



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)



ACYER

MONITORING COMMITTEE:-

- Prof. M. S. Baghel-Chairman
I./C. V. C. - GAU
- Dr. I. V. Basavaraddi-Vice Chairman
Director - MDNIY
- Mr. R. M. Jhala - Member
Registrar - GAU
- Dr. M. N. Gohil- Member
Principal - SGAM
- Dr. S. C. Dash- Member
Principal - MPIYNER
- Dr. Arpan A. Bhatt-Member Secretary
H. O. D. - Swasthavrutta
- Dr. A. R. Trivedi- Member
H. O. D. - Kaumarabhrutya
- Dr. I. N. Acharya- Member
R. O. (Scientific), - MDNIY
- Dr. S. R. Gaikwad- Member
P. O. (Yoga Therapy) - MDNIY



EDITORIAL REMARKS:

*Taa Kahun Prabhu Kachhu Agama Nahi Jaa Par Tuma Anukoola,
Tava Prabhava Badavaanala Hi Jaari Sakahi Khalu Toola*

In Ramayana Tulasidasji says that "O Lord, there is nothing impossible for a person with your benisons. Even a great wild fire is able to burn a blade of grass only because of your influence."

The same stands so true here in this context that this is the first quarterly News Letter of ACYER, Gujarat Ayurved University, Jamnagar which reaches your lotus hands with a humble view to inform about its activities and to seek your moral boost and suggestions to remain on track in its future endeavors.

It is a dream comes true, as visualized by my Gurujl Lt. Dr. H. G. Notani, who incessantly geared up the activities of Yoga & Naturopathy in the Department and University till his last breath.

Hoping that this venture receives a cordial welcome from all fellow Atman on a voyage to Kaivalya..

Harih Aum Tatsat....

Date:- 08-04-2009
Jamnagar

Dr. Arpan A. Bhatt
Programme Director

ACYER - AN INTRODUCTION:

All ancient Indic Sciences share the common roots and so does the sciences related to life and healthy living like Yoga and Ayurveda. Owing to this, not only many of their basic concepts about human existence are very similar but they are complimentary to each other. Ayurveda deals the most on the explanation about the psychosomatic structure - functional aspects and herbalism for care of a healthy person and cure of ailments endangering the conditions of health, making it possible for a person to reach Salvation, where as the science of Yoga concentrates more on disciplining the body and the mind, and with morally correct living, uplifting the Spirit to achieve Kaivalya. The present day living conditions have, on one hand, bestowed many boons with regards to materialistic acquirements and added extra comforts to the human life where as on the other, it has made humans addicted to all of them, taking them far away from their own self. Today, man knows more about the machines and gadgets which he cannot live without, but probably is unaware about the activities going on inside him. This chaotic and restless pursuit has made him a victim of many dreadful and life endangering conditions where a sure shot remedy seems to be far away. In such situations, the only way that can be of great help to the ailing humanity is to stop and look back to their proud possessions like Yoga and Ayurveda, which can save them from further damage and restore what has been lost. Obviously, these ideas are better spoken than implemented until and unless the proper scientific evidences are gathered and published for a wider acceptance. This can be facilitated if the torch bearing Institutions in these sciences join hands and collaborate in each others' endeavors.

Keeping these views in mind, two leading institutes of the country, having an international repute viz. **GUJARAT AYURVED UNIVERSITY, Jamnagar** in the field of **Ayurveda** and **MORARJI DESAI NATIONAL INSTITUTE OF YOGA, New Delhi** (An autonomous organization under Deptt. of AYUSH, Ministry of Health & F. W., Govt. of India) in the field of **Yoga**, decided to collaborate in establishing the project "ADVANCED CENTRE FOR YOGA EDUCATION AND RESEARCH (ACYER)", in the **11th Five year Plan** for a period from 2008 - 2011, funded by MDNIY and managed by GAU at Gujarat Ayurved University, in the Department of Swasthavrutta, Shri Gulabkunverba Ayurved College, Jamnagar which has been taking care for the teaching, training, treatment, research, promotion and propagation of Yoga and its utility in day to day life since 1980 as a part of the curricular provision of Ayurvedic studies and has cradled and nourished Maharshi Patanjali Institute for Yoga Naturopathy Education and Research, Guj. Ayu. Uni.

The main goals of **ACYER** are to conduct ‘**Foundation Course in Yoga for Ayurved Medical Graduates**’ and to carry out long term meaningful scientific researches on ‘**Disorders of the Respiratory Tract**’ and ‘**Geriatric Care**’ along with carrying out various activities for promotion and propagation of Yoga in the surrounding regions and creating an environment for making Yoga an inevitable component of the day to day life of a common man.

In order to fulfill these goals, **ACYER** shall take up activities like:

- ▶ Organizing the ‘**Foundation Course in Yoga for Ayurved Medical Graduates**’ at least twice a year and as per needed
- ▶ Long term research studies on **Respiratory Tract Disorders** found more recurrent in this region and on **Geriatric Care** in general and specifically on some main ailments occurring in old age
- ▶ Camps of short duration for the general public in and out of the centre for generating mass awareness
- ▶ lectures and lecture demonstrations at various places for the awakening an interest in Yogic practices
- ▶ camps and lec. – dems in various educational institutes to attract the upcoming youth towards the importance and benefits of this science in routine life as well as to groom them to be better citizens.

THE INAUGURATION

The seed of a Yoga Education and Research Centre was sown during the visit of Dr. I. V. Basavaraddi, Director, MDNIY to Gujarat Ayurved University, Jamnagar during July, 2008. And after the MoU being signed by both the Institutions, the auspicious Inaugural Ceremony of **ADVANCED CENTRE FOR YOGA EDUCATION AND RESEARCH (ACYER)** took place on 06-01-2009 with lighting of the lamp by Dr. I. V. Basavaraddi, Director, MDNIY, New Delhi. The I/C V. C. Dr. M. S. Baghel presided over the function. Registrar GAU Mr. R. M. Jhala, Principal SGAM Dr. M. N. Gohil, Senate and Syndicate Member GAU Dr. A. R. Trivedi, Senators of GAU Dr. G. K. Mansoori and Dr. Vinod Upadhyay, H.O.D. of Swasthavrutta Yoga Nisargopachara and Programme Director of **ACYER** Dr. A. A. Bhatt were the dignitaries gracing the occasion.



◀ *Incharge V.C. GAU Dr. M. S. Baghel and Director MDNIY Dr. I. V. Basavaraddi inaugurating ACYER By Lighting the Lamp and offering floral homage to Lord Dhanvantari and Sage Patanjali, witnessed by the other Dignitaries*

ACTIVITIES AT A GLANCE:

- 1 **Staff Selection:** After the inauguration of **ACYER** on 6/01/2009 at 12.45 pm, a ‘Walk In Interview’ for selection of the ‘temporary contractual staff under the project’ was held at 3.30 pm in the office of the Vice Chancellor GAU as per the pre advertised details and **1 SRF, 2 Yoga Instructors, 1 Data Entry Operator cum Clerk and 1 General Duty Attendant** were selected on the basis of merit and their performance in the interview. As there was no candidature for the Programme Coordinator and only 1 out of the 2 SRF selected, those posts were re-advertised and the ‘Walk In Interviews’ were held on 23rd March 2009. The announcement is pending due to the Election Notification.
2. **Monitoring Committee Meeting:** on the following day, i. e. on the 7th January 2009, the first Monitoring Committee meeting of **ACYER**, chaired by Dr. M. S. Baghel, I/C V.C., GAU and co-chaired by Dr. I. V. Basavaraddi, Director MDNIY was held in the Syndicate Hall of Gujarat Ayurved University, Jamnagar as per the pre circulated agenda. Being the first meeting of the Monitoring Committee, the concept about **ACYER** was explained by Dr. Basavaraddi in detail and following to the discussions on the points of agenda, the policy decisions about the functioning and future perspectives of the activity were decided. As all the required temporary contractual posts of **ACYER** did not have eligible candidature, it was decided to re-advertise the posts.

3. **Furnishing:** As per the decision taken in the monitoring committee, a process of furnishing the place provided by the GAU for ACYER was taken up and so far majority of required renovation and initial furnishing has been completed.
4. **Education:** Amongst the goals of ACYER, the first is to conduct “**Foundation Course in Yoga for Ayurved Medical Graduates**” at least twice in a year. As the centre has started functioning in the last quarter of the year, one such camp was organized at ACYER for the students of IInd Professional B. A. M. S., Shri Gulabkunverba Ayurved Mahavidyalaya from 19/01/09 to 20/02/09. **38** students – **22** females and **16** males participated in the same. The timings were from 7.30 to 8.30 am. from Monday to Friday and on Saturdays it happened to be 7.30 to 8.30 am and 3 to 6 pm.
5. **National Yoga Week:** The theme selected for celebration of the “National Yoga Week” – 2009 was “**Role of Yoga in School Health**”. Dr. Arpan Bhatt, Programme Director ACYER was one of the invited resource persons for the Conference from 16th to 18th February 2009 at MDNIY and as per their directives, 5 day “**Yoga Awareness Camps**” were conducted between 09/02/09 to 28/02/09 in various schools of Jamnagar as under. The camps were successfully conducted by Yoga instructors Ms. Pritiba Jadeja and Mr. Prakash Pandya and SRF Dr. Sabira Kanani.

No.	Name of the Institute	Duration	Time	No. of Students	
				Boys	Girls
1.	Sajuba Girls high School	09-02-2009 to 13-02-2009	3.30 to 4.30 pm		67
		16-02-2009 to 20-02-2009	"	-	60
		24-02-2009 to 28-02-2009	"		52
2.	K. V. - II School (ARMY)	16-02-2009 to 20-02-2009	10.30 to 11.30 am	46	20
3.	Shri Satya Sai Vidyalaya	16-02-2009 to 20-02-2009	9.00 to 10.00 am	-	68
			5.15 to 6.15 pm		60
4.	Pranami High School	16-02-2009 to 20-02-2009	9.00 to 10.00 am	78	-
5.	Sheryas Vidyalaya	16-02-2009 to 20-02-2009	4.30 to 5.30 pm	70	-
		24-02-2009 to 28-02-2009	"	77	33
Total				271	360
Grand Total				631	

6. **Attending CME:** Continuing Education is a part of any profession and the professionals working for an Institute if are refreshed and fortified with the advancements in the knowledge of the concerned science is better for both – the person and the Institute. Keeping this in mind, Dr. Sabira Kanani, SRF, ACYER was sent on duty to attend the CME on Yoga Orientation for AYUSH/ Allopathy Doctors organized by MDNIY, New Delhi from 03/03/09 to 05/03/09.
7. **Geriatric Care:** 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, 5 day “Yoga Awareness Camps” were organized from 24/03/2009 to 29/03/2009 in some of the **Old Age Homes** being run by the Local Self Government bodies and the NGOs as mentioned under. 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.	Name of the Institute	Duration	Time	No. of Participants	
				Males	Females
1	Anadabava Mahila Ashram	24/03/09 to 28/03/09	7:30 to 9:00 a.m.	-	15
2	Jam Shri Ranjitsinhji Niradhar Ashram	24/03/09 to 28/03/09	4:30 to 6:00 p.m.	14	02
3	M.P. Shah Municipal Vrudhhashram and Yogeshwar Sahadampati Vrudhhashram	25/03/09 to 29/03/09	9:15 to 10:45 a.m.	27	06
Total				41	23
Grand Total				64	

8. **Research:** Long term research on Respiratory Disorders and Geriatric Care. The applied form starts with compilation of the textual references and evidence based data. The process for preparing research protocols has been initiated. The centre has already started to compile the textual references beginning with the classics about the area of focus. 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. Analysis and study of the same is in progress and the outcome shall be brought out soon.

9. **Workshop:** As an activity of the ACYTER established at JIPMER, Puducherry, a two day “Workshop on Introduction of Yoga In Medical Curriculum” was organized at, JIPMER on 19th & 20th March 2009. Dr. Arpan Bhatt, Programme Director ACYER Guj. Ayu. Uni. was invited as a Guest Speaker.

10. **Promotion & Propagation:** As per the directives and the material received form MDNIY, after incorporating the needed modifications and linguistic corrections, totally 10 Charts of Yoga Practices / Yoga therapy, translated into Gujarati, have been prepared and published by ACYER for creating awareness and propagating the science of Yoga in the regional public. The initial translation courtesy happens to be of ‘Akhil Gujarat Kudarati Upachar ane Yoga Mahamandala, Gujarat Vidyapeeth, Ahmedabad.



Foundation Course



National Yoga Week



Sajuba Girls High School



Army High School



Satya Sai High School



Pranami High School



Shreyas High School



Old Age Home -1



Old Age Home -2



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

 acygam@gmail.com

 (P. P.) 0288 - 2676864