

Yoga for diabetes event begins

‘YOGA for Diabetes,’ a three-day International Conference on managing the deadly disease through *asans* and traditional medicine systems of India, kickstarted on Monday. It was inaugurated by Minister of State for AYUSH (Independent Charge), Shripad Yesso Naik, in New Delhi. Naik said UNESCO has recently included yoga in its list of intangible cultural heritage which is another recognition of universal relevance of yoga.



The Minister of State for AYUSH (Independent Charge), Shripad Yesso Naik lighting the lamp to inaugurate the International Conference on "Yoga for Diabetes", in New Delhi on Wednesday. The Secretary of AYUSH, Ajit M. Sharan and the President, VYASA and Chancellor, S-VYASA University, Dr. H.R. Nagendra are also seen.

AYUSH INITIATES STUDY ON HOW YOGA CAN HELP CONTROL DIABETES

NEW DELHI: The AYUSH Ministry has initiated a study covering 60 districts on how yoga can help control diabetes, which has become the “biggest” health hazard and spreading at a fast pace in of the country. Inaugurating a three-day International Conference on ‘Yoga for Diabetes’, AYUSH Minister Shripad Naik said.

योग से मधुमेह पर नियंत्रण के लिए विशेषज्ञ करेंगे चर्चा

नई दिल्ली (ब्यूरो)। योग से मधुमेह पर कैसे नियंत्रण पाया जा सकता है, इस विषय पर आयुष की ओर से क्या-क्या प्रभावी कदम उठाए जा सकते हैं इसके लिए दिल्ली में तीन दिनों तक देश-विदेश के विशेषज्ञ चर्चा करेंगे। इस दौरान योग से मधुमेह पर नियंत्रण के लिए कैसे काम किया जाए इसके लिए रोडमैप भी तैयार किया जाएगा। बुधवार को तीन दिवसीय अंतरराष्ट्रीय सम्मेलन का उद्घाटन आयुष राज्य मंत्री (स्वतंत्र प्रभार) एसवाई नाइक ने किया।

THE SATURDAY INTERVIEW

'Diaspora an ambassador for Indian culture'

A 1981 batch officer of the Indian Foreign Service (IFS), Amarendra Khatua has had several important assignments during his 35-year-long diplomatic career. Considered a quiet but immensely focused diplomat, Khatua has held trade and economic positions in various Indian missions and served in different capacities in key divisions at the MEA. He has also served in the Ministry of Commerce & Industry, Planning Commission and Ministry of Industry. He assumed charge as Director General, Indian Council for Cultural Relations (ICCR), in September last year. Prior to this appointment, he was Dean, Foreign Service Institute, and Ambassador of India to Argentina. He has also served as special envoy to South Sudan and Sudan to broker peace between the two countries.

In this interview to ASHOK TUTEJA, Khatua talks about his role in the prestigious ICCR assignment and how he proposes to project India's 'soft power' image abroad.

Q: You have taken charge of the ICCR recently. What are your priorities in this new assignment?

A: My priorities include streamlining the process through which we facilitate, promote and export our soft power footprints to the global arena through bilateral and multilateral diplomatic and cultural exchanges. Establishing regular, better and delivery-based coordination with the territorial divisions of the Ministry of External Affairs, like ministries and departments of the Government of India, especially with the Ministries of Culture, HRD, Ayush, Tourism and Commerce, with our missions abroad and foreign missions in New Delhi is also a priority engagement area.

Q: What is your vision of the ICCR as a vehicle to promote India's cultural ties with other friendly nations?

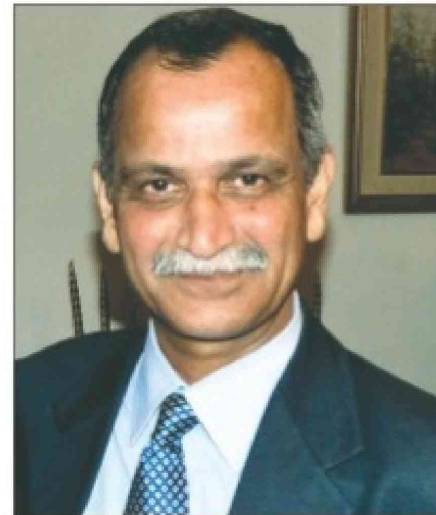
A: Both the Prime Minister and External Affairs Minister lay emphasis on developing unique and universal cultural modules of India based on our age old tradition, civilisation, literature, crafts, practices and performing arts and carrying them in systematic and planned ways to the world and especially to the Diaspora countries. Inclusion of yoga, Ayurveda, Diaspora linkage and festivals of India coinciding with visits and landmark commemorations can promote our cultural ties with the world.

Q: How do you look at the role of cultural diplomacy in promoting diplomatic relations?

A: Diplomacy today is all-encompassing. Cultural diplomacy promotes visible people-to-people contact and opens up avenues which can lead to commercial, consular and political gains through indirect yet impressive ways. Cultural diplomacy promotes tourism, projects folk and traditional diversities and stirs Diaspora activities and participation. Be it performing arts, or Bollywood or theatre or Ram Leela or Sanskrit, using the potent tools of Indian tradition and culture to reach out to the world generates interest, acceptance and recognition and helps in promoting better bilateral relations with countries. For Diaspora countries, cultural diplomacy is a must for continuity and greater exchanges.

Q: Which are the countries with whom you propose to have partnerships in the field of culture in the coming months?

A: Based on celebration of



years of establishment of diplomatic relationship and commemorating special events, we plan days and weeks of culture or festivals in India or outside India. In the coming months major events are being planned with and by countries including France, UK, Israel, Japan, Korea, Vietnam, Belarus, Iran, Spain and Mexico.

Q: Are there any specific plans for India's neighbourhood?

A: At present we are organising a number of major events in Nepal which includes projection of folk dance and arts of North East, jazz and rock music, academic seminars and meets and classical performing arts shows. A festival of Kashmir was recently organised in Nepal. On continuing basis we are sending and receiving troupes from Maldives, Bhutan, Bangladesh and Sri Lanka. In fact all these countries will be hosting Indian cultural troupes during the celebration of Republic Day in 2017. Five Indian authors will also be participating in the Karachi Literary Festival this year.

Q: Could you please identify the countries where we currently have India Cultural Centres? How many more India Cultural Centres are

proposed to be opened this year and where?

A: India has 37 cultural centres abroad in 35 countries namely Afghanistan, Australia, Bhutan, Bangladesh, Brazil, China, Czech Republic, Egypt, Fiji, Germany, Guyana, Hungary, Indonesia, Iran, Japan, Kazakhstan, Malaysia, Mauritius, Maldives, Mexico, Myanmar, Nepal, Netherlands, Republic of Korea, Russia, South Africa, Sri Lanka, Suriname, Tanzania, Thailand, Tajikistan, Trinidad & Tobago, United Kingdom, Uzbekistan and Vietnam. Establishment of Cultural Centres in Paris and Washington is under active consideration. India proposes to open a few more cultural centres.

Q: How do you propose to project India's 'soft power' image?

A: India's soft power image will be projected by covering the foreign students studying under ICCR scholarships as a constituency of goodwill in those countries. A monitoring and e-portal based initiative called 'Arrival-to- Alumni' is being introduced to help us in this regard. Follow up action linked to inbound and outbound cultural troupes are being taken to foster continuity. Instead of teaching yoga, we are now sending teachers to teach yoga, Vedas and Sanskrit. Instead of sending professors, we are now deputing experienced secondary school teachers to teach Hindi in centres abroad. Strengthening our centres and their activities abroad are being processed. Chairs are being set up with care and due selection of professors with ability and expertise is being done by an experts' panel of vice chancellors. ICCR is working closely with Ministry of Culture to execute Festivals of India and with Ayush, ITPO, Tourism Ministry, etc., to promote specialised forms

of traditional knowledge and cultural promotion activities.

Q: What are your plans to propagate 'Yoga' and 'Ayurveda'?

A: Selection of teachers to teach yoga, Sanskrit and Vedas has commenced. Centres are being strengthened to support India's yoga penetration initiative globally. Introduction of Ayurveda chairs to promote Ayurveda and its pharmacopeia in a number of countries has taken place. Our effort to promote Ayurveda in South East Asia has been a success. Plans to promote both through institutions, universities, research institutions and at mass level promotional events are being set afoot.

Q: The ICCR has also taken steps to promote Sanskrit by instituting an award which was given to the Princess of Thailand last year. Will we see any other initiatives by the ICCR this year to promote other Indian languages?

A: Promotion of Bhojpuri in Mauritius, promotion of Hindi learning among Diaspora children, promotion of Sanskrit in UK school system, etc., are some of the projects to promote Indian languages abroad. ICCR assists a number of Diaspora bodies to promote Indian languages, to organise workshops, for publication activities, etc.

Q: What role do you perceive for the Indian Diaspora in projecting India's image abroad?

A: Each of the members of Indian Diaspora is an ambassador for Indian cultural mores. ICCR makes conscious and planned efforts to involve them in knowing India, participating and learning Indian culture and performing arts, furthering their knowledge.

Centre shortlists names of cities for Yoga Day event

NEW DELHI, March 7: The Centre has shortlisted the names of a few cities, including Bengaluru, Ahmedabad and Ranchi, for selecting the venue of the main function of International Yoga Day (IYD) this year. “The main function of the IYD will be held outside Delhi. A few names have been shortlisted for the venue. Bhopal, Jaipur, Ahmedabad, Ranchi and Bengaluru are the probable names. “The final decision will be taken in a couple of weeks,” Director of Morarji Desai National Institute of Yoga (MDNIY) IV Basavaraddi said here today.

The institute functions under the Union Ministry of AYUSH. Basavaraddi said the International Yoga Fest, a curtain-raiser to IYD, that would be held to sensitise the masses about the grand function on June 21. “The festival is being held on March 8-9 at the Talkatora Stadium followed by a workshop on March 10,” he said. –PTI

अब सैनिकों को भी योग का प्रशिक्षण

■ नई दिल्ली।

मानसिक और शारीरिक स्वास्थ्य में योग के महत्व को देखते हुए सरकार अब सैनिकों को भी योग का प्रशिक्षण देने की तैयारी कर रही है। मोरारजी देसाई राष्ट्रीय योग संस्थान के निदेशक डाक्टर ईश्वर बी बासवरेड्डी ने अंतरराष्ट्रीय योग दिवस की पूर्व प्रस्तुति के रूप में कल से यहां आयोजित होने वाले दो दिवसीय अंतरराष्ट्रीय योग महोत्सव की जानकारी देने के लिए बुलाए गए संवाददाता सम्मेलन में यह बात कही।

श्री रेड्डी ने कहा कि पिछले दो वर्षों से जब से देश में अंतरराष्ट्रीय योग दिवस का आयोजन किया जा रहा है, योग का प्रचार व्यापक स्तर पर हुआ है। यह एक ऐसी क्रिया है जो शरीर ही नहीं बल्कि मन मनस्तिष्क को भी स्वस्थ और सक्रिय बनाए रखती है, ऐसे में सरकार चाहती है कि देश की रक्षा के लिए रात-दिन कठिन परिश्रम कर रहे सैनिकों को भी इसका फायदा मिले। इसलिए सेना के विभिन्न शिविरों और केन्द्रों में भी नियमित रूप योगाभ्यास की कक्षाएं लगाने की तैयारी की जा रही है। यह काम इस साल अंतरराष्ट्रीय योग दिवस से शुरू कर दिया जाएगा।

उन्होंने कहा कि अर्द्धसैनिक बलों के लिए योग प्रशिक्षण का काम काफी पहले से चल रहा है। इसके लिए 1754 योग प्रशिक्षक तैयार किए गए हैं। श्री रेड्डी ने कहा कि योग के प्रचार-प्रसार के लिए अगले साल से देश के 20 केन्द्रीय विश्वविद्यालयों में योग केन्द्र खोलने की योजना है।

आयुष मंत्रालय के सान्निध्य में आयोजित इस योग महोत्सव में देश भर के 40 प्रतिष्ठित योग संस्थान हिस्सा ले रहे हैं। इस दौरान योग गुरु बाबा रामदेव सहित करीब 40 योग गुरु और विशेषज्ञ योग क्रियाओं का प्रदर्शन करेंगे। अलग-अलग योग संस्थानों की ओर से भी विशेष प्रस्तुतियां दी जाएंगी। इसमें पर्यटन मंत्रालय, शहरी विकास मंत्रालय, सूचना और प्रसारण मंत्रालय, मानव संसाधन मंत्रालय सहित कई अन्य सरकारी विभाग भी हिस्सा ले रहे हैं।

मुख्य समारोह आठ मार्च को आयुष मंत्री श्री श्रीपद यशोनाईक की अध्यक्षता में राजधानी के तालकटोरा स्टेडियम में आयोजित किया जाएगा। सूचना एवं प्रसारण मंत्री एम वेंकैया नायडू समारोह में मुख्य अतिथि होंगे। ■ वार्ता

योग विश्व में शांति व समरसता का संदेशवाहक : नायडू

नई दिल्ली, (वार्ता): सूचना एवं प्रसारण मंत्री एम. वेंकैया नायडू ने विश्व में शांति एवं समरसता लाने के लिए योग को जन आन्दोलन बनाने का आह्वान करते हुए कहा कि पूरा विश्व आध्यात्मिक मार्गदर्शन के लिए भारत की ओर देख रहा है। तीसरे अंतर्राष्ट्रीय योग दिवस की तैयारी के लिए यहां तालकटोरा स्टेडियम में से शुरू दो दिवसीय अंतर्राष्ट्रीय योग महोत्सव-2017 के उद्घाटन कार्यक्रम को संबोधित करते हुए श्री नायडू ने कहा कि योग भारत की अमूल्य निधि है और अब यह देश की कूटनीति का भी हिस्सा है। उन्होंने कहा कि समाज, देश और समूचे विश्व में शांति, समरसता और एकता लाने का योग एकमात्र साधन है।

मोरारजी राष्ट्रीय योग संस्थान और आयुष मंत्रालय की ओर से आयोजित इस महोत्सव को संबोधित करते हुए श्री नायडू ने सभी शिक्षण संस्थाओं और सरकारी दफ्तरों में योग को नियमित दिनचर्या का हिस्सा बनाने का आह्वान किया और कहा कि इससे समाज सुदृढ़



नई दिल्ली में 8 मार्च को केंद्रीय शहरी विकास, आवास शहरी गरीबी उन्मूलन व सूचना एवं प्रसारण मंत्री एम. वेंकैया नायडू अंतर्राष्ट्रीय योग उत्सव के उद्घाटन कार्यक्रम को संबोधित करते हुए।

योग महोत्सव

- यह भारत की अमूल्य निधि है और अब देश की कूटनीति का हिस्सा भी
- सभी शिक्षण संस्थाओं और दफ्तरों में योग को नियमित दिनचर्या बनाने का आह्वान

होगा और देश आगे बढ़ेगा। इस मौके

पर आयुष मंत्रालय के सचिव अजीत शरण ने कहा कि योग को जन स्वास्थ्य कार्यक्रम का हिस्सा बनाने के अभियान के तहत अगले तीन वर्षों में नौ लाख आशा कर्मियों को योग का प्रशिक्षण दिया जाएगा। उन्होंने कहा कि योग को स्कूलों, उच्च शिक्षा तथा शोध के पाठ्यक्रम में शामिल किया जाएगा। सचिव ने कहा कि हर राज्य में प्रत्येक माह अलग-अलग दिनों में योग पर्व का आयोजन किया जाएगा।

शोध कार्यों पर 500 करोड़ खर्च करेंगे : रामदेव

■ नई दिल्ली।

योग गुरु बाबा रामदेव ने योग पर शोध को बढ़ावा देने की जरूरत बताते हुए कहा कि उनकी कंपनी पंतजलि योग पीठ आने वाले वर्षों में 250 से 500 करोड़ रुपये अनुसंधान कार्यों में व्यय करेगी।

तीसरे अंतरराष्ट्रीय योग दिवस की तैयारियों के लिए आज से यहां शुरू दो दिवसीय अंतरराष्ट्रीय योग महोत्सव -2017 के उद्घाटन कार्यक्रम को संबोधित करते हुए बाबा रामदेव ने बताया कि पंतजलि योग पीठ ने इस वर्ष शोध कार्यों पर 250 करोड़ रुपये खर्च किये हैं। आने वाले वर्षों में भी कंपनी 250 से 500 करोड़ रुपये इन कार्यों में खर्च करेगी। बाबा ने बताया कि योग के वैज्ञानिक परीक्षण के तहत उन्होंने वजन कम करने पर 60 जगहों पर सात हजार लोगों पर सफल क्लिनिकल ट्रायल किया है। उन्होंने दावा किया कि इस दौरान लोगों का 25 से 30 किलोग्राम वजन कम किया गया।

बाबा रामदेव ने कहा कि जिस तरह

विज्ञान एवं गणित के सूत्र एक हैं उसी तरह पूरी दुनिया में योग एक होना चाहिए। योग भारतीय ऋषियों की देन है और इसमें एकरूपता होनी चाहिए। उन्होंने कहा कि

पंतजलि योग पीठ



कहा, जिस तरह विज्ञान एवं गणित के सूत्र एक हैं उसी तरह पूरी दुनिया में

योग एक होना चाहिए

योग के नाम पर पाखंड नहीं होना चाहिए। बाबा रामदेव ने इस मौके पर पूर्ववर्ती संयुक्त प्रगतिशील गठबंधन सरकार के खिलाफ जमकर भड़सास निकाली और प्रधानमंत्री नरेंद्र मोदी की जमकर तारीफ

की। बाबा ने बताया कि भारतीय योग संस्थान में पहले उनका प्रवेश वर्जित था क्योंकि उस समय की सरकार उनसे नाराज थी। अब वह इसमें शामिल हो गये। उन्होंने कहा कि मोदी ने न सिर्फ योग के नाम पर छुआछूत को समाप्त किया बल्कि योग को लेकर उन पर हो रहे वारों और प्रहारों से उन्हें बचा लिया।

उन्होंने कहा कि योग जन आंदोलन बन चुका है अब यह विश्व आंदोलन बनेगा और भारत जगत गुरु बनेगा। उन्होंने लोगों से एक घंटे योग करने का आह्वान करते हुए कहा कि इससे यश, समृद्धि और सत्ता तक हासिल की जा सकती है। स्वामी भरत भूषण ने इस मौके पर उस प्रावधान पर आपत्ति की जिसमें योग में परास्नातक और शोध के बावजूद योग शिक्षक बनने के लिए बैचलर आफ नेचुरोपैथी और योग साइंस की डिग्री को अनिवार्य किया गया है। उन्होंने सरकार से इसमें संशोधन करने की मांग करते हुए इस डिग्री की अनिवार्यता को समाप्त करने की मांग की। ■ वार्ता

Make yoga a mass movement: Naidu

NEW DELHI, March 8: Union minister M Venkaiah Naidu today appealed to people to make yoga a mass movement, saying it promotes harmony.

The Information and Broadcasting Minister also reached out to those who “do not believe” in the ancient system of exercise and healing, asking them to take part in the three-day International Yoga Festival which he inaugurated here today.

“All of you should practice yoga and make it a mass movement as the ancient practice promotes harmony in the society,” Naidu said.

Pointing to the presence of yoga luminaries like Ramdev, Swami Chidanand, Sister Asha of Brahma Kumaris, Acharya Lokesh Muni among others at the dias, Naidu said it was a rare experience to have such a constellation of yoga gurus and institutions under one roof.

He said yoga was India’s priceless heritage and added that Prime Minister Narendra Modi’s speech at the UNESCO headquarters paved the path for the UN to pass a resolution for making June 21 as International Yoga Day.

“We are happy to have united the world on a positive agenda,” the minister added.

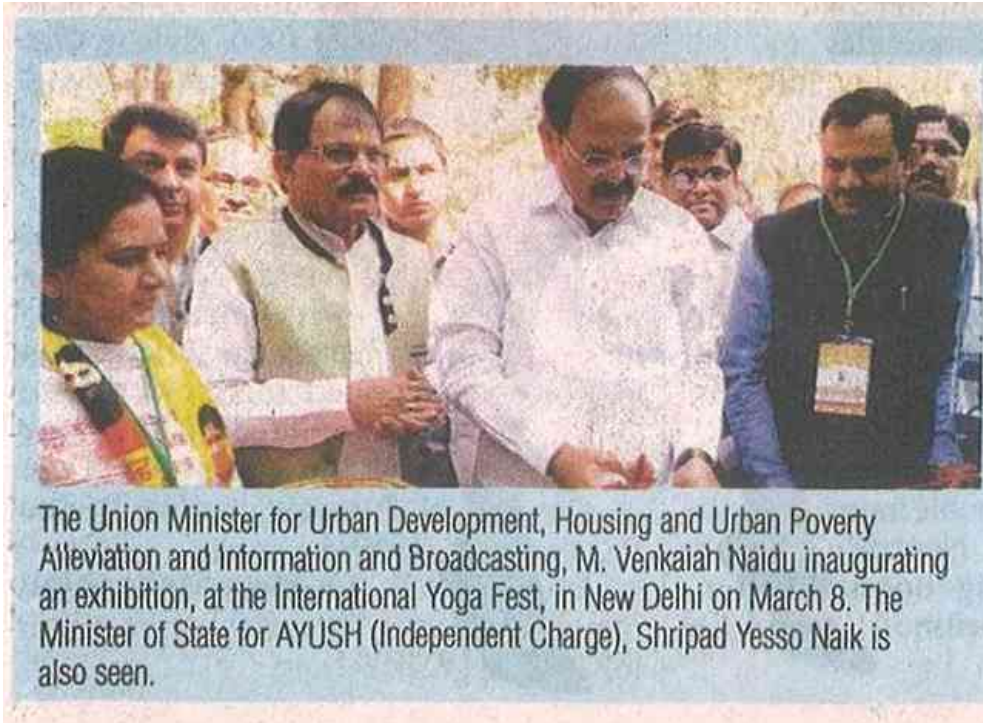
Terming yoga as an “integral part of Hindutva”, Naidu said that “Hindutva is way of life and not a religion”.

The main purpose of the festival is to sensitise the masses on the celebration of International Yoga Day.

The event at Talkatora Stadium is being organised by AYUSH Ministry, the Morarji Desai National Institute of Yoga (MDNIY) in association with Indian Yoga Association (IYA).

More than 3,500 participants, including eminent yoga gurus, scholars, policy makers, yoga enthusiasts and experts of allied sciences and representatives from 15-18 countries, are going to participate in this mega event. The event will comprise yoga workshops, lecture, yoga demo by yoga masters, satsang and cultural programmes by eminent yoga gurus.

The Centre has shortlisted the names of a few cities, including Bengaluru, Ahmedabad and Ranchi, for venue of the main function of International Yoga Day this year. A final decision will be taken in a couple of weeks. – PTI



YOGA PUSH

LIKE EVERY year, this time too the government has some ideas to promote yoga and celebrate Yoga Day on June 21. The Prime Minister's Office has already held one brainstorming session this month with representatives of all ministries. The PMO recently circulated the decisions made at this meeting among all concerned departments for action. One suggestion on this list stands apart. Apart from instituting an award to felicitate people who have contributed to yoga in India and abroad and encouraging IITs and IIMs to take up yoga as one of its extra-curricular activities, the PMO has asked the Sports and Youth Affairs Ministry to promote yoga through the upcoming season of the Indian Premier League. The minutes of the meeting, which were sent to all participating ministries, has got officers wondering how the Sports Ministry will achieve this feat.

योग महासम्मेलन शुरू हुआ

जनसत्ता संवाददाता
नई दिल्ली, 17 मार्च।

स्थानीय सिरी फोर्ट सभागार में विश्व शांति समय की पुकार है, विषय के ऊपर दो दिवसीय अंतरराष्ट्रीय योग महासम्मेलन शुरू हुआ। केन्द्रीय आयुष मंत्रालय के सहयोग से एवं प्रजापिता ब्रह्मा

कुमारी ईश्वरीय विश्वविद्यालय की ओर से आयोजित इस उद्घाटन सत्र को संबोधित करते हुए आध्यात्मिक वक्ता बीके शिवानी ने कहा कि इस सम्मेलन का मुख्य मकसद है राजयोग की सही व्याख्या एवं इसे प्राप्त आंतरिक शांति, शक्तियां और स्वस्थ की सहज और सतत अनुभूति करना। इसे हम शांति की राह पर चलेंगे।

'Yoga, traditional values can help beat depression'

AGE CORRESPONDENT
NEW DELHI, APRIL 7

Making a case for traditional Indian values and yoga, President Pranab Mukherjee on Friday called for their use to support people suffering from mental health disorders. On World Health Day, which is focusing on depression this year, the President noted that social stigma attached to such conditions remains a "major" problem in India.

The President pointed out that this condition is the most common form of mental health disorders and asked medical fraternity to focus on traditional support systems, social support systems and spiritual beliefs and practices in providing well-being to all. He appealed to health professionals to "think globally and act locally" and come together to meet the challenges of depression.

"Out of all mental health disorders, depression is probably the most common. As per the National Mental Health Survey 2015-16 conducted by National Institute of Mental Health and Neurosciences, 5.2 per cent of the Indian adult population suffers from depression in some form or



Pranab Mukherjee

other," he said.

"The problem of depression often gets ignored due to lack of understanding on the part of the family members. The social stigma attached to a mental disorder is also a major problem in India. However, people have now started talking about these issues, leading to greater awareness," he said while addressing a summit. The President said the world made a commitment in the form of Sustainable Development Goals, in which mental health and well-being figure prominently.

He said looking at the scale of the problems, the task seems "challenging". "Indian values with family systems can be good mechanisms to support those suffer from mental disorders."

Focus on traditional support systems: Prez

Pranab pins hopes on application of telemedicine to meet lack of mental health professionals to treat the disorder

PNS ■ NEW DELHI

With depression emerging as one of the major global illnesses, President Pranab Mukherjee on Friday said traditional Indian values and Yoga can become good mechanisms to support people suffering from such disorders. He, however, maintained that social stigma attached to such conditions remains a 'major' problem in the country.

He pinned hopes on appli-

cation of telemedicine to meet the shortage of mental health professionals to tackle the disorder.

Speaking at a summit held to mark the World Health Day on Friday with the theme of 'Depression: Let's talk', the President said that depression is the most common form of mental health disorders and asked medical fraternity to focus on traditional support systems, social support systems and spiritual beliefs and practices in providing wellbeing to all.

Around 5.2 per cent of the adult population in India suffers from depression in some form. Health professionals must 'think globally and act locally' and come together to meet the challenges of depression, Mukherjee said at the summit organised by NIM-CARE.

He also noted that

telemedicine application in armed forces healthcare delivery and the health monitoring of Defence Force personnel and their dependents is of paramount importance.

Talking about the Government's steps to treat mental health disorders, Union Health Minister JP Nadda at another event said that the aim of his Ministry is to ensure implementation of the Mental Health Policy in letter and spirit, and as part of its renewed strategy for mental healthcare services, the Government is strengthening Primary Health Centres and Community Health Centres."

Dr Henk Bekedam, WHO Representative to India said, "Being the single largest cause of morbidity globally, depression is a public health priority that concerns each one of us. The first step towards treatment and recovery is often talk-

ing to a person you trust."

On the sidelines of the event, Dr Smita N Deshpande, Professor & Head of Department of Psychiatry, Centre of Excellence in Mental Health, Dr Ram Manohar Lohia Hospital, said to reach out to the rural poor, the National Mental Health Programme (NMHP) is aiming to provide quality healthcare at the primary healthcare level. Similarly, the District Mental Health Programme is being upscaled to cover the entire country in a phased manner, she added.

Echoing similar views, Dr Poonam Khetrapal Singh, regional director, WHO South-east Asia, in a statement said that depression if left untreated, in its most severe form, can lead to suicide. However, good thing is that it can be managed and overcome if treated in time, she said.0

MEDICAL TOURISM POLICY TO BE UNVEILED ON YOGA DAY

New Delhi: A wellness and medical tourism policy is all set to be unveiled on International Yoga Day on June 21 to tap the huge potential of the sector, Tourism Minister Mahesh Sharma said on Friday. The Minister said the country can become a hub of wellness and medical tourism and his Ministry is working in that direction. The Minister noted that institutions would be able to provide medical services to the foreigners only after they are accredited with the Government.

Traditional values, Yoga helpful in treating depression: Pranab

MPOST BUREAU

NEW DELHI: President Pranab Mukherjee on Friday said traditional Indian values and Yoga can become good mechanisms to support people suffering from mental health disorders and noted that social stigma attached to such conditions remains a "major" problem in India. On World Health Day, which focuses on depression this year, Mukherjee said that this condition is the most common form of mental health disorders and asked medical fraternity to focus on traditional support systems, social support systems and spiritual beliefs and practices in providing wellbeing to all.

Observing that 5.2 per cent of the adult population in India suffer from depression in some form, he appealed to health professionals to "think globally and act locally" and come together to meet the challenges of depression.

"Out of all mental health disorders, depression is prob-



President Pranab Mukherjee delivering his address at the inauguration of the first 'NIMCARE World Health Day Summit' at Vigyan Bhawan in New Delhi on Friday

ably the most common. As per the National Mental Health Survey 2015-16 conducted by National Institute of Mental Health and Neurosciences (NIMHANS), 5.2 per cent of the Indian adult population suffers from depression in some form or other.

"The problem of depression often gets ignored due to lack of understanding on the part of the family members. The social stigma attached to a mental disorder is also a major problem in India. However, people have

now started talking about these issues leading to greater awareness," he said while addressing a World Health Day summit organised by NIMCARE.

He said the entire world made a commitment in the form of Sustainable Development Goals (SDGs) in which mental health and wellbeing figure prominently.

Noting that with the SDGs, countries (including India) have committed to achieve quantified targets by 2030, the President said looking at the

scale of the problems and the limited time available, the task is "challenging".

"Traditional Indian values along with family systems can be good mechanisms to support those who suffer from mental health disorders. I urge medical practitioners to focus on the social support systems, spiritual beliefs and practices as well as system of Yoga in their quest for providing wellbeing to all," he said.

Observing that lack of mental wellbeing contributes significantly to the total disability and morbidity burden across the world, he said productivity of human beings, whether in workforce or in the family situation, gets reduced if one has any mental disorder.

Mental health disorders have a wide range, from simple disorders to very complex situations, he said adding that it is often seen that simple disorders, if not managed in time, tend to become more complex putting the patient at higher risk of morbidity.

India to bring in medical tourism policy: Mahesh Sharma

DNA Correspondent

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New Delhi: The Centre is planning to launch a wellness and medical tourism policy on International Yoga Day on June 21 to tap the huge potential of the sector, Union Tourism Minister Mahesh Sharma said on Friday.

A web portal listing the names of the accredited institutions and the services they offer and the rates would also be launched, he said at a press conference here.

The minister was addressing the media after India's rankings in the World Economic Forum's Travel and Tourism Competitive Index (TTCI) for 2017 rose up 12 points to the 40th position, up from the 52nd position in 2016. India's rankings, which in 2015 was 65, have been calculated from 14 parameters among 136 countries.

TALKING TOURISM

The rate of foreign tourist arrivals (FTA) around the globe is 3.9%; India's FTA 10.7%

Japan and China's rankings rose up five points and two points respectively; on the other hand, the rankings of the United States and Switzerland fell by two and four points respectively.

According to Sharma, the government has also formed a National Medical and Wellness Tourism Promotion Board, which has noted cardiac surgeon Naresh Trehan and yoga guru Ramdev as members, to chalk out a strategy for boosting tourism through the segment.

(With PTI inputs)

Centre mulls wellness, medical tourism policy

NEW DELHI, PTI: The Centre is planning to launch a wellness and medical tourism policy on International Yoga Day on June 21 to tap the huge potential of the sector, Tourism Minister Mahesh Sharma said on Friday.

The minister said the country can become a hub of wellness and medical tourism and his ministry is working in that direction. "We are planning to launch a full-fledged policy on wellness and medical tourism on June 21," Sharma told a press conference here.

He said a web portal would also be launched which will have the names of the institutions and the services they offer and the rates they charge to make the system transparent.

The minister noted that institutions would be able to provide medical services to the foreigners only after they are accredited with the government. "No foreigner who has come to India for medical tourism should feel that they have been cheated in anyway," Sharma said.

योग दिवस पर कार्यक्रम आयोजित

नई दिल्ली। हरीनगर इलाके में अंतर्राष्ट्रीय योग दिवस के मौके पर एक कार्यक्रम का आयोजन किया गया। इस मौके पर मुख्य अतिथि के रूप में डॉ. ईश्वर आचार्य सहित तीन हजार लोग मौजूद रहे। कार्यक्रम के दौरान लोगों ने शांतिपूर्वक राजयोग किया और शारीरिक व्यायाम भी किया। कार्यक्रम के दौरान मुख्य अतिथि ने वहां मौजूद लोगों को बताया कि भारत की सरकार पूरे विश्व में प्रयास कर रही है। उनका उद्देश्य न केवल शारीरिक और मानसिक स्वास्थ्य को बढ़ना है। बल्कि सामाजिक नैतिक और पर्यावरणीय स्वास्थ्य को बेहतर बनाना है।

कार्यक्रम के आयोजक ने बताया कि इस तरह के सामूहिक योग के कार्यक्रम न केवल मन, तन और आत्मा को स्वास्थ्य प्रदान करते हैं।

Govt set to create 100 yoga parks this year

Anonna Dutt

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NEW DELHI: India plans to create 100 “yoga parks” across the country by the end of 2017 to encourage people to learn and practise yoga, said AYUSH minister Shripad Yesso Naik, a month before the International Yoga Day on June 21.

These parks will promote yoga by organising activities throughout the year, including classes at dawn and sundown.

These parks will be managed by voluntary yoga organisations, the minister said.

This year, the main International Yoga Day event will take place in Rambhai Ambedkar Sabha Sthal, Lucknow, which will be attended by Prime Minister Narendra Modi, senior Union ministers and Uttar Pradesh chief minister Yogi Adityanath.

Around 51,000 people are expected to join the Prime Minister and his entourage to do yoga in Lucknow.

Apart from the parks, the government will engage in several activities to promote the traditional practice, including a quiz competition on the ministry’s official website and essay writing on the effects of yoga on depression, ante-natal care and cancer care.

“Last year, we had invited scientific articles from medical graduates and yoga graduates on these topics. This year, we have opened it to all — people can write about how they have bene-

fitted from yoga,” said CK Mishra, acting secretary of ministry of AYUSH.

The ministry is also conducting research on the effects of yoga on these non-communicable diseases.

The ministry will also award four persons — two nationally and two internationally — for propagating and contributing towards yoga. These awards would be announced by the Prime Minister on the International Yoga Day.

Govt shapes up for Yoga Day

ON THE International Day of Yoga, the Prime Minister's Award for outstanding contribution for promotion and development of yoga, at the national and international level, will be given to individuals or the organisations who have made significant impact on society for a sustained time period, by way of promotion and development of the ancient discipline. This year, 150 countries are expected to participate on June 21.

Govt plans to declare 100 yoga parks across the nation

OUR CORRESPONDENT

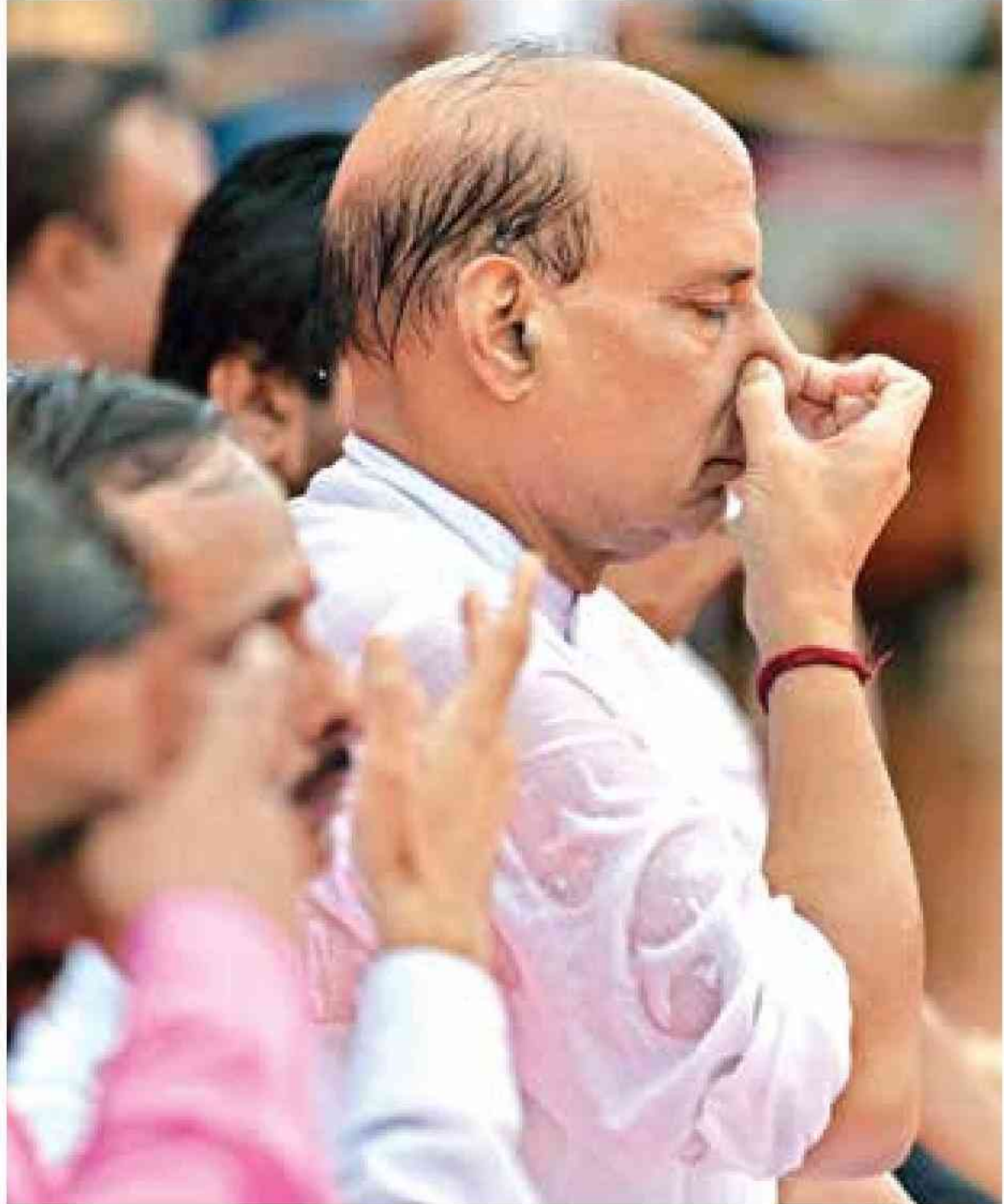
NEW DELHI: As it gears up for mega Yoga Day celebrations, the government has plans to declare a hundred parks especially dedicated for yoga activities across the country to promote this traditional practice.

Uttar Pradesh capital Lucknow will host the main event of the International Day of Yoga (IDY) on June 21 this year where Prime Minister Narendra Modi will participate.

Around 150 countries are expected to participate in the mega event, with Indian Missions in those nations coordinating the activities. IDY will be observed at some of the major landmarks like the Eiffel Tower in Paris, the Trafalgar Square in London and the Central Park in New York among others.

“It would be no exaggeration to say that the world has acknowledged the supremacy of India in the field of yoga. Last two years, the IDY was celebrated across the globe with active participation of more than 190 countries,” Minister of State for AYUSH Shripad Yesso Naik said.

The Prime Minister's Award for outstanding contribution for promotion and development of Yoga at national and international level will be given to individuals or organisations who have made significant impact on the society for a sustained period of time by way of promotion and development of Yoga, Naik said.



A screening committee chaired by AYUSH secretary has been constituted to recommend the names and the jury headed by Cabinet Secretary will finalise the four winners, two in each category.

The ministry is also planning to have 100 Yoga parks across the country which will be managed by Yoga or other organisations voluntarily.

The prime minister, senior ministers, Uttar Pradesh chief minister and yoga gurus along with nearly 51,000 people are expected to take part in the event. In Delhi, seven main events are being planned in dif-

ferent places in association with NDMC, DDA and Yoga organisations. Apart from this, yoga events will be held in different parts of the country as well as main cities like Paris, London and New York across the globe.

The ministry on its official website has requested the people visiting the web page related to IDY to take a pledge to make yoga an integral part of their daily life. The first IDY celebration was organised at Rajpath in New Delhi on June 21, 2015 in which representatives of 191 countries had participated. Last year, the main function was in Chandigarh.

100 पार्कों को योग के लिए समर्पित करने की योजना

■ प्रस, नई दिल्ली : तीसरे अंतरराष्ट्रीय योग दिवस की तैयारियों के साथ ही सरकार देश के 100 पार्कों को योग के लिए समर्पित करने की योजना बना रही है। इन पार्कों को योग और उससे जुड़ी गतिविधियों के लिए सुरक्षित रखा जाएगा। इनका रखरखाव योग से जुड़ी संस्थाएं करेंगी। आयुष मंत्री श्रीपाद येसो नाइक ने गुरुवार को योग दिवस की तैयारियों का ब्योरा देते हुए यह भी बताया कि लखनऊ में होने वाले आयोजन में प्रधानमंत्री नरेंद्र मोदी, यूपी के सीएम योगी आदित्याथ, कई केंद्रीय मंत्रियों और प्रमुख लोगों समेत करीब 51,000 लोग शिरकत करेंगे। इसके साथ ही देश और दुनिया के दूसरे इलाकों में भी योग दिवस पूरी धूमधाम के साथ



मनाया जाएगा। नाइक ने कहा कि योग के मामले में भारत के ज्ञान का अब पूरी दुनिया लोहा मान रही है।

150 देशों में आयोजन

गौरतलब है कि भारत की पहल पर संयुक्त राष्ट्र ने 21 जून को योग दिवस के रूप में घोषित किया है।

योग दिवस पर पहला मुख्य आयोजन वर्ष 2015 में दिल्ली में और पिछले साल चंडीगढ़ में हुआ था। नाइक का कहना है कि इस बार के योग दिवस के लिए बड़े पैमाने पर तैयारियां शुरू हो गई हैं। इस बार दुनिया के करीब 150 देशों में योग दिवस पर आयोजन होंगे। पेरिस में आइफेल टावर, लंदन के ट्रैफलगर स्कवायर और न्यू यॉर्क के सेंट्रल गार्डेंस समेत कई अन्य मशहूर जगहों पर योग दिवस के आयोजन होंगे।

देश के 100 पार्क बनेंगे योग पार्क

नई दिल्ली। आयुष मंत्रालय देश के 100 पार्कों को खासतौर पर योग के लिए समर्पित करने की योजना बना रहा है। 21 जून को विशाल अंतरराष्ट्रीय योग दिवस समारोह की तैयारी करते हुए सरकार ने यह कदम उठाया है।

आयुष राज्य मंत्री श्रीपद यसो नाइक ने कहा कि योग के प्रचार और विकास के लिए निरंतर काम करने वाले राष्ट्रीय और अंतरराष्ट्रीय स्तर पर व्यक्तियों या संगठनों को प्रधानमंत्री पुरस्कार दिया जाएगा। नामों की सिफारिश के लिए आयुष सचिव की अध्यक्षता वाली एक स्क्रीनिंग कमेटी बनाई गई है। कैबिनेट सचिव की अध्यक्षता में जूरी को हरेक श्रेणी में दो-दो के साथ चार विजेताओं के नामों पर फैसला करना है। नाइक ने कहा कि दुनिया ने योग के क्षेत्र में भारत की श्रेष्ठता मानी है। (एजेसी)

योगाभ्यास के लिए देश भर में सौ पार्क होंगे रिजर्व

नई दिल्ली, प्रेटर: योग सभी के जीवन का हिस्सा बन सके, इसके लिए सरकार ने देश भर में सौ पार्कों को रिजर्व रखने की योजना बनाई है। इनमें योगाभ्यास कराया जाएगा।

इस बार अंतरराष्ट्रीय योग दिवस पर उग्र की राजधानी लखनऊ में मुख्य समारोह होगा। इसमें प्रधानमंत्री नरेंद्र मोदी, उग्र के मुख्यमंत्री योगी आदित्यनाथ के साथ 51 हजार लोग शिरकत करेंगे। माना जा रहा है कि 21 जून को 150 देश अपने यहां योग दिवस पर कार्यक्रम आयोजन करने जा रहे हैं। अंतरराष्ट्रीय योग दिवस अविस्मरणीय बन सके इसके लिए इस बार पेरिस के एफिल टावर, लंदन के ट्राफ्लगर स्क्वायर व न्यूयार्क के सेंट्रल पार्क में आयोजन

करने की योजना है। दिल्ली में 21 जून को सात मुख्य आयोजन किए जा रहे हैं। उल्लेखनीय है कि प्रधानमंत्री के आग्रह पर संयुक्त राष्ट्र संघ की आमसभा ने फैसला लिया था कि 21 जून को अंतरराष्ट्रीय योग दिवस के रूप में मनाया जाए।

आयुष विभाग के राज्य मंत्री श्रीपद यशो नायक का कहना है कि सारे विश्व ने योग के मामले में भारत का अनुसरण किया है। पिछले दो सालों में 21 जून को 190 देशों ने भारत के कदम से कदम मिलाए हैं। उन्होंने बताया कि योग में अनुकरणीय योगदान करने पर इस बार पीएम राष्ट्रीय व अंतरराष्ट्रीय स्तर पर पुरस्कार देंगे।

देश भर में 100 योग पार्क घोषित करने की योजना : श्रीपद नाइक



। कृष्णा अग्रवाल ।

नयी दिल्ली, फोकस न्यूज, विशाल योग दिवस समारोहों के लिए तैयारी शुरू करते हुए सरकार की देश भर में एक सौ पार्कों को खासतौर पर योग गतिविधियों के लिए समर्पित करने की योजना है । उत्तरप्रदेश की राजधानी लखनऊ इस साल 21 जून को अंतरराष्ट्रीय योग दिवस के मुख्य कार्यक्रम की

मेजबानी करेगा जहां प्रधानमंत्री नरेंद्र मोदी हिस्सा लेंगे । विशाल समारोह में भारतीय मिशनों के अपने देशों में गतिविधि समन्वित करने के साथ करीब 150 देशों के साथ भागीदारी की उम्मीद है । पेरिस में एफिल टावर, लंदन में ट्राफल्गर स्कवायर और न्यूयार्क में सेंट्रल पार्क जैसे अन्य महत्वपूर्ण स्थलों पर योग दिवस मनाया जाएगा ।

Centre plans to declare 100 yoga parks in the country

As it gears up for the mega Yoga Day celebrations, the Centre has plans to declare a hundred parks, especially dedicated for yoga activities across the country to promote its practice. Uttar Pradesh capital Lucknow will host the main event of the International Day of Yoga on June 21 where Prime Minister Narendra Modi will participate. Around 150 countries are expected to participate in the mega event.

PTI