With the IDY 2021 being around the corner, the Sunday Discussion Series by Ayush Ministry and ASSOCHAM saw increased energy and participation in the first week of June 2021.

The third session of this collaborative initiative, being supported on the Ayush Virtual Convention Centre (AVCC) platform of the Ayush Ministry was organized on 30 May 2021. The theme of the discussion was “Preparing Youth for Tomorrow”.

The main speaker of the event was Swami Chidananda Saraswati Ji, President of the Parmarth Niketan Ashram. He highlighted the importance of Yoga for youth and how they are facing unprecedented challenges in contemporary time. He emphasised Yoga and Meditation are crucial tools for a resilient tomorrow.

Many other experts including Ms. Deepti Rawat Bhardwaj, Former Vice-Chairperson, Higher Education Upgradation Committee, Govt. of Uttarakhand, Ms. Maneeka Ahuja, Astrologer & Spiritual Counselor, Former Sr Vice President, Percept India Ltd. also shared their insights on the topic during the event.

The fourth instalment of the series was streamed on 6 June 2021 on the topic “Yoga at Work: Path to Success”. Shri Kiren Rijiju, Minister of State (Independent Charge) for Youth Affairs and Sports and Minister of Ayush (Additional Charge) initiated the discussions by pointing out Yoga’s relevance in everyday life, including work. Sadhguru, Founder, Isha Foundation delivered the keynote address in this virtual session. He highlighted how Yoga can elevate everyday life, and touched upon the benefits of practising the same. He went on to narrate how Yoga readies individuals to contribute well to the society and workplace.

Mr. Vineet Agarwal, President, ASSOCHAM and Managing Director, Transport Corporation of India Limited and a galaxy of experts including Shri Anurag Arora, Senior Vice President, Indian Government Business – VFS Global, Dr. Raghavendra Rao, Director, Central Council for Research in Yoga and Naturopathy also participated in the session.

As Reported earlier, Shri Kiren Rijiju, Minister of State (Independent Charge) for Youth Affairs and Sports and Minister of Ayush (Additional Charge) had launched this series on 16 May 2021. The session was live-streamed on the Facebook (https://www.facebook.com/moayush/) and YouTube channel (https://www.youtube.com/channel/UCqRR2gs-I3zrNcE4so4TpgQ) of the Ministry of Ayush.
National Ayush Mission, Kerala to organise Yogathon 2021 ahead of Yoga Day

A routine practice of Yoga keeps one's mind and body healthy. A unique programme called "Yogathon 2021" is being organised by the National Ayush Mission, Kerala to promote Yoga as a lifestyle.

Yogathon 2021 demonstrates and familiarises the various concepts and practice of Yoga to the general public. The medical professionals of Yoga will demonstrate Yogic practices continuously from 8 AM to 8 PM. It is a two-day programme from 18 June 2021 to 19 June 2021 and will be available on social media handles.

The first day of the event will include the demonstration of various Yoga practices, breathing exercises, Yoga asanas, pranayama and mudras etc. This will help the general public to watch, understand and practice the concepts and details from the Yoga experts.

On the second day, 'Yoga for All', the theme is disease based, in which therapeutic Yoga will be demonstrated for various lifestyle disorders.

You can participate in the event through the following link:

• **Topic**: Yogathon- Basics of Yoga
  
  Join Zoom Meeting
  
  [https://zoom.us/j/92902563385?pwd=KzNGcjd1QWVlbUwyT21Rc0pHV1hhUT09](https://zoom.us/j/92902563385?pwd=KzNGcjd1QWVlbUwyT21Rc0pHV1hhUT09)

  **Meeting ID**: 929 0256 3385

  **Passcode**: 644899

• **Topic**: Yogathon-Yoga for All
  
  Join Zoom Meeting
  
  [https://zoom.us/j/99774627668?pwd=RUVwZ25jSDdRNkp1S0pBMUxJenhWQT09](https://zoom.us/j/99774627668?pwd=RUVwZ25jSDdRNkp1S0pBMUxJenhWQT09)

  **Meeting ID**: 997 7462 7668

  **Passcode**: 229513
In the run-up to the International Day of Yoga (IDY) 2021, the Ministry of Ayush in collaboration with some of the renowned Yoga Institutes of the country organised a series of webinars on the theme: “Be With Yoga, Be At Home”.

The Art of Living presented the first webinar on the topic “Finding inner strength amidst outer crisis” on 24 May 2021. The main speaker of the event was Swami Purnachaitanya Ji, International Faculty, the Art of Living shared his insights and Shri P.N. Ranjit Kumar, Joint Secretary, Ministry of Ayush, and Dr. Ishwar V. Basavaraddi, Director, MDNIY also spoke at the event.

The second webinar in the series was presented by the Yoga Institute, Mumbai on 25 May 2021. The main speaker of the webinar was “Yoga for Emotional and Mental Health”. The main speaker of the event Ms Shashi Sarda Ji, Sadhaka, the Yoga Institute, Mumbai shared her knowledge on the topic.

The Kaivalyadhama Yoga Institute and Research Center presented the third webinar on “Science and Practice of Shuddhi Kriya” on 26 May 2021. Shri Vivek Tiwari, Yog Acharya, Kaivalyadhama Yoga Institute, was the main speaker of the event.

The fourth webinar in the series was presented by the Om Arham Social Welfare Foundation on “Activation - Asana and Mudra” on 27 May 2021. Shri Chinmay Kiyawat, Founder and Chairman, Om Arham Social Welfare Foundation shared his knowledge on the topic.

The last webinar was presented by the Krishnamacharya Yoga Mandiram on “Introduction to Mantra in Yoga” on 28 May 2021. Shri S Sridharan, Trustee, Yoga Therapist Consultant and Mentor, Krishnamacharya Yoga Mandiram spoke on the event as chief speaker.

The following renowned Yoga Institutes, namely, The Art of Living, Bengaluru, The Yoga Institute, Mumbai, Kaivalyadhama Yoga Institute, Lonavala, Om Arham Dhyan Yog, Madhya Pradesh, Krishnamacharya Yoga Mandiram, Chennai and MDNIY, New Delhi have collaborated to make this a reality.

The event was live-streamed on YouTube (https://www.youtube.com/channel/UCqRR2gs-13zrNcE4s4TpgQ) & Facebook Page (https://www.facebook.com/moayush/) of the Ministry of Ayush.
A blend of Yoga and music to promote emotional well-being of COVID-19 patients

Covid-19 has affected the patients not just physically but emotionally as well. Thus, it is necessary to provide a holistic treatment for the physical and mental well-being of the Covid patients. The district administration of Jaspur, Chhattisgarh is using a combination of Yoga and music sessions to provide psychological and emotional care to the patients.

This blend is being used in the Covid care centres of Bagicha and Kansabel of Jashpur district. These free sessions are being organised at the Covid care centres early in the morning.

SDM Akanksha Tripathi who is supervising the sessions, reportedly said: “to provide a home-like atmosphere to the patients at the Covid-Care Centre, nutritious food, entertainment facilities and yoga classes are also being provided for their quick recovery.”

National Institute of Ayurveda (NIA) organises a virtual lecture on “Yoga Anatomy and Physiology”

The Ayush Ministry, the National Institute of Naturopathy (NIN), Pune and the Regional Outreach Bureau, Maharashtra & Goa jointly organised a virtual lecture on the topic ‘Yoga Anatomy and Physiology’ on 5 June 2021. The main speaker at the event was Dr. Sugin Herbert, BNYS, PhD.

Dr. Herbert is an expert and has treated musculo-skeletal disorders and neuromuscular disorders. He also specializes in Therapeutic Yoga. He spoke about “human body movements through Yoga” where the modern lifestyle and lack of Yoga in daily physical activity is one of the root causes of many musculo-skeletal disorders.

He also mentioned that Yogasanas and Pranayama help in adopting healthy body posture and improve mental health. He explained the anatomy and physiology of Asanas and Pranayama and the benefit of doing the practice correctly. It was an interactive session where the speaker answered queries.
Yoga & Naturopathy interventions for COVID-19 across Tamil Nadu

The Government of Tamil Nadu is providing Yoga intervention to the COVID-19 positive patients. This is primarily given to the patients admitted in Covid care Hospital/centres attached with the medical college hospital and district headQuarters hospital. It is being done through Yoga & Naturopathy lifestyle clinics/ wings doctors. They are providing Yoga therapy like Asanas, Pranayama, Mudras and Kriyas along with other natural medicine and treatments.

As of now, Yoga intervention is provided in more than 170 centres/hospitals in the state directly approaching the patients by taking safety measures by the Yoga & Naturopathy doctors.

Caption: Pranayama techniques are being taught to Covid patients in Government Mohan Kumaraangalam Medical College Hospital, Salem.

Caption: Yoga and Pranayama techniques session for COVID-19 in Govt. Polytechnic College Covid Care Centre, Thoorthukudi.
MDNIY conducts a webinar on “Tackling Covid-19 Pandemic-current scenario and upcoming developments”

The Morarji Desai National Institute Yoga (MDNIY), Delhi, an autonomous body working under the Ministry of Ayush, conducted a live webinar on the topic “Yogic & General Tips to Remain Away from Corona” on 4 June 2021. The main speaker of the event was Dr. Satish Pathak, Asst. Director, Scientific Research Dept. Kaivalyadhama, Lonavla. He spoke about the significance of Yoga and the adoption of a holistic approach in fighting against COVID-19.

Ayush Ministry, NIN Pune and SDM College of Naturopathy & Yogic Sciences come together to organise a National Webinar on ‘Yoga for Immunity’

In association with eminent Yoga and Naturopathy institutions, the Ayush Ministry organised a two-day National level webinar from 7 June to 8 June 2021. The SDM College of Naturopathy & Yogic Sciences, Karnataka and the National Institute of Naturopathy (NIN), Pune have collaborated for this event. The main theme of the webinar was “Yoga for Immunity”. The event was done under the guidance of Dr. D Veerendra Heggade, Dharmadhikari, Shri Kshetra Dharmasthala, SDM College of Naturopathy & Yogic Sciences.

The chief guest of the webinar was Shri. P.N Ranjit Kumar, Joint Secretary, Ministry of Ayush and Dr. Raghavendra Rao, Director, CCRYN, New Delhi delivered the keynote address. The function was presided over by Dr. Prashanth Shetty, Principal & CMO, SDM College of Naturopathy & Yogic Sciences & Hospital.

The Valedictory function of the National Webinar on Yoga & Immunity was on 8 June 2021. Dr. K Sathyalakshmi, Director, NIN, Pune delivered a keynote address on the event. This 2-day event was Coordinated by Dr. Shivaprasad Shetty, Dean, Department.
Yoga has become a global phenomenon and is gaining popularity with each passing day. Indian Missions abroad is set to observe the 7th International Day of Yoga (IDY) 2021 across the globe. A few Central American countries namely Costa Rica, Nicaragua and Panama have collaborated with the Indian Embassy to observe IDY 2021. Considering the COVID-19 pandemic, most of the events will take place virtually and physical activities in a covid compliant way.

In Panama, in collaboration with the Yoga professors at Panama, a week-long Virtual Yoga and Ayurveda festival is being organised from 14th to 18th June 2021. On this occasion, 16 Yoga and Ayurveda practitioners from Panama will be giving different Yoga sessions/talks/meditation sessions. These classes will be streamed on the Facebook Page of the Embassy of India (https://www.facebook.com/Eol.Yoga.Panama)

Additionally, the Embassy of India in collaboration with the Ministry of Culture of Panama will be holding the IDY Celebration at the new headquarters of the Ministry of Culture on the morning of the 21 June. The program will include among others the demonstration of Common Yoga Protocol (CYP) and telecast of a message by the Prime Minister of India, Shri Narendra Modi to the world. These celebrations will also be subsequently shared on the above FB Page of the mission.

In Costa Rica, the Embassy of India in collaboration with ASOYOGA and the Costa Rican Indian Association (CRIA) is observing the IDY on 20 June at 10 AM. It will include the physical as well as virtual classes in different districts as well as provinces in Costa Rica throughout the day. The celebrations will end in the evening with meditation, kirtan and classical dance of India.

In Nicaragua too, the Embassy of India with the assistance of the Government of the Republic of Nicaragua will be holding a physical event at the Alexis Arguello sports stadium in the capital Managua. During this event, many Yoga schools, Yoga teachers and their students, government employees are expected to join to practice the Common Yoga Protocol (CYP) together on the 26 June 2021. Also, the Mission in collaboration with the Yoga professors of Nicaragua will transmit virtual classes of Yoga from 21-25 June 2021. These classes will also be streamed on the Facebook page of the Embassy of India (https://www.facebook.com/Eol.Yoga.Panama)
Indian Embassy Seychelles joins hands with the Seychelles Broadcasting Corporation to roll out IDY 2021 activities

The High Commission of India in Seychelles has collaborated with Seychelles Broadcasting Corporation (SBC) to observe IDY 2021. SBC is the national broadcaster of Seychelles and is shooting six half an hour videos of different forms of Yoga sessions. These Yoga sessions will be broadcasted every weekend this June to the entire country through the SBC channels on TV.

Some of the sessions including Hatha Yoga and Dynamic Hatha Yoga, Yoga flow, Yoga for elderly and chair Yoga, Yoga for stress management and anxiety, pranayama, meditation will simultaneously be streamed on the various social media platforms of the Mission (https://www.facebook.com/indiainSeychelles/).

Further, Mission announced a Yogasana Demonstration Competition on 1st June for three categories: Children, Adolescents and Adults. The Participants are required to send their pictures performing each of the asanas: Chaturasana, Halasana, Rajakapotasana, Sirsasana and Chakrasana.

The commission launched a fortnight “online social media campaign” on 7th June 2021. There will be Video demonstrations of one asana every day on social media platforms till 20th June.

In collaboration with establishments and top hotels in Seychelles, the Commission has organised a digital exhibition of IDY 2021 where the photographs and videos of the events will be showcased with the tag #YogainSeychelles.

The main event on 21st June will have a hybrid event including the Live cast of a video message from Hon’ble President of Seychelles, Mr Wavel Ramkalawan followed by a live Yoga session and a music presentation by Mr Pranshu Chatur Lal, a Tabla artist.
Indian origin Yoga prodigy Ishwar Sharma wins UK PM’s award

An 11-year-old Indian-origin boy received UK Prime Minister Boris Johnson’s daily Points of Light award. Ishwar Sharma, from southeast England, started taking up Yoga at the age of 3. Amidst coronavirus lockdown, he conducted daily Yoga classes for 40 children across 14 countries during the coronavirus lockdown.

The UK Prime Minister’s daily Points of Light award was first launched in April 2014 to recognise outstanding individuals making a difference where they live.

PM Johnson said in a personal letter to Sharma, “You have brought the joy of Yoga to hundreds of children globally during the lockdown. I was particularly inspired to hear how you have helped children with special needs enjoy the activity you enjoy and excel at,”

Receiving this prestigious award, Sharma said, “I am honoured and humbled by this recognition. There have been unprecedented mental health issues amongst children due to the pandemic. I feel it is a recognition for Yoga as a discipline, which helps in balancing mental and physical health.”

“This award has motivated me to continue my endeavour to spread the message of Yoga all over the world. I do hope that Yoga and meditation will be included in the national school curriculum in the future,” he added.

Bharatnatyam Artists and Yoga practitioners together to show the connection between these two - at Parliament of New Zealand on 7th June 2021.

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