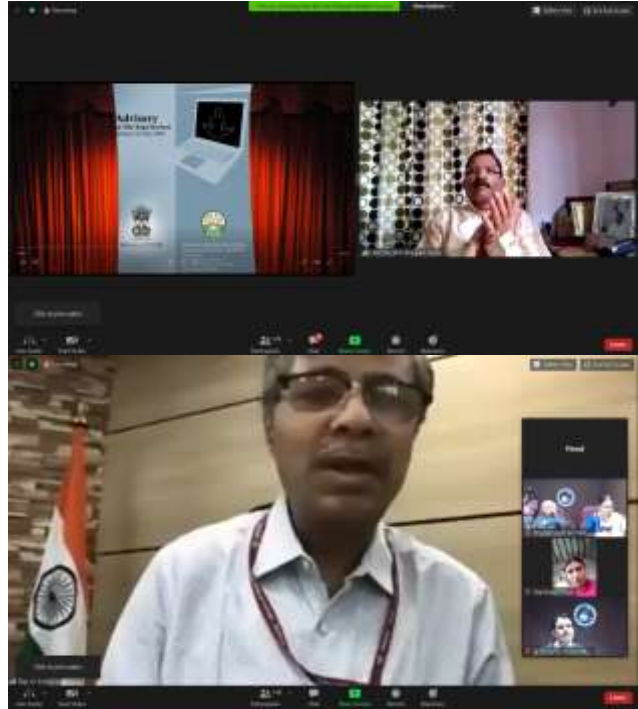


## Report on Release of ‘Advisory on Tele-Yoga Services’

The Advisory on Tele-Yoga Services was conceptualized and drafted by a core team from Department of Integrative Medicine, National Institute of Mental Health and Neurosciences (NIMHANS) and Swami Vivekananda Yoga Anusandhana Samasthana (S-VYASA) over the past two months. This advisory was also reviewed by yoga experts across the country before finalizing.

The Telemedicine Center, NIMHANS hosted an online program for the release of the ‘Advisory on Tele-Yoga Services’ on 21<sup>st</sup> July 2020 at 10am by the Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH, Government of India, New Delhi in collaboration with Department of Integrative Medicine, National Institute of Mental Health and Neurosciences (NIMHANS), and Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru. The program was graced by the Hon. Minister of State (AYUSH & Defence), Govt. of India, Shri Shripad Yesso Naik, who formally released Advisory on Tele-Yoga Services.

Padmashree Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, Govt. of India welcomed all the online participants and elaborated on the importance of this advisory in the present scenario. Padmashree Dr H.R. Nagendra, Chancellor, S-VYASA emphasized on the underlying concept for the development of this advisory and Padmashree Dr B.N. Gangadhar, Director, NIMHANS explained the whole



process of development of the advisory. Dr Manjunath N.K., Director of Research & Development, S-VYASA & Dr Aarti Jagannathan, Associate Professor, Department of Psychiatric Social Work, NIMHANS (both Core team members in developing the Advisory) presented the contents of the ‘Advisory on Tele-



Yoga Services’ including the need & usefulness of tele-yoga; their ethical aspects, credibility and confidentiality issues; and importance of documentation in detail for both individual and group form of yoga using virtual mode. Technical issues and the necessary legal framework were also highlighted in brief. Besides, the process of delivery of tele-yoga services were elaborated in detail. Program was anchored by Dr Hemant Bhargav, Assistant Professor of Yoga, Department of Integrative Medicine, NIMHANS.



Dr Raghavendra Rao, Director, CCRYN, in his vote of thanks, expressed his gratitude to the Honourable Minister, Shri Shripad Yesso Naik; Vaidya Rajesh Kotecha, Dr H.R. Nagendra; Dr B.N. Gangadhar; Dr R. Nagarathna; Dr Manjunath N.K.; Dr Aarti Jagannathan and other

team members who spent time day and night to bring up this advisory. He also extended his thankfulness to the reviewers from institutions throughout the country who not only responded promptly but also contributed significantly. Besides he thanked the yoga instructors and practitioners who joined the program and made it a success. Program was attended by approximately 200 people and many others joined on the social media facebook platform. He informed the audience that the ‘Advisory on Tele-Yoga Services would be available in the Ministry and the CCRYN website (<http://ccryn.gov.in/notices>) for public viewing and suggestions before finalizing the same as Guidelines.

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