



YOGAVRUTTA

A QUARTERLY NEWS LETTER OF
**ADVANCED CENTRE FOR
 YOGA EDUCATION AND RESEARCH**
Gujarat Ayurved University, Jamnagar



In Collaboration with
Morarji Desai National Institute of Yoga, New Delhi
 (An autonomous organization under Deptt. of AYUSH, Ministry of Health & F. W., Govt. of India)

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EDITORIAL REMARKS:

*Lakhana kaheu hansu sunahu muni krodhu paapa kara moola;
 Jehi basa jana anuchit karahin charahin biswa pratikoola....*

As depicted in Balakanda, Lakshmana – the younger brother of Lord Rama, utters these lines in a reply to Sage Parashurama. It says that Krodha (anger, passion) is the root cause of Paapa (Sin or antisocial behavior) and a person driven by it gets indulged into improper activities which are against the humanitarian or social conduct.

While proceeding on the path of Yoga, decreasing the proportion of Rajas and Tamas is inevitable as fluctuations in the tranquility of the consciousness are the result of Rajasika and/or Tamasika dominance. Therefore, Patanjali has prescribed the practice of Yama and Niyama for curbing such subtle attitudes of human nature at the very starting of the eight limbs. In modern terms, activation of the sympathetic chain may be understood when a fight, fright or flight response is generated. Krodha may be listed under that response. Not only the psycho social conditioning of a person is negatively affected but, this, in turn, leads towards the stiffening of the muscles and in a long run adversely affects the flexibility of the body, which is required to perform various Yogic practices. Its connection with Ego also is not to be forgotten.

Ayurveda also has wonderfully depicted the urges in two groups naming them as Dharaniya which must be held back and Adharaniya which must not be held. Krodha falls under the category of the Dharaniya group and further it is also said that it aggravates Pitta Dosh and thus imbalances the equilibrium. Thus it is always beneficial to avoid Krodha which may lead to sins in future.

Harih Aum Tatsat....

Dt. 02-07-2010
 Jamnagar

Dr. Arpan A. Bhatt
 Programme Director

- ACYER has planned to organize 15 day Yoga Awareness Camps for different health issues to celebrate the **Golden Jubilee of Gujarat State Establishment** for the whole year starting from 1st May 2010 at our premises which shall go on throughout the year.

No.	Batches	Duration	Time
1	General Yoga Awareness	15 Days	7:00 to 8:00 a.m.
2	Hypertension	15 Days	8:00 to 9:00 a.m.
3	Arthritis and Backache	15 Days	9:00 to 10:00 a.m.
4	Geriatric Care	15 Days	10:00 to 11:00 a.m.
5	Respiratory Disorders	15 Days	4:00 to 5:00 p.m.
6	Diabetes Mellitus, Obesity	15 Days	5:00 to 6:00 p.m.

- Above Mentioned Camps shall start from 1st and 16th of every month.
- ACYER has organized to 3 days Yoga Awareness Camps for **Jamnagar Mahanagar Seva Sadan (JMC)** Staff members under the celebration of the **Golden Jubilee of Gujarat State Establishment** in collaboration with JMC, Jamnagar from 03/05/10 to 05/05/10. Total 85 staff members of JMC have participated in camp among them 80 were males while 5 were females.

- The outcome of the reviews from the **School Yoga Camps** carried out during the period from **Jan. to Mar. 2010** may be tabulated as under:

Benefits	Girls	%	Boys	%	Gr. Total	%	Benefits	Girls	%	Boys	%	Gr. Total	%
	38	100	93	100	131	100		38	100	93	100	131	100
Physical Benefit							Mental Benefit						
↑Physical Fitness	33	86.84	66	70.97	99	75.57	↑Pleasant	22	57.89	54	58.06	76	58.02
↑Flexibility	28	73.68	60	64.52	88	67.18	↑Freshness	33	86.84	87	93.55	120	91.60
↑Lightness	25	65.79	60	64.52	85	64.89	↑Mental fitness	21	55.26	50	53.76	71	54.20
↑ Pain Relief	24	63.16	56	60.22	80	61.07	↑Concentration	19	50	44	47.31	63	48.09
↑ Digestive Health	26	68.42	64	68.82	90	68.70	↑Memory	17	44.74	45	48.39	62	47.33
↑ Respi. Awareness	34	89.47	85	91.40	119	90.84	↑Good sleep	33	86.84	85	91.40	118	90.08
↑Stamina	31	81.58	70	75.27	101	77.10	↑Calmness	26	68.42	70	75.27	96	73.28
↑ Regularity	32	84.21	80	86.02	112	85.50	Other						
↑ Diet Awareness	24	63.16	61	65.59	85	64.89							
Spiritual Benefit							↑Awareness	33	86.84	68	73.12	101	77.10
↑ Spiritual Awareness	23	60.53	49	52.69	72	54.96	↑Benefit	27	71.05	62	66.67	89	67.94

EDUCATION: Lectures/ lecture demonstrations by ACYER staff between **April to June 2010** are given as under:

No	Subject	Institute & Venue	Date & Time	Delivered by	Participants	
					M	F
1	Introduction to Yoga	Kasturba Vikas Gruh	05/04/10 3:30 to 4:30 p.m.	Dr. Jalpa Gohil	00	40
2	Importance of Yoga in Student Life	Kasturba Vikas Gruh	30/04/10 3:30 to 4:30 p.m.	Dr. Jalpa Gohil	00	64
3	Yoga and Stress-1	Members of Chartered Account Association	14/04/10 7:00 to 8:30 a.m.	Dr. Arpan Bhatt	11	06
4	Yoga and Stress-2	Members of Chartered Account Association	15/04/10 7:00 to 8:30 a.m.	Dr. Arpan Bhatt	11	06
5	Importance of Yoga in Physiotherapy	Swaminarayan Physiotherapy College	22/04/10 4:00 to 5:00 p.m.	Dr. Purvi Upadhyay	00	37
6	Yoga in day to day life	Swaminarayan Physiotherapy College	23/04/10 4:00 to 5:00 p.m.	Dr. Arpan Bhatt	00	37
7	Nada Yoga	Adarsha Amdavad	08/05/10 8:00 to 9:00 a.m.	Dr. Arpan Bhatt	25	30
8	Introduction to Yoga	College of Nursing	15/05/10 7:30 to 9:30 a.m.	Dr. Purvi Upadhyay	12	142
9	Importance of Yoga Therapy	College of Nursing	21/05/10 8:00 to 9:00 a.m.	Dr. Jalpa Gohil	12	142
10	Importance of Yoga in Geriatrics	Jam Shri Ranjitsinhji Niradhar Ashram	14/06/10 4:30 to 5:00 p.m.	Dr. Jalpa Gohil	17	03
11	Yoga and Women's health	Sodha no Delo, Chandi Bazar	18/06/10 4:00 to 5:30 p.m.	Dr. Jalpa Gohil	00	15
12	Importance of Yoga in Geriatrics	Anadabava Mahila Ashram	16/06/10 4:00 to 5:00 p.m.	Dr. Purvi Upadhyay	00	21
Total					88	543
Grand Total					631	

YOGA AWARENESS CAMPS: The camps carried out for awareness in the General population about Yoga in this quarter may be summarized as under:

No.	Details of the Camp	Duration	Venue	Time	No. of Patients	
					M	F
1	Batch-1	01 st Apr 2010 to 15 th Apr 2010	ACYER	7:00 to 8:00 a.m.	08	12
2	Batch-2	01 st Apr 2010 to 15 th Apr 2010	"	5:00 to 6:00 p.m.	02	04
3	Batch-3	16 th Apr 2010 to 30 th Apr 2010	"	7:00 to 8:00 a.m.	11	06
4	Batch-4	16 th Apr 2010 to 30 th Apr 2010	"	5:00 to 6:00 p.m.	04	08
5	Batch-5	01 st May 2010 to 15 th May 2010	"	7:00 to 8:00 a.m.	07	04
6	Batch-6	16 th May 2010 to 30 th May 2010	"	7:00 to 8:00 a.m.	04	03
7	Batch-7	01 st June 2010 to 15 th June 2010	"	7:00 to 8:00 a.m.	01	02
8	Batch-8	16 th June 2010 to 31 st June 2010	"	7:00 to 8:00 a.m.	02	05
Total					39	44
Grand total					83	

- ‘Diseases Wise Yoga Awareness Camps’ with following details to celebrate **Swarnima Gujarat Jayanti** were conducted between 01/05/10 to 31/06/10.

No.	Details of the Camp	Duration	Venue	Time	No. of Patients	
					M	F
1	Hypertension-1	01 st May to 15 th May 2010	ACYER	8:00 to 9:00 a.m.	02	00
2	Hypertension-2	16 th May to 30 th May 2010	”	8:00 to 9:00 a.m.	02	02
3	Hypertension-3	01 st June to 15 th June 2010	”	8:00 to 9:00 a.m.	00	01
4	Hypertension-4	16 th June to 31 st June 2010	”	8:00 to 9:00 a.m.	01	00
5	Diabetes Mellitus/Obesity-1	01 st May to 15 th May 2010	”	5:00 to 6:00 p.m.	05/00	00/06
6	Diabetes Mellitus/ Obesity -2	16 th May to 30 th May 2010	”	5:00 to 6:00 p.m.	02/00	01/04
7	Diabetes Mellitus/Obesity -3	01 st June to 15 th June 2010	”	5:00 to 6:00 p.m.	01/01	00/03
8	Diabetes Mellitus/Obesity -4	16 th June to 31 st June 2010	”	5:00 to 6:00 p.m.	01/00	00/03
9	Arthritis/L.B.P.-1	01 st May to 15 th May 2010	”	9:00 to 10:00 a.m.	02	01
10	Arthritis/L.B.P.-2	16 th May to 30 th May 2010	”	9:00 to 10:00 a.m.	01	06
11	Arthritis/L.B.P.-3	01 st June to 15 th June 2010	”	9:00 to 10:00 a.m.	02	02
12	Arthritis/L.B.P.-4	16 th June to 31 st June 2010	”	9:00 to 10:00 a.m.	00	04
Total					20	33
Grand total					53	

- The theme selected for celebration of the “National Yoga Week” – 2010 was “Role of Yoga in College Health”. Dr. A. A. Bhatt, Programme Director, ACYER was one of the invited resource persons for the National Yoga Week from 12th to 18th February 2010 at MDNIY as per their directives, 5 day “Yoga Awareness Camps” were conducted between 19/04/10 to 21/06/10 in various colleges in year 2010 by ACYER in Jamnagar district, Gujarat. Name of the Colleges and Institutes are given as below:

No.	INSTITUTE & VENUE	DURATION	TIME	Participants	
				Male	Female
1	Kasturba Stree Vikas Gruh (Dr.Purvi Upadhyay, Ms. Kinjalba Jadeja)	05/04/10 to 10/04/10	4:30 to 5:30 p.m.	00	40
2	Kasturba Stree Vikas Gruh (Dr.Purvi Upadhyay, Ms. Kinjalba Jadeja)	26/04/10 to 30/04/10	4:30 to 5:30 p.m.	00	64
3	Swaminarayan Physiotherapy College (Dr.Purvi Upadhyay, Ms. Kinjalba Jadeja)	19/04/10 to 23/04/10	3:00 to 4:00 p.m.	00	37
4	College of Nursing-S.Y. Bsc. (Dr.Purvi Upadhyay, Ms. Kinjalba Jadeja)	26/04/10 to 30/04/10	7:30 to 8:30 a.m.	00	36
5	College of Nursing-F.Y.Bsc. (Dr.Purvi Upadhyay, Ms. Kinjalba Jadeja))	03/05/10 to 07/05/10	7:30 to 8:30 a.m.	04	32
6	College of Nursing-Post Basic Nursing (Dr.Purvi Upadhyay, Ms. Kinjalba Jadeja)	10/05/10 to 14/05/10	7:30 to 8:30 a.m.	02	23
7	College of Nursing-G.S.N. (Dr.Purvi Upadhyay, Ms. Kinjalba Jadeja)	17/05/10 to 21/05/10	7:30 to 8:30 a.m.	06	51
8	Jam Shri Ranjitsinhji Niradhar Ashram (Dr.Purvi Upadhyay , Mr. Prakashbhai Pandya)	14/06/10 to 18/06/10	3:30 to 4: 30 p.m.	17	3
9	Anadabava Mahila Ashram (Dr.Purvi Upadhyay, Ms. Kinjalba Jadeja)	16/06/10 to 21/06/10	5:00 to 6:00 p.m.	00	21
Total				29	307
Grand Total				336	

- **RESEARCH:** Some camps for generating awareness about “Respiratory Care” and “Geriatric care” in the patients having problem pertaining to Geriatrics and Respiratory problem were organized between Jan. to Mar. 10. The outcome of such camps has been very positive and it is believed that such activity shall be of great value for organizing the treatment/ research activities in future.

Result of Geriatric Care Camps held from Jan. to Mar. 2010 (4th Quarter)

No	Symptom	Relief %	No	Symptom	Relief %	No	Symptom	Relief %
1.	↓ Pain	53.62	7.	↓ Headache	50.00	13.	↓ Numbness	41.66
2.	↓ Stiffness	54.05	8.	↓ Difficulty in Walking	41.66	14.	↓ Backache	38.68
3.	↓ Coughing	50.00	9.	↓ Hyperacidity	38.46	15.	↓ Constipation	54.05
4.	↓ Breathlessness	60.00	10.	↓ Swelling	40.00	16.	↓ Tiredness	53.62
5.	↓ Insomnia	46.15	11.	↓ Gastric Problem	46.15	17.	↑ PFR	88.89
6.	↑ Physical fitness	50.00	12.	↑ Mental fitness	57.30			

Result of Respiratory Care Camps held from Jan. to Mar. 2010 (4th Quarter)

No	Symptom	Relief %	No	Symptom	Relief %	No	Symptom	Relief %
1	↓Breathlessness	53.84	7	↓ Chest tightness	50	13	↓ Constipation	50.00
2	↓ Sneezing	47.82	8	↓ Coughing	51.35	14	↓ Wheezing	48.68
3	↓Blockage of Nose	44.40	9	↓ Expectoration	57.14	15	↓ Let. chest mus. pain	44.40
4	↓Discharge Nose	46.66	10	↓ Laryngitis	50.00	16	↓ headache	53.33
5	↓ Tiredness	59.01	11	↓Laryngitis	50.00	17	↓ Common cold	52.17
6	↓ Orthopnea	50.00	12	↓Giddiness	50.00	18	↑ PFR	87.77

Research protocols prepared by ACYER on “The Role of Yoga Therapy in the Management of Janu Sandhivata (Osteoarthritis of the Knee) in Geriatric Care” and “The Role of Yoga Therapy in the Management of Bronchial Asthma (Tamaka Shwasa)” has been completed and approved by scientific committee of ACYER and the ethical committee of GAU. For the promotion of the awareness about the upcoming research projects, 15 days camps for “Respiratory Care” and “Geriatric Care” were organized between April to June 2010 as per the under mentioned details.

No.	Details of the Camp	Duration	Venue	Time	No. of Patients	
					M	F
1	Respiratory Care Batch-1	01 st Apr 2010 to 15 th Apr 2010	ACYER	3:00 to 4:00 p.m.	01	02
2	Respiratory Care Batch-2	16 th Apr 2010 to 30 th Apr 2010	''	3:00 to 4:00 p.m.	04	01
3	Respiratory Care Batch-3	01 st May 2010 to 15 th May 2010	''	4:00 to 5:00 p.m.	00	02
4	Respiratory Care Batch-4	16 th May 2010 to 30 th May 2010	''	4:00 to 5:00 p.m.	00	04
5	Respiratory Care Batch-5	01 st June 2010 to 15 th June 2010	''	4:00 to 5:00 p.m.	02	02
6	Respiratory Care Batch-6	16 th June 2010 to 31 st June 2010	''	4:00 to 5:00 p.m.	02	02
7	Geriatric Care Batch-1	01 st Apr 2010 to 15 th Apr 2010	''	8:00 to 9:00 a.m.	03	02
8	Geriatric Care Batch-2	01 st Apr 2010 to 15 th Apr 2010	''	4:00 to 5:00 p.m.	00	02
9	Geriatric Care Batch-3	16 th Apr 2010 to 30 th Apr 2010	''	8:00 to 9:00 a.m.	05	04
10	Geriatric Care Batch-4	16 th Apr 2010 to 30 th Apr 2010	''	4:00 to 5:00 p.m.	04	01
11	Geriatric Care Batch-5	01 st May 2010 to 15 th May 2010	''	10:00 to 11:00 a.m.	04	03
12	Geriatric Care Batch-6	16 th May 2010 to 30 th May 2010	''	10:00 to 11:00 a.m.	00	03
13	Geriatric Care Batch-7	01 st June 2010 to 15 th June 2010	''	10:00 to 11:00 a.m.	02	01
14	Geriatric Care Batch-8	16 th June 2010 to 31 st June 2010	''	10:00 to 11:00 a.m.	00	02
Total					27	31
Grand total					58	

- **Promotion & Propagation:** Various Institutes and N.G.O.'s were contacted for organizing Yoga awareness camps.
- **Press and Media:** Press notes regarding various camps by ACYER have been repeatedly published in the Newspapers.



JMC Staff Members



Physiotherapy College



Kasturba Stree Vikas Gruh



Camp at Nursing College



General Batch



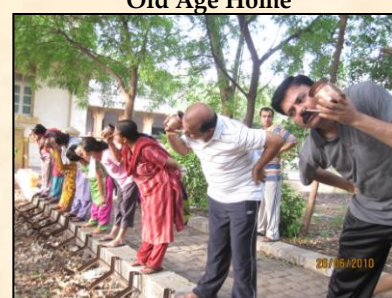
Old Age Home



Geriatrics Batch



Special Batch for C.A.



Jalaneti

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