



## 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:

*Sachiva Baida Guru Teenhin Jo Priya Bolahin Bhaya Aasa,  
 Raaja Dharma Tana Teenhin Kara Hoihin Begahi Naasa.....*

This saying of Saint Tulasidasji becomes very important in this age of competition. The role of a Secretary (Minister), a physician and a teacher becomes of prime importance as they happen to be the guides as far as the condition of administration, health and Dharma-code of conduct or education is concerned.

With regards to the Science of Yoga, proper understanding, framing and effective implementation of the policies with providing proper patronage by the administration can be an outlook of Sachiva, understanding, endorsing and providing unbiased evidence based data can be the role of the physicians and proper guidance to the students on a broad & thorough classical lineage with required improvisations according to the need can be the role of a teacher for uplifting this science and making it a main line utility in day to day life of a person.

Thus, the future for our age old and time tested Science of Yoga, is really glowing and it could not only be an asset for our country but could be great help to the humanity as a whole.

Let us join hands and proceed further on the path of self illumination...

Harih Aum Tatsat....

Dt. 18-07-2009  
 Jamnagar

Dr. Arpan A. Bhatt  
 Programme Director

### ACTIVITIES AT A GLANCE:

- 1. Staff Selection:** A 'Walk In Interview' was held on 23/03/2009 at Gujarat Ayurved University, Jamnagar for the vacant posts of the Programme Coordinator and Senior Research Fellow. No candidate appeared for the post of the Programme Coordinator. As per decided then, another 'Walk In Interview' for the posts of Programme Coordinator which remained vacant and a Yoga Instructor was held on 18/05/2009. Again no candidate appeared for the post of the Programme Coordinator. Owing to the election notification, the results were sealed and opened on 28/05/2009 according to which on the basis of the qualification, experience and the performance at the interview, **Mr. Ajay R. Dubey** was selected for the post of **SRF**, whereas no candidate was found suitable for the post of Yoga Instructor. After the completion of the necessary formalities, Mr Ajay has joined the project since 02/06/2009. Looking at the meager inflow of candidature for various posts and no candidature for the Programme Coordinator so far, it was decided to upload an advertisement for procuring the biodata of eligible candidates for the various contractual posts under the project ACYER. Meanwhile, an advertisement for a **Walk In Interview** on 08/07/2009 for the posts of **Programme Coordinator** and **Yoga Instructor** has been uploaded on the websites of GAU and MDNIY along with exhibiting the same on the notice boards of the University and MDNIY.
- 2. Education:** The outcome of the First 'Foundation Course in Yoga for Ayurved Medical Graduates' based on the details gathered before and after the course and the written reviews of the participants, held in the first quarter may be presented in a tabulated form as under:

No.	Benefit	No. of student	%	No.	Benefit	No. of student	%
Physical Benefit				Mental Benefit			
1.	↑Physical Fitness	38	100.0	13.	↑Mental Fitness	27	71.00
2.	↑Relaxation	38	100.0	14.	↑Pleasant	31	81.57
3.	↑Stamina	29	76.30	15.	↑Increased Concentration power	25	65.78
4.	↑Flexibility	25	65.78	16.	↑Improve Memory Power	20	52.63
5.	↑Reduction of Weight	30	78.94	17.	↑Freshness	38	100.0
6.	↑Lightness	31	81.57	18.	↑Calmness of Mind	30	78.94
7.	↑Better Respiratory Health	33	86.84	19.	↑Good Sleep	24	63.15
8.	↑Better Digestive Power	35	92.10	20.	Spiritual Benefit		
9.	↑Better Immunity Power	25	65.78	21.	↑Awareness of Spirituality	28	73.58
10.	↑Relief from Pain	28	73.58	22.	Others		
11.	↑Improve Health of Eye	10	26.31	23.	↑Benefit	38	100.0
12.	↑Improve Health of Skin	15	39.47	24.	↑Awareness	38	100.0
					↑Changing of Life Style	26	68.42

Likewise, the outcome of the reviews from the school Yoga camps carried out during the **National Yoga Week** may be tabulated as under:

Benefits	Girls	%	Boys	%	Gr. Total	%	Benefits	Girls	%	Boys	%	Gr. Total	%
	423	100	275	100	698	100		423	100	275	100	698	100
Physical Benefit							Mental Benefit						
↑Physical Fitness	274	64.77	185	67.27	459	65.75	↑Pleasant	393	92.90	257	93.45	650	93.12
↑Relaxation of Body	366	86.52	240	87.23	606	86.81	↑Freshness	387	91.48	247	89.82	634	90.83
↑Lightness	338	79.90	223	81.09	561	80.37	↑Mental fitness	330	78.01	178	64.72	508	72.77
↑Joint Strength	214	50.59	148	53.81	362	51.86	↑Concentration	311	73.52	225	81.81	536	76.79
↑Relief from Pain	379	89.59	239	86.90	618	88.53	↑Memory	279	65.95	204	74.18	473	67.76
↑Digestive Health	270	63.89	208	75.63	478	68.48	↑Good sleep	247	58.39	177	64.36	424	60.74
↑Respiratory Health	221	52.24	140	50.90	361	51.71	↑Calmness	237	46.03	113	41.09	350	50.14
↑Stamina	240	56.73	166	60.36	406	58.16	Spiritual Benefit						
↑Skin & Vision condition	193	45.62	84	30.54	277	39.68	↑Awareness of Spirituality	119	28.13	74	26.90	193	27.65
↑Height	35	08.27	42	15.27	77	11.03	Other						
↓ Fat	108	25.53	51	18.54	159	22.77	↑Awareness	423	100	275	100	698	100
↑Awareness of Diet	379	89.59	240	87.27	619	86.68	↑Benefit	423	100	275	100	698	100
↑Regularity	280	66.19	202	73.45	482	69.05							

3. **Training:** Training is a part of education and as such, **ACYER** was given the responsibility to carry out a 5 day training programme for the teachers participating in the **Reorientation Training Programme** in the **Swasthavrutta** subject being organized by the **Deptt. Of Basic Principles, I. P. G. T. & R. A., Gujarat Ayurved University, Jamnagar**, specifically for the practical aspects of Yoga falling within the purview of the subject. At the same time, to present some theory aspects of Yoga with a philosophical, research and therapeutical aspects, lecture/lecture demonstrations of **Dr. A. A. Bhatt, Prog. Director, ACYER**, were also organized with the following details:

Sr. No.	Swasthavrutta Teachers	Duration	Venue	Time	Participants	
					M	F
01.	From: Assam(01), Chhattisgarh(01), Gujarat(06), Himachal Pradesh(01), Karnataka(04), Madhya Pradesh(05), Maharashtra(08), Orissa(01), Uttar Pradesh(03) Uttara Khand(01)	09-06-2009 to 13-06-2009	ACYER, Guj. Ayu. Uni.	7.00 to 8.30 am	21	10
<b>Total Participants</b>					<b>31</b>	

Sr. No.	Subject	Date & Time	Venue	Participants		Delivered By
				M	F	
1.	Yoga – A Therapeutic Tool & Iatrogenic Disorders	08-06-2009 7.15 to 8.30 am	I.P.G.T.& R.A.	28	14	Dr. A. A. Bhatt
2.	Research Perspectives in Yoga	13-06-2009 8.30 to 10.30 am	ACYER	26	9	”
<b>Total</b>				<b>54</b>	<b>26</b>	
<b>Grand total of Participants</b>				<b>80</b>		

4. **Yoga Awareness Camps:** In continuation to 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. The camps carried out in this quarter may be summarized as under:

NO.	INSTITUTE & VENUE	DURATION	TIME	Participants	
				M	F
01.	Shri Ram Mook Badhir Vidya Vihar Trust, Jamnagar (Deaf & Dumb girls)(Dr. Sabira, Ms. Preeti)	17/06/09 to 21/06/09	4:30 to 6:00 pm	-	25
02.	Anadabava Anathalaya, Jamnagar (Dr. Sabira Kanani, Ms. Preetiba Jadeja)	23/06/09 to 27/06/09	8:00 to 9:30 am	-	36
03.	Smt. Indira Primary School, Jamnagar (Mr. Ajay Dubey, Mr. Prakash Pandya)	24/06/09 to 29/06/09	7:00 to 12:00 am	95	29
04.	Gaurav Vidyalaya, Jamnagar (Mr. Ajay Dubey, Mr. Prakash Pandya)	24/06/09 to 29/06/09	2:00 to 4:30 pm	61	46
05.	Andababa Anathalaya, Jamnagar (Dr. Sabira Kanani, Ms. Preetiba Jadeja)	25/06/09 to 30/06/09	3:30 to 4:30 pm	-	20
06.	Shri Rajpoot Kanya Chhatralaya, at ACYER (Dr. Sabira Kanani, Ms. Preetiba Jadeja)	25/06/09 to 30/06/09	4:30 to 6:00 pm	-	27
<b>Total</b>				<b>156</b>	<b>183</b>
<b>Grand Total</b>				<b>339</b>	

5. **Research:** As this happens to be one of the two main areas of activity for ACYER, before going into the research in proper, it was decided to create an awareness about the centre and its activity and as such, 21 days camp for “Respiratory Care” and “Geriatric care- Care of Pain Dominated Joints” were organized between 12th may 2009 to 16th June 09 as per the under mentioned details. 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.

No.	Details of the Camp	Duration	Venue	Time	No. of Patient	
					Male	Female
1.	Respiratory Care	12 <sup>th</sup> May to 16 <sup>th</sup> June’09	ACYER	7 to 10 am	06	11
2.	Geriatric Care	26 <sup>th</sup> May to 16 <sup>th</sup> June’ 09	”	4:30 to 6:00 pm	10	07
					<b>16</b>	<b>18</b>
<b>Grand total</b>					<b>34</b>	

6. The process for preparing research protocols has been completed and soon they shall be placed before the ethical and the scientific committees of ACYER. Besides this, though it was not strictly with a purpose of research, some data has been collected in the form of written reviews of the participants in all the courses and Awareness Camps conducted so far in this quarter as well. Analysis and study of the same is in progress and the outcome shall be brought out in the next bulletin.
7. **Promotion & Propagation:** The Yoga Therapy and Practice Charts prepared by ACYER in Gujarati, translated from the original English charts made by MDNIY, were distributed to the Governor’s House – Rajbhavan, Chief Minister and Health Minister’s office, Directorate of AYUSH, Collector’s office, Office of the Corporation etc. and they were highly appreciated.

*ACYER has received a letter of appreciation for the same from the Director AYUSH Gujarat State. Similarly, as per the instructions of MDNIY, 2000 copies of the whole set has been delivered to the Yoga ane Kudarati Upachar Mahamandal, Gujarat Vidyapeeth Ahmedabad. On demand, 60 sets of the charts were provided to the authorities of Corporation for the primary schools being run under them.*

8. **Press and Media:** The press notes about the camps being conducted at ACYER have been published in the leading regional news papers throughout the quarter. Besides this, Video shooting by DD News Channel about the activities of "ACYER" as a part of the ongoing Yogic activities at the University Campus was telecasted on 09/06/09 at 7.00 pm and 10/06/09 at 9 am by Regional Channel of Doordarshan and on 11/06/09 at 7.00 am, 9.00 am and 12.45 pm by D. D. NEWS.



**Swasthavrutta RoTP**



**Lecture Demonstration**



**Indira Primary School**



**Geriatric Care**



**Respiratory Disorders**



**Geriatric Care**



**Anandabava Anathalaya-1**



**Anandabava Anathalaya-2**



**Shri Ram Mook Badhir**



**ADVANCED CENTRE FOR  
YOGA EDUCATION AND RESEARCH**  
*Deptt. of Swasthavrutta,*  
**Shri Gulabkunverba Ayurved Mahavidyalaya,**  
**Dhanvantari Mandir, Jamnagar-8**

 [acygam@gmail.com](mailto:acygam@gmail.com), [acygam@ayurveduniversity.com](mailto:acygam@ayurveduniversity.com)

 (P. P.) 0288 - 2676864