



## Department of Yoga Science University of Patanjali, Haridwar

### Report on Yoga Training at Port Blair, Andaman & Nicobar Islands

The Administration of Port Blair desired to train some of interested government employees as yoga instructors. In future these trained and experienced Yoga Instructors to be utilized as Master Trainer to train the Youth of Port Blair in various manner with a focus on holistic wellness and personality development for the youth of Andaman and Nicobar Islands. Therefore, Sh. Aditya Kumar Jha, Director Sports and Youth Affairs, Andaman and Nicobar Islands, requested Sh. Pawan Shah Ji (Patanjali Yogpeeth) vide email dated 19.10.2023 (**Annexure-A**) for deputation of four yoga instructors to Port Blair for a Yoga training program of Physical Trainer (PT) teachers and police personnel of Port Blair. Sh. Pawan Shah Ji in consultation with Hon'ble Vice Chancellor of University of Patanjali, Haridwar forwarded this proposal to Dr. Nidheesh Yadav, HOD, Dept of Yoga Science, University of Patanjali, Haridwar, Uttarakhand vide email dated 16, Nov 2023 (**Annexure-A**). The HOD Yoga Science circulated this proposal to research scholars as all the students of University of Patanjali were engaged in Semester Examination during the proposed duration in Dec 2023 and all the staff was fully engaged for NAAC Visit. Few Research Scholars shown their interest and following four among them were selected and approved by Hon'ble Provice Chancellor (**Annexure B**) for this training program.

1. Sh. Avichal Verma Ji (Ph.D.: 2019 Batch)
2. Sh. Surya Prakash Ji (Ph.D.: 2020 Batch)
3. Sh. Harshit Sharma Ji (Ph.D.: 2023 Batch)
4. Sh. Pushker Ji (Ph.D.: 2023 Batch)

The Director, detailed their requirements of Training. Accordingly, many rounds of meeting were held on video conferencing with Director, Sports & Youth Affairs, HOD Dept of Yoga Science and the selected scholars to finalize the 10 days (**05<sup>th</sup>-14<sup>th</sup> Dec 2023**) schedule of Training Program. Finally the following schedule was finalized as per requirement:

#### **Schedule of 10 days Yoga Training Programme for Physical training Teachers & Police Personals of Andaman Nicobar Islands :**

#### **Objective**

- To educate & train daily Yoga Practice Protocol.
- To educate the benefits, procedure, and contraindications of yoga practices.

- To demonstrate Yoga practices with skill.
- To explain the procedure and subtle aspects of yoga practices.
- To import technical and tactical knowledge of teaching skills of Yoga.
- To prepare trained personnel to instruct youth and the broader population of Andaman & Nicobar Islands.

### Day 1

<b>Yoga Training Session</b>	<b>90Minutes</b>
Mantra chanting -3-time Om Chanting, Gayatri Mantra	5Minutes
YogicJogging	30Minutes
Surya Namaskar	30Minutes
Meditation	20Minutes
Shanti Path	5Minutes
<b>Yoga Teaching Session</b>	<b>90 Minutes</b>
Question Answer Session	30Minutes

### Day 2

<b>Yoga Training Session</b>	<b>90Minutes</b>
Mantra chanting -3-time Om Chanting, Gayatri Mantra	5Minutes
Repetition of previous day's Practices	20Minutes
Traditional Practices (12 Dand)	30Minutes
Pranayama	20Minutes
Meditation	10Minutes
Shanti Path	5Minutes
<b>Yoga Teaching Session</b>	<b>90 Minutes</b>
Question Answer Session	30Minutes

### Day 3

<b>Yoga Training Session</b>	<b>90Minutes</b>
Mantra chanting -3-time Om Chanting, Gayatri Mantra	5Minutes
Repetition of previous day's Practice	20Minutes
Traditional Practices (12Dand)	30Minutes
Pranayama	20Minutes
Meditation	10Minutes
Shanti Path	5Minutes
<b>Yoga Teaching Session</b>	<b>90 Minutes</b>
Question Answer Session	30Minutes

### Day 4

<b>Yoga Training Session</b>	<b>90Minutes</b>
Mantra chanting -3-time Om Chanting, Gayatri Mantra	5Minutes
Repetition of previous day's Practices	20Minutes
Traditional Practices (8Baithak)	30Minutes
Pranayama	20Minutes
Meditation	10Minutes
Shanti Path	5Minutes
<b>Yoga Teaching Session</b>	<b>90 Minutes</b>
Question Answer Session	30Minutes

### Day 5

#### **Yoga Training Session**

Mantra chanting -3-time Om Chanting, Gayatri Mantra

Repetition of previous day's Practices

Traditional Practices (8Baithak)

Pranayama

Meditation

Shanti Path

#### **Yoga Teaching Session**

Question Answer Session

**90Minutes**

5Minutes

20Minutes

30Minutes

20Minutes

10Minutes

5Minutes

**90 Minutes**

30Minutes

### Day 6

#### **Yoga Training Session**

Mantra chanting -3-time Om Chanting, Gayatri Mantra

Repetition of previous day's Practices

Asanas (Mandukasana, Shashkasana, Vakrasana, Gomukhasana)

Pranayama

Meditation

Shanti Path

#### **Yoga Teaching Session**

Question Answer Session

**90Minutes**

5Minutes

20Minutes

30Minutes

20Minutes

10Minutes

5Minutes

**90 Minutes**

30Minutes

### Day 7

#### **Yoga Training Session**

Mantra chanting -3-time Om Chanting, Gayatri Mantra

Repetition of previous day's Practices

Asana {Bhujangasana (1,2,3), Shalabhasana (1,2,3),

Markatasana (1,2,3), Pawanmuktasana (1,2)}

Pranayama

Meditation

Shanti Path

#### **Yoga Teaching Session**

Question Answer Session

**90Minutes**

5Minutes

20Minutes

30Minutes

20Minutes

10Minutes

5Minutes

**90 Minutes**

30Minutes

### Day 8

#### **Yoga Training Session**

Mantra chanting -3-time Om Chanting, Gayatri Mantra

Repetition of previous day's Practices

Asanas {Ardhahalasana, Padavrittasana (1,2), Dvichakrikasana (1,2)}

Pranayama

Meditation

Shanti Path

#### **Yoga Teaching Session**

Question Answer Session

**90Minutes**

5Minutes

20Minutes

30Minutes

20Minutes

10Minutes

5Minutes

**90 Minutes**

30Minutes

### Day 9

#### **Yoga Training Session**

Mantra chanting -3-time Om Chanting, Gayatri Mantra

Repetition of previous day's Practices

Asanas (All previous Asanas)

**90Minutes**

5Minutes

20Minutes

20Minutes

Pranayama	30Minutes
Meditation	10Minutes
Shanti Path	5Minutes
<b>Yoga Teaching Session</b>	<b>90 Minutes</b>
Question AnswerSession	30Minutes

### Day 10

<b>Yoga Training Session</b>	<b>90Minutes</b>
Mantra chanting -3-time Om Chanting, Gayatri Mantra	5Minutes
Repetition of previous day's Practices	20Minutes
Asanas and Pranayama as per Obesity, Diabetes & Hypertension	50Minutes
Meditation	10Minutes
Shanti Path	5Minutes
<b>Yoga Teaching Session</b>	<b>90 Minutes</b>
Question Answer Session	30Minutes

The travelling, accommodation of the Yoga Teachers was borne by the Director, Sports & Youth Affairs. All Yoga Teachers started their Journey from University of Patanjali, Haridwar on 03<sup>th</sup> Dec 2023 by bus to Delhi, then from Delhi to Port Blair by flight. They reached the destination on 04<sup>th</sup> Dec 2023 & received by Direction Education, Port Blair. By the evening Yoga Teachers had a meeting with Sh. Aditya Kumar Jha, Director Sports and Youth Affairs, Andaman and Nicobar Islands who detailed the further training outline. Then there was an induction program of the Yoga teachers, Officials involved in the training program & the trainers.

The scheduled Yoga Training was convened from 05<sup>th</sup> Dec 2023 morning 05.00 Am to 08.30 Am daily for 10 days till 14<sup>th</sup> Dec 2023.

Finally the training program was successful & concluded on 14<sup>th</sup> Dec 2023 by Sh. Devendra Chandra Srivastava, (I.P.S.) Director General of Police, Andaman Nikobar Islands. He encouraged the trainers to practice the learned practices daily in his life so that they can propagate the same to masses as & when directed. He appreciated the services of Patanjali Yogapeeth for traditional Health Awareness created as a collective effort of PP Swami Ji Maharaj & Shradhyeya Acharya Shree Ji Maharaj. He also thanked Dept of Yoga Science, University of Patanjali including the Yoga teachers deputed for this program.

11/16/23, 5:35 PM Zimbra

Zimbra nidheesh@uop.edu.in

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**FW: Training of Yoga at Port Blair**

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**From :** Pankaj Shah <pankaj.shah@patanjaliayurved.org> Thu, Nov 16, 2023 04:45 PM  
**Subject :** FW: Training of Yoga at Port Blair  
**To :** nidheesh@uop.edu.in  
**Cc :** yadavnkr@gmail.com

|| OM ||

Dear Nidheesh Ji,

It was indeed a pleasure speaking with you regarding sending of 04 Yoga Instructors to Port Blair. Kindly see the trail mail and then we can finalise the programme accordingly.

Thanks and Regards

Pankaj Shah

**From:** PA Education [mailto:paaneducation@gmail.com]  
**Sent:** 08 November 2023 18:56  
**To:** pankaj.shah@patanjaliayurved.org  
**Subject:** Training of Yoga at Port Blair

CAUTION: This email is from an external source. Exercise caution when opening attachments or clicking links.

To  
 Shri. Pankaj Shah  
 Patanjali Yogpeeth Trust  
 Haridwar,  
 Uttarakhand -

Dated:

19.10.2023

**Subject:** Proposal for conduct of training of PT teacher and Police personnel as Yoga Instructor (Master Trainer) focussed on holistic wellness and personality development for the youth of Andaman and Nicobar Islands – Regarding

Dear Sir,

The Andaman and Nicobar Islands are home to a vibrant community with a growing interest in Yoga and holistic well-being practices. The A&N is committed to promoting the physical and mental well-being among our youth and the broader population.

To this end, we are planning to conduct training for PT Teachers and Police personnel as yoga Instructors at Port Blair who will be capable of conducting Yoga Camps and sessions for the general public.

The Administration has identified around 50 personnel for training for 10 days.

In the view of above it is humbly requested to depute 04 Yoga Instructors at Port Blair preferably in November last week to December first week.

The Administration will ensure all necessary arrangements and bear all expenditures related to travel, stay, and honorarium of Yoga Instructors.

We firmly believe that the Patanjali Yog peeth's profound knowledge and experience in the realm of Yoga can significantly enhance our efforts to organize impactful and informative Yoga Camps with workshops on holistic living and meditation.

Your Kind cooperation is humbly solicited.

Yours sincerely,

Aditya Kumar Jha  
 Director Sports and Youth Affairs,  
 Department of Sports and Youth Affairs,  
 Andaman and Nicobar Administration

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**UNIVERSITY OF PATANJALI, HARIDWAR**  
**Department of Yoga Science**

Letter No: DYS/Office /2023-24/25

Dated: 20.11.2023

To,

Pujya Acharya Shree Ji  
VC, University of Patanjali  
Haridwar-249405

**Through: Pro Vice Chancellor, University of Patanjali, Haridwar.**

Sub: Deputation of 04 Yoga Teachers to Department of Sports & Youth Affaires,  
Andaman Nicobar Administration.

Sir,

The Director, Sports & Youth Affaires, Andaman & Nicobar Administration requested to depute 04 Yoga Teachers to conduct training for 50 PT Trainers & Police Personnel as Yoga Instructor (Master Trainer) for ten days preferably in last week of November & first week of December.

I propose following to depute for the above:

1. Harshit Sharma (PhD Scholar).
2. Avichal Verma ( PhD Scholar)
3. Pushkar ( PhD Scholar)
4. Surya Praksh (PhD Scholar)

The proposed schedule for ten days is attached herewith for your approval.

Yours Truly

**Dr. Nidheesh Yadav**

HOD, Dept of Yoga Science  
University of Patanjali, Haridwar.

विभागाध्यक्ष योग विज्ञान विभाग  
पतंजलि विश्वविद्यालय, हरिद्वार

Pro Vice Chancellor

Vice Chancellor

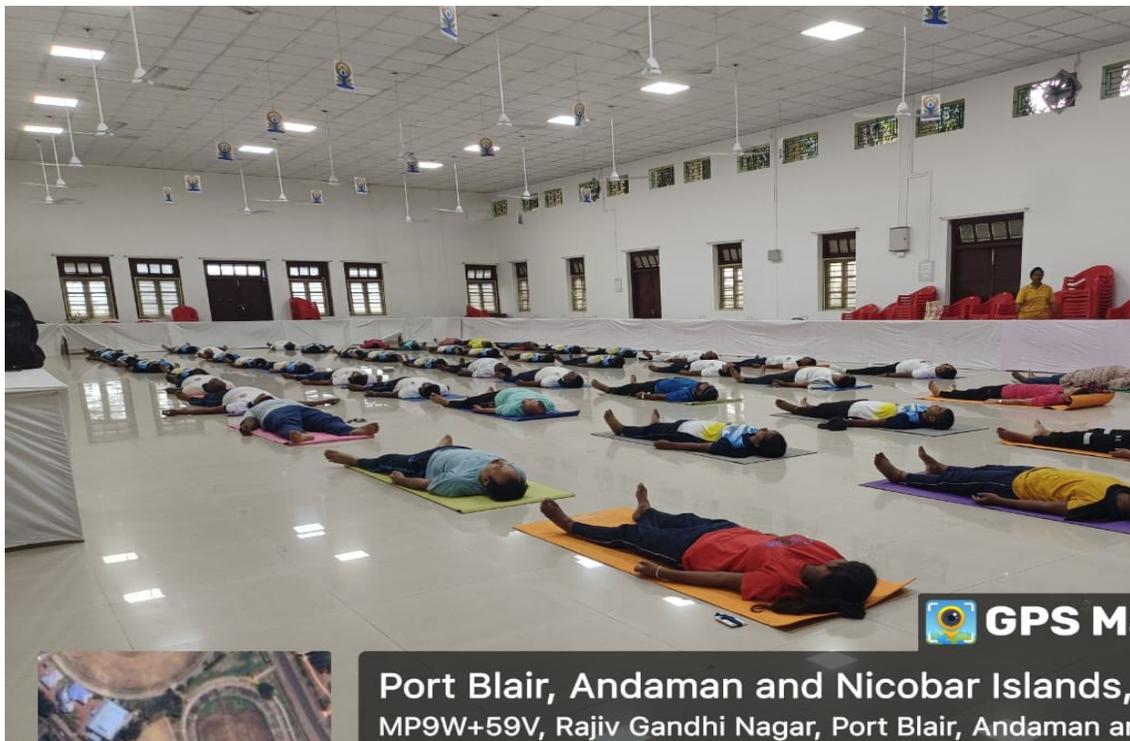
**Meeting with the Director and Secretary of Sports and Youth Affairs  
Andman Nikobar on December 4, 2023.**



**Meeting with Director and Secretary of Sports and Youth Affairs**



**Introductory Session by Surya Prakash Ji**



**Yoga Session**

**New Paper Cuttings**  
(Daily Tetegram, Dated 04 Dec 2023)

**Directorate of Sports & Youth Affairs to  
conduct Yoga training for 50 PET Trainees &  
Police Personnel from today**

Port Blair, Dec.4

The Directorate of Sports & Youth Affairs, A&N Administration in association with Directorate of Education will be conducting Yoga training for 50 PET Trainees & Police Personnel. Yoga Instructor (Master Trainer) Harshit Sharma, Avichal Verma, Pushkar, Surya Prakash from Department of Yoga Science,

University of Haridwar Patanjali Yoga Peeth will be imparting the training for ten days from Dec.5, 2023 from 5 am to 10.30 am in the Auditorium of Govt. Girls Sr. Sec. School, Port Blair. The event to be conducted includes yoga training and theory sessions. Interested volunteers may also take part in the event, a press release from Nodal Officer, SYA said.

**New Paper Cuttings**  
(Daily Tetegram, Dated 14 Dec 2023)

**50 पीईटी और पुलिस कर्मियों  
को योग प्रशिक्षण दिया गया**



पोर्ट ब्लेयर, 14 दिसम्बर।

अंडमान निकोबार प्रशासन के खेल और युवा मामले निदेशालय ने शिक्षा निदेशालय के सहयोग से 50 पीईटी और पुलिस कर्मियों के लिए योग प्रशिक्षण आयोजित किया। पतंजलि योग पीठ के हरिद्वार विश्वविद्यालय के योग विज्ञान विभाग के चार योग प्रशिक्षकों (मास्टर ट्रेनर) ने पोर्ट ब्लेयर में राजकीय बालिका वरिष्ठ माध्यमिक विद्यालय के सभागार में दस दिनों तक प्रशिक्षण दिया। खेल एवं युवा कार्य विभाग से जारी प्रेस विज्ञप्ति में कहा गया है कि आज समापन समारोह आयोजित किया गया, जिसमें पुलिस महानिदेशक श्री देवेश चंद्र श्रीवास्तव (आईपीएस) कार्यक्रम में शामिल हुए। अंडमान निकोबार प्रशासन के खेल निदेशक श्री आदित्य कुमार झा के धन्यवाद ज्ञापन के साथ प्रशिक्षण का समापन हुआ।

**New Paper Cuttings**  
(Daily Tetegram, Dated 14 Dec 2023)

**Yoga training imparted to 50 PET & Police Personnel**

Port Blair, Dec. 14

The Directorate of Sports & Youth Affairs, A&N Administration in association with Directorate of Education conducted Yoga training for 50 PET & Police Personnel. Four Yoga Instructors (Master Trainer) from Department of Yoga Science, University of Haridwar, Patanjali Yoga Peeth imparted training for ten days in the auditorium of



Govt. Girls Sr. Sec. School, Port Blair. The closing ceremony was held today in which, Shri Devesh Chandra Srivastva, IPS, Director General of Police attended the programme.

The training concluded with the vote of thanks by Shri Aditya Kumar Jha, Director (Sports), A&N Administration, a press release from the Department of Sports & Youth Affairs said.

विभागाध्यक्ष योग विज्ञान विभाग  
पतंजलि विश्वविद्यालय, हरिद्वार

20-11-2023