

## **SWAMI VIVEKANANDA DISTRICT YOGA WELLNESS CENTRE SCHEME (Upto March 2013)**

### **Introduction:**

A scheme titled **Swami Vivekananda District Yoga Wellness Centre (SVDYWC)** under Public Private Partnership (PPP) mode has been devised for all districts of India. The SVDYWCs started functioning from August 2011 under the aegis of Morarji Desai National Institute of Yoga (MDNIY), an autonomous organization under the Department of AYUSH, Ministry of Health & Family Welfare, Government of India with the following objectives:

- a. To increase mass awareness about the health benefits of Yoga.
- b. To impart training facility on standard Yoga practices for physical, mental and spiritual wellbeing of the people.
- c. To create a network of Yoga Training Institutes/ Centers for propagation and promotion of Yoga.
- d. To co-ordinate Yoga in School Health Programme of MDNIY with the help of teachers trained in each district under School Health Programme by leading Yoga Institutes.

### **A brief description of the scheme:**

A district level NGO having experience, expertise and capability has been selected for the respective districts to implement this project for three years. The NGO assisted under the scheme will be required to conduct 4 types of Yoga Programmes viz,

- a) Foundation Course in Yoga for Wellness
- b) Yoga Awareness Programme
- c) Special Yoga Programmes for General Wellbeing and
- d) Regular Yoga Training Programme.

Three staff viz one male and female Yoga Instructors with Post Graduate Diploma in Yoga as minimum qualification and one duty attendant (min VIII pass) are recruited under scheme to implement the scheme smoothly. Each centre is getting a financial recurring grant of Rs.3, 90,000/ per year and onetime non-recurring grant of Rs.60, 000/ for initial furnishing.

Continuation of the project will depend upon the annual performance of the respective centre.

### **Nodal Yoga Institute, 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 I and **09 states** from eastern India viz, West Bengal, Sikkim, Arunachal Pradesh, Tripura, Nagaland, Manipur, Mizoram, Assam and Meghalaya in the phase II to provide technical help, guidance in selecting suitable technical staff and to assist the SVDYWCs in implementing the programme in an effective manner.

A monitoring fee @ 12.5 % of total recurring grant spent by the NGOs will be provided by the MDNIY to the nodal institute for providing technical and monitorial assistance.

**Districts covered:**

In the **first Phase ( beginning from August 2011)**, 21 NGOs (1 each from 5 districts of Assam, 1 each from 3 districts of Manipur, 1 each from Meghalaya, Mizoram, Himachal Pradesh and Nagaland, 1 each from 2 districts of Tripura and Delhi and 1 each from 5 districts of West Bengal states) and in **the second phase (beginning from April 2013)**, 12 new NGOs (1 each from 4 other districts of Assam, 1 each from 2 other districts of Manipur, 1 each from other one district of Meghalaya and Nagaland and 1 each from 4 other districts of West Bengal) have been selected to implement this project in their respective districts.( see sheet 1 and 2 for phase I and II centre list)

**Performance Evaluation at the end of first year:**

It was very difficult to introduce yoga in places like Aijwal district of Mijoram, Chandel district of Manipur due to their different socio-religious culture. To many of them, yoga is meant for Hindu community only. The progress in Chandel of Manipur is slow but steady but in Aijwal is limited to a few persons only. That is also in the name of physical exercise.

The Yoga centre in the West Garo hills of Meghalaya is situated in Muslim community area only. Participation of local people is good. The women with borkha come and attend different programmes of the centre.

While evaluating the first year of performance of 21 SVDYWC (Phase-I) with respect to the achievement of targets, performance of 10 centres is good, 4 marginally behind target and 7 failed to achieve the desired target. Therefore, 6 centres have been closed from February 2013 and another one is going to be closed.

No of beneficiaries: 57522 number of beneficiaries have been covered during August 11 to January 13.

Performances of six out of twenty one SVDYWCs are excellent.

Really, it is a challenging job to promote yoga in the areas which are geographically isolated from the main land, culture and religion are also does not allow to accept this smoothly. Getting qualified Yoga instructors is also another hurdles on way to its achievement. However, with the grace of Thakur, Ma and Swamiji, we wish to make it a success.

NB: A sheet with district wise and programme and no of beneficiaries is attached herewith in sheet no 3 and 4.