

Sangeet Natak Akademi  
New Delhi

**Snapshot- Inventory-Related to Yoga**

<http://www.sangeetnatak.gov.in/sna/inventory.htm>

F. No. 2-21/2010-UNESCO Cell  
Government of India  
Ministry of Culture  
UNESCO Cell

New Delhi, the 21<sup>st</sup> February, 2011

To,

Sh. Jayant Kastuar  
Secretary, Sangeet Natak Akademi  
Rabindra Bhavan,  
New Delhi

Subject: Appointment of Nodal Agency for purposes of UNESCO Convention on the Safeguarding of Intangible Cultural Heritage (ICH).

*Dear Shri Kastuar,*

As you are aware, the UNESCO Convention for the Safeguarding of ICH provides for State Parties to prepare and submit nomination dossiers for the (1) Representative List of ICH and (2) the Urgent Safeguarding List of ICH. In addition to these, the Convention also provides for submission of items to be placed on the Register of Best Practices (Programmes and practices best representing the spirit of the Convention).

As regards inscriptions on The Representative List, we are currently in the 3<sup>rd</sup> Cycle of nominations. For the first 2 cycles of submission of nomination dossiers, IGNCA had been designated as the nodal agency to coordinate and facilitate the procedure for preparation of the dossiers for inscription of India's items on the Representative List of ICH. IGNCA has since expressed its inability to continue to perform the role of nodal agency.

Therefore, the Competent Authority has decided to nominate Sangeet Natak Akademi, New Delhi, as the Nodal Agency for coordinating India's nominations for various Lists and other actions under the UNESCO Convention on ICH as well as for

developing and maintaining the National Inventory of ICH. This decision has already been shared by Secretary (Culture) with Chairperson SNA in the meeting of the Coordination Committee of the 3 National Akademies, held on 19.02.2011.

The first priority is to co-ordinate and submit nomination dossiers for the 3<sup>rd</sup> cycle of inscriptions, the deadline for which is March 31, 2011. In this regard a short list of 24 items to be developed as nomination dossiers for inscription on the Representative List of ICH in the 3<sup>rd</sup> cycle has been finalised by the Ministry and is attached at Annexure-I. Simultaneously three multinational dossiers for Baul Fakir and Kantha (both jointly with Bangladesh) Qawwali (jointly with Pakistan) are also proposed to be developed.

The concerned Units/State Governments/Institutions have been requested to prepare the nomination dossier(s) for the shortlisted item(s) and submit the completed nomination dossiers along with the required documentation latest by 15<sup>th</sup> March, 2011. They have further been advised to employ the best professional/scholarly expertise on the subject and ensure submission of very high quality dossiers. A copy of the D.O. letter No.2-56/2010-UNESCO Cell dated 24<sup>th</sup> January, 2011 is enclosed herewith for ready reference at Annexure-II.

It is requested that you may co-ordinate with the concerned organizations/State Government Departments, and ensure timely submission of the best quality dossiers. It might be efficacious, if a small cell with a few staff (existing or outsourced) is immediately created in Sangeet Natak Akademi to attend to this work. Since IGNCA was so far working as nodal agency, you may also like to consult them while finalizing the nomination dossiers for the 3<sup>rd</sup> cycle of inscription.

With your assistance and cooperation, we are sure that in this 3<sup>rd</sup> cycle of inscription we will be able to submit a number of high quality dossiers for the Representative List of ICH.

Yours sincerely,

  
(Roopa Srinivasan)  
Director

Copy to:

1. Shri V.S. Oberoi, Permanent Representative of India to UNESCO,  
1, Rue Miollis, 750 15 Paris for information.

SNA Inventory on the In: X

www.sangeetnatak.gov.in/sna/national-inventory.htm

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संगीत Sangeet  
नाटक Natak  
अकादमी Akademi

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### National Inventory on the Intangible Cultural Heritage (ICH)

**Inventory on the Intangible Cultural Heritage (ICH) of India**

Under the UNESCO convention on ICH, a statute to which India is a signatory, the Ministry of Culture, Govt. of India, has declared the Sangeet Natak Akademi, as the Nodal Centre for coordinating India's nominations for various lists and other actions such as developing and promoting ICH through the Ministry of Culture's letter no.2-21/2011-UNESCO dated 21 February, 2011.

Information as the ICH Nodal agency has been endorsed, as required by the Akademi's constitution, by its duly constituted Executive Board which is an autonomous body engaged in the work of preserving and promoting the traditional cultural heritage of India's rich performing arts (folk, puppetry, crafts and folk arts) and is represented on its General Council by India's top cultural and artistic personalities.

As a National Inventory of Intangible Cultural Heritage (ICH), this website offers collective ICH database of a variety of well-known institutions and individuals. The National database of Intangible Cultural Heritage also has a link to the current and ongoing nomination documentation. Each element of each of the seven elements in its entirety. Each element is supported by the requisite documents by the community engaged in the promotion of each. It is indeed the result of the participating bodies' demand to be placed on the UNESCO Representative List. The respective larger database called from regional institutions located all over India and are a product of the community's knowledge of their roots and their intimate association with the knowledge gained over hundreds and even thousands of years.

**Inventory on the Intangible Cultural Heritage (ICH) of India** (current and ongoing nomination, documentation, statements and audio-visual materials of each element)

Link to the nomination forms of various subordinate offices, attached offices and autonomous bodies of Ministry of Culture, Government of India

National Institute of Traditional Academy of Music, Dance and Drama, India

National Institute of Traditional Music, Kolkata

National Institute of Traditional Theatre, Allahabad

National Institute of Traditional Puppetry, Nagpur

National Institute of Traditional Crafts, Kolkata

National Institute of Traditional Music and Training, New Delhi

National Institute of Traditional Folk Arts, New Delhi

Inventory of the Intangible Cultural Heritage (ICH) of India						
Name of the Element	Detail (ppt)	Consent letters (ppt)	Images	Videos	Other reference links	
Kulliyattam, Sanskrit Theatre					<a href="http://kerala.gov.in/">http://kerala.gov.in/</a>	
The Tradition of Vedic Chanting					<a href="http://www.sangeetnatak.gov.in/">http://www.sangeetnatak.gov.in/</a>	
Chhama - the Traditional Performance of the Ramayana					<a href="http://www.sangeetnatak.gov.in/">http://www.sangeetnatak.gov.in/</a>	
Nusrat, Nuzouat, Noorat, Nazrat, Nazrat, Nazrat	Description	Consent	Images	Videos	<a href="http://www.unesco.org/whc/">http://www.unesco.org/whc/</a>	
Non-tantric Religious Festival and Ritual Practices of the Garwal Himalayas	Description		Images	Videos	<a href="http://lak.gov.in/">http://lak.gov.in/</a>	
Chhau Dance	Description	Consent	Images	Videos	<a href="http://www.bharatbandh.gov.in/">http://www.bharatbandh.gov.in/</a> <a href="http://odisha.gov.in/">http://odisha.gov.in/</a> <a href="http://www.bihar.gov.in/">http://www.bihar.gov.in/</a>	
Karolis: Folk Songs and Dances, Rajasthan, India	Description	Consent	Images	Videos	<a href="http://www.kapthar.gov.in/">http://www.kapthar.gov.in/</a>	
Ministry: Ritual Theatre and Dance Drama, Kerala, India	Description	Consent	Images	Videos	<a href="http://kerala.gov.in/">http://kerala.gov.in/</a>	
Buddhist chanting of Ladakhi: Intangible of sacred Buddhist texts in the upper Himalayan Ladakh region, Zaskar and Kashmir, India	Description	Consent	Images	Videos	<a href="http://lekhuc.in/">http://lekhuc.in/</a> <a href="http://jammukashmir.nic.in/">http://jammukashmir.nic.in/</a>	
Sakartan, ritual singing, drumming and dancing of Manipur	Description	Consent	Images	Videos	<a href="http://manipur.gov.in/">http://manipur.gov.in/</a>	
Chhames of Jammu and Kashmir: Traditional brass and copper craft of metal making, Punjab, India.	Description	Consent	Images	Videos	<a href="http://punjab.gov.in/">http://punjab.gov.in/</a>	
Yoga	Description	Consent	Images	Videos	reference links	
Koam: Ritualistic Threshold Drawings and Designs of Tamil Nadu, India	Description	Consent	Images	Videos	<a href="http://www.tn.gov.in/">http://www.tn.gov.in/</a>	
Muris and knowledge of the Veena stringed instrument	Description	Consent	Images	Videos	<a href="http://www.sangeetnatak.gov.in/">http://www.sangeetnatak.gov.in/</a>	
Chaar Bayt, a Muslim tradition in oral poetry, Uttar Pradesh,	Description	Consent	Images	Videos	<a href="http://up.gov.in/">http://up.gov.in/</a> <a href="http://www.up.gov.in/">http://www.up.gov.in/</a>	

No. 10/3/2015-IPR-VI  
Government of India  
Ministry of Commerce & Industry  
Department of Industrial Policy & Promotion

Udyog Bhawan, New Delhi.  
Dated: 9 March, 2015

To

The Secretary,  
Sangeet Natak Akademi,  
National Academy of Music, Dance & Drama,  
M/o Culture, Ravindra Bhavan,  
Feroze Shah Road,  
New Delhi-110001.  
(E-mail: mail@sangeetnatak.gov.in)

**Subject: Request for a meeting on seeking concurrence on IPR related issues  
for preparing a nomination dossier of Yoga- reg.**

Sir,

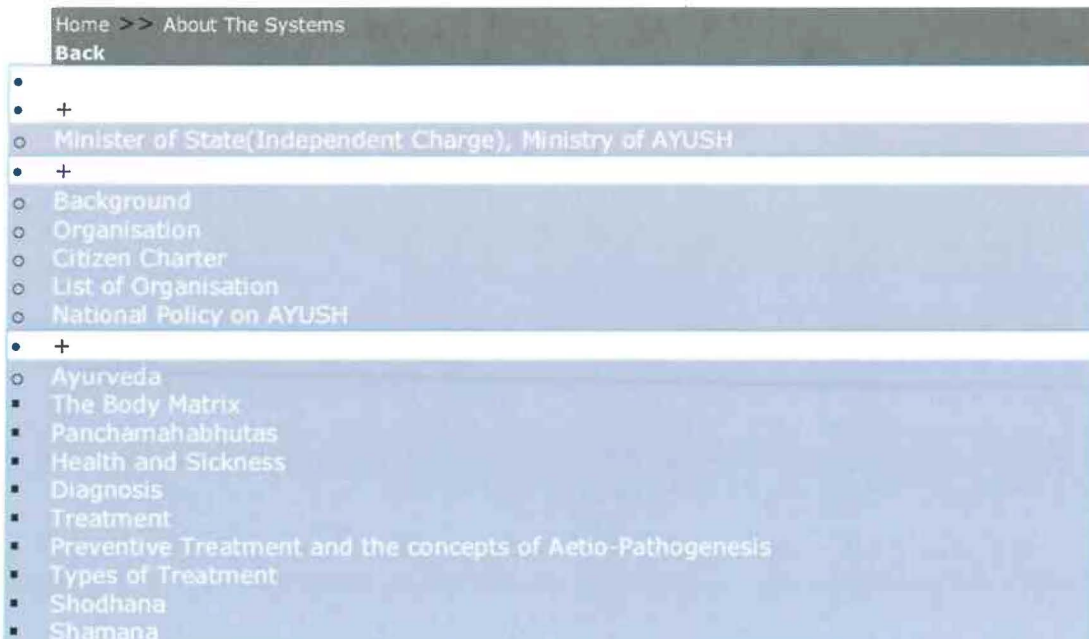
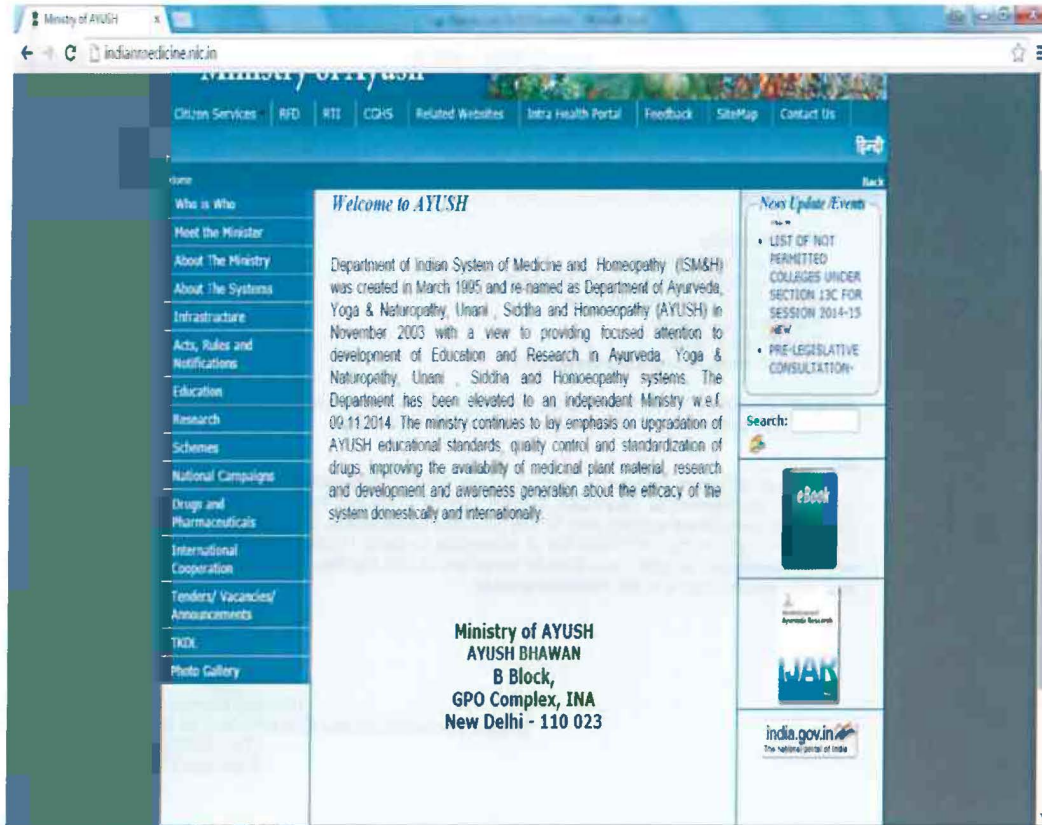
I am directed to refer to your letter no. 28-6/ICH/Yoga/2014-15/11429 dated 10.2.2015 addressed to Secretary, Department of Industrial Policy & Promotion on the above mentioned subject and to say that this Department supports your proposal to include Yoga in the UNESCO list of Intangible Cultural Heritage of Humanity as it will enable people of other countries to be aware of this traditional knowledge system and also ensure that it is not misappropriated.

Yours faithfully,



(Sanjay Kumar Lal)  
Under Secretary to the Government of India  
Tel: 23062906  
Fax: 23063596

<http://indianmedicine.nic.in/>




- Pathya Vyavastha
- Nidan Parivarjan
- Satvavajaya
- Rasayana
- Diet and Ayurvedic Treatment
- Institute of Post Graduate Teaching & Research in Ayurveda, Jamnagar (Gujarat)
- National Institute of Ayurveda (NIA) Jaipur
- Rashtriya Ayurved Vidyapeeth, New Delhi
- ALL INDIA INSTITUTE OF AYURVEDA
- Yoga
  - Definition of Yoga
  - Salient Features of Yoga
  - Yoga a universal practical discipline
  - Yoga as evolutionary process
  - Yoga as soul therapy
  - Types of Yoga
  - Japa Yoga
  - Karma Yoga
  - Gyana Yoga
  - Bhakti Yoga
  - Raja Yoga
  - Swara Yoga
  - Kundalini
  - Nadi
  - Morarji Desai National Institute of Yoga, New Delhi
- Naturopathy
  - Definition of Naturopathy
  - Salient Features of Naturopathy
  - Techniques and Benefits of Different Modalities of Naturopathy
  - Diet Therapy
  - Fasting Therapy
  - Mud Therapy
  - Hydrotherapy
  - Masso Therapy
  - Acupressure
  - Acupuncture
  - Chromo Therapy
  - Air Therapy
  - Magnet Therapy
  - Some Important Treatments of Naturopathy
  - Regular Courses available on Naturopathy & Yoga
  - Education in Naturopathy
  - Naturopathy Specialty Centers
  - National Institute of Naturopathy, Pune
- Unani
  - Introduction
  - Principles Concepts and Definition
  - Prevention of Disease
  - Therapeutics
  - Regimental therapy (Ilaj-bil-Tadbir)
  - Dieto therapy (Ilaj-bil-Ghiza)
  - Pharmacotherapy (Ilaj-bil-Dawa)
  - Surgery (Ilaj-bil-Yad )
  - Drug Control
  - National Institute of Unani Medicine, Bangalore
- Siddha
  - Introduction and Origin

- History
- Basic Concepts
- Materia Medica
- Chemistry in Siddha
- Strength
- Diagnosis and Treatment
- National Institute of Siddha (NIS), Chennai
- Homoeopathy
  - Guidelines
  - Introduction of Homoeopathy
  - National Institute of Homoeopathy, Kolkata
- SOWA - RIGPA
  - Introduction of SOWA - RIGPA
  - Theory and Practice
  - Training and Education
  - Infrastructures Of SOWA-RIGPA IN India
  - Ladakh
  - Himachal Pradesh
  - Arunachal Pradesh
  - Sikkim, Darjeeling and Kalimpong
  - Other regions of India


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- Summary Of Infrastructure Facilities Under AYUSH
- System wise Statistics
- State Wise Statistics
- State wise Institutes
- Research Organisations
- List of Hospitals & Dispensaries
- Institutes unde Ayush research councils map
- National Institutes under Ministry of Ayush




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- Acts and Rules
  - Homoeopathy-Acs/Rules/Regulations
  - Drugs Control Draft Notification Extraordinary
  - Drugs Control Draft Notification Extraordinary
  - Amendment of the Indian Medicine Central council Act 1970
  - Gazette Notification dated 17th March 2015 
  - The Indian Medicine Central Council Act, 1970
  - Drugs and Cosmetics Acts and Rules
  - Drugs and Cosmetics Amendment Act and Rules
- National Policy on AYUSH



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- EDUCATION POLICY
  - •Policy decision for processing of the cases of ASU UG Colleges for grant/denial of permission for the academic session 2013 14 
  - Policy decision for processing of the cases of ASU PG Colleges for grant/denial of permission for the academic session 2013 14
  - Policy decision for processing of the cases of ASU UG colleges for the academic session 2013-14
  - Policy Decision of GOV for Extention of the Last Date of submission of fresh application till 30th June 2014 under the provision fo Section 12A of the CENTRAL COUNCIL of HOMEOPATH Act 1973
  - Policy Decision of the Central Government for extension of last date from 30th April, 2014 to 30th June, 2014 for submission of fresh application schemes/applications under Section 13A of the IMCC Act, 1970



- Policy regarding matter of grant of permission to Post Graduate courses in ASU Systems
  - Courses and Study
    - Ayurveda-1
    - Nomination Scheme for UG and PG Courses
      - •Revised guidelines for Central Nominations to UG courses 2014-15 (Hindi)
      - •Revised guidelines for Central Nominations to PG courses 2014-15 (Hindi)
      - Central Nomination to MD(Ay) for session 2014-15
      - Central Nomination to MD(H) course at NIH Kolkata for 2014-15
      - Nomination for PG Courses 2014-15 list of CGN for MD(Unani) against reserved seats
    - National Institutes
      - ALL INDIA INSTITUTE OF AYURVEDA
        - Institute of Post Graduate Teaching & Research in Ayurveda, Jamnagar (Gujarat)
        - Morarji Desai National Institute of Yoga, New Delhi
        - National Institute of Ayurveda (NIA) Jaipur
      - Academic Activities
      - Patient Care Activities
      - International Initiatives
      - Publications of NATIONAL INSTITUTE OF AYURVEDA
    - National Institute of Homoeopathy, Kolkata
    - National Institute of Naturopathy, Pune
    - National Institute of Siddha (NIS), Chennai
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    - PUBLICATIONS OF NIS CHENNAI
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    - OUTPATIENT DEPARTMENT
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    - LABORATORY FACILITIES
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  - Foreign Students Training Programme
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- Research Centres & Projects undertaken last three years
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- Central Sector Scheme
  - CME Scheme 
  - CME
  - ACDP
  - T VK, Madras University
  - CoE
  - One Page Application form for CoE 
  - List of CoE Projects
  - CoE Scheme (English)
  - CoE Scheme (Hindi)
  - PHI
  - List of the Approved Proposal
  - One page Application form for PHI 

- PHI Scheme in English
- PHI Scheme in Hindi
- LHT
- CTMR, Chennai
- FRLHT Bangalore (Workshop)
- BAIF Devp. RF Pune
- FRLHT Bangalore (TN proj.)
- RMRC Belgaum
- SPIKAP Shillong
- CTMR Chennai (Salem, Dharmapuri & Krishnagiri distts.)
- VHAI AP (West Kameng distt.)
- Tapobhoomi Trust Bhubaneswar
- SASYRI Salem
- SSM Kochi
- SAMBANDH Bhubaneswar
- Amhi A Arogyasathi Maharashtra
- VHAI AP (West Siang distt.)
- ATSVS SMC & Hosp.Kanyakumari
- SRRC Leh Ladakh (Leh, Saspol & Khalsi blocks)
- SRRC Leh Ladakh (Nubra, Durbok & Nyoma blocks)
- FRLHT Bangalore (Manipur proj.)
- BAIF Instt. RD Allahabad
- JIIVS Udaipur
- SDM Coll Ay. Udupi
- FRLHT Bangalore (Kerala proj.)
- VMS Bastar
- ERI Chennai
- FEDCROT Madurai
- RDO Tamil Nadu
- SHF Chennai
- Pachalyappa's Coll, Chennai
- J & K VHDA Srinagar
- PAVITHRAM Chennai
- HIMJAKAS Rudraprayag
- CWDS New Delhi
- IIVET Shillong (AP, Meghalaya)
- IIVET Shillong (Karnataka, TN)
- IIVET Shillong (Chattisgarh, Orissa)
- IIVET Shillong (Rajasthan, Gujarat)
- Revised EMR 
- IC
- Revised scheme for International Cooperation (IC)
- IEC
- Revised IEC Scheme
- AYUSH Industry Clusters
- AE Pvt Ltd Jaipur
- AHC Pvt Ltd Bangalore
- CARE KERALAM LTD Kerala
- HHRC Pvt. Ltd Punjab
- KAP Pvt Ltd Maharashtra
- LAP Pvt Ltd Hyderabad
- RAC Pvt Ltd Ganjam Orissa
- TACT Chennai
- MAC Pvt Ltd Pune
- Cluster Scheme (English)
- Cluster Scheme (Hindi)

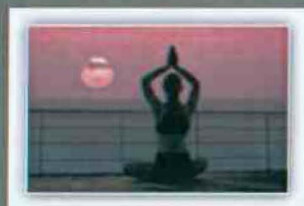
- Exchange Programme
- Evolving Pharmacopoeial Standards for ASU and H Drugs, etc.
- Centrally Sponsored Schemes
- Financial Sanctions
- Revised scheme for International Cooperation (IC)
- Financial Year 2012-13 of Hospital and Dispensaries
- Financial Year 2011-12 of Hospitals and Dispensaries
- Financial year 2009-10 of Hospitals and Dispensaries
- Financial year 2010-11 of Hospitals and Dispensaries
- Financial year 2008-09 of Hospitals and Dispensaries
- Centrally Sponsored Scheme on Quality Control of AYUSH Drugs
- Financial year 2000-10 of Quality Control of AYUSH Drugs
- Financial year 2008-09 of Quality Control of AYUSH Drugs
- Centrally Sponsored Scheme on Development of AYUSH Institutions
- Financial year 2008-09 of AYUSH Institutions
- Centrally Sponsored Scheme on National Mission on Medicinal Plants
- Central Sector Schemes for Development of AYUSH Industry Cluster QC for Ayush Drugs
- Financial year 2008-09 of AYUSH Industry Cluster
- EXTRA MURAL RESEARCH 
- 
- +
- Drugs and Cosmetics Act Amendment in last 2 years
- Quality Assurance campaign
- Quality Council of India
- Central Drug Controller for ASU and H
- Essential Drugs List ASU and H
- AYUSH Mark
- Quality Control Of ASU Drugs
- AYUSH Hospital
- Pharmacopoeia Commission
- Pharmacopoeia Commission of India
- Ayurvedic Pharmacopoeia of India
- Unani Pharmacopoeia of India
- Sidha Pharmacopoeia of India
- ASUDTAB
- ASUDCC
- Drug Testing Facilities
- List of Approved Drug Testing Labs
- State Govt Assisted Labs
- State owned Pharmacies
- Indian Medicines Pharmaceuticals Corporation Ltd, (IMPCL)
- Oushadhi
- TAMCOL
- +
- Achievements of International Cooperation
- Delhi Declaration on Traditional Medicine for SE Asian Countries
- Revised scheme for International Cooperation (IC)
- +
- Annual Report 2013-14
- Vacancies in AYUSH
- Tenders
- Annual Report-2012-13
- Announcements
- West Bengal PG Homeopathy admission test 2014
- Open contest for "Logo Design & Tagline"for "AYUSHMAN BHARAT" TV Programme 

- Open Competition for Design Logo for NAM and AIIA 
- Circulars
  - Implementation DACP scheme upto SAG level to AYUSH doctors 
  - Notification regarding promotion of Sh. Ram Lakhan
  - Notification regarding retirement of Sh. R.K.Sood
  - Engagement of Communication Advisor to MoS(IC)
- Events
  - AROGYA Fair at Jammu 21-24 Dec 2013
  - Planned Events
  - Past Events
- Publications
  - Essential Drugs List of Ayurveda Siddha Unani and Homeopathy
  - Good Clinical Practice Guidelines for clinical trials of ASU Medicine
  - Inspection Manual for inspection of Drug Testing Laboratories
  - GMP Guidelines Book
  - AYUSH IN INDIA 2012
  - AYUSH IN INDIA 2013
  - proforma A-B-C-E Collection Information
  - Proforma D for collection of information
  - Proforma -X-a for collection of information
  - Proforma -X-b for collection of information
- AYUSH IN INDIA 2014 
- Guidelines For Inspection Of GMP Compliance By Homoeopathic Drug Industry 
- National Policy on AYUSH

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- TRADITIONAL KNOWLEDGE DIGITAL LIBRARY



## Yoga



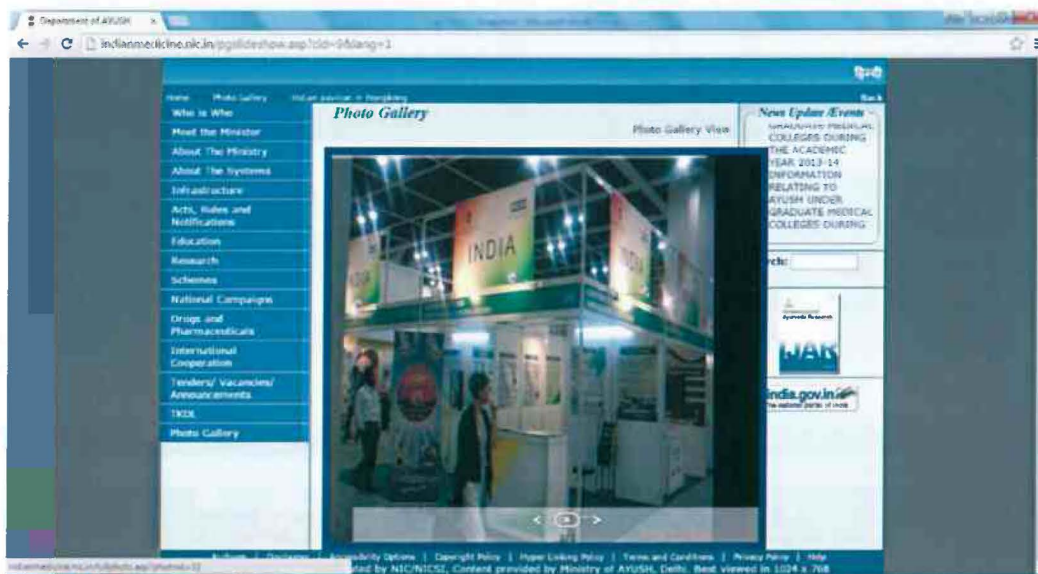
The concepts and practices of Yoga originated in India about several thousand years ago. Its founders were great Saints and Sages. The great Yogis presented rational interpretation of their experiences of Yoga and brought about a practical and scientifically sound method within every one's reach. Yoga today, is no longer restricted to hermits, saints, and sages; it has entered into our everyday lives and has aroused a worldwide awakening and acceptance in the last few decades. The science of Yoga and its techniques have now been reoriented to suit modern sociological needs and lifestyles. Experts of various branches of medicine including modern medical sciences are realising the role of these techniques in the prevention and mitigation of diseases and promotion of health.

Yoga is one of the six systems of Vedic philosophy. Maharishi Patanjali, rightly called "The Father of Yoga" compiled and refined various aspects of Yoga systematically in his "Yoga Sutras" (aphorisms). He advocated the eight folds path of Yoga, popularly known as "Ashtanga Yoga" for all-round development of human beings. They are:- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. These components advocate certain restraints and observances, physical discipline, breath regulations, restraining the sense organs,

contemplation, meditation and samadhi. These steps are believed to have a potential for improvement of physical health by enhancing circulation of oxygenated blood in the body, retraining the sense organs thereby inducing tranquility and serenity of mind. The practice of Yoga prevents psychosomatic disorders and improves an individuals resistance and ability to endure stressful situations.

- Definition of Yoga
- Salient Features of Yoga
- Types of Yoga
- Morarji Desai National Institute of Yoga, New Delhi
- FAQ





TRADITIONAL KNOWLEDGE DIGITAL LIBRARY (TKDL) Traditional Knowledge Digital Library (TKDL) is a collaborative project between Council of Scientific and Industrial Research (CSIR), Ministry of Science and Technology and Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), Ministry of Health and Family Welfare. TKDL involves documentation of the knowledge available in public domain on traditional knowledge from the existing literature related to Ayurveda, Unani and Siddha in digitized format, in five international languages which are English, French, German, Spanish and Japanese. So far, the TKDL includes about 2.12 lakh medicinal

formulations ( Ayurveda: 82,900; Unani: 1,15,300; Siddha: 12,950 ), from 148 books available in public domain, and the database exists in 34 million A4 size pages. Creation of TKDL – Yoga is under process and till date about 900 no. of Yoga postures from 14 old yoga books in public domain have been transcribed, which will also be videographed and added to TKDL database. Government of India, on 29th June 2006, has approved to provide the access of TKDL database to International Patent Offices, under Non-disclosure Agreement, between CSIR and respective International Patent Office, according to which - (i) Access to TKDL by the examiners of an international patent office would only be utilized for patent search and examination, and (ii) International Patent Offices and their examiners would not make any third party disclosure other than what is necessary and essential for the purpose of patent search and examination. Access to TKDL has been given to European Patent Office (having 35 member states), German Patent Office, Indian Patent Office and United States Patent and Trademark Office (the Agreement for which was signed in November 2009, on the sidelines of the State visit of Hon'ble Prime Minister to United States). The genesis of the maiden Indian effort dates back to the year 2000, when an interdisciplinary Task Force of experts was set up by Department of AYUSH and CSIR, to devise a mechanism on protection of India's Traditional Knowledge, after the wrong patents granted on the wound healing properties of turmeric (US patent No. 5,401,504) by USPTO and on the bio-pesticidal property of Neem (EPO patent No. 436257) by EPO, came to notice which were later fought and got revoked. Pursuant to this, studies were carried out to find out the extent of misappropriation of India's traditional knowledge which show that there is a continuous rise in misappropriation of traditional medicinal knowledge of India at the International Patent Offices...

**With reference to Yoga, the study conducted by the TKDL team on the international patent databases in February 2004 found 249 patents taken on Yoga, in May, 2005 found over 2300 patents, 2315 Trademarks at USPTO and nearly 150 copyrights at USPTO, taken on Yoga The reason for this misappropriation at International Patent Offices, as identified, is that the traditional medicinal knowledge exists in local languages, such as Sanskrit, Urdu, Arabic, Persian and Tamil which is neither available nor can be understood by patent examiners even in case of availability, at international patent offices since the information exists in local languages. In other words, there exists a language and format barrier due to which patents are being taken on the existing traditional knowledge of India. To break this language and format barrier Traditional Knowledge Digital Library (TKDL) was created by India, which with the help of Information Technology tools and a novel classification system i.e., Traditional Knowledge Resource Classification (TKRC), makes the knowledge available to patent examiners in patent application format and in a language that can be understood by them.**

<http://www.tkdL.res.in/>



## Traditional Knowledge Resource Classification (TKRC)

Traditional Knowledge documentation lacked a classification system. Therefore, a modern classification based on the structure of International Patent Classification (IPC) was evolved. This has been developed for the Indian Systems of medicine, viz., Ayurveda, Unani, Siddha and Yoga and named as Traditional Knowledge Resource Classification (TKRC). The TKRC has gained international recognition and linked with the International Patent Classification.

TKRC is likely to facilitate greater awareness on the traditional knowledge systems by leveraging the modern system of dissemination i.e. Information Technology, in particular, the Internet and Web technologies. It is anticipated that TKRC structure and details will create interest in those countries that are concerned about prevention of grant of wrong patents for non-original discoveries relating to traditional knowledge systems.

## Structure of TKRC

The TKRC is mainly divided into the following sections:

- A – Ayurveda
- B – Unani
- C – Siddha
- Y – Yoga

Section A i.e. Ayurveda is divided into the following classes:

- 01 – Pharmaceutical preparations (Kalpana)
- 02 – Personal Hygiene Preparations
- 03 – Dietary (Food / Food stuff or Beverages )



- 04 – Biocides, Fumigatives (Dhupana, Krimighna)

The Pharmaceutical preparations are divided into following sub-classes based on the material used.

- 01A – Based on Plants (Audbhida)
- 01B – Based on Animals (Jangama)
- 01C – Based on Minerals (Parthiva)
- 01D – Characterised by Diseases (Roga)
- 01E – Characterised by Actions (Karma)
- 01F – Mode of Administration
- 01G – Miscellaneous

Thus, the sub-class A01A represents Pharmaceutical preparations (Kalpana) based on plants (Audbhida)

Group A01A-1/00 is for Whole Medicinal Plants (Audbhida)

There are group codes and subgroup codes for the rest of the Sub Classes.

Similarly, classification has been developed for Unani, Siddha and Yoga systems.

## Bibliography / References

TKRC also contains the entire bibliography of the traditional knowledge texts used in the creation of TKDL. The code on bibliography has been prepared to identify the references of publication where in the information relating to traditional knowledge is available which can be retrieved. This includes the name of the book, name of the author, name of the publication, edition, parts of the book and year of publication of the book etc. Basically, a standard citation procedure has been followed.

### Example

**AB1 - Caraka Samhita - Edited & translated by P.V Sharma, Vol.-I : Chaukhamba Orientalia, Varanasi, Edn. 6th, 2000.[Time of origin 1000 BC-4th century ]**

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DEPT. OF AYUSH, MINISTRY OF HEALTH & FAMILY WELFARE, GOVT. OF INDIA

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The Central Council for Research in Yoga & Naturopathy (CCRYN) is an autonomous body under Department of AYUSH, Ministry of Health and Family Welfare, Government of India. It is an apex body in the field of Yoga and Naturopathy, actively engaged in promotion, propagation, research, education, training and publication work. A number of research projects with full financial assistance by the Council are being conducted at various reputed and premier medical institutions viz. All India Institute of Medical Sciences, Dr. Bhanu Prasad Hospital, New Delhi, National Institute of Mental Health and Neuro Sciences, Bangalore etc. So far, 38 research projects have been completed. The findings of these research projects are applied in OPDs of Yoga and Naturopathy set up by the Council in the leading Government Hospitals of Delhi. The Council provides grant-in-aid to various Yoga and Naturopathy institutions throughout India under TDC & PCC schemes for furtherance of its aims & objectives. Recurrent programmes for Yoga and Naturopathy practitioners to update their knowledge and motivate them for research and training workshops on research methodology are also organized by the Council.

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- ★ General Characteristics of Yoga Practices
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- ★ Yoga Management of Common Diseases

Yoga Hospitals & Institutes

benefits

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- \* Standing Postures
- \* Sitting Postures
- \* Lying Posture- Abdomen
- \* Lying Posture-Back
- \* Shatkarma
- \* Prayana

standing postures

www.ccrns.org/standing%20postures.html

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Techniques and Benefits of Yogic Postures


Note: For different Yoga postures, please see the Photo Gallery.  
Note: We need consent to get the help of photo for our e-mail/Text/Video/Internet/Print/Therapist before practicing Yoga.

STANDING POSTURES

**Gardhasana (Eagle Posture)**  
Technique: Take a standing position. Raise the right leg and twist it around the left leg, ideally, the right should be in front of the left thigh and the right foot should rest on the calf of the left leg. Now, hold the two arms at the elbows. Twist the right arm around the left arm. Try to place the palms together, so that they resemble the beak of an eagle. Slowly bend the legs and lower the body as far as you are able, while maintaining the balance. Maintain it for short time and slowly return to the original position.

**Benefits:** It keeps the joint flexible and helps in sciatic and hydrocele.

**Katichakrasana (Camber/Wheel Posture)**  
Technique: Stand erect with the feet about half a meter apart. Then twist your body to the right, keeping the position of your feet and legs fixed. Allow your arms to rotate and embrace your body. Also rotate your head as far as possible in the same direction as the twist of the back. In the final position, your left hand should rest on your right shoulder, your right hand should be in contact with the left side of your waist, and your eyes should gaze backwards over your right shoulder.

prayanama

www.coryn.org/prayanama.html


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## PRAYANAMA

**Bhastrika**  
**Technique:** Sit in any meditative comfortable position, whole and calm with focus. This mimics the bellows of a smith. Continue for 10-15 rounds in the beginning and extend the number of rounds as the practice continues.  
**Benefits:** It stimulates the whole body, improves circulation and invigorates the nerves.


**Surya Bhedi**  
**Technique:** Sit in any comfortable position and close the eyes with upper wrist. Close the left nostril and take deep breath through the right nostril. Then, exhale through the left nostril by closing the right nostril. Continue the practice for a desired number of rounds.  
**Benefits:** This practice will help to counteract the disturbance of para sympathetic nervous system. This will also help in handling of excessive calories in the body.

**Ujjayi**  
**Technique:** Sit in any comfortable position. Close the nostrils to the half by contracting partial *abdominal* muscles. Slowly draw the air in through both the nostrils, producing a sound in such a way that its touch is felt from the throat to the chest. One can hold the breathing for while 20 per cent capacity. Then gently exhale the air through both the nostrils. While inhalation and exhalation the air passes through the wind pipe in the thorax region with friction and hence the breathing will be with hissing sound.  
**Benefits:** This practice helps to reduce the inflammation of joints. It gives general well-beingness to the patient.




yoga diseases


www.coryn.org/yoga/AllDiseases.html

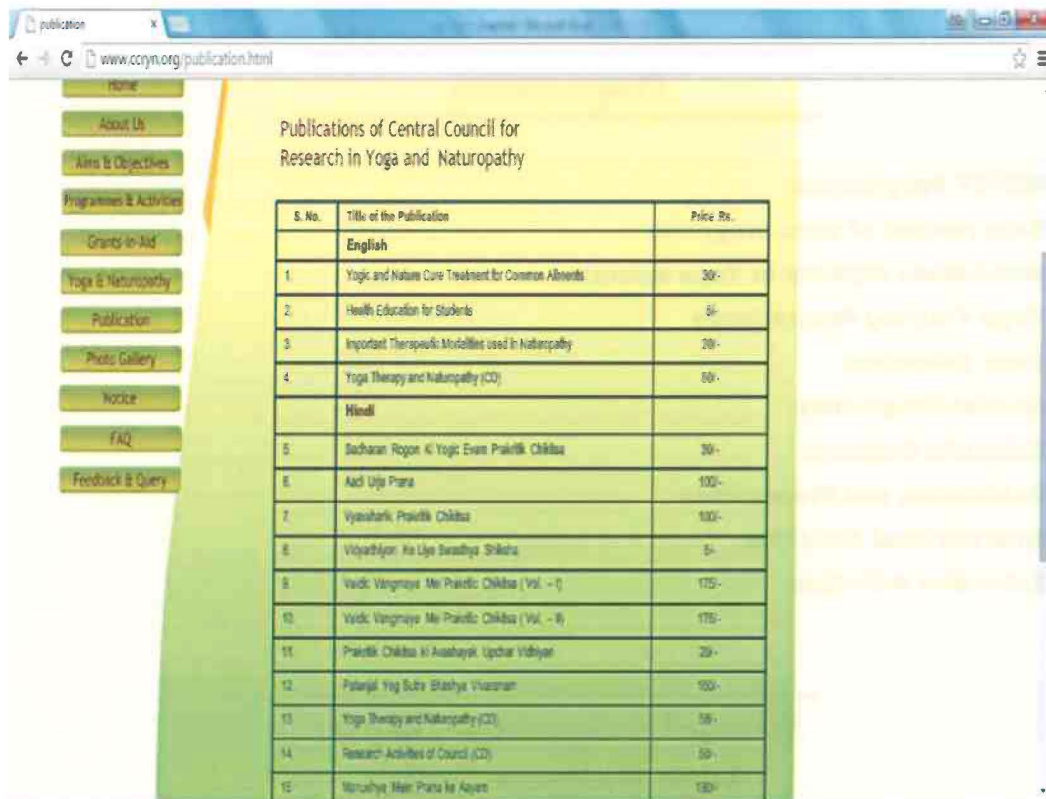

  
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- Yoga for Back Pain
- Yoga For Diabetes
- Meditative Postures
- Yoga For Eye Problem
- Restorative Postures
- Yoga For Gastric Disorders
- Yoga For Allergy
- Yoga For Heart Disease
- Yoga For Arthritis
- Yoga For Hernia
- Yoga For Hypertension
- Yoga For Indomnia
- Yoga For Menstrual Problems
- Yoga For Migraine
- Yoga For Obesity
- Yoga For Respiratory disease
- Yoga For Thyroid disorders





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## *Programmes*

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- ☒ **Publication and Propagation**
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- ☒ **Extension Activities**

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- ☒ **List of 59 NGOs selected under Phase II**
- ☒ **Corrigendum Notification**
- ☒ **Advertisement for 2nd Phase**
- ☒ **Notification for 2nd Phase**
- ☒ **Scheme for 2nd phase**

[!\[\]\(08a82c22d89d6b027ff69762ad096586\_img.jpg\) \*\*List of Nodal Yoga Institutes for 2nd Phase\*\*](#)

[!\[\]\(35e4f762fc1cfea5610d92e2d225d5b4\_img.jpg\) \*\*Application Form for SVDYWC\*\*](#)

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## *Yoga Therapy Centres*

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University of Delhi, North Campus,  
Delhi – 110 007

Rajan Babu Institute of Pulmonary Medicine &  
Tuberculosis,  
Dhaka Colony, Kingsway Camp,  
Delhi – 110 009

LRS Institute of Tuberculosis and  
Respiratory Diseases,  
Sri Aurobindo Marg, Mehrauli,  
New Delhi – 110 030.

Institute of Human Behavior and Allied Sciences,  
Jhilmi, Dilshad Garden,  
Delhi – 110 095

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## *Publications*

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## *Yoga Vijnana*

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The Institute has started publishing a Quarterly Journal “Yoga Vijnana” (Science of Yoga) devoted for propagation of Yoga Education, Training, Therapy and Research. This will be containing the general and research articles of eminent experts of Yoga, Modern medicine and other related subjects.

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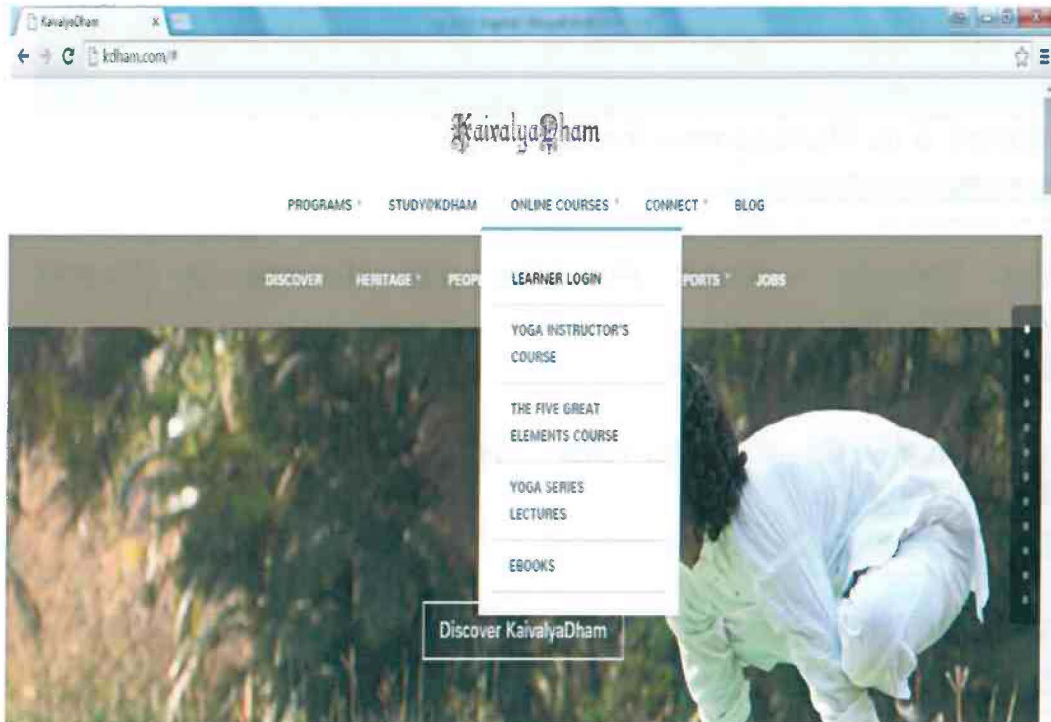
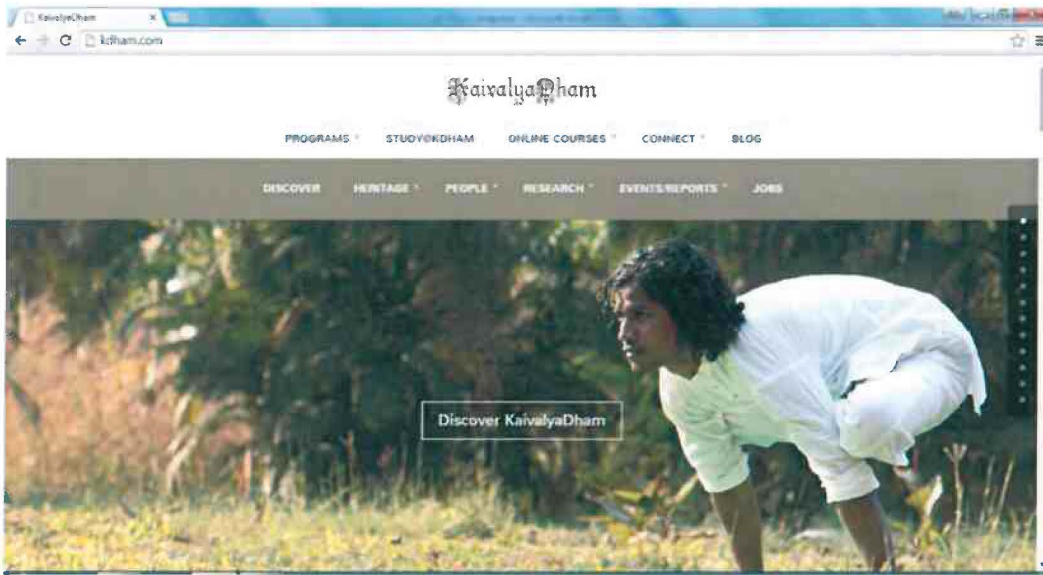
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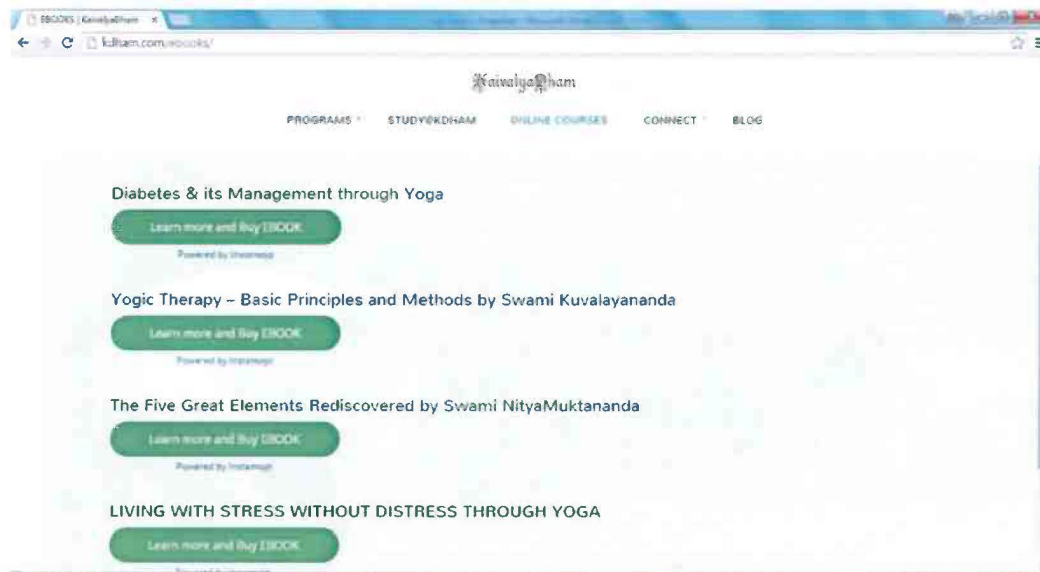
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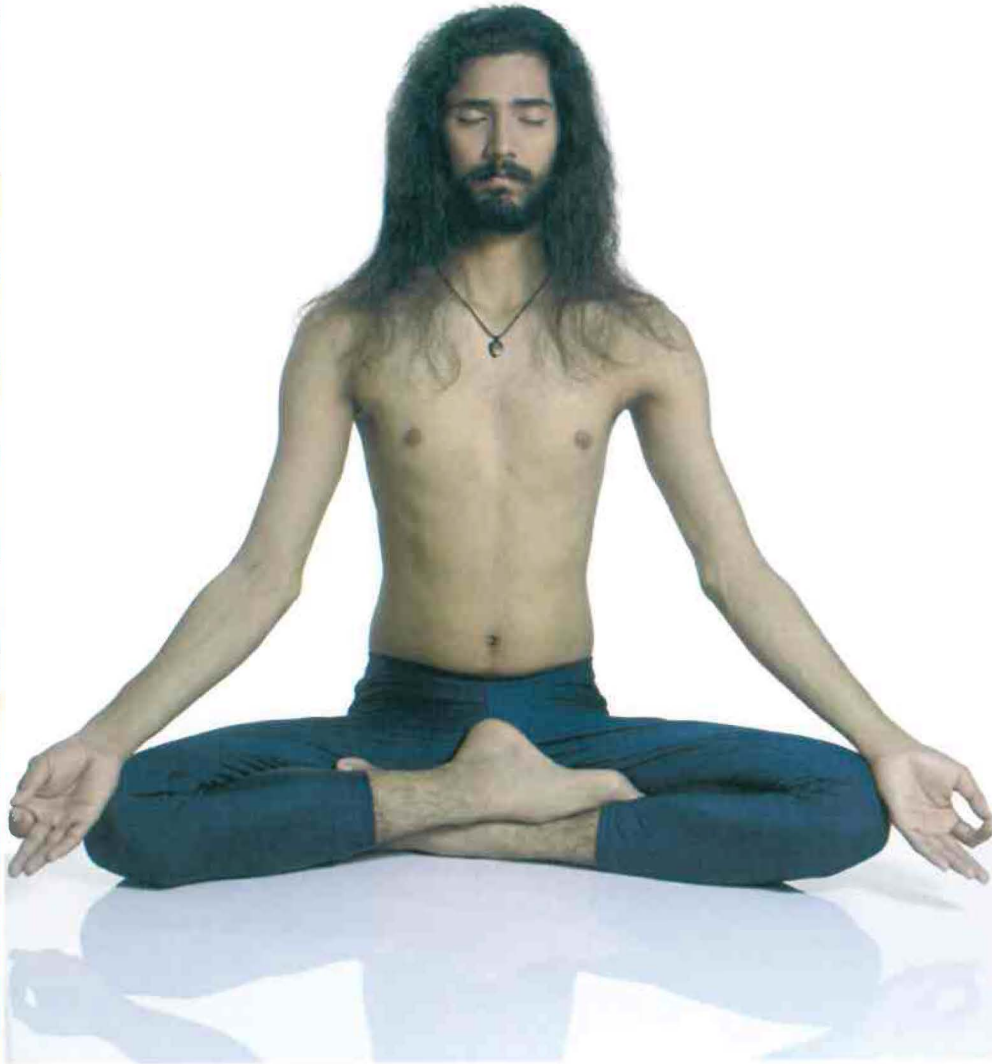
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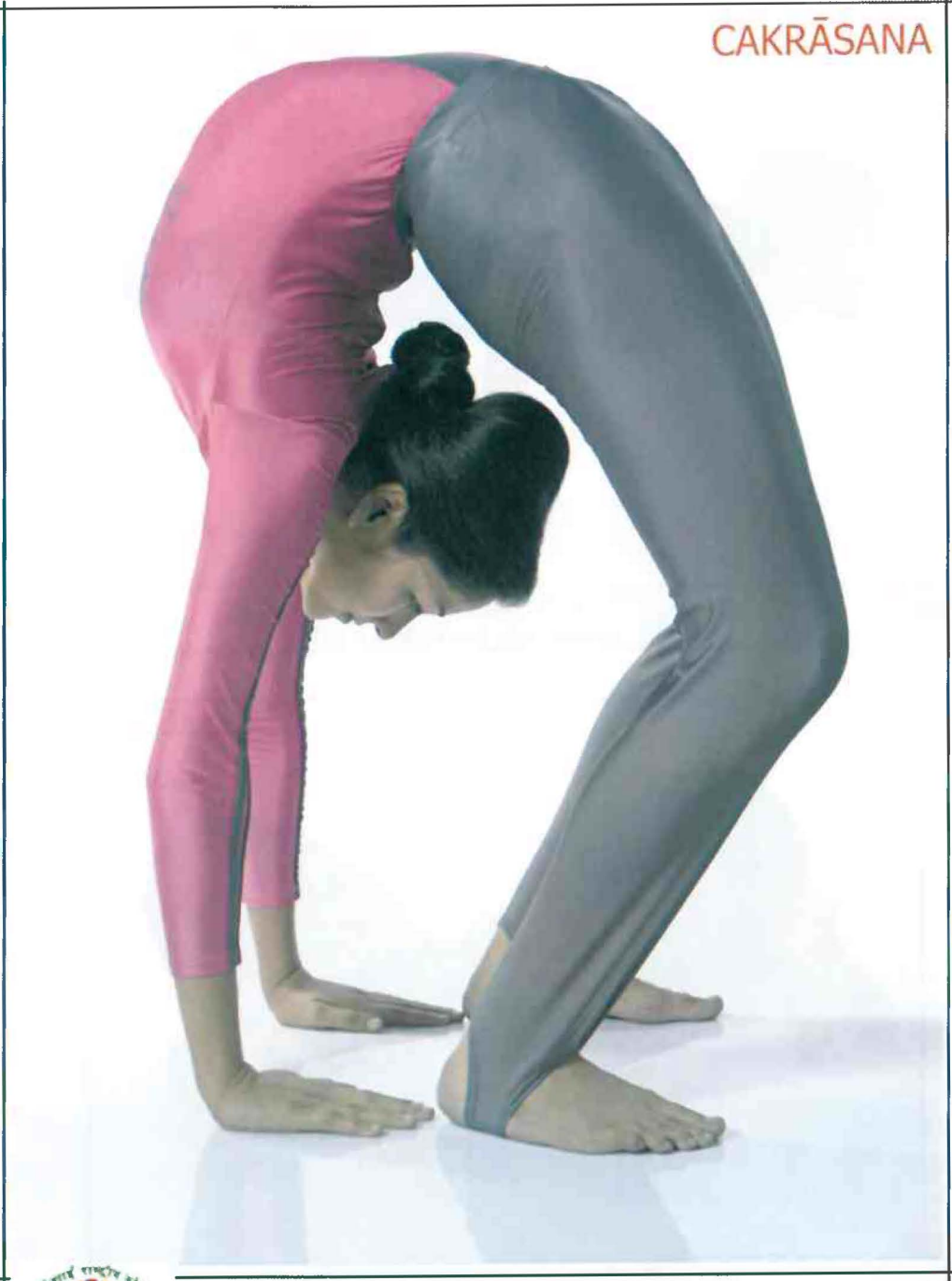
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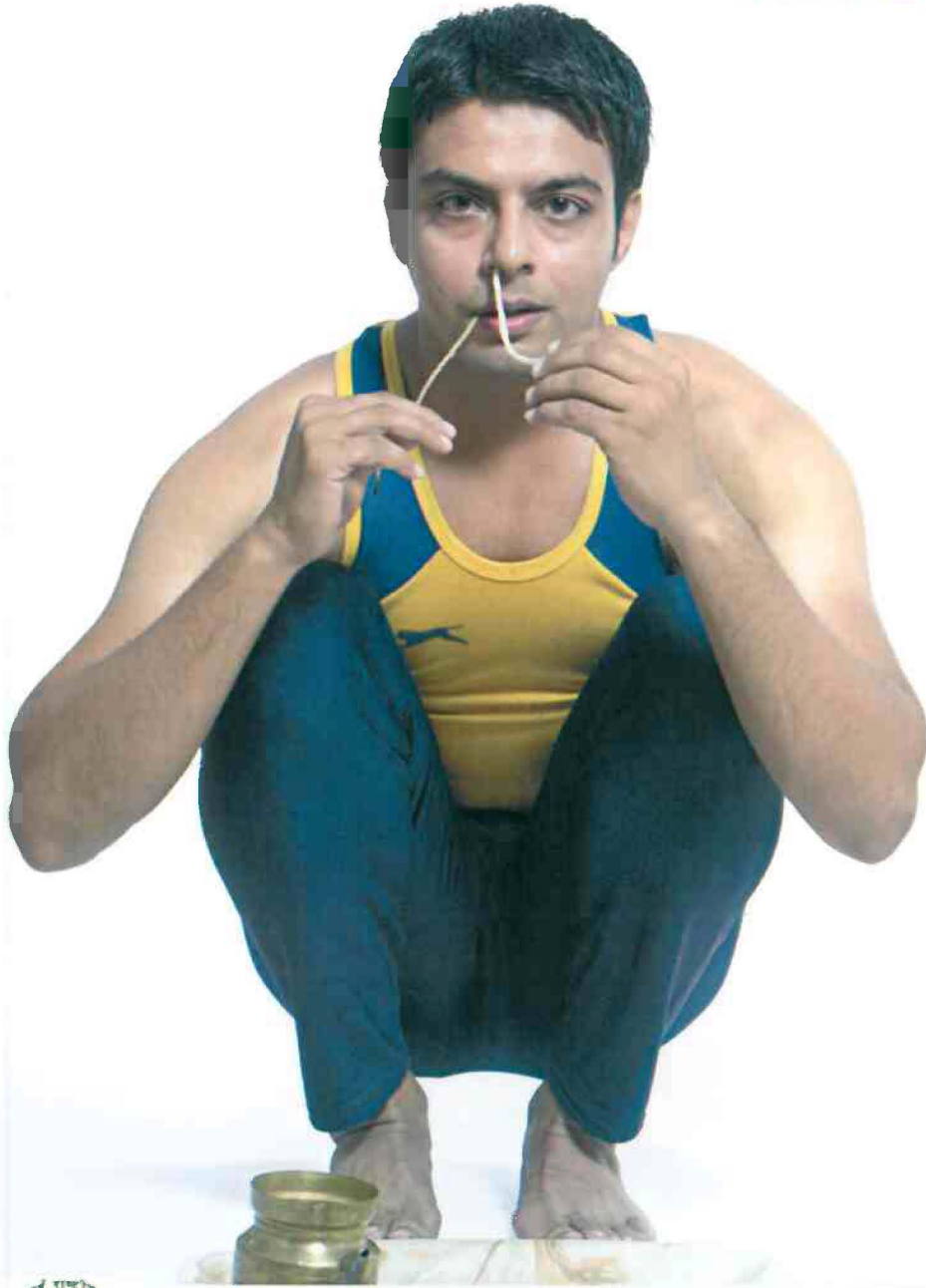
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VASTRA DHAUTI

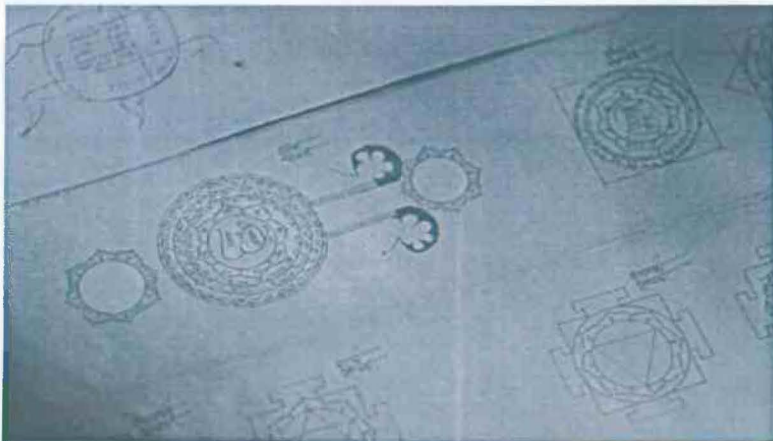


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