



# 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 Dentt. of AYUSH. Ministry of Health & F. W.. Govt. of India)

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## EDITORIAL REMARKS:

*Moha sakala vyaadhinhā kara moola,  
 Tinh ten puni upajahin bahu soola....*

Tulasidasji has clearly stated that Moha (which may be interpreted as delusion, illusion, ignorance, fascination, infatuation, attachment etc. according to the context) happens to be the cause of all types of diseases. Further, he states that it generates severe agony.

Similar view has been expressed by Sage Patanjali when he opines about Kleshas or afflictions which start with Avidya - Ignorance and gradually moves on to make the conditions grave for attaining Kaivalya.

The science of Ayurveda also believes that Prajnaparadha [an activity done without the proper coordination and functioning of Dhi (intellect), Dhruti (patience/courage) and Smruti (memory)] leads to the aggravation of all the Doshas (body humors), which results in generation of different problems.

Thus, it is quite evident that the Oriental Sciences, tradition, culture and religion had very clear concepts about the production of the diseases and the role of intellect and righteous behavior was believed to be of prime importance.

Today, when the therapeutic utility of Yoga is gaining wide popularity, it becomes of prime importance to look at the concept of disease and disease production with a vision of Yoga philosophy.

Harih Aum Tatsat....

Dt. 14-10-2009  
 Jamnagar

Dr. Arpan A. Bhatt  
 Programme Director

- Staff Selection:** A 'Walk in Interview' was held on 08/07/09 at Gujarat Ayurved University, Jamnagar for the vacant posts of the Programme Coordinator and Yoga Instructor. No candidate appeared for the post of the Yoga Instructor. **Dr. Urvi Dave** was selected for the post of Programme Coordinator on the basis of the qualification, experience and the performance at the interview. After completion of the necessary formalities, **Dr. Urvi Dave** has joined the project since 28/07/2009. An intimation for procuring the biodata of eligible candidates for the various contractual posts under the project ACYER has been kept scrolling on the website of the GAU. Meanwhile, an advertisement for a **Walk in Interview** on 31/07/2009 for the post of **Yoga Instructor** was uploaded on the websites of GAU and MDNIY along with exhibiting the same on the notice boards of the University and MDNIY. **Ms. Kinjalba G. Jadeja** was selected for the same and has joined the project since 06/08/2009. **Dr. Urvi Dave** Programme Coordinator resigned on 10/09/09 from duty due to personal reasons.
- 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. One such camp was organized at ACYER for the students of 2<sup>nd</sup> Professional B. A. M. S., Shri Gulabkunverba Ayurved Mahavidyalaya from 01/09/09 to 27/09/09. 29 students – 18 females and 11 males participated in the same. The timings were from 7.00 to 8.30 am. from Monday to Friday and on Saturdays it happened to be 7.00 to 8.30 am and 3 to 6 pm.

The outcome of the reviews from the **School Yoga Camps** carried out during the period from 17-06-2009 to 30-06-2009 may be tabulated as under:

Benefits	Girls	%	Boys	%	Gr. Total	%	Benefits	Girls	%	Boys	%	Gr. Total	%
	183	100	156	100	339	100		183	100	156	100	339	100
<b>Physical Benefit</b>							<b>Mental Benefit</b>						
↑Physical Fitness	173	94.53	156	100	329	97.05	↑Pleasant	183	100	156	100	339	100
↑Relaxation of Body	168	91.80	150	96.15	318	93.80	↑Freshness	183	100	156	100	339	100
↑Lightness	175	95.62	152	97.43	327	96.46	↑Mental fitness	183	100	156	100	339	100
↑Joint Strength	103	56.28	80	51.28	183	53.98	↑Concentration	166	90.71	147	94.23	313	92.33
↑Relief from Pain	165	90.16	145	92.94	310	91.44	↑Memory	160	87.43	136	87.17	296	87.31
↑Digestive Health	149	81.42	131	83.97	280	82.59	↑Good sleep	164	89.61	146	93.58	310	91.44
↑Respiratory Health	122	66.66	115	73.71	237	69.91	↑Calmness	159	86.88	139	89.10	298	87.90
↑Stamina	154	84.15	137	87.82	291	85.84	<b>Spiritual Benefit</b>						
↑Skin & Vision condition	126	68.85	96	61.53	222	65.48	↑Awareness of Spirituality	183	100	156	100	339	100
↑Height	76	41.53	57	36.53	133	39.23	<b>Other</b>						
↓ Fat	128	69.94	112	71.79	240	70.79	↑Awareness	183	100	156	100	339	100
↑Awareness of Diet	153	83.60	127	81.41	280	82.59	↑Benefit	183	100	156	100	339	100
↑Regularity	177	96.72	146	93.58	323	95.28							

3. **Training:** Training is a part of education and as such, **ACYER** had the responsibility to carry out a 5 day training programme for the Students of **International Center for Ayurvedic Studies**, in the **Swasthavrutta** subject and for an **Australian** Student who wanted to work on dyslexia and dyspraxia, by the special permission of Hon'ble Vice Chancellor. The details about the lecture/lecture demonstrations by **ACYER** staff are also given as under.

No.	Batches	Duration	Timings	Male	Female
1	Special Training for foreign student at <b>ACYER</b> .	22/09/09 to 26/09/09	9:00 to 10:00 am & 4:00 to 5:00 pm	-	1
2	<b>ICAS – GAU</b> at <b>ACYER</b> .	03/08/09 to 08/08/09	9:00 to 12:00 am & 3:00 to 5:00 pm	3	4
<b>Total</b>				3	5
<b>Grand Total</b>				<b>8</b>	

No	Subject	Institute & Venue	Date & Time	Participants		Delivered by
				M	F	
1	Closing lecture on "Importance of Yoga and its definition"	Rajpoot Kanya Chhatralaya, Jamnagar at <b>ACYER</b>	24/07/09 5:00 to 6:00 p.m.	-	25	Dr. A. A. Bhatt
2	Importance of yoga in daily lifestyle	Agakhan Youth and Sports Board Mahanagar Palika	05/07/09 6:30 to 8:30 p.m.	15	30	Dr. S. K. Kanani
3	Closing lecture on "Importance of Yoga"	Sunshine School Jamnagar	22/07/09 4:00 to 5:30 p.m.	76	10	Dr. A. A. Bhatt
4	"Yogic processes and its fundamentals"	Rajpoot Boys Hostel Jamnagar	31/07/09 5:00 to 6:15 p.m.	56	-	Dr. A. A. Bhatt
5	Yoga Therapy	Students of Israel at <b>ACYER</b>	24/09/09 5:00 to 7:00 pm	02	08	Dr. A. A. Bhatt
<b>Total</b>				149	73	
<b>Grand Total</b>				<b>222</b>		

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

No.	Institute & venue	Duration	Time	Participants	
				M	F
1	General Awareness Camp, batch - 1	01/08/09 to 14/08/09	7:00 to 8:30 pm	11	7
2	General Awareness Camp for <b>GAU</b> Staff	17/08/09 to 31/08/09	7:30 to 8:30 am	13	-
3	General Awareness Camp batch - 2	17/08/09 to 22/08/09	9:00 to 10:00 am	5	3
4	General Awareness Camp batch - 3	01/09/09 to 15/09/09	5:00 to 6:00 pm	2	5
5	General Awareness Camp batch - 4	16/09/09 to 30/09/09	5:00 to 6:00 pm	1	7
<b>Total</b>				<b>32</b>	<b>22</b>

No.	INSTITUTE & VENUE	DURATION	TIME	Participants	
				M	F
1	<b>Rajpoot Kanya Chhatralaya, at ACYER Batch-1</b> (Dr. Sabira Kanani, Ms. Pritiba Jadeja)	02/07/09 to 09/07/09	5:00 to 6:00 pm	-	25
2	<b>Rajpoot Kanya Chhatralaya, at ACYER Batch-2</b> (Dr. Sabira Kanani, Ms. Pritiba Jadeja)	10/07/09 to 15/07/09	5:00 to 6:00 pm	-	23
3	<b>Rajpoot Kanya Chhatralaya, at ACYER Batch-3</b> (Dr. Sabira Kanani, Ms. Pritiba Jadeja)	16/07/09 to 24/07/09	5:00 to 6:00 pm	-	25
4	<b>Rajpoot Kanya Chhatralaya, at ACYER Batch-4</b> (Dr. Sabira Kanani, Ms. Kinjalba Jadeja)	18/08/09 to 24/08/09	5:00 to 6:00 pm	-	25
5	<b>Rajpoot Kanya Chhatralaya, at ACYER Batch-5</b> (Dr. Sabira Kanani, Ms. Kinjalba Jadeja)	25/08/09 to 29/08/09	5:00 to 6:00 pm	-	17
6	<b>Smt. Parvatidevi school Jamnagar</b> (Mr. Ajay Dubey, Mr. Prakash Pandya)	16/07/09 to 22/07/09	10:30 to 11:45am	35	19
7	<b>Sunshine School Jamnagar</b> (Mr. Ajay Dubey, Mr. Prakash Pandya)	16/07/09 to 22/07/09	4:00 to 5:30 pm	76	10
8	<b>Jam Ranjitsingh Rajput, Kumar chhatralaya Jamnagar</b> (Mr. Ajay Dubey, Mr. Prakash Pandya)	22/07/09 to 31/07/09	5:00 to 6:15 pm	56	-
9	<b>Sardar Patel School, Jamnagar Batch-1<sup>st</sup></b> (Mr. Ajay Dubey, Mr. Prakash Pandya)	24/08/09 to 29/08/09	4:30 to 5:30 pm	75	-
10	<b>Sardar Patel School, Jamnagar Batch-2<sup>nd</sup></b> (Mr. Ajay Dubey, Mr. Prakash Pandya)	01/09/09 to 05/09/09	4:30 to 5:30 pm	130	-
11	<b>D.S. Gojiya School, Jamnagar Batch 1<sup>st</sup></b> (Mr. Ajay Dubey, Mr. Prakash Pandya)	25/08/09 to 29/08/09	6:00 to 7:00 pm	68	-
12	<b>D.S. Gojiya School, Jamnagar Batch 2<sup>nd</sup></b> (Mr. Ajay Dubey, Mr. Prakash Pandya)	01/09/09 to 05/09/09	5:30 to 6:30 pm	64	-
<b>Total</b>				<b>504</b>	<b>144</b>
<b>Grand total</b>				<b>648</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, 15 days camp for "Respiratory Care" and "Geriatric care" were organized between '14th July 2009 to 30th Sep' 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 Patients	
					M	F
1	Respiratory Care Batch-1	14 <sup>th</sup> July to 28 <sup>th</sup> July'09	ACYER	9 to 10:30 a.m.	04	08
2	Respiratory Care Batch-2	2 <sup>nd</sup> Sep to 16 <sup>th</sup> Sep' 09	"	9 to 10:00 a.m.	-	01
3	Geriatric Care Batch-1	14 <sup>th</sup> July to 28 <sup>th</sup> July'09	"	3:30 to 5:00 pm	05	02
4	Geriatric Care Batch-2	1 <sup>st</sup> Aug to 15 <sup>th</sup> Aug ' 09	"	3:30 to 5:00 pm	06	04
5	Geriatric Care Batch-3	16 <sup>th</sup> Aug to 31 <sup>th</sup> Aug 09	"	3:30 to 5:00 pm	06	04
6	Geriatric Care Batch-4	1 <sup>st</sup> Sep to 15 <sup>th</sup> Sep' 09	"	3:30 to 5:00 pm	02	-
7	Geriatric Care- Batch-5	16 <sup>th</sup> Sep to 30 <sup>th</sup> Sep' 09	"	4:00 to 5:00 pm	05	04
<b>Grand total</b>					<b>28</b>	<b>23</b>
					<b>51</b>	

#### **Result of Geriatric Care Camps held between 26<sup>th</sup> May to 16<sup>th</sup> June' 09 (2<sup>nd</sup> Quarter)**

No	Symptom	Relief%	No	Symptom	Relief%	No	Symptom	Relief%
1	↓ Pain	71.87	8	↓ Difficulty in Folding	66.66	15	↓ Numbness	100.0
2	↓ Stiffness	84.21	9	↓ Difficulty in Walking	50.00	16	↓ Mouth Ulcer	100.0
3	↓ Aruchi	84.61	10	↓ Hyperacidity	75.00	17	↓ Udarashula	100.0
4	↓ Cramps	90.00	11	↓ Shivering	83.33	18	↓ Digestion power is week	100.0
5	↓ Insomnia	85.71	12	↓ Pratishtyaya	66.66	19	↓ Coughing	50.00
6	↓ Tiredness	71.43	13	↓ Heaviness in Head	100.0	20	↓ Sciatica	100.0
7	↓ Constipation	37.59	14	↓ Swelling	66.66	21	↓ Difficulty in speaking	50.00

**Result of Respiratory Care Camps held between 12<sup>th</sup> May to 16<sup>th</sup> June 2009 (2<sup>nd</sup> Quarter)**

No	Symptom	Relief %	No	Symptom	Relief %	No	Symptom	Relief %
1	↓Breathlessness	63.33	10	↓ Swarbheda	70.00	19	↓ Palpitation	50.00
2	↓ Sneezing	60.00	11	↓ Urahshula	75.00	20	↓ Anidra	93.75
3	↓ Blockage of Nose	73.33	12	↓ Parshvashula	40.00	21	↓ Difficulty in Speaking	60.00
4	↓ Pratishtyaya	62.96	13	↓ Udarashula	75.00	22	↓ Lalat sweda	47.36
5	↓ Tiredness	52.94	14	↓ Shirahshula	61.90	23	↓ Ushna Abhinanditi	71.42
6	↓ Wheezing Sound	60.00	15	↓ Orthopnea	61.53	24	↓ Vomiting	80.00
7	↓ Coughing	55.55	16	↓ Fever	70.00	25	↓ Discharge from Nose	66.66
8	↓ Expectoration	59.25	17	↓ Aruchi	100.0			
9	↓ Difficulty in Expectoration	66.66	18	↓ Constipation	100.0			

6. **Promotion & Propagation:** Various Institutes and N.G.O.'s were contacted for organizing Yoga awareness camps.

7. **Press and Media:** Press notes regarding various camps by ACYER have been repeatedly published in the Newspapers.



**Geriatric Care Camp**



**Foundation Course**



**Sunshine School**



**Rajput Girls Hostel**



**Rajput Boys Hostel**



**Uni. Staff Camp**



**Smt. Parvati Devi School**



**Lec. Demo. to Fou. Student**



**Lect. to Israel's Student**



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