All India Institute of Ayurveda

Ayurveda is a 5000-year old system that focuses on the natural processes of healing and rejuvenation. While Ayurveda famously uses traditional medicines and employs age-old methods of treatment, the drug-less practice of Yoga is also considered a part of it. Yoga and Ayurveda are two inter-related branches of the same tree of Vedic knowledge that seek to guide individuals to a life of compassion, health and wisdom.

All India Institute of Ayurveda (AIIA), an autonomous organization under the Ministry of AYUSH, Government of India, aims at establishing synergy between modern medical tools and traditional medicine. While it is an apex institution in Ayurveda offering various advanced courses related to Ayurveda, it also has a very active Yoga Department.

With the approaching International Day of Yoga which is on 21st June, 2019, AIIA has planned out some activities to observe the day and soak in the goodness of Yoga. The institute, in fact, has scheduled a series of events well-ahead of the Day, set to conclude on 21st June 2019. AIIA has selected the theme ‘Yoga for Cardiovascular Health’ as the focus of IDY 2019 observation. For spreading awareness regarding this important topic, various lectures on Cardiovascular (CVS) Health and Yoga sessions for CVS patients have been organized at the AIIA premises.

Other activities for IDY 2019 include various rounds of quizzes for patients, MD scholars and Panchkarma technician students, for which a detailed has been prepared. A group Yoga demonstration will take place at AIIA on 21st June 2019 at 7 am to begin the day on a healthy and active note.

The International Day of Yoga will see the general public, the students and staff of AIIA coming together in a series of activities. This will also include a Yoga slogan competition, apart from quizzes and lectures. The Institute will also launch a pilot study on the effect of ‘Yogic practices on Hypertensive patients and their vital capacity’ on the same day.