



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:

Joga, Juguti, Tapa, Mantra Prabhou

Falai Tabahin Jaba Karia Durau.....

At one place in Balakanda, Tulsidasji depicts a tale of Ekatanu and king Pratapbhanu where Ekatanu says the above lines to Pratapbhanu. It says that Yoga, Yukti (trick), Tapa (penance) and Mantra become fruitful only if they are not publicized i.e. Kept Secret. This very well commensurate with the concept given by Hatha Pradipika which says that socializing is a hurdle in the path of success in Yoga.

Another perspective of the same may be taken as "Yoga is an individualistic practice". As every person is a separate entity having different anthropometrical design, temperament, nourishing and constitution, minute changes are expected in the conditioning of the body as well. While doing the postures in a big group, owing to normal human psychology, if an individual tries to imitate the fellow practitioner without the estimation of one's own limits, he/she may unknowingly invite a problem. Secondly, there is a danger of distraction as well and therefore the innermost requirement of Yoga to be with one's own self is not fulfilled and thus that practice merely becomes a physical workout rather than a spirit oriented practice.

Today with the increasing popularity of Yoga and its practices, a craze towards group practices has also increased due to varied reasons. The above said aspect needs to be taken care of there; otherwise serious and at times even life endangering consequences may arise. Individual attention is the key for an instructor/teacher and Swadhyaya (self study) for a practitioner....

Harih Aum Tatsat....

Dt. 08-04-2010
 Jamnagar

Dr. Arpan A. Bhatt
 Programme Director

- The **National Seminar cum Workshop** on "Role of Yoga in Geriatric Care with special reference to Osteo Arthritis" was organized by Gujarat Ayurved University, Jamnagar, under the auspices of Advanced Centre for Yoga Education and Research, Deptt. of Swasthavrutta, Shri Gulabkunverba Ayurved College, Jamnagar on 28-29 March 2010 at Dhanvantari Mandir, SGAM, GAU, Jamnagar.
- More than **24 eminent experts** in Yoga and allied Sciences as well as about **248 participants** from various states of India and **126 UG - PG students** of Gujarat Ayurved University, Jamnagar participated in this two day event. During the Seminar 6 Scientific Sessions and 6 workshops have been conducted. About **59** scientific papers and **17** expert Keynote addresses were presented during the scientific sessions as well as workshops.
- An exhibition, about the activities of ACYER so far through the posters was organized which also had the exposition of some charts regarding Chakras, Ashtanga Yoga, some concepts of Ayurveda etc. In the same venue, MDNIY also exhibited its publications and IEC material which was made available at free of cost to the delegates visiting the stall.
- Booklets in Gujarati prepared by ACYER "Vruddhavasthana Rogoni Yoga Chikitsa" (Yogic Management for Geriatric Diseases), "Chetatantrana Rogoni Yoga Chikitsa" (Yogic Management of Neurological Disorders), "Snayu ane Kankalatantrana Rogoni Yoga Chikitsa" (Yogic Management of Musculoskeletal Disorders) and "Sarala Yogabhyasa Margadarshika" (A guide to Ease the Yoga Practices) were published during National Seminar cum Workshop along with **Abstract book** which included all the abstracts of the scientific papers sent by experts and delegates of National Seminar.

The outcome of the reviews from the **School Yoga Camps** carried out during the period from **Oct. to Dec. 2009** may be tabulated as under:

Benefits	Girls	%	Boys	%	Gr. Total	%	Benefits	Girls	%	Boys	%	Gr. Total	%
	45	100	432	100	477	100		45	100	432	100	477	
Physical Benefit							Mental Benefit						
↑Physical Fitness	40	88.88	334	77.31	374	78.40	↑Pleasant	42	93.33	413	95.60	455	95.38
↑Flexibility	27	60	216	50	243	50.94	↑Freshness	27	60	281	65.04	308	64.57
↑Lightness	41	91.11	316	73.14	357	74.84	↑Mental fitness	29	64.44	281	65.04	310	64.98
↑Relief from Pain	40	88.88	340	78.70	380	79.66	↑Concentration	19	42.22	159	36.80	178	37.31
↑Digestive Health	27	60	219	50.70	246	51.57	↑Memory	17	37.78	245	56.71	262	54.92
↑Respiratory Health	19	42.22	345	79.86	364	76.31	↑Good sleep	37	82.2	389	90.04	426	89.30
↑Stamina	32	71.11	381	88.19	413	86.58	↑Calmness	31	68.89	321	74.30	352	73.79
↑Regularity	26	57.78	254	58.80	280	58.70	Other						
↑Awareness of Diet	37	82.22	379	87.73	416	87.21							
Spiritual Benefit							↑Awareness	39	86.66	236	54.62	275	57.65
↑Awareness of Spirituality	26	57.78	299	69.21	325	68.13	↑Benefit	28	62.22	249	57.63	277	58.07

EDUCATION: Lectures/ lecture demonstrations by ACYER staff between Jan. to Mar. 2010 are given as under:

No	Subject	Institute & Venue	Date & Time	Participants		Delivered by
				M	F	
1	Importance of Yoga in Student Life	Ekta school	09/01/2010	27	09	Dr. Jalpa Gohil
2	Utility of Yoga in Social Life	Tulsi Vidyalaya	23/01/2010	54	12	Dr. Purvi Upadhyay
3	Importance of Yoga Therapy	Government Dental college	08/03/2010	12	17	Dr. Jalpa Gohil
4	Physiological effects of Asanas, Jalandhara Bandha	Members of Indian Dental Asso.	19/02/2010	03	12	Dr. Purvi Upadhyay
Total				96	50	
Grand Total				196		

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

No.	Details of the Camp	Duration	Venue	Time	No. of Patients	
					M	F
1	General Batch-1	04 th Jan. 2010 to 20 th Jan. 2010	ACYER	7:30 to 8:30 am	09	09
2	General Batch-2	04 th Jan. 2010 to 20 th Jan. 2010	"	8:30 to 9:30 am	06	02
3	General Batch-3	04 th Jan. 2010 to 20 th Jan. 2010	"	5:00 to 6:00 pm	03	07
4	General Batch-4	20 th Jan. 2010 to 03 rd Jan. 2010	"	7:00 to 8:00 am	06	06
5	General Batch-5	20 th Jan. 2010 to 03 rd Jan. 2010	"	4:00 to 5:00 pm	03	09
6	General Batch-6	04 th Feb. 2010 to 21 st Feb. 2010	"	7:00 to 8:00 am	08	07
7	General Batch-7	04 th Feb. 2010 to 21 st Feb. 2010	"	4:00 to 5:00 pm	02	10
8	General Batch-8	22 th Feb. 2010 to 10 th Mar. 2010	"	7:00 to 8:00 am	03	05
9	General Batch-9	22 th Feb. 2010 to 10 th Mar. 2010	"	4:00 to 5:00 pm	07	06
10	General Batch-10	11 th Mar. 2010 to 26 th Mar. 2010	"	7:00 to 8:00 am	07	13
11	General Batch-11	11 th Mar. 2010 to 26 th Mar. 2010	"	4:00 to 5:00 pm	07	08
Total					61	82
Grand total					143	

- In continuation of the work started with the National Yoga Week this year, ACYER has continued to reach the school children and to the special groups of the society with conducting the Yoga Awareness Camps. Various Yoga awareness camps organized at different schools in year 2010 by ACYER in Jamnagar district, Gujarat.

Name of the schools and Institutes are given as below:

No.	INSTITUTE & VENUE	DURATION	TIME	Participants	
				Male	Female
1.	Ekta school (Dr. Purvi Upadhyay, Mr. PrakashPandya)	05 th Jan. 2010 to 09 th Jan. 2010	4:30 pm to 5:30 pm	27	09
2.	Tulsi Vidhyalaya (Dr. Purvi Upadhyay, Mr. PrakashPandya)	19 th Jan. 2010 to 23 rd Jan. 2010	9:00 am to 10:00 am	54	12
3.	Government Dental college (Dr. Purvi Upadhyay, Ms. Kinjalba Jadeja)	03 rd Mar. 2010 to 08 th Mar. 2010	7:30 am to 10:00 am	12	17
Total				93	38
Grand Total				131	

- RESEARCH:** As research protocols were being prepared by ACYER, some camps were organized for awareness in general public for “Respiratory Care” and “Geriatric care” between Oct. to Dec. 09. 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 Oct. 09 to Dec. 09 (3rd Quarter)

No	Symptom	Relief%	No	Symptom	Relief%	No	Symptom	Relief%
1	↓ Pain	83.33	8	↓ Headache	71.43	15	↓ Numbness	55.56
2	↓ Stiffness	72.22	9	↓ Difficulty in Walking	76.92	16	↓ Backache	66.67
3	↓ Anorexia	53.33	10	↓ Hyperacidity	80.00	17	↓ Hot Flushes	77.78
4	↓ Breathlessness	66.67	11	↓ Mouth Ulcer	62.50	18	↑ PFR	88.89
5	↓ Insomnia	83.33	12	↓ Gastric Problem	66.67	19	↓ Coughing	80.00
6	↓ Tiredness	62.50	13	↓ Heaviness in Head	66.67	20	↑ Physical fitness	83.33
7	↓ Constipation	75.00	14	↓ Swelling	54.55	21	↑ Mental fitness	88.89

Result of Respiratory Care Camps held from Oct. to Dec. 09 (3rd Quarter)

No	Symptom	Relief %	No	Symptom	Relief %	No	Symptom	Relief %
1	↓Breathlessness	84.21	7	↓Blockage of Cough at Chest	66.67	13	↓Constipation	70
2	↓Sneezing	60.00	8	↓Coughing	66.67	14	↓Abd. pain	57.90
3	↓ Nasal Block	75.00	9	↓Expectoration	71.43	15	↓ Lat. chest mus. pain	92.86
4	↓Nasal Discharge	70.00	10	↓Laryngitis	66.67	16	↓Headache	85.71
5	↓Tiredness	66.67	11	↓Hyperacidity	33.33	17	↓Back pain	55.56
6	↓Orthopnea	85.71	12	↓Anorexia	60	18	↓Insomnia	42.10

- 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 Jan. to March 2010 as per the under mentioned details.

No.	Details of the Camp	Duration	Venue	Time	No. of Patients	
					M	F
1	Respiratory Care Batch	04 th Jan. 2010 to 20 th Jan. 2010	ACYER	3:00 to 4:00 pm	06	08
2	Respiratory Care Batch	20 th Jan. 2010 to 03 rd Jan. 2010	”	5:00 to 6:00 pm	07	10
3	Geriatric Care Batch-1	04 th Jan. 2010 to 20 th Jan. 2010	”	4:00 to 5:00 pm	02	00
4	Geriatric Care Batch-2	20 th Jan. 2010 to 03 rd Jan. 2010	”	8:00 to 9:00 am	03	00
5	Geriatric Care Batch-3	20 th Jan. 2010 to 03 rd Jan. 2010	”	3:00 to 4:00 pm	06	03
6	Geriatric Care Batch-4	04 th Feb. 2010 to 21 st Feb. 2010	”	8:00 to 9:00 am	06	01
7	Geriatric Care Batch-5	04 th Feb. 2010 to 21 st Feb. 2010	”	3:00 to 4:00 pm	01	03
8	Geriatric Care Batch-6	22 th Feb. 2010 to 10 th Mar. 2010	”	8:00 to 9:00 am	09	15
9	Geriatric Care Batch-7	22 th Feb. 2010 to 10 th Mar. 2010	”	3:00 to 4:00 pm	05	08
10	Geriatric Care Batch-8	11 th Mar. 2010 to 26 th Mar. 2010	”	8:00 to 9:00 am	07	09
11	Geriatric Care Batch-9	11 th Mar. 2010 to 26 th Mar. 2010	”	3:00 to 4:00 pm	01	03
12	Special batch for Members of Indian Dental Association, Jamnagar.	15 th Feb. 2010 to 27 th Feb. 2010	”	5:00 to 6:00 pm	03	12
Total					56	72
Grand total					128	

“NATIONAL YOGA WEEK” – 2010

- The theme selected for celebration of the “National Yoga Week” – 2010 was “Yoga for lifestyle related disorders”. Dr. Arpan Bhatt, Programme Director ACYER was one of the invited resource persons for the Conference from 12th to 18th February 2010 at MDNIY.
- Dr. Jalpa H. Gohil, Programme Coordinator and Mr. Prakashbhai Pandya, Yoga Instructor were deputed at MDNIY for National Yoga Week 2010 from ACYER.
- **Poster presentation:** According to the guidelines of MDNIY, New Delhi, 15 posters were presented in National Yoga Week 2010 by ACYER. Posters were based on activities i.e. Foundation course, Geriatric care camps, Respiratory Care Camp, General awareness camp, School camps, various lectures, demonstrations and related data. Future projects for Geriatric and Respiratory tract disease and related publicity details were also included in posters.

PROMOTION & PROPAGATION:

- ACYER had organized a press conference for electronic and print media on 13th March 2010 for the publicity of National Seminar cum Workshop which was organized on 28th-29th March 2010 which was covered by local-regional channels and newspapers.
- Dooradarshan Girnar has telecasted a documentary on Gujarat Ayurved University which also covered ACYER and its activities on 12th and 17th March 2010.



Geriatric Care



Geriatric Care



Poster Presentation at NYW



Dental Association



Dental College



Commissioner Visit



Press Conference



**Inauguration of National Seminar-
Workshop**



Scientific Session - Seminar



Workshop



Exhibition



Booklet Release Valedictory

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