

ANNEXURE 40

SUMMARIZED REPORT OF PERFORMANCE OF SVDYWC ON THREE-YEAR YOGA PROJECT UNDER PHASES I & II

SWAMI VIVEKANANDA DISTRICT YOGA WELLNESS CENTRE SCHEME

NODAL YOGA CENTRE OFFICE:

**RAMAKRISHNA MISSION VIVEKANANDA UNIVERSITY,
BELUR MATH, HOWRAH, WEST BENGAL**

Introduction:

A scheme titled 'Swami Vivekananda District Yoga Wellness Centre (SVDYWC)' under Public Private Partnership (PPP) model has been devised by Morarji Desai National Institute of Yoga (MDNIY) New Delhi, an autonomous organization under the Department of AYUSH, Ministry of Health & Family Welfare, Government of India, for the purpose of planning, training, promotion and coordination of Yoga Education, Research and Therapy in all its aspects.

A Brief Description of the Scheme:

A district level NGO(SVDYWC) having infrastructure facilities, experience, expertise and capability for conducting Yoga Training and programmes shall be selected for the respective district to implement this project for three years.

The NGO assisted under the scheme shall be required to conduct four types of Yoga Programmes viz,

- a) Foundation Course in Yoga for Wellness(FCYW)
- b) Yoga Awareness Programme(YAP)
- c) Special Yoga Programmes for General Wellbeing(YPGW)
- d) Regular Yoga Training Programme(RYTP)

Each centre shall be getting a financial recurring grant of Rs.3,90,000/- per year and onetime non-recurring grant of Rs.60,000/- for initial. Continuation of the project will depend upon the annual performance of the respective centre. Each NGO shall be selected for the respective district to implement this project for three years.

Objectives:

The Scheme is aimed at supporting Non Government Organizations(N.G.O.) partially to promote yogic activities for public/community healthcare and to encourage utilization of yoga professionals in public health care delivery programme in Public Private Partnership (PPP) mode of implementation. The specific objectives are:

- i) to increase mass awareness about the health benefits of yoga,
- ii) to impart yoga training for physical, mental and spiritual well being of people
- iii) to create a network of yoga training institute/centres
- iv) to coordinate yoga in Schools Health Programme of MDNIY

Nodal Yoga Institute, RKMVU, Belur Math, Howrah, its responsibility and operation area: Ramakrishna Mission Vivekananda University, Belur Math, Howrah has been selected by MDNIY as the Nodal Yoga Institute for 12 States viz. West Bengal, Sikkim, Arunachal Pradesh, Tripura, Nagaland, Manipur, Mizoram, Assam and Meghalaya, Delhi, Himachal Pradesh and Jammu and Kashmir in the phase 1. Each SVDYWC will be provided technical support, guidance for establishing infrastructural facilities, help in selecting suitable technical staff and to assist the center in implementing the programme in an effective manner. The Nodal Yoga Institute shall periodically evaluate the progress of each SVDYWC through periodic physical inspections and send the half yearly, annual progress report of each SVDYWC with specific recommendation.

PHASE - I

Performance Evaluation of SVDYWC (2011-2014) and Total numbers of Beneficiaries under PHASE - I:

21 SVDYW centres were selected by MDNIY in the year 2011 under Phase-I to operate under the supervision of Nodal Office, Belur, Howrah. While evaluating the performance of 21 SVDYWC (Phase-I) with respect to the achievement of targets, performance of 10 centres was found good, 4 marginally behind target and 7 failed to achieve the desired target. Therefore, 7 centres were closed by MDNIY from February 2013 during the second year tenure of their continuation due to poor performance in meeting the targets in different programmes and not following the criteria as set by MDNIY in the Scheme Book of Yoga Project. Remaining centres' performance was judged as excellent since they have executed the objectives of yoga in their districts through schools, colleges and many more institutions and clubs by exercising the different yoga programmes earmarked by MDNIY under their modest supervisory capacity.

1. First Year of Phase I: 45200 number of beneficiaries have been benefited during the first year August 11 to July 12 from this Yoga Project.

2. Second Year of Phase I: Total number of 76543 participants under this Yoga Project have been benefitted during the second year August 2012 to July 2013.

3. Third Year of Phase I: Total number of 73,750 participants under this Yoga Project have been benefitted during the third year August 2013 to 2014.

Therefore, **total number of 1,95,493 participants** residing in the North-east States of India and also in West Bengal have been benefited under this Yoga Project during three-year Yoga Scheme (2011-2014) under Phase -I.

PHASE - II

Approval of 12 more SVDYW centres by MDNIY under Phase - II Scheme during the 2nd year

Introduction of 2nd Phase of SVDYWC Yoga Project by MDNIY : During the second year, MDNIY accorded approval w.e.f 1 April 2013 of more 12 new SVDYW centres under Phase-II Scheme within the purview of R.K.M.V.U. Nodal Yoga Office with a view to bring more SVDYWCs in each district of Assam, Manipur, Nagaland, Meghalaya, Sikkim, Arunachal Pradesh, Tripur and West Bengal states to utilize the essence of remedial measures of diseases through different programmes of yoga by the local people of respective district where SVDYWC has been approved.

While evaluating the performance of 12 SVDYWC (Phase-II) with respect to the achievement of targets, performance in the second year 3 SVDYWCs were closed by MDNIY due to poor performance in meeting the targets in different programmes and not following the criteria as set by MDNIY in the Scheme Book of Yoga Project. Remaining centres' performance was judged as excellent since they have executed the objectives of yoga in their districts through schools, colleges and many more institutions and clubs by exercising the different yoga programmes earmarked by MDNIY under their modest supervisory capacity.

1. First Year of Phase - II: 21,183 number of beneficiaries have been benefited during the first year April 2013 to March 2014 from this Yoga Project.

2. Second Year of Phase - II: Total number of 19,743 participants under this Yoga Project have been benefitted during the second year April 2014 to March 2015.

3. Third Year of Phase - II: Total number of 33,132 participants under this Yoga Project have been benefitted during the third year April 2015 to March 2016.

Therefore, **total number of 74,063 participants** residing in the North-east States of India and also in West Bengal have been benefited under this Yoga Project during three-year Yoga Scheme (2013-2016) under Phase -II.

CONCLUSION

(1) In the State of Assam (Districts Udalguri, Baksa, Kamrup Rural, Nagaon), the performances of these SVDYWCs situated in the districts mentioned are found to be satisfactory. During the period, they have conducted considerable numbers of Foundation courses in Yoga, Yoga Awareness Programmes and Yoga Programmes for

Wellbeings and Seminars in their respective centres and also in remote places of districts (Bhergaon, Jalah, Tanglagaon, Peneri etc.) which are mostly inhabited by tribal and backward people. They have conducted the above programmes in different school and college students who received the benefits of yoga in their daily life.

In the district of Nagaon of Assam the inhabitants are mostly Muslims farmers who have accepted gladly the benefits of yoga (physical exercises) accrued by performing the same in their daily life. The male and female Muslim students of Madrasas are taking active part in the different yoga programmes conducted by the trainers of this SVDYWC

(2) It was very difficult to introduce yoga in places like Aijwal district of Mizoram, Chandel district in Manipur which are inhabited by the tribal Christian Community. To many of them, Yoga is meant for Hindu Community only.

(3) In Manipur, most of the districts are situated in the border areas of eastern part of this region populated by the followers of Hindu, Christian and Muslims religion people. In the villages of Khonganangkong, Bamoh Leikai, Khurai Nandeibem, Leiki club of Achanfigei, Singjamei different yoga programmes were conducted.

(4) As the people of the West Bengal State are well conversant with and conscious about the benefit of yoga in life, the response from the people of West Bengal was quite satisfactory in comparison with that of the people residing in the states of north-eastern part of India. The employees working in government offices, police cadres and students from schools, colleges, clubs and sanghas are very much interested and eagerly taking part in the different yoga programmes conducted by SVDYW Centres. In the different classes of Yoga, practicals of Yogasana/Mudra/Pranayam, Surya Pranam, Ashtanga yoga etc., were taught to people to help them acquire a clear conception of body, mind and soul and to know the relation among these as a part of the best education needed for individual and collective welfare in the world.

As a ground reality we confront a challenging job to promote yoga in the areas which are geographically isolated from the main land. Diverse culture and religious following also does not allow to accept yoga open-heartedly. Getting qualified Yoga instructors to work in these areas is also another hurdle on the way to the achievement of the objectives of SVDYW Centres. However, armed with the three P's as taught by Swami Vivekananda, namely, "Purity, Patience and Perseverance", our efforts in this direction met with fair success although we have to go a long way to achieve our goal. Swami Vivekananda's clarion call is our great inspiration:

"Arise, Awake and Stop not till the Goad is reached."