

“Yoga embodies unity of mind and body, thought and action, restraint and fulfilment, harmony between man and nature, and a holistic approach to health and well-being.

- Prime Minister Narendra Modi”

YOGA Mahotsav-2023

An Event to Commemorate 100 Days Countdown to
International Day of Yoga-2023
March 13 - 14, 2023 at Talkatora Indoor Stadium

&

Post Mahotsav Yoga Workshops

March 15, 2023 at MDNIY



100
DAYS TO GO
TO IDY - 2023

Y
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A

Workshops

Discourses

Exhibitions

Fusion/Demonstration

Organised by:

Morarji Desai National Institute of Yoga
Ministry of Ayush, Government of India

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PATRONS



Shri Sarbananda Sonowal
Hon'ble Union Cabinet Minister
Ministry of Ayush &
Ministry of Ports, Shipping and Waterways

Yoga is India's gift to the world, a powerful tool that can transform lives and create a better world for all. As we lead the G20 summit this year, let us showcase the timeless teachings of Yoga and its ability to promote health, harmony, and peace across nations.

I invite you to join us for the Yoga Mahotsav-2023 - An event to Commemorate 100 Days to International Yoga Day-2023. This event provides a platform to showcase the immense benefits of Yoga, and how it can contribute to our overall health and wellness. Through this event, let's celebrate the power of Yoga to transform individuals and communities, and make this momentous occasion a grand success.

As India leads the G20 summit this year, we welcome all experts and Yoga enthusiasts to join us for Yoga Mahotsav-2023 - An event to Commemorate 100 Days to International Yoga Day-2023. This event is a testament to the transformative power of Yoga, which rejuvenates both the mind and body, and now, with efforts being made to bring Yoga in synergy with technology, it has become a global phenomenon.

Let us celebrate this event with zeal, inspiring a global movement towards holistic wellness and make Yoga Mahotsav-2023 a great success.



Dr. Munjpara Mahendrabhai Kalubhai

Hon'ble Union Minister of State
Ministry of Ayush &
Ministry of Women & Child Development



Vaidya Rajesh Kotecha

Secretary, Ministry of Ayush
Government of India

Yoga has proven to be effective in treating psychosomatic disorders, as evidenced by scientific research in the modern world. Various medical and scientific institutes, including Yoga institutions, have worked together to show that the utility of Yoga is not limited to any particular field. These scientific works have instilled faith in the masses for Yoga's application in lifestyle disorders.

I heartily welcome to all the Hon'ble dignitaries, Senior Officers of Government of India, Yoga Gurus/Masters, experts of Ayush, modern medicine and allied science, delegates, Yoga enthusiasts to the Yoga Mahotsav-2023.

Yoga is a holistic path to attain physical, mental and spiritual well-being. With its ancient wisdom and modern approach, it empowers individuals to lead a balanced and harmonious life. Let us embrace Yoga as a way of life and celebrate its transformative power at Yoga Mahotsav-2023 - An event to Commemorate 100 Days to International Yoga Day-2023.



Ms. Kavita Garg

Joint Secretary, Ministry of Ayush,
Government of India

WELCOME BY THE DIRECTOR, MDNIY



Dr. Ishwar V. Basavaraddi

Director MDNIY
Ministry of Ayush, Government of India

It gives me immense pleasure to extend a hearty welcome to all the Hon'ble dignitaries, revered Yoga Gurus, eminent Yoga Masters, experts of Ayush, modern medicine and allied science, delegates, Yoga enthusiasts to the Yoga Mahotsav-2023 - An event to commemorate 100 days countdown to International Day of Yoga - 2023. Yoga is a priceless gift from India to the world and is immensely popular among all genre. It is a traditional system which makes an individual disciplined. This year the journey to IDY -2023 is all the more special as India is proudly hosting the G-20 summit with the theme "Vasudhaiva Kutumbakam". I am sure that with everyone's cooperation and contribution, this edition of Yoga Mahotsav will be celebrated in a befitting manner and will help to spread the message of Yoga in its true spirit and make it a global movement for peace, health and well-being.

YOGA MAHOTSAV-2023

Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, Government of India, is organising Yoga Mahotsav-2023 - an event to commemorate 100 days countdown to IDY-2023 from March 13-14, 2023 at Talkatora Indoor Stadium, New Delhi and Post Mahotsav Yoga Workshops on March 15, 2023 at MDNIY. As India is hosting the G20 Presidency, in the 'Amrit Kaal' with the spirit of 'Vasudhaiva Kutumbakam', wherein various aspects of health and well-being are being deliberated upon by the G20 members, the importance of Yoga Mahotsav has become even more significant than earlier.

The Yoga Mahotsav-2023 is witnessing the auspicious presence and discourses by eminent dignitaries including Cabinet Ministers from the Government of India, revered Yoga Gurus, eminent Yoga Masters, experts of Ayush, modern medicine and allied science, delegates and Yoga enthusiasts.

The Yoga Mahotsav-2023 will comprise the following events: -

- Technical Sessions:
 - (i) Vice Chancellors Summit: 'IDY - A Reflection on its Past and Opportunities for the Future'.
 - (ii) Experience sharing by Heads of Leading Yoga Institutes: Yoga - Its past/present/future by revered Yoga Gurus.
 - (iii) States/UTs Ayush Summit.
- Yoga Demonstrations & Cultural Programmes by Yoga Institutions and Ministry of Culture, Government of India.
- Messages of Yoga Gurus and Scientists@ 100 days celebration of IDY.
- Photo Exhibition of previous IDY editions.
- Quiz, Elocution and Poster Presentation Competitions.
- Post Mahotsav Yoga Workshop for Yoga Instructors of Ayush Health & Wellness Centres/Anganwadi workers.
- 'Y-Break' Session for Senior Officers of various Ministries of Government of India.

Common Yoga Protocol: 07:00 AM - 07:45 AM from March 13-15, 2023 at MDNIY

SCHEDULE

(March 13, 2023 at Talkatora Indoor Stadium)

Timings	Programmes/Activities
03.00 P.M. To 05.30 P.M.	Inaugural Function
05.30 P.M. To 05.35 P.M.	Yoga Break
05.35 P.M. To 06.00 P.M.	Tea Break
06.00 P.M. To 07.00 P.M.	Talks/Discourse by Yoga Gurus/Masters
07.00 P.M. To 08.00 P.M.	Yoga Fusion/Demonstration

(March 14, 2023 at Talkatora Indoor Stadium)

Timings	Programmes/Activities
09.30 A.M. To 10.00 A.M.	Yoga Demonstration
10.00 A.M. To 11.30 A.M.	Vice Chancellors Summit/Experience Sharing by Heads of Leading Yoga Institutes
11.30 A.M. To 12.00 Noon	Yoga Fusion
12.00 Noon To 01.00 P.M.	States/UTs Ayush Summit
01.00 P.M. To 01.30 P.M.	Yoga Rhythmic Performance
01.30 P.M. To 01.35 P.M.	Yoga Break
01.35 P.M. To 02.00 P.M.	Lunch Break
02.00 P.M. To 04.30 P.M.	Competitions: Quiz/Elocution/Poster Presentation
04.30 P.M. To 05.00 P.M.	Bhajans
05.00 P.M. To 06.00 P.M.	Talk/Discourses on Yoga/Special Techniques in Yoga
06.00 P.M. To 07.00 P.M.	Prize Distribution/Closing Ceremony

YOGA COMPETITIONS

S.No.	Competition	Date & Time	Eligibility Criteria	Prize in (Rs.)
1	Yoga Quiz	14.03.2023 02.00 P.M. - 04.30 P.M.	Open For All	1 st Prize Rs. 25,000 2 nd Prize Rs. 15,000 3 rd Prize Rs. 10,000 Con Prize Rs. 1,000
2	Elocution Competition	14.03.2023 02.00 P.M. - 04.30 P.M.	Open For All	1 st Prize Rs. 25,000 2 nd Prize Rs. 15,000 3 rd Prize Rs. 10,000 Con Prize Rs. 1,000
3	Poster Presentation	14.03.2023 02.00 P.M. - 04.30 P.M.	Open For All	1 st Prize Rs. 25,000 2 nd Prize Rs. 15,000 3 rd Prize Rs. 10,000 Con Prize Rs. 1,000

Note: Rules & Regulations will be notified separately.

POST MAHOTSAV YOGA WORKSHOPS

(March 15, 2023 at MDNIY)

Timings	Programmes/Activities
07.00 A.M. TO 07.45 A.M.	Common Yoga Protocol
07.45 A.M. TO 08.00 A.M.	Institutional Activities
08.00 A.M. TO 09.00 A.M.	Breakfast
9.30 A.M. TO 11.30 A.M.	Surya Namaskar, Yogasana
11.30 A.M. TO 12.00 Noon	Tea Break
12.00 Noon TO 01.30 P.M.	Breathing Practices, Pranayama and Meditation
01.30 P.M. TO 01.35 P.M.	Yoga Break
01.35 P.M. TO 02.30 P.M.	Lunch Break
02.30 P.M. TO 04.00 P.M.	Yoga Nidra/ Relaxation Techniques/ Special Techniques
04.00 P.M. TO 04.30 P.M.	Tea Break
04.30 P.M. TO 06.00 P.M.	Special Techniques/Mantra Chanting/Meditation
06.00 P.M. TO 07.00 P.M.	Yoga Demo by students

PARTICIPATING ORGANISATIONS

• Leading Yoga Institutions
• Panchayat Pradhans
• Anganwadi Workers/Asha Workers/Self Help Groups
• Ayush Health & Wellness Centres
• Resident Welfare Associations (RWAs), Women Welfare Organisations
• Post Graduate Departments/Universities/Yoga Universities/Yoga Colleges & Institutes/Ayurveda, Siddha Homeopathy & Unani Colleges/Naturopathy & Yoga Colleges
• Schools
• Research Councils/National Institute/NCISM/NCH/PCIM&H/NMPB Ministry of Ayush
• Central Ministries/State Governments
• NCC/CSC/Nehru Yuva Kendra/NSS/NDMC/Railways/Post
• Uniform Personnel (Army/Air Force/Navy/Paramilitary/Police)
• CBSE/NCERT/CIET/UGC/NCTE/AICTE
• ASSOCHAM/CII/FICCI/ITPO/NASSCOM