigned to M/s NPCCL is in final stages of completion. During the period under report a sum of Rs.22,12,50,000/- has been released to M/s. NPCCL.

HARYANA

- (ii) **Post-Graduate Institute of Yoga and Naturopathy Education and Research (PGIYNER), Devarkhana, Jhajjar (Haryana):** First phase of construction work on 10 acres of cost free land provided by Govt. of Haryana has been completed. The construction work of 2nd phase of PGIYNER assigned to M/s NPCCL is in final stages of completion. During the period under report a sum of Rs.19,37,34,612/- has been released to M/s. NPCCL.



2. ESTABLISHMENT OF CENTRAL RESEARCH INSTITUTES OF YOGA AND NATUROPATHY.

ANDHRA PRADESH

- (i) **Central Research Institute of Yoga & Naturopathy (CRIYN), Vijayawada (Andhra Pradesh):** The Government of Andhra Pradesh had offered 25 acres cost free land for establishment of CRIYN including 100 bedded hospital of Yoga & Naturopathy at Vijayawada, Andhra Pradesh. The land has been transferred to CCRYN and lease deed has been signed on 5th July, 2018.

CHHATTISGARH

- (ii) **Central Research Institute of Yoga & Naturopathy (CRIYN), Raipur, (Chhattisgarh):** The Govt. of Chhattisgarh has offered 10 acres of cost free land for establishment of CRIYN at State Ayurveda University. In Principle approval of the Competent Authority for acceptance of the land has been communicated to the Govt. of Chhattisgarh. Formal transfer of land in the name of CCRYN is awaited.

DELHI

- (ii) **Central Research Institute of Yoga & Naturopathy (CRIYN), Rohini, Delhi:** The Council is running a 20 bedded Indoor hospital at CRIY&N, Rohini, Delhi. Yoga & Naturopathy treatments are being provided both under IPD and OPD for the benefit of common people. The response of the patients is encouraging. The patients visiting the hospital are from all walks of life and are following Yogic practices and Naturopathy advice along with the dietary prescriptions. The Council is also conducting regular Yoga classes for the benefit of public on all working days. Awareness camps has also been organised from time to time for benefit of the society.

Total of 18,123 persons attended Yoga classes conducted by the CRI and 2847 patients were screened for Yoga & Naturopathy treatments during the year. Total no. of patient days for treatment during the year was 18010. The total number of consultations given was 3,065, total number of IPD patients was 450 and total numbers of IPD patient days were 4153. An amount of Rs. 51,39,655/- was collected during the year.

JHARKHAND

- (iii) **Central Research Institute of Yoga & Naturopathy (CRIYN), Deoghar, Jharkhand:** The Govt. of Jharkhand has offered 15 acres cost free land for establishment of CRIYN at Deoghar. Approval of the Competent Authority for acceptance of the land has been conveyed to the Govt. of Jharkhand. Formal transfer of land in the name of CCRYN is awaited.



KERALA

- (iv) **Central Research Institute of Yoga & Naturopathy (CRIYN), Kasargod (Kerala):** Govt. of Kerala had offered 15 acres cost free land at Kasargod, Kerala. The land has been transferred to CCRYN and lease deed has been signed on 12th Nov., 2018. The foundation stone has been laid on 03.02.2019.

ODISHA

- (v) **Central Research Institute of Yoga & Naturopathy (CRIYN), Bhubaneswar (Odisha):** 20 acre cost free land was allotted to the Council by the Govt. of Odisha and the Council had released funds to the tune of Rs.1,57,68,000/- was given to CPWD in the year 2014-15 for construction of boundary wall, walking track etc. However, construction work could not be commenced due to resistance of the villagers. As the CRI, Bhubaneswar Project has been foreclosed by CPWD due to unavoidable circumstances, therefore, CPWD had refunded the balance amount of Rs.1,48,72,041/- to the Council and the same has been deposited back in the Council's account in the year 2018-19 by the CPWD, Odisha. The CPWD has also submitted an expenditure of Rs.8,95,959/- as per form- 65 on account of soil testing & advertisement etc. Council is pursuing the concerned authorities and the state Govt. has identified another piece of land. The matter is under active consideration of State Govt.

RAJASTHAN

- (vi) **Central Research Institute of Yoga & Naturopathy (CRIYN), Jaipur, (Rajasthan):** The Government of Rajasthan had offered 13.5 acres premium free land for establishment of CRIYN including 100 bedded hospital of Yoga & Naturopathy. Approval of Competent Authority was conveyed to the Govt. of Rajasthan. Formal transfer of land could not be done due to some policy restrictions. In Principle approval for acceptance of alternative land has been conveyed to the Govt. of Rajasthan. Formal allotment of land by Govt. of Rajasthan is awaited.

WEST BENGAL

- (vii) **Central Research Institute of Yoga & Naturopathy (CRIYN), Kalyani, (West Bengal):** the Government of West Bengal has allotted 10 acres land in district Nadiya, Kalyani, P. S. Gopalpur In to the Council for setting up of a CRIYN including 100 bedded hospital of Yoga & Naturopathy. The Council is in process of transferring the land in the name of CCRYN.

3. Collaborative Research Centres (CRC)

The Council is running a scheme of establishing collaborative Research Centres (CRC) to undertake Collaborative Research with leading Medical as well as Yoga and Naturopathy Institutions. So far, four such centres are functioning. One



each at National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore; Defence Institute of Physiology and Allied Sciences (DIPAS), Delhi, Samskriti Foundation, Mysore, Karnataka and Kaivalyadhama Yoga Institute of Research Centre, Lonavala conducting collaborative research.

a) The Research projects undertaken with NIMHANS, Bangalore are as under:

Completed projects

1. Implicit cognition and mirror neuron activity following yoga in healthy individuals.
2. Understanding neuro-hemodynamic correlates of Om chanting: A functional magnetic resonance imaging study.
3. Psycho-neuro-endocrinological markers of stress and the response to a yoga based intervention in first degree relatives of schizophrenia patients (FDRS).
4. Validation of Ayusoft Prakriti Diagnostic Tool in Psychiatric Patients.
5. Clinical Correlates of Vedic Personality Traits in Psychiatric Patients.
6. Effect of Yoga on ECT Induced Cognitive Deficits- A Randomized Controlled Trial
7. Differential Therapeutic Effects of Add on Group V/S Individual Yoga Therapy in Unipolar Depression: A Single Blinded Randomized Controlled Study.

Ongoing projects

1. Effect of Yoga on Mirror neuron activity among patients with depression: A Transcranial Magnetic Stimulation Study.
2. Development, validation and feasibility of Mother-baby Yoga in mothers with severe mental illness admitted to mother baby ward.
3. Development and validation of complementary and alternative medicine approach for Migraine.

b) The Research projects undertaken with Samskriti Foundation, Mysore, Karnataka are as under:

Completed projects

1. Web-enabled and CD-Based Multimedia-Self-teaching Program on Patanjali's Yoga Sutras, with topic-wise and other searches at various levels
2. Preparation of monograph on "An overview of Yoga Upanishads and their contribution to Yoga"



Ongoing projects

1. Preparation of critical edition and translation of the unpublished medical manuscript “Yogabhyasayoga of Gorakshanatha”.
2. Preparation of Web App and Mobile App on “Self-teaching Multimedia Package for Hatha Yoga Pradipika of Swatmarama”.
3. Preparation of critical edition and translation of the Yoga Bhashya of the Yoga Sutras – 1st 2 Pada-s.
4. Preparation of monograph on “Yoga in the Purana-s” Vol. 1.

c) The Research projects undertaken with Kaivalyadhama Yoga Institute of Research Lonavala, Maharashtra.

1. Effect of JalaNeti and SutraNetiKriyas on Breath –Body awareness.
2. Effect of Vastra Dhauti kriya on Neuro-immunological aspect in relation with Gastric functions.
3. Effect of Trataka Kriya on the measures of Anxiety, Mental health and Immune status of rural individuals of Lonavla.
4. Effect of Agnisara on the Physiological & Biochemical Parameters relating Vital Organs in Healthy Subjects.
5. Effect of Kapalabhati on Antioxidant Status of Healthy Adults.

4. Extra Mural Research (EMR)

The Extra Mural Research (EMR) scheme of Ministry of AYUSH is designed to encourage R&D in priority areas based on disease burden in alignment to National Health Programme. It also aims to utilize the vast research infrastructure available within the country for standardization and validation of classical drugs. This scheme is meant for focused outcome in tandem with the needs of AYUSH sector and also encourage young scholar of AYUSH system to use their wisdom and energy in the research of AYUSH system on modern scientific parameters. The Council is involved in technical evaluation of the proposals submitted under EMR Scheme of Ministry of and also to assess their progress report.

5. INTRAMURAL RESEARCH (IMR)

The Council is an apex body for research in the fields of Yoga and Naturopathy. It is also engaged in the promotion and propagation of Yoga and Naturopathy in the country.

The Council had established seven OPDs in the premises of Premier Medical College in Delhi & NCR region including Head Quarters and seven Yoga & Naturopathy Wellness Centers in different parts of the Country and one Central Research Institute of Yoga & Naturopathy (CRIYN) with 20 bedded Yoga & Naturopathy In-Patient Hospital in Rohini, Delhi. All the OPDs and CRIYN, Rohini have been requested to initiate a Research Studies. The following research proposals received from the OPDs and CRIYN, Rohini



were placed before the meeting of 6th Scientific Advisory Committee (SAC) held on 24.01.2020. The committee recommended the proposals with a total implication not exceeding Rs 1.00 Crore. The recommendations of the SAC were placed before the meeting of 38th Standing Finance Committee (SFC) held on 16.03.2020. The committee after detailed discussion concurred to undertake six new research proposals with financial implication not exceeding 1.0 Crore. The details of the research projects are as under:

S. No	Title of the Research Project	Name of PI and OPD	Duration of the project
1	To Evaluate the effects of Yoga on cognitive function, activities of daily living, self reported depression and HRV in subjects with Vascular Dementia	Dr Mina Chandra , DNB (Psychiatry-Gold Medalist), PhD (Neurology) Senior Chief Medical Officer, Department of Psychiatry, ABVIMS and Dr RML Hospital, New Delhi- 110001 and Dr Raghavendra Rao M Director Central Council for Research in Yoga and Naturopathy No 61-65, Jawahar Bhawan, Institutional Area, Janakpuri D Block, New Delhi-110058	Three Years
2	To evaluate the effects of Yoga on Pain and Quality of Life in patients with frequent and chronic tension headache	Dr. K. S. Anand Professor and Head Department of Neurology, ABVIMS and Dr. RMLH and Dr. Garima Mishra Consultant Physician (Yoga and Naturopathy), Dr. RMLH through CCRYN	Two Years
3	Effect of cyclic meditation on self-report of anxiety, perceived stress and pain in young women with primary dysmenorrhea	Dr. Abha Singh Dir. Profesor, Dept. of Gynecology and Obstetrics , LHMC, New Delhi And Dr. Bhuvaneshwari. Basvanayak , Yoga & Naturopathy Physician, OPD, LHMC, New Delhi	One Years



S. No	Title of the Research Project	Name of PI and OPD	Duration of the project
4	To study the effect of Yoga therapy in reducing the pain, improving walking time and quality of life in the management of Osteoarthritis of Knee – A two arm randomized prospective control study.	Dr. Sujatha George (Y&N) Physician Yoga & Naturopathy OPD, Safdarjung Hospital, New Delhi and Dr. Loveneesh G. Krishna Director Professor, Orthopedics (CIO) Safdarjung Hospital, New Delhi	Three Years
5	To evaluate relaxation response on Blood pressure and HRV following different relaxation techniques in hypertensive and normotensive subjects.	Dr. Raghavendra Rao M Central Council for Research in Yoga and Naturopathy No 61-65, Jawahar Bhawan, Institutional Area, Janakpuri D Block, New Delhi-110058	One Years
6	Prevalence and perceptions of CAM in Indian patients visiting tertiary Multispecialty hospitals: a multi institutional cross sectional survey	Dr Raghavendra Rao M Central Council for Research in Yoga and Naturopathy No 61-65, Jawahar Bhawan, Institutional Area, Janakpuri D Block, New Delhi-110058	One Years

6. INTERNATIONAL DAY OF YOGA (IDY)

a) One Month Yoga Training Camp in all districts of India

The Council has been playing an important role in observing International Day of Yoga by conducting One Month Yoga Training programme to celebrate International Day of Yoga (IDY) in all districts of India across the country since 2015 with help of the Govt./Non-Govt. organisations working in the field of Yoga and Health. This One Month Yoga Training programme could not be organised in this year due to various administrative and technical reasons. A reimbursement grant of Rs.1.00 lakh per district sanctioned to selected organisations in the year 2018 for organising One Month Yoga Training programme could not be released in the year 2018 due to non availability of funds. However, the same was released in the year 2019-20. The State-wise details of reimbursement grant released for conducting One Month Yoga Training Programme during International Day of Yoga-2018 is as under:



**State-wise details of reimbursement grant released for conducting One Month
Yoga Training Programme during International Day of Yoga-2018**

S. No.	State	No. of Districts	Amount Released in Rs.
1.	Andhra Pradesh	08	7,33,000
2.	Assam	10	12,41,910
3.	Bihar	29	33,16,500
4.	Chhattisgarh	23	21,41,256
5.	Daman & Diu	02	2,00,000
6.	Delhi	09	9,36,000
7.	Goa	02	1,64,005
8.	Gujarat	32	27,86,991
9.	Haryana	18	5,64,705
10.	Himachal Pradesh	11	10,25,905
11.	Jammu & Kashmir	11	10,05,000
12.	Jharkhand	14	13,72,005
13.	Karnataka	19	16,82,573
14.	Kerala	11	9,46,082
15.	Madhya Pradesh	45	40,41,500
16.	Maharashtra	29	33,76,500
17.	Manipur	05	3,95,000
18.	Meghalaya	02	1,80,000
19.	Odisha	27	25,74,000
20.	Pondicherry	04	2,60,900
21.	Punjab	06	5,05,000
22.	Rajasthan	31	4,89,000
23.	Tamil Nadu	26	25,84,517
24.	Telangana	20	15,97,700
25.	Tripura	03	3,28,000
26.	Uttar Pradesh	66	62,22,650
27.	Uttarakhand	10	8,15,000
28.	West Bengal	19	16,89,000
	TOTAL	492	4,31,74,699



State-wise details of reimbursement grant released for conducting One Month Yoga Training Programme during International Day of Yoga-2018

S. No.	State	District	Name & Address of the Institute/Organisation	Amount released in Rs.
1	M.P.	Shajapur	Adrikabhumi Mahila Mandal	1,00,000
2	PUDDUCHERRY	Yaman	Pudducherry AYUSH Health Society	1,00,000
3	PUNJAB	Ludhiyana	Rameshwar Welfare Trust 2040/9B, Jain Nagar, Shivpuri, Ludhiana – 141008, Punjab	3,00,000
4	U.P.	Kaushambi	Vishwanath Prasad PG. Mahavidhyalya	1,00,000

7. Scheme of Financial Assistance to set up Yoga Parks

The Ministry of AYUSH has been organising International Day of Yoga for the last 5 years. The Council has organised one-month yoga training programme from 21st May to 20th June in the year 2015, 2016, 2017 and 2018 in all the districts of the country. It was observed that the time-tested benefits of Yoga should be made available to more and more people adhering to the classical knowledge, so that people trained in Yoga can derive maximum benefits.

To realise this objective a scheme to set up Yoga parks across the country with the help of Govt. Organisations/ NGOs, was prepared so that the general public gets facility in their nearby localities to have the training on Yoga and to reap the benefits of Yoga in their daily life. The aim of the scheme is to set up Yoga Parks across the country to conduct regular Yoga training programme for the general public and to manage the park as well as the Yoga activities throughout the year promotion of Yoga for physical, mental and emotional health benefits.

The committee constituted for selection of suitable organisation to set up Yoga Parks selected 50 applications. These applicants were issued sanction letter @ Rs.1.00 lakh per location and the financial assistance was released in the year 2018-19. The details of institutions released financial assistance State/UT-wise, district-wise is as under:

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S. No.	Name of the Institutions	State	District	Amount Released in Rs.
1.	Chaitanya Yuvajana Sangham Door No. 81/5A-5, Raghavendra Nagar, Near Raghunath Complex Kurnool, Andhra Pradesh	Andhra Pradesh	Kurnool	70,000.00
2.	Institute of Yoga & Nutrition Sciences H.O-Siddha Point, 2nd Floor, S.J. Road, Athgaon Guwahati, Assam	Assam	Guwahati	70,000.00
3.	Dastak Samajik Evam Adhyan Shaikshnik Vikas Sansthan, H/O Mr. Ram Uday Singh, Vill- Belaganj, Dist-Gaya, Bihar	Bihar	Gaya	70,000.00
4.	Lok Sewa Kendra At- Karpi Sherpur Main Road, PO- Karpi, Distt- Arwal	Bihar	Arwal	70,000.00
5.	Yuva Saurya At- Driyapur, Panchayat- Bishanpur, PO- kharaj Nawada, Dist- Samastipur, Bihar	Bihar	Lakhisarai	70,000.00
6.	Yuva Ashram At- Bengali Total, Ward No. 25, PO + PS- District – Samastipur, Bihar	Bihar	Nawada	70,000.00
7.	Adarsh Utthan Sewa Sansthan Vill+PO Rampur Dudhpura, Dist-Samastipur, Bihar	Bihar	Begusarai	70,000.00
8.	Mahila Samaj kalyan Samiti V.P.O. Shaya Chabron, The. Rajgarh, Sirmour	H.P	Shimla	70,000.00
9.	Nehru Adarsh Youth Club V.P.O. Salehar, The. R. S. Pura, Distt. Jammu	J & K	Jammu	70,000.00
10.	Emanuel Seva Sansthan Sabajpura (In Front of Neem Asthan) PO- Khagaul, Patna – 801105 (Bihar)	Jharkhand	Simdega and Lohardaga	70,000.00
11.	Gramin Sulabh vikas Kendra Karanji, Bero, Khatri Khatanga, Ranchi	Jharkhand	Ranchi, Lohardaga, Daltanganj, Gumla and Khunti	70,000.00



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12.	Sant Gadge Samajik Uttan AT-Bania Heer No. - 02, Vill.+PO Jharia, Distt. Dhanbad - 828111 (Jharkhand)	Jharkhand	Deogarh and Dumka	70,000.00
13.	Janta Vikas Sanstahn C/O-Tractors India, Near I.B. Main Road, Distt. Simdega – 835223, Jharkhand	Jharkhand	Simdega	70,000.00
14.	Unity Kendra MSW Forum National Office. 3-1-180, One way station in Road, Near Sardar Vallabhai Patel Circle, District Kalaburagi-585101, Karnataka	Karnataka	Kalaburgi	70,000.00
15.	Manav Seva Kalyan Sansthan 289, Ganga Nagar, Dewas, MP	M.P	Devas	70,000.00
16.	Pracheen Samvradhi Samaj Sevi Sansthan House no.28, Green Field Convent High School, Dushyant Nagar, Thatipur, Gwalior, MP	M.P	Shajapur,	70,000.00
17.	Raman Shikha Samiti Nasha Mukti Bhawan, Near Govt. Hospital, Thatipur, Gwalior, MP	M.P	Datia	70,000.00
18.	Ch. Roop Narayan Dubey Samaj Kalyan Samiti Kushwah Colony, Etawah road, Bhind, M.P	M.P	Bhind	70,000.00
19.	Lamjing Meira Foundation Top Siphai, Mayai Leikai, P.O. & P.S. Wangoi, Imphal West District, Manipur	Manipur	Imphal West	70,000.00
20.	Janajagaran Kendra AT/PO- Belapada, Via-Gadasila, Dist.-Dhenkanal, Odisha-759025	Odisha	Dhenkarai,	70,000.00
21.	Maitreeban Seba Sangha, At- Raulpatana, Po- Konark, Dist- Puri, Odisha	Odisha	Khannagar	70,000.00
22.	Swapneswar Sangeeta Kala Pitha (SSKP), H.O.AT- Gudiapokhari, P.O- Sangalal Sasan, Via- Pipili, Puri- 752104, Odisha	Odisha	Puri	70,000.00

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23.	Smt. Saraswati Devi Memorial Educational & Welfare Society (SDMEW SOCIETY) Puhiran, Hoshiarpur, Punjab	Punjab	Hoshiarpur	70,000.00
24.	Sav Hanuman Dutta Parmeshwari Devi Chak 8 APD B PO Bhatiwala, Tehsil Sri Vijaynagar, Dist Ganganagar, Rajasthan	Rajasthan	Shri Ganga, Nagar	70,000.00
25.	Human Integrated Life and Learning 3A, Extension street ,thimmayan pudur, rangasamuthiram(PO), sathyamangalam(TK), erode(DT), Tamil Nadu	Tamilnadu	Krishnagiri	70,000.00
26.	Sri Pathanjali Maharshi Yoga Trust 5/61/3, Gangai Street, Angel Nagar, Athikulam, Madurai, Tamil Nadu	Tamil Nadu	Madurai	70,000.00
27.	Action For Integrated Development H.No: 4-84, Opp. Balavidya Niketan, Kalluru-507209, Khammam, Telangana	Telangana	Khammam	70,000.00
28.	Mythri, Plot No. 143, Hi-Tech City, Mancheria- 504208, Telangana	Telangana	Mancheria	70,000.00
29.	Neelam Mahila Evam Bal Vikas Samiti Vill. Aryan agar, Post – Bangai, Tehsil and Dist,	U.P	Gonda	70,000.00
30.	Gramin Vikas Sansthan, 172, Awas Vikas Colony, Gonda, U.P.	U.P	Gonda	70,000.00
31.	Pratap Samajik Sewa Sansthan 5/185, Ruchi Khand-I, Sharda Nagar, Lucknow	U.P	Shravasti	70,000.00
32.	Mother Nirmala Foundation, MNF Building Campus 4/63 Katra Nunhai Street, Farukabad, Uttar Pradesh	U.P.	Farukhabad	70,000.00
33.	Nature Conservation and Human welfare Society, 140, Vijay Nagar, Etawah, U.P.	U.P.	Itawah	70,000.00
34.	Anuraagni, 273, Patel Nagar, near to Jal Nigam Office, Orai- 285001, U.P.	UP	Jhansi	70,000.00



8. YOGA & NATUROPATHY OPDs

Health and fitness through Yoga and Naturopathy is one of the propagational activities undertaken by the Council by running OPD's in various Govt. Hospitals and at its HQ. These OPD's are open to the general public who are interested to improve their health status, to keep fit and to keep away from diseases as well. The details are as under:

A. Head Quarter

Yoga sessions are conducted at its Hq. since 1997, OPD Clinic of Yoga and Naturopathy is running at its Hq. since 1st May, 2001 and providing consultation & counseling from Monday to Friday between 8.00 a.m. to 4.00 p.m. On Saturday, the timing of the consultation & counseling is from 9.00 a.m. to 11.00 a.m. In addition to this, Yoga and Naturopathy counseling also helped them in managing their health related problems. Yoga classes are also conducted regularly in which the participants are taught Asana, Pranayama, Meditative practices and simple cleansing procedures like Jalaneti, Sutraneti, Dhauti etc. Shankhprakashan is also taught once a month.

A nominal fee @ Rs.500/- was charged from the participant up to Sept. 2017. Thereafter the monthly fee was increased to Rs.750/- per month. Senior citizens are given 50% discount for attending Yoga classes and BPL card holders are given free Yoga classes. This OPD enrolled 2,259 patients during the year under report. The total number of patient days during the year is 39,142.

Council is also conducting one month Yoga Health Education Programme from 11.00 am to 1.00 pm for the person who desires to gain more information about healthy living. The course starts on 1st of every month and Rs. 1000/- per month is charged as fee. Total amount of Rs.12,37,570 /- was earned from Yoga Health Education Programme, Yoga classes fee and registration charges during the year.

B. Safdarjung Hospital, New Delhi

The Council is running Yoga and Naturopathy OPD at Safdarjung Hospital, New Delhi since 04.06.2002. It remains open from 8.00 a.m. to 3.30 p.m. on all working days (Saturday 08.00 a.m. to 01.00 p.m.). The response of the patients in the OPD is encouraging. The patients visiting the OPD are from all walks of life and are following Yogic practices and Naturopathy advice along with the dietary prescriptions.

In this OPD, Yoga classes are also conducted regularly in which the participants are taught Asana, Pranayama, Meditative practices and simple cleansing procedures like Jalaneti etc. This OPD enrolled 3,511 patients during the year under report. The total number of patient days during the year is 19,720.

C. Dr. R.M.L. Hospital, New Delhi

The Council is running an OPD (Yoga & Naturopathy) at Dr. RML Hospital since November, 2004. It remains open from 8.00 a.m. to 3.30 p.m. on all working days



(Saturday 08.00 a.m. to 01.00 p.m.). The activities of this OPD include counseling and treatment of the patients. Regular Yoga classes are conducted as a part of treatment. Dietary management, simple hydrotherapy and other Naturopathic measures are also prescribed to the patients as per their requirements. This OPD is providing services to the referred cases from the Department of Cardiology of Dr. RML Hospital, New Delhi. Regular fitness classes are also organized for the staff of the hospital and a good response and appreciation of the authorities of the hospital is received.

During the year under report 1,974 patients visited the OPD for counseling, treatment and lifestyle intervention. The total number of patient days during the year is 7,978.

D. Lady Hardinge Medical College & Associated Hospital, New Delhi

Yoga and Naturopathy OPD is functioning under the Deptt. of Physiology, Lady Harding Medical College and Associated Hospital, New Delhi since 31st January, 2007. It remains open from 8.00 a.m. to 3.30 p.m. on all working days (Saturday 08.00 a.m. to 01.00 p.m.).

A special Yoga therapy class for the indoor patients treated under Psychiatric wing is organized daily from 8.00 am to 9.00 am. Response of the patients towards this Yoga therapy is encouraging and showing good results. A separate Yoga and Naturopathy OPD under Orthopedic OPD is also organized on every Monday, Wednesday and Friday from 10.00 am to 12.30 pm of this hospital for the patients referred by them. In addition to these, a separate OPD is organized for the female patients and ante natal care on every Monday between 1.30 pm to 4.00 pm. A specific meditation class is also held on every Thursday for the patients attending Yoga classes.

This OPD Centre enrolled 2,947 patients directly and referred from Departments of the Hospital during the year under report. The total number of patient days during the year is 17,533.

E. University College of Medical Sciences, Dilshad Garden, Delhi

The Council is running a Yoga and Naturopathy OPD in the Deptt. of Physiology, University College of Medical Sciences, Dilshad Garden, Delhi since 04.10.2007. It remains open from 8.00 a.m. to 3.30 p.m. on all working days (Saturday 08.00 a.m. to 01.00 p.m.).

The OPD enrolled 1,819 patients were enrolled during the year under report. The total number of patient days during the year during is 15,603.

F. Ch. Brahm Prakash Ayurveda Charak Sansthan, Khera Dabar, Najafgarh, Delhi

The Council is running an OPD of Yoga & Naturopathy at Ch. Brahm Prakash Ayurveda Charak Sansthan, Khera Dabar, Najafgarh, Delhi since 2.8.2010. It remains open from 8.00 a.m. to 3.30 p.m. on all working days (Saturday 08.00 a.m. to 01.00 p.m.). Patients



are advised simple Naturopathy treatments which can be adopted at home. Regular Yoga therapy is given to the patients.

The OPD enrolled 10,658 patients during the year under report. The total number of patient days during the year is 18,165.

G. Pt. B. D. Sharma Post Graduate Institute of Medical Sciences, Rohtak, Haryana

This OPD of Yoga & Naturopathy is functioning since 01.09.2009 in the Deptt. of Physiology, Pt. B. D. Sharma P.G. Institute of Medical Sciences, Rohtak, Haryana free of cost. It remains open from 8.00 a.m. to 3.30 p.m. on all working days (Saturday 08.00 a.m. to 01.00 p.m.). Patients are advised simple Naturopathy treatments which can be taken at home. Regular Yoga therapy is provided to the patients.

The OPD enrolled 2,196 patients during the year under report. The total number of patient days during the year is 20,623.

9. YOGA & NATUROPATHY WELLNESS CENTRES

The Council is running Yoga and Naturopathy Wellness Centres in the Government Hospitals/ Organizations/Institutes at different parts of India. The demand for providing infrastructure to get training for practice of Yoga for promotion of health, prevention and management of disease is increasing day by day and it is difficult for the Council to cater to ever growing demand. Nevertheless, the Government Hospitals/ Organizations/Institutes may add Yoga as complementary therapy in its fold. This will ultimately help the patients attending the Hospital for different health problems.

Further, over a period of time, good number of research data on the efficacy of Yoga & Naturopathy in the management of several diseases can be generated, as there are specialists, who can provide the technical support for conducting standard research work in these disciplines. The Council has already established following Yoga and Naturopathy Wellness Centre in various parts of the country:

A. Yoga & Naturopathy Wellness Centre, Regional Research Institute for Homeopathy, Khumulwng, Jirania, Agartala, Tripura

A MoU was signed between CCRYN and CCRH. Hon'ble Sh. Shripad Naik, MoS (I/C), AYUSH has inaugurated the Wellness Centre along with Regional Research Institute for Homeopathy (RRIH), Khumulwng, Jirania, Agartala, Tripura on 11.09.2017. The Wellness Centre remains open from 9.00 a.m. to 4.00 p.m.

The Wellness Centre equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this Wellness Centre include Counseling, regular general Yoga classes, therapeutic Yoga classes and Naturopathy treatments to the patients. In this Wellness Centre Yoga



classes are also conducted regularly in which the participants are taught Asana, Pranayama, Meditative practices and simple cleansing procedures like Jalaneti, Sutra neti etc.

The Wellness Centre enrolled 862 patients during the year under report. The total number of patient days during the year is 7790.

B. Yoga & Naturopathy Wellness Centre, SHKM Govt. Medical College, Nuh, Mewat, Haryana

A MoU was signed between CCRYN and SHKM Govt. Medical College, Mewat. The services of Wellness Centre commenced from 25.09.2017. The Wellness Centre remains open from 09:00 AM to 04:00 PM.

The Wellness Centre equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this Wellness Centre include Counseling, regular general Yoga classes, therapeutic Yoga classes and Naturopathy treatments to the patients. The Wellness Centre is providing services to the referred cases from the all the departments of SHKM Govt. Medical College, Nuh.

The Wellness Centre enrolled 510 patients during the year under report. The total no. of patient days during the year is 7947.

C. "SAHAJA" Sri Sathyadeva Yoga-Prakrithi Chikitsalayam S. V. V. S. S. Devasthanam, Annavaram, East Godavari, Andhra Pradesh

AMoU was signed between Director, CCRYN and Sh. E.V. Jagannadha Rao, Executive Officer, S. V. V. S. S. Devasthanam, Annavaram. The services of SAHAJA Hospital commenced from 01.10.2017. The hospital remains open from 08:00 AM to 01:00 PM and 03.00 PM to 05.00 PM.

The SAHAJA Hospital is having 40 beds indoor facility equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this Hospital includes Counseling, Naturopathy treatments regular general Yoga classes, therapeutic Yoga classes and to the patients.

The SAHAJA Hospital enrolled 314 indoor patients during the year under report. The total no. of patient days during the year during is 3,432. A sum of Rs. 4,60,550/- is generated from treatment provided to the patients.

D. Yoga & Naturopathy Medical College & Hospital, Bhopal, Madhya Pradesh

AMoU was signed between Director, CCRYN and Principal & CEO, Govt. Homeopathic Medical College & Hospital, Bhopal. The services of Wellness Centre commenced from 12.10.2017. The Wellness Centre remains open from 07:00 AM to 02:30 PM.

The Wellness Centre equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this



Wellness Centre include Counseling, regular general Yoga classes, therapeutic Yoga classes and Naturopathy treatments to the patients. The Wellness Centre enrolled 989 patients during the year under report. The total no. of patient days during the year is 9,613. Total revenue generated is Rs.92,084/-.

E. Yoga & Naturopathy Wellness Centre, Engandiyur Grama Panchayat, Chullippadi, Chetuva, Thrissur, Kerala

A MoU was signed between CCRYN and Engandiyur Grama Panchayat. The services of Wellness Centre commenced from 04.11.2017. The Wellness Centre remains open from 07:00 AM to 03:00 PM.

The Wellness Centre equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this Wellness Centre include Counseling, regular general Yoga classes, therapeutic Yoga classes and Naturopathy treatments to the patients.

The Wellness Centre enrolled 569 patients during the year under report. The total no. of patient days during the year is 1,737. Total revenue generated is Rs.20,300/-.

F. Yoga & Naturopathy Wellness Centre, AIIMS, Bhubaneswar, Odisha

A MoU was signed between CCRYN and AIIMS Bhubaneswar. The services of Wellness Centre commenced from 20.11.2017. The Wellness Centre remains open from 8.00 a.m. to 3.30 p.m. on all working days (Saturday 08.00 a.m. to 01.00 p.m.).

The Wellness Centre equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this Wellness Centre include Counseling, regular general Yoga classes, therapeutic Yoga classes and Naturopathy treatments to the patients. In this Wellness Centre Yoga classes are also conducted regularly in which the participants are taught asana, pranayama, meditative practices and simple cleansing procedures like Jalaneti, Sutraneti etc. The Wellness Centre is providing services to the referred cases from the all the departments of AIIMS, Bhubaneswar.

The Wellness Centre enrolled 2,105 patients during the year under report. The total no. of patient days during the year is 2,882. A sum of Rs. 1,30,445/- is generated from treatment provided to the patients.

G. Yoga & Naturopathy Wellness Centre, State Yoga Center Campus, Ranchi, Jharkhand

A MoU was signed between CCRYN and Directorate of AYUSH, Govt. of Jharkhand, Ranchi. The services of the Wellness Centre commenced from 05.06.2018. The Wellness Centre remains open from 7.00 a.m. to 2.30 p.m.

The Wellness Centre equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this



Wellness Centre include Counseling, regular general Yoga classes, therapeutic Yoga classes and Naturopathy treatments to the patients. In this Wellness Centre Yoga classes are also conducted regularly in which the participants are taught Asana, Pranayama, Meditative practices and simple cleansing procedures like Jalaneti, Sutraneiti etc.

The Wellness Centre enrolled 695 patients during the year under report. The total number of patient days during the year is 1141.

H. Yoga & Naturopathy Wellness Centre, RGSC - BHU, Barkachcha, Mirzapur, UP:

A MoU was signed between CCRYN and RGSC, BHU, Barkachcha, Mirzapur, UP. The services of the Wellness Centre commenced from 19.08.2018. The Wellness Centre remains open from 9.00 a.m. to 4.00 p.m.

The Wellness Centre equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this Wellness Centre include Counseling, regular general Yoga classes, therapeutic Yoga classes and Naturopathy treatments to the patients. In this Wellness Centre Yoga classes are also conducted regularly in which the participants are taught Asana, Pranayama, Meditative practices and simple cleansing procedures like Jalaneti, Sutraneiti etc.

The Wellness Centre enrolled 592 patients during the year under report. The total number of patient days during the year is 1044.

10. CENTRAL REGISTRATION OF YOGA & NATUROPATHY PRACTITIONERS

There was no central agency in the country to standardization and regulation of Yoga and Naturopathy education and registration of Yoga and Naturopathy practitioners. The graduates of these systems were registered by the respective states. This resulted in lot of difficulties in getting the registration and regulation of practice outside their States.

The Hon'ble Minister of State (IC), Ministry of AYUSH constituted a National Board for Promotion and Development of Yoga & Naturopathy (NBPDPYN) under the Chairmanship of MoS (IC) AYUSH. The Board, in its first meeting held on 13th July, 2016, decided that the registration of Yoga & Naturopathy practitioners should be both at Central and concerned State level. It was also decided that the Central registration of BNYS graduates should be started immediately.

Ministry of AYUSH authorized Central Council for Research in Yoga & Naturopathy (CCRYN) to act as the Central Executing Body for granting registration of Yoga & Naturopathy. In this regard, CCRYN entered into a MoU with Tata Consultancy Services



(TCS) to develop a software for online Central Registration of Yoga & Naturopathy practitioners. Accordingly, CCRYN started online Central registration to BNYS graduates from May, 2017. A nominal fee of Rs. 2500/- per candidate was charged for granting central registration. Details of the state-wise registered practitioners in the year 2019-20 is under:-

Details of Central Registration Data for the year 2019-20

State Name	Count
Andhra Pradesh	1
Chhattisgarh	1
Karnataka	4
Kerala	7
Madhya Pradesh	11
Maharashtra	1
Manipur	6
Tamil Nadu	5
Telangana	2
Uttar Pradesh	4
Grand Total	42

11. ACCREDITATION TO ORGANISATIONS FOR CONDUCTING COURSES OF YOGA & NATUROPATHY:

The Hon'ble Minister of State (IC), Ministry of AYUSH, has constituted National Board (NBPdyn) for the promotion and development of Yoga & Naturopathy as recommendatory body for all matters related to Yoga & Naturopathy.

A meeting of National Board was held on 12th August, 2016 wherein it was decided that since NBPdyn being the recommendatory body for the matters related to registration of practitioners of Yoga & Naturopathy in the country, the Central Council for Research in Yoga & Naturopathy (CCRYN) will act as an 'Executing Body' for NBPdyn by keeping Central Registrar in Councils premises itself and also decided to take up accreditation process for leveraging the development of these systems that will bring a standardized status in the education of these systems. In this regard, Board will prepare the guidelines for the accreditation of the Yoga & Naturopathy Hospitals and



Educational Institutes in consultation with Quality Council of India (QCI). The 2nd meeting of Board was held on 7.11.2016, wherein it was decided to grant Central Registration to Institutionally Qualified Yoga & Naturopathy Practitioners. Further, an Academic Committee was constituted by the Board for preparing uniform BNYS syllabus throughout the country and also for deciding other related issues.

The Committee prepared the draft syllabus and MSR for conducting BNYS Course in its meeting held on 13th & 14th April, 2017 at SVYASA University, Bengaluru. The Academic Committee in its meeting held on 14.2.2017 constituted Sub-committee under the Chairmanship of Dr H. R. Nagendra, SVYASA, Bengaluru to prepare a draft uniform syllabus of BNYS course and MSR to run BNYS Course. The so finalized, draft syllabus and Minimum Standard Regulations (MSR) was placed before the Academic Committee in its 2nd meeting held on 18.8.2017, wherein committee suggested few changes and the same were complied. The revised draft syllabus and MSR will be placed before ensuing Academic Committee meeting for its recommendations. Thereafter, these recommendations of the Academic Committee will be placed before National Board for its approval.

12. PROPAGATIONAL ACTIVITIES

The Council undertakes various activities relating to promotion, propagation and dissemination of scientific knowledge of Yoga & Naturopathy for the benefit of researchers and common public either directly or in collaboration with other organizations. Brief description of these activities is given below:

i) Participation in Arogyas/ Exhibitions/ Health Melas

The Council actively participates and showcases therapeutic potential and treatment modalities of Yoga & Naturopathy in the Arogya and other health fairs organised by the Ministry of AYUSH all over the country for creating awareness and propagation of these traditional time tested health care systems. The activities carried out in such events during the year under report were following:-

- a) Live Yoga demonstration.
- b) Exhibition of Yoga & Naturopathy modalities through posters and translites.
- c) Free distribution of IEC material.
- d) Sale of publications and CDs of the Council.
- e) Free Consultation.
- f) T.V. show of Yoga & Naturopathy modalities and treatments.



List of Arogyas and Exhibitions where the Council participated during the year under report is given below:

LIST OF MELA's 1st April, 2019 to 31st March 2020

S. No.	Subject	Date	Organisers	Place
1.	Indian International Health & Wellness Exhibition –The Yogshala Expo 2019	10th to 12th May, 2019	Namo Gange, 12/52, Site-II, Loni Road Industrial Area, Mohan Nagar, Ghaziabad	Pragati Maidan
2.	“Health Expo 2019” –A mega Exhibition and Business and Summit	18th to 20th July, 2019	Friendz Exhibitions & Promotions Pvt. Ltd. 508, Pearls Best Height II, Netaji Subhash Place, New Delhi	Dehradun (Uttarakhand)
3.	“Rise in Haryana – 2019” A Mega Exhibition	29th to 31st August, 2019	Centum Advertising & Marketing Pvt. Ltd., 4th Floor, Padma Tower-II, Rajendra Place, New Delhi	Hansi, Haryana
4.	8th Bhopal Vigyan Mela (BVM)	13th to 16th September, 2019	Council of Scientific and Industrial Research (CSIR)- Advanced Material and Processes Research Institute (AMPRI), Bhopal	BHEL Dusshera Ground, Bhopal
5.	National Level Arogya Fair	22nd to 25th August, 2019	Centum Advertising & Marketing Pvt. Ltd., 4th Floor, Padma Tower-II, Rajendra Place, New Delhi	Vashi Navi Mumbai
6.	7th Indian National Exhibition-cum-Fair-2019	25th to 29th September, 2019	Bengal Human Resource Development Foundation, 1st Floor, 176/1, Kanungo Park, Garia, Kolkata	Kolkata Metropolitan Development Authority (KMDA) Ground Patuli, Kolkata
7.	2nd UDMA Day	11th to 13th October, 2019	Unani Drug Manufacturers Association	Jamia Milla, New Delhi

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8.	11th East Himalayan Expo	16th to 22nd October, 2019	India Trade Promotion Organization (ITPO), Kolkata	Shillong, Meghalaya
9.	Vibrant Goa Expo. & Summit, 19	17th to 19th October, 2019	Vibrant Goa Foundation	Goa, Panaji
10.	Perfect Health Mela	18th to 20th October, 2019	Heart Care Foundation of India	Jawaharlal Nehru Stadium, New Delhi
11.	CII Chandigarh Fair, 2019	18th to 21st October, 2019	Confederation of Indian Industry (CII)	Parade Ground, Sector 17, Chandigarh
12.	Arogya Mela	18th - 20th, October, 2019	National Health Mission, Punjab	SAS Nagar, Mohali, Punjab
13.	Arogya Mela	19th to 22nd October, 2019	Centum Advertising & Marketing Pvt. Ltd., 4th Floor, Padma Tower-II, Rajendra Place, New Delhi	Udaipur, Rajasthan
14.	4th Ayurveda Day Celebration	24th to 25th Oct, 2019	National Institute of Ayurveda (NIA), Jaipur	Jaipur, Rajasthan
15.	India International Science Festival-2019, a mega Science, Technology and Industry Expo.	5th to 8th November, 2019	India International Science festival, A-4, Gulmohar Park, New Delhi	Kolkata, West Bengal
16.	Arogya Mela/ Yoga Utsav/ / Yog Shivar/ Exhibition/ Naturopathy Day	16th to 18th November, 2019	Navyoga Surodaya Seva Samiti (Regd.), Gram Dehriya, Post Manpur East, Haldwani (Nainital)	Tanakpur, Uttarakhand
17.	'Swasthya Chetna Evam Jan Sampark Abhiyan 'in the Indian international Trade Fair-2019, IITF Pragati Maidan	14th to 17th Nov., 2019	Ministry of Health and Family Welfare, Govt. of India	Pragati Maidan, New Delhi



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18.	Health Expo	18th to 29th November, 2019	CGHS	Parliament Annexe
19.	State Level Arogya Fair	30-2nd December, 2019	ASSOCHAM	Panjim, Goa
20.	Chutka Scientific Literacy cum health and wellness festival	5th to 7th December, 2019	S&T Educators Forum, 104A, Savitri Nagar, New Delhi	Mandla, Madhya Pradesh
21.	Sanrachna	5th -7th December, 2019	Parichit Foundation, A-75, Ram Dutt Enclave, Uttam Nagar, Delhi	Kathua, Jammu & Kashmir
22.	Punjab International Trade Expo. (PITEX) 2019	12th to 16th December, 2019	Director, PHD Chamber of Commerce & Industry, Chandigarh	Amritsar
23.	National Level Arogya Fair	19th to 22nd December, 2019	Federation of Indian Chamber of Commerce and Industry (FICCI)	BHU, Varanasi, UP
24.	State Level Arogya Fair	13th to 15th Dec., 2019	Director, PHD Chamber of Commerce & Industry	Coimbatore, Tamilnadu
25.	Destination Gujarat- 2019	18th to 20th December, 2019	Centum Advertising & Marketing Pvt. Ltd., 4th Floor, Padma Tower-II, Rajendra Place, New Delhi	Surendranagar, Gujarat
26.	107th Indian Science Congress - Pride of India Expo	03rd to 07th January, 2020	Pride of India, MM Active, Sci-tech communication, 103-104, Rohit House, 3 Tolstoy Marg, New Delhi	Bengaluru
27.	Swadeshi Mela	25th January to 03rd February, 2020	Social Unity for Reforms and Alternative Justice (SURAAJ),	Ballia, UP
28.	Darshan Arogya Wellness Expo- 2020"	14th to 18th February, 2020	Universal Yoga Consciousness, Yoga Bhavan, P.O. Ollur,	Thrissur, Kerala

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			Thrissur (Dist.) Kerala	
29.	National Level Arogya Fair-2020	12th to 16th February, 2020	Directorate of Ayurvedic and Unani Services, Govt. of Uttarkhand, Dehradun through PHD of Chamber of Commerce and Industry	Dehradun, Uttarakhand
30.	Rise in Uttar Pradesh 2020	14th - 16th February, 2020	Tarmeh Events PVT. LTD. 101, TC Jaina Tower, 3rd A1B Market, Janakpuri, Delhi	H.R.I.T College Ghaziabad (UP)
31.	"State Arogya Fair"	05th - 07th March, 2020	Directorate of AYUSH, Mizoram, Govt. of Mizoram	Dwarpuri Multipurpose Centre, Aizwal, Mizoram
32.	"International Yoga Festival"	1st - 07th March, 2020	Uttarakhand Tourism in association with Garhwal Mandal Vikas Nigam Ltd.	Ganga Resort, Rishikesh, Uttarakhand
33.	National Level Arogya Fair	11th - 15th March, 2020	Tarunya Shikshana Seva Trust (TSST)	Bangaluru, Karnataka by Tarunya Shikshana Seva Trust (TSST)
34.	"India Industrial Fair IIF 2020"	19th - 22nd March, 2020	Laghu Udyog Bharati, Jodhpur	Dusshera Maidan, Residency Road, Jodhpur



ii. Workshops/Seminars/Conferences

The Council has been organising Workshops/Seminars/Conferences to spread awareness about disease preventive and curative potential of Yoga & Naturopathy systems in all parts of the country across India among the local. A common platform is provided to the practitioners of these systems as well as to the practitioners of other systems.

Yoga and Naturopathy Training Programmes

a. Yoga Health Education Programme

Council is running a one month short duration Yoga Health Education Programme for the public with a objective to create greater awareness about health benefits of Yoga at CCRYN HQ, Janakpuri, New Delhi. The programme starts on 1st of every month and a fee of Rs. 1000/- per participant is charged for the course.

b. Treatment Assistant Training Course (TATC)

Council is running a full time, practical and career oriented Treatment Assistant Training Course (TATC) in Naturopathy of one year duration at Naturopathy Hospital, Rohini, Delhi. The aim of the proposed programme is to create trained/skilled manpower in the field of Naturopathy to work in Naturopathy Hospitals, Wellness Centers and other AYUSH Hospitals as Naturopathy Treatment Assistant. Total numbers of seats available for admission are 20 (10 male and 10 female).

13. PUBLICATIONS OF THE COUNCIL

The Council has brought out a number of free as well as priced publications for the benefit of common man. These educative and informative brochures on Yoga & Naturopathy system are very popular among the public. The disease specific booklets of the Council viz. Motapa, Uchcha Raktachap, Obesity, High Blood Pressure and other booklets like Sprouts, Anmol Bol etc. both in Hindi and English are in great demand during Arogya and other Swasthya Melas.

The Council has more Hindi publications in comparison to English. The priced publications of the Council are also very popular. Some of the popular books of the Council are: Yogic and Naturopathic Treatment for Common Ailments, Health Education for Students, Vyavharik Prakritik Chikitsa and Important Therapeutic Modalities used in Naturopathy.

Hindi and English versions of the Yoga & Naturopathy CDs of the Council are also in great demand.



Following is the list of CCRYN's Publications

a) FREE PUBLICATIONS

- | | | |
|-----|--|-------------------|
| 1. | Yoga & Naturopathy | (Hindi & English) |
| 2. | Yoga-An Introduction | (Hindi & English) |
| 3. | Naturopathy-An Introduction | (Hindi & English) |
| 4. | CCRYN Profile | (Hindi & English) |
| 5. | Surya Namaskar Chart | (Hindi & English) |
| 6. | Yogasana Chart | (Hindi & English) |
| 7. | Mitti Chiktisa | (Hindi) |
| 8. | Swastha Jeevan ke liye Avashyak Batein | (Hindi) |
| 9. | Ankurit Aahar | (Hindi & English) |
| 10. | Uchcha Raktachap | (Hindi & English) |
| 11. | Motapa | (Hindi & English) |
| 12. | Dama | (Hindi & English) |
| 13. | Sandhivaat | (Hindi & English) |
| 14. | Swastha Jeevan ki Kala | (Hindi & English) |
| 15. | Concept of Yoga & Naturopathy | (English) |
| 16. | Madhumeh-Upchar | (Hindi & English) |
| 17. | Anmol Bol | (Hindi) |
| 18. | Matri evam Shishu Swasthya | (Hindi & English) |
| 19. | Yoga Protocol for Major Mental Disorders and Stable Cardiovascular Disorders | (Hindi & English) |
| 20. | National Campaign on Yoga & Naturopathy for Holistic Health-Brochures | (Hindi & English) |

b) LIST OF PRICED PUBLICATIONS

S. No.	Title of the Publication	Language	Price
1.	Sadharan Rogon Ki Yogic Evam Prakritik Chikitsa	Hindi	30/-
2.	AadiUrjaPran	Hindi	100/-
3.	Vyavaharik Prakritik Chikitsa	Hindi	120/-
4.	Vidyarthiyon Ke Liye Swasthya Shiksha	Hindi	05/-
5.	Vaidic Vangmaya Mei Prakritik Chikitsa (Vol. I)	Hindi	175/-
6.	Vaidic Vangmaya Mei Prakritik Chikitsa (Vol. II)	Hindi	175/-



7.	Prakritic Chikitsa ki Avashayak Upchar Vidhiyan	Hindi	30/-
8.	Patanjal Yog Sutra Bhashya Vivaranam	Hindi	150/-
9.	Manushya Me Pran Ke Ayam	Hindi	180/-
10.	Nadi Tantra evam Pran	Hindi	
11.	Prakritic Chikitsa Darshan Evam Vyavahar	Hindi	
12.	Samagra Swasthya Ke Liye Yog evam Prakritic Chikitsa	Hindi	**40/-
13.	Yoga Therapy and Naturopathy (CD)	Hindi & English	50/-
14.	Research Activities of Council (CD)	Hindi & English	50/-
15.	Yogic and Naturopathic Treatment for Common Ailments	English	30/-
16.	Health Education for Students	English	5/-
17.	Important Therapeutic Modalities used in Naturopathy	English	30/-
18.	Yoga & Naturopathy for Holistic Health	English	**40/-

The Council provides 10% discount on purchase of each book up to 9 copies and 25% on purchase of 10 or more copies of a particular book except on CDs.** (SPECIAL DISCOUNT RATE Rs.20/-).

c) MONOGRAPH

A Monograph titled “An overview of the Yoga-Upanishads and their contribution to Yoga was released on 01.06.2019.

14. OTHER ACTIVITIES

a) Dr. Raghavendra Rao M. joins CCRYN as Director

Dr. Raghavendra Rao M. joins the Council as Director on 17th Oct., 2019. He is the youngest ever Director who joins the Council as regular Director since its inception in 1978. He took over the charge from Director in-charge Dr. I. V. Basavaraddi, Director MDNIY. Earlier, Dr. Raghavendra Rao M. was working as Senior Scientist and Head CAM program, at Health Care Global Enterprises Ltd., Bangalore. He has published 89 international research papers in international journals and one international book chapter.



b) Yoga and Naturopathy Awareness Camp

The Council organised Yoga and Naturopathy Awareness Camp at the under construction Post-Graduate Institute of Yoga and Naturopathy Education and Research (PGIYNER), Devarkhana, Jhajjar (Haryana) on 23.02.2020. It was 1st of its activity which was held at PGIYNER, Devarkhana, even before official completion of the hospital. The aim and objective of organising the camp was to create awareness amongst nearby villages about upcoming PGIYNER with 200 beds Yoga & Naturopathy Hospital at Devarkhana being constructed by Ministry of AYUSH, Govt. of India.

Sh. Vikram Singh, Director, Ministry of AYUSH attended the camp as the Chief Guest and inaugurated the camp in the august presence of Dr. Raghavendra Rao M., Director, CCRYN, Dr. B.S. Banerjee, Sr. Project Consultant, Ministry of AYUSH, Sh. Hoshiyar Singh, Gram Pradhan, Sh. Mangat Ram, Ex. Gram Pradhan, of Deverkhana village and many other Gram Pradhans of nearby villages who are eagerly awaiting for opening of the Yoga and Naturopathy Hospital. The Council organised following activities during the camp:-

- a. Free consultation by Yoga & Naturopathy Physicians.
- b. On spot guidance for improving life style and dietary habits.
- c. Lecture by experts on benefits of Yoga and Naturopathy for healthy and happy life.

Sh. Vikram Singh, Director, Ministry of AYUSH emphasised on the relevance and need of providing health care facilities in the rural sector through traditional Indian systems, especially the time tested and easily available system of Yoga and Naturopathy. Dr. Raghavendra Rao M., Director, CCRYN, apprised the public about the upcoming 200 hundred bedded hospital of Yoga and Naturopathy and the facilities to be provided to the public in this hospital. He further informed the villagers about the forthcoming opportunities in terms of education and employment to be created after completion of the construction. Dr. B.S. Banerjee, Sr. Project Consultant, Ministry of AYUSH congratulated the villagers about hospital and treatment facilities being created by the Govt. of India. Sh. Hoshiyar Singh, Gram Pradhan, Sh. Mangat Ram, Ex. Gram Pradhan of Deverkhana village also addressed the gathering and requested the Ministry to complete the project as early as possible as the hospital is very much needed by the villagers.

The camp was attended by nearly 500 villagers who were given on spot consultation and guidance for changing life style to keep themselves healthy and happy.



c) Expo organised in Parliament Annexe

An Expo in Parliament Annexe was organised from 18th to 29th November, 2019 for Hon'ble parliamentarians. Council deputed Yoga and Naturopathy Physicians and Yoga therapists to provide on spot consultation and therapy to the Hon'ble parliamentarians. Council also provided free IEC material and conducted Yoga therapy classes throughout the duration of the Expo. Many renowned MPs visited the stall of the Council and enquired about Yoga and its health benefits and other activities of CCRYN. Some of the prominent MPs/Ministers who visited CCRYN stall and appreciated efforts of the Council are Smt. Hema Malini, Sh. Shripad Yesso Naik, Minister of State (IC) for AYUSH, Sh. Prakash Javdekar, Minister of Environment, Forest and Climate Change, Minister of Information and Broadcasting and Ministry of Heavy Industries and Public Enterprises.

d) Visits of the Director CCRYN and staff

a) Visit to PGIYNER, Nagamangla, Karnataka: Dr. Raghavendra Rao Director CCRYN visited PGIYNER, Karnataka once in the year 2019-2020 to monitor the progress made under the project. He was accompanied with NPCC team. During the visit he made some observations which were conveyed to the representative of NPCC who were present there. He emphasized on the operationalisation of the center at the earliest.

b) Visit to PGIYNER, Jhajjar, Haryana: Dr. Raghavendra Rao Director CCRYN visited PGIYNER, Jhajjar on three occasions to monitor the progress made under the project. He was accompanied with a team of NPCC officials. During the visit he made some observations which were conveyed to the representative of NPCC who were present there.

c) Inspection of Collaborative Research Center established by the Council at NIMHANS, Bangalore and Samskriti Foundation, Mysore, Karnataka

A team consisting of Director, CCRYN and Dr. Vadiraja H. S., Research Officer (Y&N), CCRYN visited Collaborative Research Centre (CRC) established at NIMHANS, Bangalore and Samskriti Foundation, Mysore Karnataka on 21/05/2019. The team visited the CRC centers and monitored the progress of various research activities undertaken by the CRC centers.

d) Inspection of upcoming Post Graduate Institute of Yoga Naturopathy Education and Research (PGIYNER) at Nagamangla, Karnataka



A team consisting of Director, CCRYN, Dr. Rajiv Rastogi, Asstt. Director (N), Dr. Vadiraja H. S., Research Officer (Y&N), Sh. K.L. Gothwal., Consultant (Admin) CCRYN and Sh. A K Gupta., Consultant, Ministry of AYUSH visited the upcoming Post Graduate Institute of Yoga Naturopathy Education and Research (PGIYNER) at Nagamangala, Karnataka on 20th and 21st May, 2019 and monitored the progress of PGIYNER along with the members of NPCC team.

e) Official Language Implementation Committee

The Official Language Implementation Committee of the Council functions under the Chairmanship of the Director, CCRYN. The Committee reviews the progress of implementation of Official Language policy and programmes and suggests measures for improving the use of Hindi in the Council. Four meetings of the Committee were held on 27th June, 2019, 23rd September, 2019, 18th December, 2019 and 24th March, 2020 during the period under report.

f) Celebration of Rajbhasha Fortnight

The Rajbhasha Fortnight was celebrated from 1st to 15th Sept., 2019 at the Headquarters of the Council. Dr. Ishwara V. Basavaraddi, Director read out the conciliatory message sent by the Hon'ble Home Minister, Sh. Rajnath Singh highlighting the efforts of the Home Ministry in the promotion of the Official language. Addressing the staff members of the Council on this occasion, Dr. Ishwara V. Basavaraddi requested employees to use Hindi in day to day work and also encouraged the employees of the Council to cultivate a habit of using more of the Hindi language. Dr. Ishwara V. Basavaraddi also encouraged all the staff members to participate in the various competitions being organised during the Hindi Fortnight. Various activities/competition like Hindi essays writing, translations, Hindi typing etc. were planned and executed by the Council during the Hindi Fortnight. All the officials and employees of the Council participated in the various events with great enthusiasm.

g) Celebrations of International Women Day

International Women day was celebrated in March 2020. Several competitions, like debates, essay writing, elocution etc. were held in CCRYN and prizes given away to the women staff by the Director CCRYN.

h) Right To Information Act (RTI)

During the year under report, the Council received 203 applications including 12 appeals directly or transferred from Ministry of AYUSH and other Departments which were all replied timely. No decision was received from Chief Information Commissioner.



i) Vigilance Awareness Week

Vigilance Awareness Week was observed by the Council from 31st October to 5th November, 2019. A pledge was taken by all the officers and staff of the Council to generate awareness against corruption.

j) Constitution Day Celebrated

Constitution Day in India is celebrated every year on 26th of November as the constitution of India was adopted by the Constituent Assembly on 26th of November in the year 1949 and came into force on 26th of January in 1950.

Dr. Ambedkar is the Father of Constitution of India. The Council celebrated 'Constitution Day on 27th November, 2019' by reading of Preamble of the Constitution in the Council's office to promote the Constitutional Values among the employees.

k) Observation of Sadbhavna Diwas

The Council observed Sadbhavana Divas on 20th August, 2019 by taking oath of spreading love and harmony in the society.

15. Future Plans of the Council

1. Establishment of Collaborative Research Centre for Mind Body Medicine

CCRYN being an apex organization for formulation, co-ordination, development and promotion of research on scientific lines in Yoga & Naturopathy system of medicine, the Council is committed to promote research in the disease areas of National priority in particular NCDs and mainly to understand the basic mechanism of action of various Yoga & Naturopathy treatments at the various levels i.e. cellular level, physiological level etc to establish evidence based application. Such evidence based therapies are prescribed to the patients mainly to reduce the psychological disturbances, improve the quality of life, reduce the burden of the disease, reduce the toxicity and complications of the treatment, to improve the disease parameters etc. A large part of this falls under the purview of mind body medicine. Secondly, the aim of such collaboration is to foster evidence based Integration of Yoga and Mind Body Medicine modalities with conventional medicine.

CCRYN wishes to foster partnerships with AIIMS / Post graduate Institutes and Institutes of National Importance to carry forward the agenda of integrating these mind body approaches into clinical practice through systematic research. In the absence of its own Central Research Institutes (CRIs), the Council is not able to undertake the research of its own interest. The present proposal is aimed at undertaking collaborative research projects for generating quality data for scientific validation of efficacy of Yoga and other Mind Body practices. Keeping in



view of the above, the Council would like to collaborate with premier medical institutes of the country to set up a Center for Mind Body Medicine Research to conduct research and training in Mind Body Medicine.

2. Undertaking Collaborative Research

The Central Council for Research in Yoga & Naturopathy (CCRYN) is an autonomous organization under the Ministry of AYUSH, Government of India. It is an apex organization in India for the formulation, co-ordination, development and promotion of research on scientific lines in Yoga & Naturopathy system of medicine. Collaboration is desired in the area where other organizations have more infrastructure facilities, expertise and technical inputs, funding participation etc. by CCRYN will provide excellent scope for research which is not feasible only by one organization.

CCRYN wishes to foster research partnerships with reputed hospitals/ institutes of Yoga and Naturopathy to evaluate efficacy of these treatments in a residential setup. There are several such hospitals in the country that admit patients and have become very popular in the country. In the absence of its own Central Research Institutes (CRIs), the Council is not able to undertake the research of its own interest in this area. The present proposal is aimed at undertaking collaborative research projects for generating quality data for scientific validation of efficacy of Yoga and Naturopathic medicine.