

**ANNUAL REPORT  
AND  
AUDITED ACCOUNTS  
2021-22**



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

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## PREFACE

Yoga and Naturopathy are not only part and parcel of our traditional treatment systems of India for centuries but also an integral part of lifestyle. The same can be seen in our scriptural and archaeological evidences that these systems were flourishing and practiced in ancient civilizations of the Indian Subcontinent.

Evidently, Yoga is depicted in the seals of Indus valley civilization. Naturopathy treatment modalities such as hydrotherapy, heliotherapy, manipulative therapy, fasting therapy and acupuncture etc. found their place in Rigveda and Suchi Veda.

Both Yoga and Naturopathy have travelled through civilizations, consequently these systems have undergone modifications and acceptance of the masses beyond boundaries. These are widely acknowledged as a way of lifestyle for happy and contented life as well as systems of treatment globally.

Declaration of 21<sup>st</sup> June as International Day of Yoga and participation of number of countries in its celebration authenticates the importance and acceptance of Yoga globally. The last few decades have really shown the increasing pace of using practices of Yoga for promoting health, preventing disease, therapeutic and rehabilitative purposes. Professionals of both modern and traditional systems of medicine prescribe Yogic life style as adjuvant therapy for speedy recovery of patients. The research work carried out in the field of Yoga during the last 5 decades has further contributed in establishing its wellness potential to the satisfaction of the modern scientific community and researchers.

Like Yoga, Naturopathy is also one of the ancient and time-tested health care sciences which is widely practiced and accepted in India. Western countries also influenced advancements in treatment modalities of Naturopathy to a large extent. Yoga purifies the inner consciousness whereas Naturopathy purifies the body and balances the Panchamahabhootas. Prakriti Chikitsa or Naturopathy aims at harmonizing the imbalance in these five elements by providing treatment through Jala Chikitsa, Vayu Chikitsa, Agni Chikitsa, Aakasha Chikitsa to normalize metabolism and Prithvi Chikitsa to detoxify the body. The practice of Nature cure therefore, helps to keep the body healthy for spiritual pursuits. The Naturopathy Day is observed on 18<sup>th</sup> November every year.

The Council has initiated the establishment of Central Research Institutions of Yoga and Naturopathy (CRIYN) with hospitals to serve the increasing demand of trained and qualified manpower in the field. The construction work for establishment of two **Central Research Institutes of Yoga & Naturopathy** at Jhajjar (Haryana) and Nagamangala (Karnataka) with **200 bedded Yoga & Naturopathy Hospital** has been completed. Out Patient Department and Yoga therapy has also been made functional in both CRIs. The Council is running 20 beds Yoga & Naturopathy Hospital in Rohini, Delhi in the premises provided by MCD on lease basis.



The Council had played an important role in observing seven IDY's in last eight years. Like previous years, Ministry of AYUSH decided to observe IDY-2021 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 2021 with online events and competitions. Ideas were explored to use social and digital media platforms like Youtube, Facebook, twitter, Instagram etc. for organising various activities of IDY. In this regard, several rounds of meeting have taken place to organise online Jingle contest. An online survey to gauge the impact of IDY was also carried out as a part of IDY 2021 celebrations. The council also conducted a large survey to ascertain the impact of international day of yoga among the general public.

The Council has initiated surveys and multi-centric RCTs for evaluating the effects of Yoga interventions in the 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 set up Center for mind body interventions through yoga at AIIMS Rishikesh, PGI Chandigarh and AIIMS Raipur. The Council has 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. Several research studies have commenced under this program. Council is in the process of expanding this program to cover other institutes as well.

The concerted and united efforts of the Council have resulted in greater promotion of Yoga & Naturopathy not only in our own country but all over the globe with active support and guidance of Ministry of AYUSH. It is hoped that with its limited manpower and resources, 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 organisations in the years to come.

**(Dr. Raghavendra Rao M.)**

**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 especially 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.

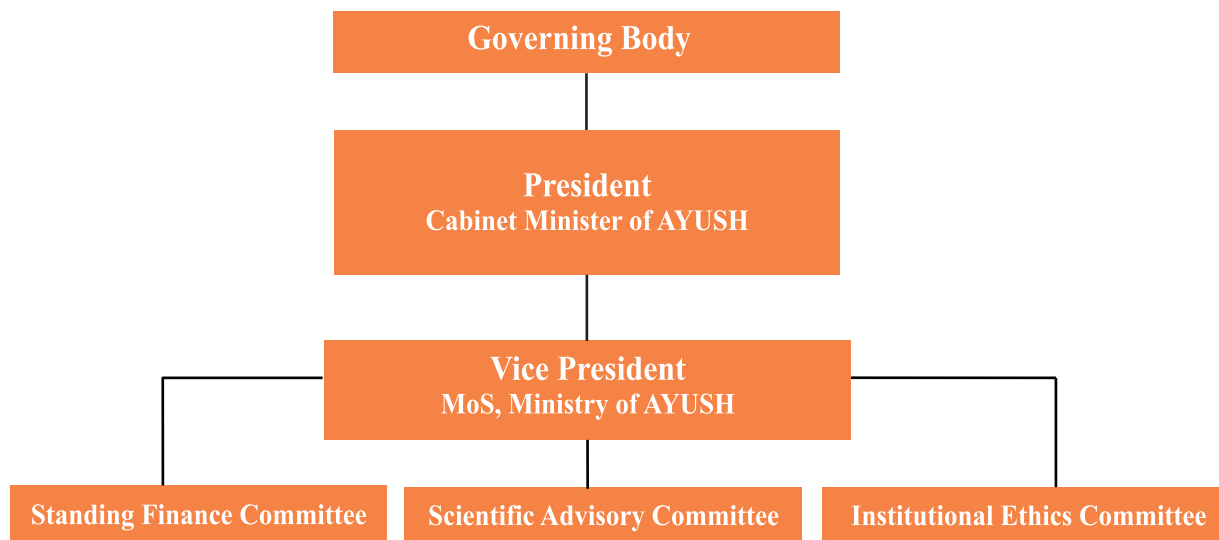


11. To permit the funds of the Central Council to be held by the Government of India.
12. To acquire and hold, whether temporarily or permanently any movable or immovable property necessary or convenient for the furtherance of the objects of the Central Council.
13. To sell, lease, mortgage and exchange 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.

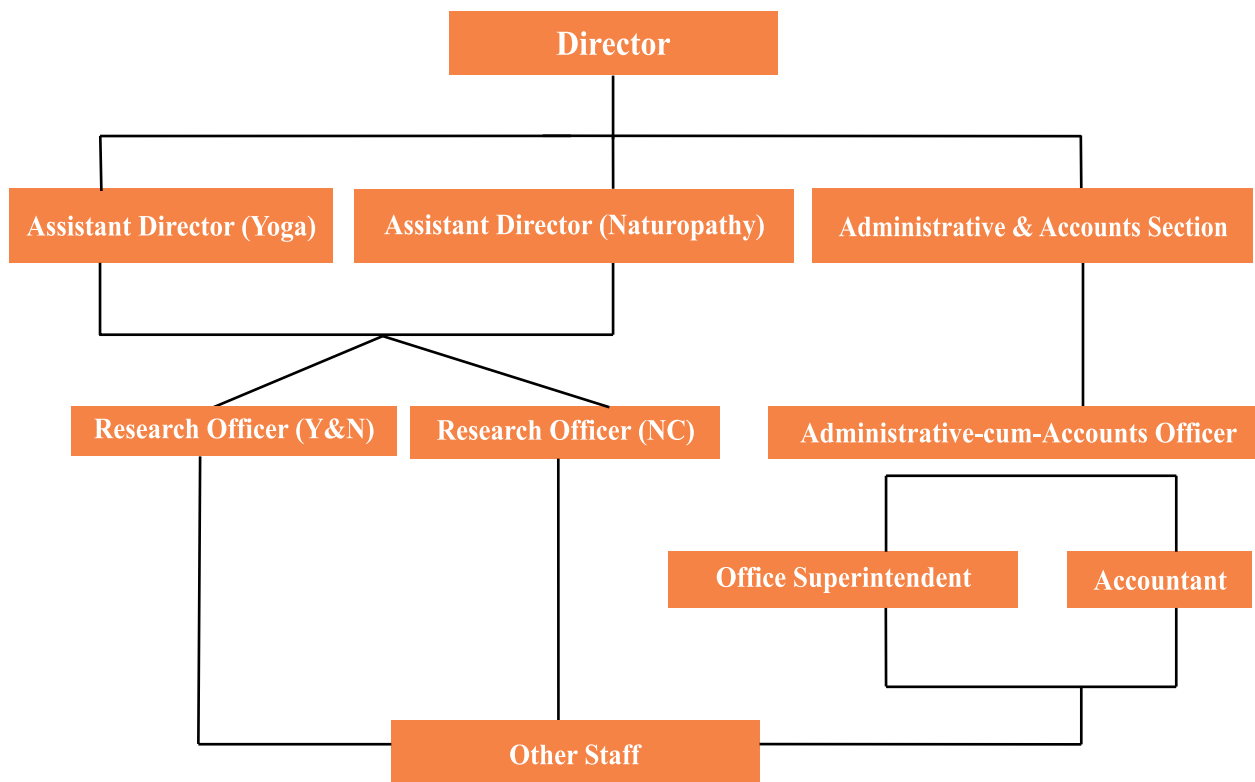


# ADMINISTRATIVE SET UP

## MANAGEMENT



## ORGANISATIONAL SET UP







## GOVERNING BODY (GB)

The Governing Body (GB) of the Council was re-constituted on 14.01.2022 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 AYUSH           |
| 2. | Vice-President | Hon'ble Minister of State for AYUSH |

### Official Members

- |    |   |   |
|----|---|---|
| 1. | Secretary                                     | Ministry of AYUSH   |
| 2. | Special Secretary & Financial Adviser/AS & FA | Ministry of Health & Family Welfare                             |
| 3. | Joint Secretary/ S. S. (Naturopathy Wing)     | Ministry of AYUSH   |
| 4. | Joint Secretary (School Education)            | Deptt. of Secondary & Higher Education                          |
|    |   | Ministry of Human Resource Development                          |
| 5. | Director                                      | Morarji Desai National Institute of Yoga                        |
| 6. | Member Secretary                              | Director, Central Council for Research in<br>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<br>or an eminent citizen having interest<br>in the field of Yoga & Naturopathy | Nominated by Hon'ble Minister of AYUSH |

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

- |    |   |                |
|----|---|----------------|
| 1. | Sh. Sarbananda Sonowal<br>Hon'ble Cabinet Minister,<br>Ministry of AYUSH                        | President      |
| 2. | Dr. Munjpara Mahendrabhai Kalubhai<br>Hon'ble Minister of State for AYUSH,<br>Ministry of AYUSH | Vice-President |





## Official Members

3.	Vaidya Rajesh Kotecha Secretary Ministry of AYUSH	Official Member
4.	Ms. Kavita Garg Joint Secretary Ministry of AYUSH	Official Member
5.	Dr. Dharmendra Singh Gangwar Special Secretary & Financial Adviser Ministry of Health & Family Welfare	Official Member
6.	Joint Secretary (School Education) Deptt. of Secondary & Higher Education Ministry of Human Resource Development	Official Member
7.	Dr. I V. Basavaraddi Director Morarji Desai National Institute of Yoga	Official Member
8.	Dr. Raghavendra Rao M. Director Central Council for Research in Yoga & Naturopathy	Member Secretary

## 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.	Ms. Ekta Boudierlique Heartfulness Institute	-	Non Official Member
3.	Sh. S. Sridharan, Krishnamacharya Yoga Mandiram, Tamil Nadu	-	Non Official Member



- |    |  |   |                     |
|----|--|---|---------------------|
| 4. | Ms. Kamlesh Barwal,<br>International Director,<br>Sri Sri Yoga | - | Non Official Member |
|----|--|---|---------------------|

### **Naturopathy Experts**

- |    |  |   |                     |
|----|--|---|---------------------|
| 5. | Dr. Prashant Shetty<br>Principal<br>SDM College of Naturopathy & Yogic Sciences<br>Ujire - 574240 (D.K.) Karnataka | - | Non Official Member |
| 6. | Dr. Anant Biradar,<br>President,<br>INO, Paschim Vihar,<br>New Delhi   | - | Non Official Member |
| 7. | Dr. Gita Sharma,<br>Sant Hirdaram Medical College<br>Naturopathy & Yogic Sciences, Bhopal                          | - | Non Official Member |
| 8. | Dr. K. Satya Lakshmi<br>Director,<br>National Institute of Naturopathy, Pune                                       | - | Non Official Member |

### **Expert from the field of Modern Medicine**

- |     |  |   |                     |
|-----|--|---|---------------------|
| 9.  | Dr. B. N. Gangadhar,<br>President<br>Medical Assessment & Rating Board<br>National Medical Commission, New Delhi | - | Non Official Member |
| 10. | Dr. Bhanu Duggal,<br>Professor & Head<br>Deptt. Of Cardiology, AIIMS   | - | Non Official Member |

### **Member form Lok Sabha / Rajya Sabha**

- |     |  |   |                     |
|-----|--|---|---------------------|
| 11. | Sh. Kamakhya Prasad Tasa,<br>Hon'ble MP<br>Rajya Sabha | - | Non Official Member |
|-----|--|---|---------------------|

No meeting of Governing Body was held during the year.



## STANDING FINANCE COMMITTEE (SFC)

The Standing Finance Committee (SFC) of the Council was re-constituted on 16.02.2022 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 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<br>Ministry of AYUSH  | - Chairman         |
| 2. | Representative of Special Secretary & FA<br>Ministry of Health & Family Welfare | - Member           |
| 3. | Director<br>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. | Ms. Kavita Garg<br>Joint Secretary<br>Ministry of AYUSH   | - Chairman |
| 2. | Sh. Rajkumar<br>Deputy Secretary<br>Representative of Special Secretary & FA<br>Ministry of Health & Family Welfare | - Member   |



3. Dr. Raghavendra Rao M. - Member Secretary  
Director  
Central Council for Research in Yoga & Naturopathy

## **Non-Official Members**

### **Yoga Experts**

1. Dr. R. Nagarathna, - Member  
S-VYASA University  
Chief Medical Officer, Arogyadham,  
Prashanti Kutiram, Vivekanand Road,  
Kalluballu Post, Jigani, Anekal,  
Bengaluru - 560105
2. Dr. Subramanya P. - Non-Official Member  
Deptt. of Yoga Studies  
Central University of Kerala

### **Naturopathy Experts**

3. Dr. N. K. Manjunath, - Non-Official Member  
S-VYASA University,  
Bengaluru, Karnataka
4. Dr. Aklavya Bohra - Non-Official Member  
Swasthya Kalyan Institute of  
Yoga & Naturopathy College, Jaipur

### **Modern Medicine Experts**

5. Dr. Shivarama Varambally, - Non-Official Member  
National Institute of Mental Health  
& Neuro Sciences (NIMHANS),  
Bengaluru

The 40<sup>th</sup> and 41<sup>st</sup> meeting of SFC of CCRYN was held on 30.06.2021 and 07.03.2022 respectively under the Chairmanship of Joint Secretary, Ministry of AYUSH.



## SCIENTIFIC ADVISORY COMMITTEE (SAC)

The Scientific Advisory Committee (SAC) of the Council was re-constituted on 08.08.2022 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 | Nominated by Hon'ble Minister of AYUSH |
|------------------------------|--|

### Members

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

### Member Secretary

- |             |  |
|-------------|--|
| 1. Director | Central Council for Research in Yoga & 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<br>Chancellor<br>SVYASA University, 19, Eknath Bhavan<br>Gavipuram Circle, Kempe Gowda Nagar<br>Bengaluru-560019 | - | Chairman             |
| 2. | Dr. Ganesh Shankar Giri,<br>Professor & HOD<br>Dr. Harisingh Gour Central University<br>Sagar, Madhya Pradesh                       | - | Member               |
| 3. | Dr. Navdeep Joshi,<br>Founder Nav Yoga Gram,<br>Uttarakhand   | - | Non- Official Member |

### **Experts of Naturopathy**

- |    |  |   |                     |
|----|--|---|---------------------|
| 4. | Dr. N. K. Manjunath,<br>S-VYASA University,<br>Bengaluru, Karnataka                    | - | Non-Official Member |
| 5. | Dr. D. N. Sharma, M.D.<br>Aditya Naturopathy Hospital<br>& Research Institute, Kichcha | - | Member              |

### **Experts of Modern Medicine**

- |    |   |   |        |
|----|---|---|--------|
| 6. | Dr. Balakirshnan Menon, MD<br>Director, Vallabhbhai Patel,<br>Chest Institute, Delhi                  | - | Member |
| 7. | Dr. Piyush Ranjan,<br>MD,<br>Additional Prof. Deptt. of Medicine,<br>AIIMS, Delhi<br>Member Secretary | - | Member |

### **Member Secretary**

- |    |   |  |  |
|----|---|--|--|
| 8. | Dr. Raghavendra Rao M.<br>Director, CCRYN |  |  |
|----|---|--|--|

The 8th Scientific Advisory Committee (SAC) meeting of CCRYN was held on 28<sup>th</sup> June 2021 under the Chairmanship of Dr. H. R. Nagendra, Chairman, SAC.



# INSTITUTIONAL ETHICS COMMITTEE (IEC)

Institutional Ethics Committee (IEC) was re-constituted on 01.01.2021 for a period of three years 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 | Nominated by Hon'ble Minister of AYUSH |
|----|--------------------------------------|--|

## Members

- |    |   |  |
|----|---|--|
| 2. | Two experts of Basic Medical Sciences       | Nominated by Hon'ble Minister of AYUSH |
| 3. | Two expert Clinicians                       | Nominated by Hon'ble Minister of AYUSH |
| 4. | One Legal expert/Retired Judge              | Nominated by Hon'ble Minister of AYUSH |
| 5. | One Social Scientist/Representative of NGOs | Nominated by Hon'ble Minister of AYUSH |
| 6. | One Philosopher/Ethicist/Theologian         | Nominated by Hon'ble Minister of AYUSH |
| 7. | One Lay Person from Community               | Nominated by Hon'ble Minister of AYUSH |

## 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. R. Nagarathna,<br>Chief Medical Officer, Arogyadham,<br>Prashanti Kutiram, Vivekanand Road,<br>Kalluballu Post, Jigani, Anekal,<br>Bengaluru- 560105   | - Chairperson                    |
| 2. | Dr. Nandi Krishnamurthy Manjunath,<br>BNYS, Ph.D.<br>Swami Vivekananda Yoga Anusandhana Samsthana<br>(S-VYASA) University<br># 19, Eknath Bhavan, Gavipuram Circle,<br>KG Nagar, Bengaluru - 560 019 | - Member<br>(Yoga & Naturopathy) |
| 3. | Dr. Raghuraj Puthige<br>BNYS, Ph.D.<br>Hyderabad, Telangana, India   | - Member<br>(Yoga & Naturopathy) |



- |     |  |   |
|-----|--|---|
| 4.  | Dr. Seikheyito John,<br>Naturopathy Physician and NAM Coordinator,<br>Nagaland   | - Member<br>(Yoga & Naturopathy)                        |
| 5.  | Dr. Akshay Anand,<br>PhD, 3012, Neuroscience Res Lab<br>Chuttani Block B, 3 <sup>rd</sup> Floor,<br>PGI, Chandigarh  | - Member<br>(Basic Medical Science)                     |
| 6.  | Dr. Ravi Gupta,<br>MD, PhD, MAMS Certified Sleep Physician<br>(World Sleep Federation) Additional Professor,<br>All India Institute of Medical<br>Sciences, Rishikesh- 249203 (Uttarakhand), India | - Member<br>(Modern Medicine Clinician)                 |
| 7.  | Dr. T. N. Sathyaprabha,<br>Head Department of Neurophysiology<br>National Institute of Mental Health and Neuro Sciences<br>Hosur Road, PB No. 2900, Bangalore- 560029                              | - Member<br>(Basic Medical Science)                     |
| 8.  | Dr. Bhanu Duggal,<br>Prof. Department of Cardiology, AIIMS Rishikesh   | - Member<br>(Clinician Women Member)                    |
| 9.  | Smt. Meenu Abrol,<br>B-203, 2 <sup>nd</sup> floor, Fateh Nagar, Jail Road,<br>New Delhi-110018   | - Member<br>(Legal expert Women Member)                 |
| 10. | Sh. Rajneesh,<br>House No. 1481/12-A, Didar Nagar, Arey Wali Gali,<br>(OPP. UNI. 3 <sup>rd</sup> GATE), Kurukshetra, Haryana-136119  | - Member<br>(Social Scientist)                          |
| 11. | Smt. Yugprabha Rastogi,<br>A-703, Swami Dayanand Apartments, Plot No-5,<br>Sector-6, Dwarka, New Delhi - 110075  | - Member<br>(Lay Person from Community<br>Women Member) |

### Member Secretary

- |     |  |                    |
|-----|--|--------------------|
| 12. | Dr. Raghavendra Rao M.,<br>Director, CCRYN | (Member Secretary) |
|-----|--|--------------------|

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





## STAFFING PATTERN

At present the Council is having 27 sanctioned posts. As on 31.03.2022, the group-wise sanctioned vis-à-vis actual strength is as under:

Group	Sanctioned Strength	Actual Strength
Group 'A'	10	5
Group 'B'	4	3
Group 'C'	13	8
<b>Total</b>	<b>27</b>	<b>16</b>

## BUDGET PROVISIONS (2021-2022)

S. No.	Head	BE	RE	Opening	Total funds	Expenditure
1.	GIA Salary	3646.00	3420.00	0.03	3420.03	3420.01
2.	GIA Salary	324.00	324.00	2.18	326.18	326.18
3.	GIA Salary	2000.00	2000.00	0.10	2000.10	2000.10
4.	Yoga Fest Reimbursent Grant	-	-	-	25.25	25.25
<b>Total</b>		<b>5970.00</b>	<b>5744.00</b>	<b>2.31</b>	<b>5771.56</b>	<b>5771.54</b>



## TECHNICAL REPORT

The research work carried out during the last 5 to 6 decades in the field of Yoga has provided more than enough evidence to convince the scientists of modern medicine to accept and realise the potential of Yoga as panacea for effective management of various psychosomatic disorder and life style related diseases. Preventive and curative healthcare benefits of Yoga were tested during Covid pandemic also. The Council conducted a research project to verify the efficacy of Yoga in early recovery of COVID-19 patients in collaboration with Rajiv Gandhi Super Speciality Hospital, Delhi. The details of the projects are as under:

- 1) A research project titled "Effect of an integrated Yoga program on stress, mood states, sleep quality, symptom severity, quality of life and clinical outcomes in Covid-19 positive patients undergoing conventional treatment" has been completed. The data is under analysis.
- 2) A research project titled "Effect of an integrated Yoga program on stress, mood states, sleep quality, symptom severity, quality of life and clinical outcomes in Covid-19 positive patients undergoing conventional treatment: a Multi-centric trial" has been initiated at three centers (RGSSH, Delhi, AIIMS, Jhajjar and LHMC, Delhi).

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.

During the last 3 years the Council has taken up 05 projects through its OPDs and the efforts made in the last 10 years has resulted in establishment of 02 Central Research Institutes of Yoga and Naturopathy (CRIYN) with 200 bedded Hospital. These CRIYNs are expected to generate data in support of the potential of Yoga and Naturopathy as Health Care Systems and to cater the needs of indigenous time tested Health Care facilities to the citizens. The construction of both these institutions has been completed. The details of the status of various CRIs being planned are as under:

### 1. ESTABLISHMENT OF CENTRAL RESEARCH INSTITUTES OF YOGA AND NATUROPATHY (CRIYN).

#### A. HARYANA (RURAL AREA)

**Central Research Institute of Yoga and Naturopathy (CRIYN), Devarkhana, Jhajjar, Haryana:** The construction work on cost free land provided by Govt. of Haryana has been completed. The remaining minor finishing/beautification work is in progress and likely to complete very soon. The treatment facilities and treatment equipments are being installed and it may take some time to make hospital fully functional.



The OPD and Yoga Therapy/General Yoga classes are being run from 29<sup>th</sup> January, 2021 to create awareness about benefits Yoga and Naturopathy. Total 640 patients were given consultation and 2665 person came for Yoga therapy/ Yoga class during the year. The institute distributed AYUSH-64 (470) and Sanshmani Vati (654) to the needy to commemorate Azadi ka Amrit Mahotsav under India@75. Rashtriya Poshan Maah was also observed in month of September, 2021 in which about 560 persons were given free consultation about Health & Diet. Swachhta Diwas and Hindi Pakhwada were also observed in the month. The details of the various other activities given as under:

S. No.	Date	Event	Location	State	No. of
1.	03.04.21	Health Awareness Camp	Village Mundakheda,	Haryana	102
2.	21.06.21	7 <sup>th</sup> International Day of Yoga	CRIYN, Deverkhana, Jhajjar	Haryana	150
3.	22.12.21	Health Awareness Camp	Village Lagarpur, Jhajjar	Haryana	92
4.	25.02.22	Health Awareness Camp	Village Kheda Jhanjhraula, Jhajjar	Haryana	96
5.	15.03.22	98 <sup>th</sup> day of countdown programme to 8 <sup>th</sup> International day of Yoga	CRIYN, Deverkhana, Jhajjar	Haryana	150
6.	25.03.22	Health Awareness Camp	Village Lohat, Jhajjar	Haryana	90

The following activities were organised during the camp:-

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

## B. KARNATAKA(RURAL AREA)

### Central Research Institute of Yoga & Naturopathy (CRIYN)-Nagamangala, Karnataka

Central Research Institute of Yoga & Naturopathy (CRIYN) with 200 bedded Yoga & Naturopathy Hospital is established by Central Council for Research in Yoga & Naturopathy (CCRYN) at Nagamangala, Karnataka under the aegis of the Ministry of Ayush, Government of India.

The construction of the CRIYN is completed and expected to become completely functional soon. The Out Patient Department (OPD) services have been initiated from March, 2021. At present, the following activities are being conducted by the institute:



1. Free Consultation
2. General Yoga Classes and therapeutic Yoga Classes
3. Yoga & Naturopathy camps in and around Nagamangala Talluk.
4. Public Awareness Programmes on Yoga & Naturopathy
5. Regular Yoga classes at schools
6. Naturopathy dietary awareness programmes

## 2. CENTRAL RESEARCH INSTITUTES OF YOGA AND NATUROPATHY, ROHINI, DELHI

Central Research Institute of Yoga & Naturopathy (CRIYN) is being run by the Council in a leased building provided by MCD. It is having a 20 bedded Indoor hospital. Yoga and Naturopathy treatments are being provided both under IPD and OPD for the benefit of common people. The response of the patients is encouraging and gradually increasing. 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 Center is also conducting regular Yoga therapy and General 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. In addition to this, the Centre has also organized IDY programme on 21<sup>st</sup> June and Naturopathy on 18<sup>th</sup> November every year.

The total number of Consultation was 1,311. Total 1,215 nos. patients had taken Yoga & Naturopathy Treatment during the year. Total 174 nos. patients attended Yoga classes. Number of patient days for Yoga was 2,290. Total number of patients taken Naturopathy Treatment was 1,041. Total number of patient days of Naturopathy Treatment was 4,178. Total number of IPD patient was Nil due to Covid-19. An amount of Rs. 12,98,120/- (Rs.11,16,520/- for Patients and Rs.1,81,600 for TATC Course) was collected during the year.

## 3. THE STATUS OF OTHER PROPOSED CRIYN TO BE ESTABLISHED

### i. ANDHRA PRADESH

**Central Research Institute of Yoga & Naturopathy (CRIYN), Vijayawada, Andhra Pradesh:** The Government of Andhra Pradesh had sanctioned 25 acres cost free land for establishment of CRIYN including 100 bedded hospital of Yoga & Naturopathy at Vijaywada, Andhra Pradesh. The land has been transferred to CCRYN and lease deed has been signed on 5<sup>th</sup> July, 2018. The competent authority has approved the proposal to issue Expression of Interest (EOI) to procure Detailed Project Report (DPR). The Council is in process to issue Expression of Interest (EOI) to invite stake holders for preparation of DPR. The Council has taken the physical position of the land from the Department of AYUSH, Government of Andhra Pradesh.

### ii. CHHATTISGARH

**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 Institute. In Principle approval of the competent authority for acceptance of the land has been communicated to the Govt. of



Chhattisgarh. The land has been transferred in the name of CCRYN on 16.03.2021. The Council is in process to issue Expression of Interest (EOI) to invite stake holders for preparation of DPR.

### iii. JHARKHAND

**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.

### iv. KERALA

**Central Research Institute of Yoga & Naturopathy (CRIYN), Kasaragod, Kerala:** Govt. of Kerala has offered 15 acres of cost free land at Kasaragod, Kerala. The land has been transferred to CCRYN and lease deed was been signed on 12<sup>th</sup> Nov., 2018. The foundation stone has been laid on 03.02.2019. The competent authority has approved the proposal to issue Expression of Interest (EOI) to procure Detailed Project Report (DPR). The Council is in process to issue Expression of Interest (EOI) to invite stake holders for preparation of DPR.

### v. ODISHA

**Central Research Institute of Yoga & Naturopathy (CRIYN), Bhubaneswar, Odisha:** The Govt. of Kerala had offered 20 acre cost free land to the Council in Tehsil Jatni, Mauja Binjhagiri, District-Khorda, Odisha; however, the construction work could not be commenced due to resistance of the villagers. The concerned authorities have now reassured to provide all necessary support for construction of project. The Council is in process to issue Expression of Interest (EOI) to invite stake holders for preparation of DPR.

### vi. RAJASTHAN

**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 had been conveyed to the Govt. of Rajasthan. However, the Govt. of Rajasthan subsequently informed that the identified land could not be spared due to some policy issue. Govt. of Rajasthan has been requested to identify alternate land.

### vii. WEST BENGAL

**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 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.



## 4. 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. National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore 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. Development and validation of Integrated Yoga module for patients suffering from Migraine.
2. Development and feasibility of integrated therapy module for patients suffering from Multiple sclerosis.
3. Knowledge, Attitude, Practice (KAP) and barriers for a referral to Yoga among the psychiatrists, neurologists, and neurosurgeons in India-A survey
4. Psycho-neuro-endocrinological markers of stress and the response to a Yoga-based intervention in First Degree Relatives of schizophrenia patients (FDRS).
5. Effect of Yoga on mirror neuron activity among patients with depression: A transcranial magnetic stimulation study" revised for originally proposed study with title " Role of Yoga in correcting GABA neurotransmitter deficit in moderate to severe depressive patients, a single blind and randomized controlled study.

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 Yoga Taravali of Shankaracharya- with topic-wise and other searches at various levels with topic-wise and other searches at various levels.
2. Critical edition of the 2nd 2 pada-s of Patanjali's Yoga Sutras-s- with necessary appendices etc.
3. Brining out Monograph on 'Yoga in Purana-s Vol II' - in English along with the original Sanskrit texts.
4. Web-enabled and CD-Based Multimedia-Self-teaching Program on Gheranda Samhita (One of the three most important texts of Hatha-Yoga) with topic-wise and other searches at various levels.
5. Critical edition of Hatha-Pradipika of Svatiarama - by marking variant readings etc from 10 different palm leaf and paper manuscripts with necessary appendices etc.
6. Brining out Monograph on 'An overview of the theories and Practical aspects of Yoga- in the Upa-Purana-s'- in English along with the original Sanskrit texts.





### c) **Mobile App**

The following learning mobile applications were developed jointly with Samskriti Foundation:

- i) Patanjali Yoga Sutra Learning App
- ii) Hatha Yoga Pradipika Learning App

### d) **Book/ Book chapters/Manuals/Monographs:**

- i) Yogabhyasa of Gorakshanata
- ii) Yoga in the Puranas-1

## 5. **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.

## 6. **INTRA MURAL 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 three Yoga & Naturopathy Wellness Centers in different parts of the Country and one OPD each at Central Research Institute of Yoga & Naturopathy (CRIYN) Delhi, Haryana and Karnataka. CRIYN Rohini, Delhi has 20 bedded Yoga & Naturopathy In-Patient Hospital. All the OPDs and CRIYN, Rohini have been requested to initiate a Research Studies.

The following research proposals have been initiated and are on-going at present:-



S.No	Title of the Research	Name of PI and OPD	Duration	Status
1.	To evaluate the effects of Yoga on cognitive function, activities of daily living, self reported depression and HRV in subjects with Vascular Dementia	<b>Dr. Mina Chandra,</b> DNB (Psychiatry), PhD (Neurology) Senior Chief Medical Officer, Department of Psychiatry, ABVIMS and Dr RML Hospital, New Delhi- 110001 and <b>Dr. Raghavendra Rao M.</b> Director, CCRYN, No 61-65, Jawahar Bhawan, Institutional Area, Janakpuri D Block, New Delhi-110058	Three Years	Ongoing
2.	To evaluate the effects of Yoga on Pain and Quality of Life in patients with frequent and chronic tension headache	<b>Dr. K. S. Anand</b> Professor and Head, Department of Neurology, ABVIMS and Dr. RMLH and <b>Dr. Garima Mishra</b> Consultant Physician (Yoga and Naturopathy), Dr. RMLH through CCRYN	Two Years	Ongoing
3.	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.	<b>Dr. Sujatha George</b> (Y&N) Physician, Yoga & Naturopathy OPD, Safdarjung Hospital, New Delhi and <b>Dr. Loveneesh G. Krishna</b> Director Professor, Orthopedics (CIO) Safdarjung Hospital, New Delhi	Three Years	Ongoing
4.	To evaluate relaxation response on Blood pressure and HRV following different relaxation techniques in hypertensive and normotensive subjects.	<b>Dr. Raghavendra Rao M.</b> Director, CCRYN, No 61-65, Jawahar Bhawan, Institutional Area, Janakpuri D Block, New Delhi-110058	One Year	Ongoing
5.	Prevalence and perceptions of CAM in Indian patients visiting tertiary Multispecialty hospitals: a multi institutional cross sectional survey	<b>Dr. Raghavendra Rao M.</b> Director, CCRYN, No 61-65, Jawahar Bhawan, Institutional Area, Janakpuri D Block, New Delhi-110058	One Year	Ongoing





**a) The Research projects undertaken with AIIMS, Raipur (C.G.) are as under:**

**Ongoing projects**

- i) To study the comparative effects of Yoga-based lifestyle changes on epicardial fat thickness, intima-media thickness, pulse wave velocity, VO2 max and anthropometric parameters among obese young adults.
- ii) Impact of Yoga on Quality of Life of End-Stage Renal Disease Patients on maintenance Hemodialysis - A Mixed- Methods Pilot Study.
- iii) Effect of Yoga Therapy in Management of Post-operative Myofascial Pain in Breast Cancer Patients.

**b) The Research projects undertaken with AIIMS, Rishikesh (U.K.) are as under:**

**Ongoing projects**

- i) Efficacy of Yoga therapy in addition to pharmacological intervention versus usual care in Frozen Shoulder in a Tertiary Healthcare Hospital in Rishikesh, Uttarakhand: A randomized controlled trial.
- ii) Efficacy of Yoga Nidra versus Educational care for Sleep quality among students in a Tertiary Healthcare Center at Rishikesh, Uttarakhand: A randomized control trial.
- iii) Effect of Yoga therapy on elderly patients with fear of fall: An open label Randomized controlled trial.
- iv) Role of Satvik naturopathic dietary approach in patients with Hypertension in a Tertiary Healthcare Centre in Rishikesh, Uttarakhand: A Pilot Randomized Controlled Trial.
- v) To Study the Effect of Holistic Meditation on Performance Scores in Patients Suffering from Malignant Bone Tumors: Exploratory Randomized Control Trial.

**c) The Research projects undertaken with Post Graduate Institute of Medical Education & Research, Chandigarh are as under:**

**Ongoing projects**

- i) The effect of Yoga intervention in subjects with tinnitus on Ayur-molecular and Audiological parameters, brain imaging, tinnitus handicap & stress.
- ii) Effect of Pranayama on Aerodynamic measures in post COVID-19 patients.
- iii) A randomized controlled trial to assess the impact of yoga on health-related quality of life in hematopoietic cell transplant recipients.



- iv) To study the role of Yoga in Psychological and behaviour issue in Adolescent.
- v) Comparison of yoga and usual care in CAD patients.
- vi) Effect of Comprehensive Yoga program on Pain and functional disability in elderly patient having Chronic Low back Pain: A randomized controlled trail.
- vii) A study on the outcomes of Yoga and physical therapy in Paediatric Population undergoing heart surgeries and its relation to the biochemical markers.
- viii) Effect of Mindfulness based Yoga protocol as an adjunct method to speech therapy in stuttering treatment.
- ix) Effect of Multimodal 24-week Yoga intervention in patient with Non- alcoholic Fatty liver Disease- A non-analysed trial.
- x) Evaluation of impact of Yoga or Physical exercise on the molecular regulation of genomic stability.
- xi) Effect of Yoga on pregnancy outcome and on umbilical cord blood derived stem cells.

**d) The following Research projects undertaken by Kaivalyadhama, Lonavala**

- i) Neti Kriya as a therapeutic intervention for chronic allergic rhinitis.
- ii) Immediate Effect of Simple Bhramari Pranayama on Blood Pressure and Pulse Rate of Hypertensive and Normotensive Individuals
- iii) Effect of Trataka Kriya on Stress, Anxiety and Mental Well Being in School Teachers.
- iv) Immediate and long-term Comparative effect of Sheetali as single practice, and Sheetali preceded by Anuloma Viloma Pranayama, without Kumbhaka on Blood Pressure, HRV and select psychological parameters, in case of normotensives.
- v) Effect of selected yoga practices on patients of migraine: a randomized controlled trial
- vi) Effect of Trataka Kriya on Stress, Anxiety and Mental Well Being in the parents of 9<sup>th</sup> standard students
- vii) Effect of classical Kapalbhati Kriya on the total antioxidant status and pulmonary functions of healthy individuals: A self as Control Pilot Study.
- viii) Effect of Agnisar Kriya on insulin resistance and Insulin sensitivity in pre-diabetic population

## 7. PUBLICATIONS

The Kaivalyadhama has published the following Research articles:-

- i) Neti Kriya as a therapeutic intervention for chronic allergic rhinitis.
- ii) Immediate Effect of Simple Bhramari Pranayama on Blood Pressure and Pulse Rate of Hypertensive and Normotensive Individuals



## 8. TASK FORCE:

An "AYUSH interdisciplinary R&D Task Force on High Impact Research in Yoga" has been constituted under the Chairmanship of Dr. Gautam Sharma, Prof. Dept. of Cardiology, AIIMS, New Delhi to set guidelines for undertaking high impact multi-centric research studies to evaluate the effectiveness of Yoga intervention.

## 9. ESTABLISHMENT OF COLLABORATIVE RESEARCH CENTRE FOR MIND BODY INTERVENTIONS THROUGH YOGA

CCRYN being an apex organisation 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.

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.

The Council has established Collaborative Centre for Mind Body Interventions through Yoga at the following Institutions by signing an Memorandum of Understanding (MoU):-

- a. All India Institute of Medical Sciences (AIIMS) Raipur, Chhattisgarh.
- b. All India Institute of Medical Sciences (AIIMS) Rishikesh, Uttarakhand.
- c. Post Graduate Institute of Medical Education & Research (PGIMER), Chandigarh.

## 10. RESEARCH PUBLICATION

The Council has published following Research Publications:-

1. Patil SG, Biradar MS, Khode V, Vadiraja H S, Patil NG, Raghavendra RM. Effectiveness of Yoga on arterial stiffness: A systematic review. *Complementary Therapies in Medicine*. 2020;52:102484.
2. Deepak KK, Rao MR. Yoga and Meditation as an adjunct interventional strategy for COVID-19 management. *Ann Natl Acad Med Sci (India)* 2021;00:1-3
3. Patil SG, Khode V, Chandrasekaran A, Desai RM, Vadiraja HS, Raghavendra RM, Aithal K, Ravindra C, Deepak KK, Prabhakaran Dorairaj. Yoga and Meditation for Endothelial Function: A Systematic Review and Meta-analysis - In Press



4. Raghavendra RM, Deepak KK, et al., An alternate view on Covid-19 infodemic in India: A prospective longitudinal survey on prevalent myths”

## 11. INTERNATIONAL DAY OF YOGA (IDY)-2021

The Ministry of Ayush has been observing International Day of Yoga since 2015 and has organized 7 IDYs continuously without break. The Council being part of Ayush, is playing an important role in observing International Day of Yoga by organising various activities during International Day of Yoga (IDY).

Even during Covid-19 pandemic, efforts were made to observe IDY and the same was observed by encouraging people to practice Yoga at their home, with participation from the entire family. MyLife-MyYoga (also called "Jeevan Yoga) Video Blogging Contest was implemented through Social and Digital media platforms like Youtube, Facebook, twitter, Instagram etc. Similarly, 07<sup>th</sup> IDY was observed online on virtual platforms.

A jingle contest was organized to mark the 7<sup>th</sup> IDY by inviting people to compose a jingle. MoA hosted a Jingle contest on MyGov (<https://www.mygov.in/>), inviting people to compose a jingle for IDY 2021 in English/Hindi/any UN recognized language/any constitutionally recognized Indian language, to drive awareness and adoption of Yoga by people of all ages, and encourage them to participate in observance of IDY 2021 with their family and friends.

The contest was open for public from 21.06.2021 and the last date of submitting entries was 30.06.2021. Total 9363 entries were received out of which, 5178 entries were short listed after initial scrutiny for evaluation by the screening committee which consisted of 51 members from CCRYN and MDNIY.

The criteria for allotting marks for selection of final winner were prepared by CCRYN and the same was provided to all the screening committee members. There were five main criteria's based on Content, Voice quality, Lyrics, Rhythm & Melody and Creativity and each criteria contained 6 options each having rating from 0, 2, 4, 6, 8 and 10. Each screening committee member was allotted around 100 entries for evaluation. The winner of IDY Jingle contest Ms. Renuka Gaur was given a certificate and cash prize of Rs. 25000/- during the National Naturopathy Day on 18.11.2021 in Delhi.

## 12. 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 of the activities and work done during the year 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 1<sup>st</sup> 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, and Dhauti etc.

A nominal fee @ Rs.750/- is charged from the participant. This OPD enrolled 1,053 patients during the year under report. The total number of patient days for the year 2021-22 is 12283.

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 1<sup>st</sup> of every month and Rs. 1000/- per month is charged as fee. Total amount of Rs.14, 89,175/- was earned from Yoga fee and registration charges during the year.

### Other activities at OPD, CCRYN Hqrs. for the year 2021-2022

S. No.	Date	Name of the Event	Participants Attended	Venue
1.	05.02.2022	Webinar on World Cancer Day	40	OPD CCRYN Hqrs. Janakpuri, New Delhi
2.	28.02.2022	Webinar on National Science Day	61	
3.	08.03.2022	Webinar on International Women's Day	56	
4.	26.03.2022	Webinar on Epilepsy Awareness Day	52	

## B. Safdarjung Hospital, New Delhi

The Council is running Yoga and Naturopathy OPD at Safdarjung Hospital with an objective of integrating Yoga & Naturopathy with Modern Medicine for providing integrated health care in the prevention, management and rehabilitation of various disorders especially the Non-Communicable disorders 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.





The main activities of the Y&N OPD are:-

- Providing Yoga & Naturopathy Consultation and Yoga Therapy
- Conducting General Yoga and Yoga Therapy Classes
- Organizing Events and workshops to create Yoga & Naturopathy awareness to the public

**Other Activities/ Program conducted by OPD:**

S. No.	Month	Name of the organization conducted the program	Event name	Topic of lecture	Total number of participants
1.	October 2021	Safdarjung Hospital	One-day campaign	Clean India: Safe India drive	50
2.	January 2022	Safdarjung Hospital	Yoga Session	Covid positive patient and Covid prevention	26
3	February 2022	Safdarjung Hospital	Yoga Session	Covid positive patient and Covid prevention	56
4.	March	Safdarjung Hospital	Yoga Session	Celebrated World TB	75

This OPD enrolled 881 patients during the year under report. The total number of patients days during the year were 3031.

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

The Council is running an OPD (Yoga & Naturopathy) at Dr. R. M. L 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.

This OPD enrolled 710 patients during the year under report. The total number of patient days during the year were 4938.



## 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 31<sup>st</sup> 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 enrolled 1,119 patients during the year under report. The total number of patient days during the year were 5232.

### Other activities at OPD, LHMC for the year 2021-2022

S. No.	Date	Name of the Event	Participants Attended	Venue
1.	30.03.2022	Yoga & Naturopathy Awareness Camp	1700	Y&N OPD, LHMC

## 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 was not functional till the month of October, 2021 due to Covid-19 pandemic as this hospital was exclusively reserved for Covid patients. The physician and Yoga therapist were deputed for Covid duty during this period. The OPD was functional from November, 2021 onwards and during this period 450 patients came for Yoga therapy sessions. This OPD enrolled 150 patients during this period.

## F. Ch. Brahm Prakash Ayurveda Charak Sansthan, Khera Dabar, 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.

However, the OPD was not functional during the year under report due to Covid-19 pandemic.

### **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 was not functional during the year under report due to Covid-19 pandemic. The details of activities of the OPD, PGIMS, Rohtak is given below-

S. No	Activity	Beneficiary	Duration	No. of Participants
1.	Yoga training	Dept. of oral Surgery	One week	Approx 30 faculties per day
2.	Yoga training and Lecture	Students	One week	250 students per day
3.	Post Covid care through yoga	Post Covid patients	3 months	Approx 8-10 patients per day
4.	Naturopathy Day Celebration	General public and Yoga patients	1 day	Approx-60 -70 participants
5.	Yoga training for Paediatrics patients (age upto 14)	Children	Once in month (Every Tuesday)	1-2

## **13. 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 for running Yoga & Naturopathy Wellness Centre. The Wellness Center was inaugurated by Hon'ble Sh. Shripad Naik, MoS (I/C), AYUSH 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 is 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. 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 460 patients during the year under report. The total number of patient days for the year 2021-22 is 2094. The other activities organised under the Wellness Centre are as under :-

S. No.	Organised by	Events/programme	Total no. of people
1.	Homeopathy staff at OPD, Yoga hall, RRI(H), khumulwng, Agartala	IDY, 21 <sup>st</sup> June, 2021	22
2.	Rabi charan thakur para, Tripura west-799045	Yoga & Naturopathy awareness camp on 29 <sup>th</sup> August, 2021	44
3.	OPD, Yoga & Naturopathy, RRI(H), Khumulwng, Agartala	18 <sup>th</sup> Nov. 2021- 4 <sup>th</sup> National Naturopathy Day- Mud therapy	12

## B. Yoga & Naturopathy Medical College & Hospital, Bhopal, Madhya Pradesh

A MoU was signed between Director, CCRYN and Principal & CEO, Govt. Homeopathic Medical College & Hospital, Bhopal with an objective of integrating Yoga & Naturopathy treatment along with Homeopathy system at Govt. Homeopathic Medical College (GHMC) Bhopal for providing integrated health care in the prevention, management and rehabilitation of various disorders especially the Non-Communicable disorders. The services of Wellness Centre commenced from 12.10.2017.



The Wellness Centre is 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 462 patients during the year under report. The total no. of patient attended Yoga session during the year is 4048. The total no. of patient taken treatment under Naturopathy during the report year is 2597.

The main activities of the Wellness Centre are:-

- (i) Providing Yoga & Naturopathy Consultation and Treatment.
- (ii) Conducting General Yoga and Yoga Therapy Classes.
- (iii) Organizing Events and workshops to create Yoga & Naturopathy awareness to the public.
- (iv) Number of talks delivered on DD national channel.
- (v) Organized Webinars and awareness camps.

### **C. 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 is 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 all the departments of AIIMS, Bhubaneswar. The Wellness Centre enrolled 5689 patients during the year under report. The total number of patient days during the report year is 8643.



**Other activities of Y&N Wellness Centre, AIIMS, Bhubaneswar, for the year 2021-2022**

S. No.	Date	Name of the Event	Participants Attended	Venue
1.	21.06.201	7 <sup>th</sup> International Yoga Day	72	AIIMS, Bhubaneswar
2.	08.09.2021 to 15.09.2021	Health Awareness Camp	238	
3.	08.03.2022	Women's Day Celebration	33	

## 14. 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:-

- Live Yoga demonstration.
- Exhibition of Yoga & Naturopathy modalities through posters and translites.
- Free distribution of IEC material.
- Sale of publications and CDs of the Council.
- Free Consultation.
- 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:**

S.No.	Event	Date	Organisers	Place
1.	State Level Arogya Fair	25 <sup>th</sup> -27 <sup>th</sup> September, 2021	Export Promotion Council for Handicrafts (EPCH)	India Expo Centre & Mart (IEML), Greater Noida, Uttar Pradesh
2.	National Health Exhibition	28 <sup>th</sup> to 31 <sup>th</sup> October, 2021	Central Calcutta Science & Culture Organization for Youth (CCSDCOY), Kolkata	Kolkata
3.	Ayurveda Day 2021 on Dhanwantri Jayanti (Dhanteras)	1 <sup>st</sup> -2 <sup>nd</sup> November, 2021	Vaidya Shri Rajesh Kotecha, Secretary, Ministry of AYUSH, Govt. of India	National Institute of Ayurveda, Jaipur, Rajasthan
4.	Ayurveda Parv	12 <sup>th</sup> - 14 <sup>th</sup> November,	All India Ayurvedic Congress (AIAC)	Chandigarh
5.	“40 <sup>th</sup> India International Trade	14 <sup>th</sup> - 27 <sup>th</sup> Nov. 2021	IITF	Pragati Maidan, New Delhi
6.	Ayurveda Parv	26 <sup>th</sup> - 28 <sup>th</sup> Nov, 2021	All India Ayurvedic Congress (AIAC)	Constitutional Club, Rafi Marg, Delhi
7.	“PITEX”	2 <sup>nd</sup> - 6 <sup>th</sup> December, 2021	PHD Chamber of Commerce & Industry, Chandigarh	Amritsar, Punjab
8.	Ayurveda Parv	3 <sup>rd</sup> - 5 <sup>th</sup> Dec, 2021	All India Ayurvedic Congress (AIAC)	Rajkiya Ayurved Mahavidhyalay, Jhalukwadi, Guwahati, Assam
9.	National Level Arogya Fair	8 <sup>th</sup> - 12 <sup>th</sup> December, 2021	Tarunya Shikshana Seva Trust (TSST), Jignasa	Bangaluru, Karnataka
10.	India International Science Festival	10 <sup>th</sup> - 13 <sup>th</sup> December, 2021	VIBHA, Delhi	Panaji, Goa
11.	Ayurveda Parv (IISF)-2021	11 <sup>th</sup> to 13 <sup>th</sup> Dec, 2021	All India Ayurvedic Congress (AIAC)	Govt. of Bihar International Convention Centre, Rajgir, Nalanda (Rajgir), Bihar
12.	State Level Arogya Fair (IISF)-2021	24 <sup>th</sup> -26 <sup>th</sup> March, 2022	Indian Chamber of Commerce (ICC), Kolkata	Silver Oak Lawn Habitat World at India Habitat Centre (IHC), Lodhi Road, New Delhi



S.No.	Event	Date	Organisers	Place
13.	“AYUSH Pavilion-Shinning”	25 <sup>th</sup> -27 <sup>th</sup> March, 2022	Sansa Foundation	Phaltan, Maharashtra

## ii) Workshops/Seminars/Conferences/Webinars

The Council has been organising Workshops/Seminars/Conferences to spread awareness about disease preventive and curative potential of Yoga and 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. However, due the restrictions imposed by the Govt. of India, no Workshops/Seminars/Conferences was organised in physical form but the Council organised the following webinars virtually as per the COVID-19 guidelines issued by the Govt. of India :-

### a. Yoga for Women Health

The Council hosted a webinar on "**Yoga for Women Health**" with an aim to deliberate the various aspects health. Experts included Physiologist, Obstetrician & Gynaecologist, Psychiatrist and Yoga expert. Webinar was held on 7th April 2021 between 10.00 am to 1.00 pm.

**Dr. Raghavendra Rao**, Director, CCRYN gave a brief overview of the program and welcomed all the guests, speakers, and attendees to the event. The chief guest, **Sh. Ranjit Kumar**, Joint Secretary, Ministry of AYUSH made the opening remarks by stating that women are the prime movers behind every economic activity and Yoga for women is very essential for better health and better life of women. In the technical session, **Dr. Sunita Mondal**, Director, Professor & Head, Dept of Physiology, Lady Hardinge Medical College, New Delhi, spoke on the Stress management and its importance for Women health from the contributing factors of stress in the life of women to the physiology of stress and its beneficial and harmful effects of stress and how this needs to be moderated to get the desired results. **Dr. Rajvi Mehta**, Iyenger Yogashraya, Mumbai spoke about the effects of Yoga for menstrual pain. **Dr. Latha Venkataraman**, a renowned Obstetrician and Gynecologist and a lead consultant at Rangadore memorial hospital, Bengaluru had given a wider view on the physiological perspective of menopause and the contribution of stress in complications during menopause. **Dr. Mina Chandra**, Associate professor of psychiatry, Dr. Ram Manohar Lohia Hospital, New Delhi elaborated about signs and symptoms and stages of depression and stigma associated with prenatal depression.

### b. Webinars organised during International Day of Yoga (IDY) - 2021

A series of 5 webinars was conducted by the Council from 14<sup>th</sup> to 18<sup>th</sup> June 2021 to mark the run up to the International Day of Yoga (IDY) - 2021, CCRYN. Dr. Raghavendra Rao M., Director of CCRYN welcomed Chief Guest Dr. H. R. Nagendra, Chancellor, SVYASA, the Guest of Honour Sh. Vikram Singh, Director, Ministry of Ayush and eminent panellists of the session in the inaugural session. Dr. Raghavendra Rao shared how Yoga can help multi-dimensionally to take care of COVID-19 patients by the modulation of immunity, improving the lung capacity, reducing stress, depression and anxiety. Dr. H. R. Nagendra highlighted the current scenario of the pandemic and the significant role of Yoga in managing the physical and mental health issues with emphasis on the





need for research in Yoga. The Guest of Honour, Sh. Vikram Singh, Director, Ministry of Ayush encouraged everyone to participate in Common Yoga Protocol.

- **First webinar** was conducted on 14<sup>th</sup> June, 2021 on "**Yoga for COVID**". *Dr. K. K. Deepak*, Dept of Physiology, All India Institute of Medical Sciences, *Dr. Vishal Rao*, Head and Neck surgeon, HCG enterprises, and *Dr. N. Manavalan*, Principal, Govt Yoga & Naturopathy medical college, Tamil Nadu were the panellists and the session was moderated by *Dr. Manjunath N. K.*, Director, SVYASA.
- **Second webinar** was conducted on 15<sup>th</sup> June, 2021 on "**Yoga in Respiratory Health and Immunity**." *Dr. Kavitha Gulati*, Deptt. of Pharmacology, Vallabhai Chest Institute, *Dr. Nagarathna*, Medical Director, SVYASA and *Dr. K. K. Deepak*, Deptt. of Physiology, AIIMS were the panellists and the session was moderated by *Dr. Apar Saoji*, Associate Professor, SVYASA.
- **Third webinar** was conducted on 16<sup>th</sup> June, 2021 on the topic "**Yoga for Heart Health**". *Dr. S. C. Manchanda*, Sr. Consultant, Deptt. of Cardiology, Sir Gangaram Hospital, *Dr. Prabhakaran Dorairaj*, Centre for Chronic Disease Control, Department of Clinical trials, *Dr. P. P. Mohanan*, President, Cardiological society of India. *Dr. S. T. Venkateswaran*, Professor, Head Deptt. of Yoga, Govt Yoga and Naturopathy Medical College and *Dr. Naveen*, Director, Yogakshema Stress and Lifestyle Clinic were the panellists and the session was moderated by *Dr. A. M. Chandrasekharan*, Centre for Chronic Disease Control.
- **Fourth webinar** was conducted on 17<sup>th</sup> June, 2021 on "**Yoga for Cancer**". *Dr. K. S. Gopinath*, Surgical Oncologist, Health Care Global Enterprises, Bengaluru, *Dr. Ramesh Bilimappa* Consultant Radiation Oncologist & Medical Director Health Care Global Enterprises, *Dr. Naveen Salins*, Professor and Head, Department of Palliative Medicine and Supportive Care, Kasturba Medical College, Manipal, *Dr. Brindha Sitaram*, Psycho-Oncologist, Health Care Global Enterprises Ltd were the panellists and the session was moderated by *Dr. Sapna Baiyya*, Yoga consultant, HCG hospitals.
- **Fifth webinar** was conducted on 18<sup>th</sup> June, 2021 on "**Yoga for Mental Health**". *Dr. B. N. Gangadhar*, *Dr. Shivarama Varambally*, *Dr. Aarti Jagannathan*, *Dr. Hemanth Bhargava* of National Institute of Mental Health & Neuro Sciences (NIMHANS), Bengaluru were the panelists and the session was moderated by *Dr. Inbaraj*, Ph.D scholar, NIMHANS, Bengaluru.

### (iii) 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 number of seats available for admission is 20 (10 male and 10 female).



## 15. 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. Suryanamaskar 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)  |





## **b) LIST OF PRICED PUBLICATIONS**

<b>S. No.</b>	<b>Title of the Publication</b>	<b>Language</b>	<b>Price</b>
1.	Sadharan Rogon Ki Yogic Evam Prakritik Chikitsa	Hindi	30/-
2.	Aadi Urja Pran	Hindi	100/-
3.	Vyavaharik Prakritik Chikitsa	Hindi	120/-
4.	Vidyarthiyon Ke Liye Swasthya Shiksha	Hindi	5/-
5.	Vaidic Vangmaya Mei Prakritic Chikitsa (Vol. I)	Hindi	175/-
6.	Vaidic Vangmaya Mei Prakritic Chikitsa (Vol. II)	Hindi	175/-
7.	Prakritic Chikitsa ki Avashyak 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	200/-
11.	Prakritic Chikitsa Darshan Evam Vyavahar	Hindi	160/-
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	Hindi	30/-
16.	Health Education for Students	Hindi	5/-
17.	Important Therapeutic Modalities used in Naturopathy	Hindi	30/-
18.	Yoga & Naturopathy for Holistic Health	Hindi	**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/-).



## 16. OTHER ACTIVITIES

### 1. 4<sup>th</sup> Naturopathy Day on 18<sup>th</sup> November, 2021

4<sup>th</sup> Naturopathy Day-2021 was celebrated on 18<sup>th</sup> November, 2021 at CRIYN, Rohini, Delhi by adhering guidelines of COVID-19 pandemic as issued by Govt. of India. The theme of Naturopathy Day was 'Poshan Aahar & Rog Mukh Bharat'. Naturopathy Diet competition was held on the occasion, 18 recipes of Naturopathy Diet was prepared by TATC students. Dr. Raghavendra Rao M., Director, CCRYN was the chief guest. He facilitated the winner of 1<sup>st</sup> Jingle contest organised during 8<sup>th</sup> IDY-2021 by awarding citation and cash prize of Rs.25,000/- during the occasion.

### 2. 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 25<sup>th</sup> June, 2021, 23<sup>rd</sup> September, 2021, 17<sup>th</sup> December, 2021 and 23<sup>rd</sup> March, 2022 during the period under report.

### 3. Celebration of Rajbhasha Fortnight

The Rajbhasha Fortnight was celebrated from 1<sup>st</sup> to 15<sup>th</sup> Sept., 2021 at the Headquarters of the Council. Dr. Raghavendra Rao M., Director read out the conciliatory message sent by the Hon'ble Home Minister, Sh. Amit Shah highlighting the efforts of the Home Ministry in the promotion of the Official language Hindi and the message sent by Vaidya Rajesh Kotecha, Secretary AYUSH to promote use of Official Language Hindi and also requested to adhere to Standard Operating Procedures and guidelines issued by Govt. of India. Addressing the staff members of the Council on this occasion, Dr. Raghavendra Rao M. requested employees to use Hindi in day to day work and also motivated the employees of the Council to cultivate a habit of using more of the Hindi language. Dr. Raghavendra Rao M. requested all the staff members to strictly follow Standard Operating Procedures and guidelines issued by Govt. of India for prevention of COVID-19 pandemic.

Dr. Raghavendra Rao M. also encouraged all the staff members to participate in various competitions being organised during the Hindi Fortnight.

Various activities /competitions like Hindi essays writings, 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 even with great enthusiasm.

### 4. Hindi workshop and promotional Activities

In order to increase the use of Official Language in the office and make it easy for the staff to work in Hindi, Workshops on OL Hindi are organized time to time by the Council. During the year, following Hindi Workshops and promotional activities were organized:-



### a) Hindi Workshop on 'Introduction of Hindi in Details'.

A full day workshop on 'Introduction of Hindi in details' was organised on August, 18<sup>th</sup> August, 2021 in the Central Council for Research in Yoga & Naturopathy Headquarter. At inaugural session Dr. Raghavendra Rao M., Director of the Council, said that all the officers and staff should adopt Hindi by heart for nation building. He said that if we continue to use Hindi more and more by adopting new technology, then all kinds of official work will be simplified. On this occasion, Sh. Sumer Singh, Manager (OL), NHA I gave the training to all officers and employees of the Council in two different sessions. Sh. Satish Kumar, JHT carried out the full business of the workshop and explained the importance of use of Hindi to the participants during the workshop.

### b) Hindi Workshop on 'Official Language Policy and Terminology'.

A full day workshop on 'Official Language Policy and Terminology' was organised on 28<sup>th</sup> December, 2021 in the Central Council for Research in Yoga & Naturopathy Headquarter. At inaugural session Dr. Raghavendra Rao M., Director of the Council, said that all the officers and staff should adopt Hindi by heart for nation building. He said that if we continue to use Hindi as much as possible by adopting very simple language and terminology, then all kinds of official work will be simplified. On this occasion, Sh. Sumer Singh, Manager (OL), NHA I gave the training to all officers and employees of the Council in two different sessions. Sh. Satish Kumar, JHT carried out the full business of the workshop and explained the importance of use of Hindi to the participants during the workshop. Sh. Surender Sandhu, AD (Y) also requested the participants to use simple and easy words for official work in Hindi so as to inspire others and promote Hindi.

## 5. Vigilance Awareness Week

Vigilance Awareness Week was observed from 26.10.2020 to 01.11.2020 in the Council to encourage all stakeholders to collectively participate in the prevention of, and the fight against corruption and to raise public awareness regarding the existence, causes and gravity of and the threat posed by corruption. The theme of Vigilance Awareness Week was "**Independent India @ 75: Self Reliance with Integrity**".

An integrity pledge was administered by the Director to all the officers and staff.

## 6. Celebrations of International Women Day

International Women day was celebrated in the Council on 8<sup>th</sup> March, 2022. Several competitions, like debates, essay writing, elocution etc. were held in CCRYN.



## 7. Right To Information Act (RTI)

During the year under report, the Council received 251 applications including 14 appeals directly or transferred from Ministry of AYUSH and other Departments which were all replied timely. One decision was received from Chief Information Commissioner.

## 8. Constitution Day Celebrated

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

Dr. Ambedkar is the Father of Constitution of India. The Council celebrated 'Constitution Day on 27<sup>th</sup> November, 2021' by reading of Preamble of the Constitution in the Council's office to promote the Constitutional Values among the employees.

## 9. Observation of Sadbhavna Diwas

The Council observed Sadbhavana Divas on 20<sup>th</sup> August, 2021 by taking oath of spreading love and harmony in the society.



## 17. Future Plans of the Council

### 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.

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.

The Council had established Collaborative Centre for Mind Body Interventions through Yoga at the following Institutions by signing an Memorandum of Understanding (MoU) :-

1. All India Institute of Medical Sciences (AIIMS) Raipur, Chhattisgarh.
2. All India Institute of Medical Sciences (AIIMS) Rishikesh, Uttarakhand.
3. Post Graduate Institute of Medical Education & Research (PGIMER), Chandigarh.