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TIMES NATION

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## Government investing big in yoga studies

### Bangalore Institute Asked To Study Impact Of Yoga On 7 to 9-Year Old Children

Kounteya Sinha | TNN

New Delhi: Yoga is now the Union health ministry's new buzz word. The ministry is giving funds for several important studies being conducted to see how yoga actually benefits our health.

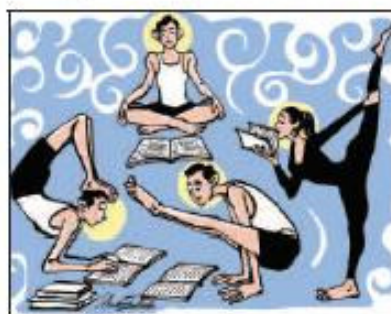
While around Rs 19 lakhs were sanctioned in 2010-11 under department of Ayush's research scheme, over Rs 70 lakhs were sanctioned under the clinical research scheme being implemented by the Central Council for Research in Yoga and Naturopathy.

The department has funded St Johns' Research Institute in Banga-

lore to see the effects of yoga on stress and cognitive functions in 7 to 9-year old school children. Mumbai's Yoga Bhavan, which is assessing stress management options for mothers of students taking competitive exams, is also a beneficiary of govt funding.

Baba Farid Centre for Special Children in Punjab is being funded to see the effects of yoga on stress and quality of life of caregivers of subjects suffering from autism patients and Vidyasagar Technology Institute of Physical Education in UP is assessing the effects of yoga on C-Reactive protein and other biomarkers in coronary atherosclerosis.

Nisarga Naturapathy Yoga hospi-



ON A HEALTHY NOTE

tal has been sanctioned Rs 5 lakhs to see the effect of yoga on diabetes. Swami Vivekananda Yoga Samsthan in Bangalore is working on assessing

the effect of yoga in prevention of complications in high risk pregnancies while ALN Rao Memorial Ayurvedic Medical College has been given around Rs 4 lakhs to study the efficacy of yogic postures on varicose vein.

All Life institute in Hyderabad is studying the effect of yoga on non Hodgkins Lymphoma while Yoga and Nature Care Home in Manipur is looking at yoga's beneficial role in post-stroke rehabilitation.

The Morarji Desai National Institute of Yoga, a fully funded autonomous body under the department of Ayush, has already set up 132 training centres for spreading yoga education in the states. The institute is also plan-

ning to set up 200 more such centres in the country in the next two years.

Meanwhile, the Traditional Knowledge Digital Library has completed the documentation of 1,300 'asanas' which will soon be uploaded making them a matter of "public knowledge" in order to protect them from western pirates. Around 250 of these 'asanas' have been made into video clips with an expert performing them. According to the Council of Scientific and Industrial Research and the department of Ayush, once the database goes online, patent offices across the world will have a reference point to verify patent claims of yoga gurus on a particular asana.