

# **ANNUAL REPORT AND AUDITED ACCOUNTS 2020 -21**



## **Central Council for Research in Yoga & Naturopathy**

(Ministry of AYUSH, Govt. of India)

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# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY



## ANNUAL REPORT AND AUDITED ACCOUNTS 2020 -21

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## PREFACE

Yoga and Naturopathy are being part of our traditional medical systems of India for centuries. The scriptural and archaeological evidence attributes the birth of these systems in the ancient civilizations in Indian Subcontinent. Yoga is depicted in the seals of Indus valley civilization whereas various Naturopathy treatment modalities such as hydrotherapy, heliotherapy, manipulative therapy, fasting therapy and acupuncture etc. also mentioned in Rigveda and Suchi Veda. Yoga and Naturopathy have evolved through civilizations and due to this transition and migration these systems have undergone modifications. The modern day Yoga and Naturopathy are acknowledged as a system of medicine in India and globally.

Yoga has made remarkable contribution as an important mind body intervention to not only Indian tradition and Culture but also to the global community. Declaration of 21st June as International Day of Yoga authenticates the importance of Yoga globally. Yoga has been widely accepted and gained wide acclaim the world over for its health promoting benefits and preventive potential. The pace of adopting and accepting Yoga accelerated especially after the declaration of International Day of Yoga.

The last few decades have really shown the increasing pace of using practices of Yoga for promoting health, preventing disease, therapeutic and rehabilitative purposes. Professionals of both modern and traditional systems of medicine prescribe Yogic life style as adjuvant therapy for speedy recovery of patients. The research work carried out in the field of Yoga during the last 3-4 decades has further contributed in establishing its wellness potential to the satisfaction of the modern scientific community and researchers.

There has been a 58% increase in number of research publications on pubmed using the keyword Yoga since 2014. Similarly, there has been an increase in yoga courses, undergraduate and post graduate colleges and clinical education in yoga with increase in number of BNYS degree (Bachelor's degree in Naturopathy and Yogic Sciences) colleges across the country.

Like Yoga, Naturopathy is also one of the ancient and time-tested health care sciences which is widely practiced and accepted in India. Western countries also influenced advancements in treatment modalities of Naturopathy to a large extent. Yoga purifies the inner consciousness whereas Naturopathy purifies the body and balances the Panchamahabhootas. Prakriti Chikitsa or Naturopathy aims at harmonizing the imbalance in these five elements by providing treatment through Jala Chikitsa, Vayu Chikitsa, Agni Chikitsa, Aakasha Chikitsa to normalize metabolism and Prithvi Chikitsa to detoxify the body. The practice of Nature cure therefore, helps to keep the body healthy for spiritual pursuits.



The Council is in process of establishing Post Graduate Institutions and Central Institutions of Yoga and Naturopathy with hospitals to cater to the growing demand to provide trained quality manpower in the field. The construction work for establishment of two Post Graduate Institutes of Yoga & Naturopathy Education and Research (PGIYNER) at Jhajjar (Haryana) and Nagamangala (Karnataka) with 200 bedded Yoga & Naturopathy Hospital has been completed and the premises are being handed over to the Council. . The council proposes to start MD in Yoga and MD in Naturopathy courses in these PGIs. Out Patient Department and Yoga therapy has also been started in both PGIs. The Council is running 20 beds Yoga & Naturopathy Hospital in Rohini, Delhi.

The Council has played a key role in observing seven IDY's in last seven years. Like previous years, Ministry of AYUSH decided to observe IDY-2021 by encouraging people to practice Yoga at their home, Yoga with Family keeping in view of Covid-19 pandemic. Considering the social distancing measures, it was decided to observe IDY 2021 with online events and competitions. Ideas are being explored to use social and digital media platforms like Youtube, Facebook, twitter, Instagram etc. for organising various activities of IDY-2020 through Social and Digital media platforms. In this regard, several rounds of meeting have been taken place to organise online Jingle contest. An online survey to gauge the impact of IDY was also carried out as a part of IDY 2021 celebrations.

The Council has initiated surveys and multi-centric RCTs evaluating the effects of Yoga interventions in the management of COVID - 19. Yoga has been tried to improve respiratory function, reduce airway reactivity and psychological stress and anxiety in these patients. The Council has also set up mind body laboratory in AIIMS Rishikesh, PGI Chandigarh and AIIMS Raipur. The Council has initiated establishment of collaborative research Centre for Mind Body Medicine for generating quality data for scientific validation of efficacy of Yoga and other mind body practices.

The Council is taking all possible steps for promotion of Yoga & Naturopathy all over the country with active support and guidance of Ministry of AYUSH with its limited manpower and resources. Nevertheless, it is hoped that the activities of the Council will spread far and wide to reach the maximum people with support of the Govt./Non-Govt. organisations and scientific organizations in the years to come.

**(Dr. Raghavendra Rao M.)**  
Director



# ADMINISTRATIVE REPORT

## 1. BACKGROUND

Central Council for Research in Yoga & Naturopathy (CCRYN) is an autonomous institution for Research and Development in Yoga and Naturopathy, established in 1978 under the Societies Registration Act, 1860. The Council is fully funded by Ministry of AYUSH, Govt. of India. As per the Memorandum of Association, the objectives of the Council are as under:-

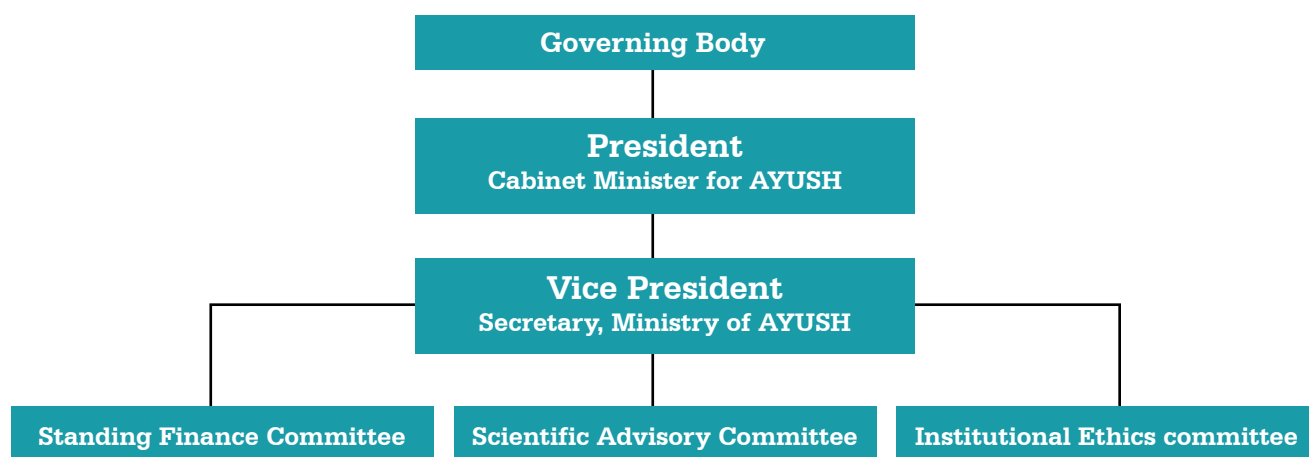
1. The formulation of aims and patterns of research on scientific lines in Yoga and Naturopathy.
2. To undertake any education, training, research and other programmes in Yoga and Naturopathy.
3. The prosecution of and assistance in research, the propagation of knowledge and experimental measures generally in connection with the causation, mode of spread and prevention of diseases.
4. To initiate, aid, develop and coordinate scientific research in different aspects, fundamental and applied of Yoga & Naturopathy and to promote and assist institutions of research for the study of diseases, their prevention, causation and remedy.
5. To finance enquiries and researches for the furtherance of objects of the Central Council.
6. To exchange information with other institutions, associations and societies interested in the objects similar to those of the Central Council and especially in observation and study of diseases in East and in India in particular.
7. To prepare, print, publish and exhibit any papers, posters, pamphlets, periodicals and books for furtherance of the objects of the Central Council and to contribute to such literature.
8. To issue appeals and make applications for money and funds in furtherance of the objects of the Central Council and to accept for the aforesaid purpose gifts, donations and subscriptions of cash and securities and of any property whether movable or immovable.
9. To borrow or raise monies with or without security or on security mortgage, charge, hypothecation or pledge of all or any of the immovable or movable properties belonging to the Central Council or in any other manner whatever.

10. To invest and deal with the funds and monies of the Central Council or entrusted to the Central Council not immediately required in such manner as may from time to time be determined by the Governing Body of the Central Council.
11. To permit the funds of the Central Council to be held by the Government of India.
12. To acquire and hold, whether temporarily or permanently any movable or immovable property necessary or convenient for the furtherance of the objects of the Central Council.
13. To sell, lease, mortgage and exchange and otherwise transfer any of the properties movable or immovable of the Central Council provided prior approval of the Central Government is obtained for the transfer of immovable property.
14. To purchase, construct, maintain and alter any buildings or works necessary or convenient for the purposes of the Central Council.
15. To undertake and accept the management of any endowment or trust fund or donation the undertaking or acceptance whereof may seem desirable.
16. To offer prizes and grant of scholarships, including traveling scholarships in furtherance of the objects of the Central Council.
17. To create administrative, technical and ministerial and other posts under the Society and to make appointments thereto in accordance with the rules and regulations of the Society.
18. To establish a provident fund and or pension fund for the benefit of the Central Council's employees and /or their family members.
19. To do all such other lawful things either alone or in conjunction with others as the Central Council may consider necessary or as being incidental or conducive to the attainment of the above objects.
20. To accreditate of teaching institutions conducting courses in Yoga & Naturopathy.

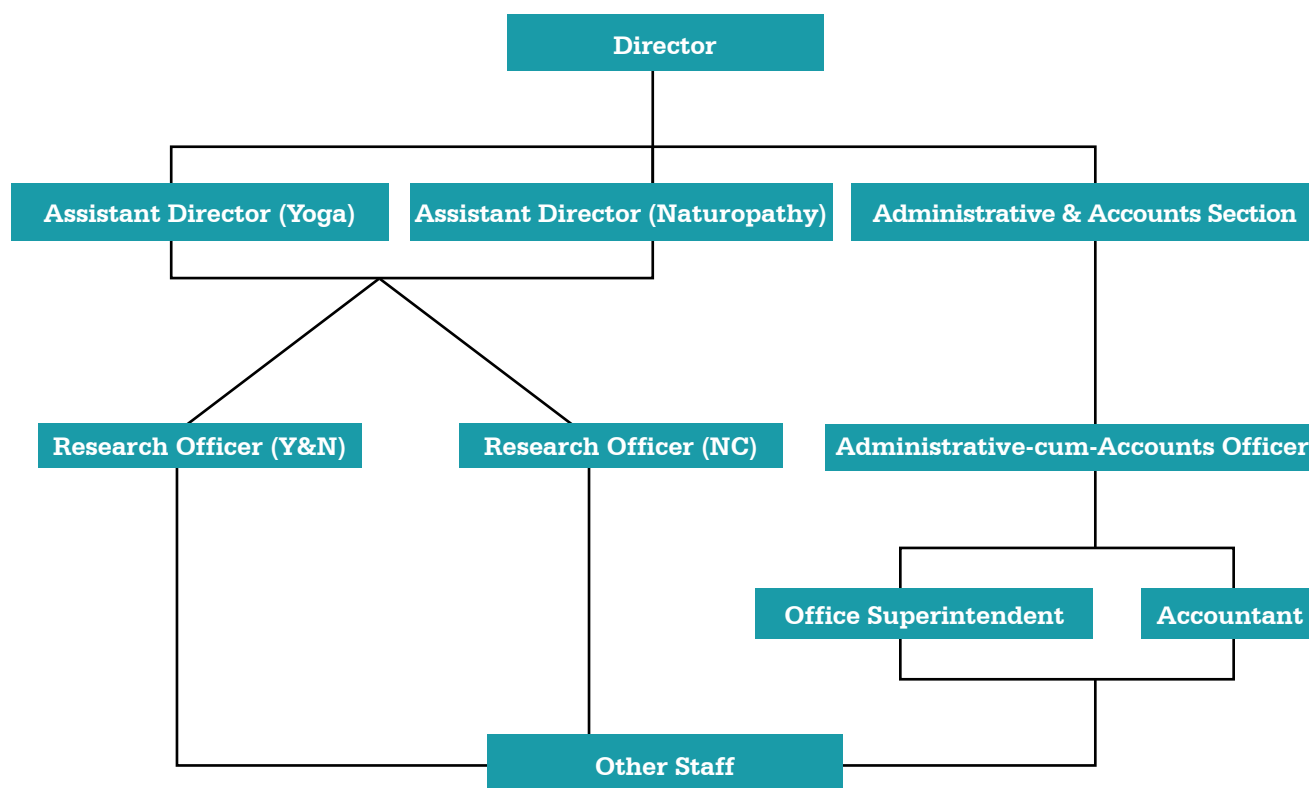


## ADMINISTRATIVE SET UP

### MANAGEMENT



### ORGANISATIONAL SET UP







## GOVERNING BODY (GB)

The Governing Body (GB) of the Council was re-constituted on 26.06.2018 for a period of three years by President of the Governing Body of the Council.

The constitution of Governing Body is as under:-

- |    |                |                                       |
|----|----------------|---------------------------------------|
| 1. | President      | Hon'ble Minister of State (IC), AYUSH |
| 2. | Vice-President | Secretary, Ministry of AYUSH          |

### Official Members

- |    |                                       |  |
|----|---------------------------------------|--|
| 1. | Joint Secretary                       | Ministry of AYUSH  |
| 2. | Special Secretary & Financial Adviser | Ministry of Health & Family Welfare  |
| 3. | Joint Secretary (School Education)    | Deptt. of Secondary & Higher Education<br>Ministry of Human Resource Development |
| 4. | Director                              | Morarji Desai National Institute of Yoga   |
| 5. | Director                              | National Institute of Naturopathy  |
| 6. | Member Secretary                      | Director, Central Council for Research in<br>Yoga & Naturopathy                  |

### Non-official Members

- |    |  |   |
|----|--|---|
| 1. | Four eminent experts of Yoga   | Nominated by Hon'ble Minister of AYUSH    |
| 2. | Four eminent experts of Naturopathy  | Nominated by Hon'ble Minister of AYUSH    |
| 3. | Two eminent experts of Modern Medicine   | Nominated by Hon'ble Minister of AYUSH    |
| 4. | Member of Lok Sabha/ Rajya Sabha<br>an eminent citizen having interest<br>in the field of Yoga & Naturopathy | Nominated by Hon'ble Minister of AYUSH or |

The name and address of Governing Body members is as under:-

- |    |   |           |
|----|---|-----------|
| 1. | Sh. Shripad Yesso Naik<br>Hon'ble Minister of State (IC)<br>Ministry of AYUSH | President |
|----|---|-----------|



- |    |   |                |
|----|---|----------------|
| 2. | Vaidya Rajesh Kotecha<br>Secretary<br>Ministry of AYUSH | Vice-President |
|----|---|----------------|

## **Official Members**

- |    |   |                  |
|----|---|------------------|
| 1. | Sh. P. N. Ranjit Kumar<br>Joint Secretary<br>Ministry of AYUSH  | Member           |
| 2. | Dr. Dharmendra Singh Gangwar,<br>Special Secretary & Financial Adviser<br>Ministry of Health & Family Welfare                               | Member           |
| 3. | Sh. Maneesh Garg,<br>Joint Secretary (School Education)<br>Deptt. of Secondary & Higher Education<br>Ministry of Human Resource Development | Member           |
| 4. | Dr. I V. Basavaraddi<br>Director,<br>Morarji Desai National Institute of Yoga   | Member           |
| 5. | Dr. Satyalakshmi<br>Director,<br>National Institute of Naturopathy, Pune  | Member           |
| 6. | Dr. Raghavendra Rao M.<br>Director,<br>Central Council for Research in Yoga & Naturopathy   | Member Secretary |

## **Non-official Members**

### **Yoga Expert**

- |    |  |                     |
|----|--|---------------------|
| 1. | Dr. H. R. Nagendra<br>Chancellor<br>Swami Vivekananda Yoga Anusandhan Sansthan,<br>19, Eknath Bhavan, Gavipuram Circle,<br>Kempe Gowda Nagar, Bengaluru – 560019     | Non Official Member |
| 2. | Sh. O.P. Tiwari<br>Director<br>Kaivalyadhama Yoga Institute & Research Center<br>Swami Kuvalyananda Marg, Parsi Colony, Lonavala,<br>Dist. Pune, Maharashtra- 410401 | Non Official Member |

- |    |   |                     |
|----|---|---------------------|
| 3. | Swami Atmapriyananda<br>Vice Chancellor<br>Swami Vivekananda University<br>PO Belur Math, Dist Howrah – 711202, West Bengal | Non Official Member |
| 4. | Dr. Shirley Telles<br>Director (Research)<br>Patanjali Research Foundation<br>Haridwar - 247 663, Uttarakhand               | Non Official Member |

### Naturopathy Experts

- |     |   |                     |
|-----|---|---------------------|
| 5.  | Dr. R.M. Nair<br>Bapu Nature Cure Hospital and Yogashram<br>Gandhi Smarak Nidhi, Mayur Vihar Phase-I<br>New Delhi – 110091                    | Non Official Member |
| 6.  | Dr. Prashant Shetty<br>Principal<br>SDM College of Naturopathy & Yogic Sciences<br>Ujire - 574240 (D.K.) Karnataka                            | Non Official Member |
| 7.  | Sh. Amit Nagpal<br>GP-56, Pitampura, Near Gopal Mandir, Delhi -110034   | Non Official Member |
| 8.  | Dr. Vijay Kumar Bhairma<br>Plot No. 15 &16, Shamshi Industrial Area<br>Kullu Valley, Himachal Pradesh – 175126                                | Non Official Member |
| 9.  | Dr. Rajesh S. Sharma<br>Shraddha General Hospital, Katju Nagar<br>Laxman Pura, Ratlam, Madhya Pradesh – 457001                                | Non Official Member |
| 10. | Dr. M. K. Taneja<br>Secy,<br>General SARC<br>ENT Doctors Association, Indian Institute of Ear Diseases<br>E-982, Chitranjan Park, ND – 110019 | Non Official Member |
| 11. | Sh. Vinay Dinu Tendulkar<br>Hon'ble Member of Parliament (Rajya Sabha)<br>C-302, Swarna Jayanti Sadan<br>Dr. B. D. Marg. New Delhi-110001     | Non Official Member |
| 12. | Dr. Raghavendra Rao M.<br>Director<br>Central Council for Research in Yoga & Naturopathy<br>Janakpuri, New Delhi -110 058                     | Member Secretary    |

No meeting of Governing Body was held during the year.



## STANDING FINANCE COMMITTEE (SFC)

The Standing Finance Committee (SFC) of the Council was re-constituted on 12.06.2018 with the approval of Hon'ble MOS (IC), Ministry of AYUSH in his capacity as President of the Governing Body of the Council to formulate, examine and supervise the research, education and training programmes, and to examine financial matters for subsequent approval of the Governing Body of the Council.

The composition of Standing Finance Committee of CCRYN is as under:-

### Official Members

- |    |   |                    |
|----|---|--------------------|
| 1. | Joint Secretary<br>Ministry of AYUSH  | - Chairman         |
| 2. | Representative of Special Secretary & FA<br>Ministry of Health & Family Welfare | - Member           |
| 3. | Director<br>Central Council for Research in Yoga & Naturopathy                  | - Member Secretary |

### Non-Official Members

- |    |                                       |  |
|----|---------------------------------------|--|
| 1. | Two eminent experts of Yoga           | Nominated by Hon'ble Minister of AYUSH |
| 2. | Two eminent experts of Naturopathy    | Nominated by Hon'ble Minister of AYUSH |
| 3. | One eminent expert of Modern Medicine | Nominated by Hon'ble Minister of AYUSH |

The name and address of Standing Finance Committee of CCRYN is as under:-

### Official Members

- |    |  |            |
|----|--|------------|
| 1. | Sh. P. N. Ranjit Kumar<br>Joint Secretary<br>Ministry of AYUSH   | - Chairman |
| 3. | Sh. Rajkumar<br>Deputy. Secretary<br>Representative of Special Secretary & FA<br>Ministry of Health & Family Welfare | - Member   |

- |    |   |   |                  |
|----|---|---|------------------|
| 3. | Dr. Raghavendra Rao M<br>Director<br>Central Council for Research in Yoga & Naturopathy | - | Member Secretary |
|----|---|---|------------------|

## **Non-Official Members**

### **Yoga Experts**

- |    |  |   |                     |
|----|--|---|---------------------|
| 1. | Dr. Anand Balayogi<br>Director, ICYER, Pudducherry   | - | Non-Official Member |
| 2. | Dr. Navdeep Joshi<br>Director, NAVYOGA & Homeopathic Shodha Kendra<br>91, Mangalachanam, 125 National Highway<br>Tanakpur (Champawat), Uttarakhand | - | Non-Official Member |

### **Naturopathy Experts**

- |    |   |   |                     |
|----|---|---|---------------------|
| 3. | Dr. Prashant Shetty<br>Principal<br>SDM College of Naturopathy & Yogic Sciences<br>Ujire - 574240 (D.K.) Karnataka                          | - | Non-Official Member |
| 4. | Dr. Anant Biradar<br>National President<br>International Naturopathy Organization<br>Paschim Vihar, New Delhi<br>Modern Medicine Experts    | - | Non-Official Member |
| 5. | Dr. M. K. Taneja<br>Secretary<br>General SARC ENT Doctors Association<br>Indian Institute of Ear Diseases E-982<br>Chitranjan Park, N.D.-19 | - | Non-Official Member |

The 39th meeting of Standing Finance Committee (SFC) was held on 03.09.2020 under the Chairmanship of Joint Secretary, Ministry of AYUSH.



## SCIENTIFIC ADVISORY COMMITTEE (SAC)

The Scientific Advisory Committee (SAC) of the Council was re-constituted on 26.06.2018 for a period of three years with the approval of Hon'ble MOS (IC), Ministry of AYUSH in his capacity as President of the Governing Body of the Council. The terms of reference of 'Scientific Advisory Committee (SAC)' are as follows:

- i. To suggest guidelines/policy and to decide priority areas in research both as - intra mural and collaborative research.
- ii. To review the work conducted by the Council under intra mural and collaborative research. The Committee may visit institutions to verify physical performance of the projects.
- iii. To offer suggestions and directions for collaborating with other reputed institutions to carry out identified research work.
- iv. To recommend discontinuation of the non-productive research work.
- v. To recommend appropriate areas for training programs and workshops etc. with the development of research protocols and modules for Council's technical staff to develop their research skills.
- vi. To suggest 'ways and means' viable for large scale dissemination of research outcome of CCRYN for the benefit of the public.
- vii. To examine other technical matters of the Council including Annual Report.
- viii. To recommend and monitor other research projects, other technical programs and to guide for their proper execution and other matters referred by the SFC/GB of the Council.

The composition of Scientific Advisory Committee of CCRYN is as under:-

### Chairman

- |    |                           |  |
|----|---------------------------|--|
| 1. | An eminent expert of Yoga | Nominated by Hon'ble Minister of AYUSH |
|----|---------------------------|--|

### Members

- |    |                                  |  |
|----|----------------------------------|--|
| 1. | Three experts of Yoga            | Nominated by Hon'ble Minister of AYUSH |
| 2. | Three experts of Naturopathy     | Nominated by Hon'ble Minister of AYUSH |
| 3. | Three experts of Modern Medicine | Nominated by Hon'ble Minister of AYUSH |

## Member Secretary

1. Director Central Council for Research in Yoga & Naturopathy

The name and address of Scientific Advisory Committee members of CCRYN is as under:-

## Non-Official Members

### Yoga Experts

1. Dr. H. R. Nagendra - Chairman  
Chancellor  
SVYASA University, 19, Eknath Bhavan, Gavipuram Circle  
Kempe Gowda Nagar, Bengaluru-560019
2. Yogacharya Vishwas Vasant Mandlik - Member  
President  
Yog Vidya Dham, Yog Bhawan, Kaivalya Nagar  
HPT College Road, Nashik-422005 (MH)
3. Dr. Naveen Kalkuni Visweswaraiah - Member  
Medical Director  
Yogeaksema Stress & Lifestyle Clinic, 775  
Paramahansa Yogananda Road, Indiranagar, Bangalore- 560038

### Experts of Naturopathy

4. Dr. Rajesh Sharma - Member  
Shraddha General Hospital, Katju Nagar  
Laxman Pura, Ratlam, M. P. – 457001

### Experts of Modern Medicine

5. Dr. M. K. Taneja - Member  
Secretary, General Sake  
Indian Institute of Ear Diseases, E-982  
Chitranjan Park, New Delhi-110019
6. Dr. Bhanu Duggal - Member  
Prof. & Head, Dept. of Cardiology, AIIMS, Rishikesh
7. Dr. Vishal Rao - Member  
Head, Dept. of Head and Neck Surgical Oncology  
Health Care Global Enterprises Ltd., No. 8, HCG Towers  
P. Kalinga Rao Road, Sampangi Rama Nagar, Bangalore-560027

The 7th meeting of Scientific Advisory Committee (SAC) was held on 21.08.2020 under the Chairmanship of Dr. H. R. Nagendra, Chairman, SAC.



## INSTITUTIONAL ETHICS COMMITTEE (IEC)

Institutional Ethics Committee (IEC) was re-constituted on 01.01.2021 with the approval of Hon'ble Minister of AYUSH in his capacity as Chairman of the Governing Body of the Council to examine and evaluate the research projects and other schemes.

The constitution of the Institutional Ethics Committee (IEC) is as under:-

### Chairman

- |    |                                      |  |
|----|--------------------------------------|--|
| 1. | An eminent expert of Modern Medicine | Nominated by Hon'ble Minister of AYUSH |
|----|--------------------------------------|--|

### Members

- |    |   |  |
|----|---|--|
| 2. | Two experts of Basic Medical Sciences       | Nominated by Hon'ble Minister of AYUSH |
| 3. | Two expert Clinicians                       | Nominated by Hon'ble Minister of AYUSH |
| 4. | One Legal expert/Retired Judge              | Nominated by Hon'ble Minister of AYUSH |
| 5. | One Social Scientist/Representative of NGOs | Nominated by Hon'ble Minister of AYUSH |
| 6. | One Philosopher/Ethicist/Theologian         | Nominated by Hon'ble Minister of AYUSH |
| 7. | One Lay Person from Community               | Nominated by Hon'ble Minister of AYUSH |

### Member Secretary

- |    |          |  |
|----|----------|--|
| 8. | Director | Central Council for Research in Yoga & Naturopathy |
|----|----------|--|

The name and address of Institutional Ethics Committee members of CCRYN is as under:-

- |    |  |                                  |
|----|--|----------------------------------|
| 1. | Dr. R Nagarathna, Chief Medical Officer, Arogyadham, Prashanti<br>Kutiram, Vivekanand Road, Kalluballu Post, Jigani, Anekal,<br>Bengaluru— 560105  | - Chairperson                    |
| 2. | Dr. Nandi Krishnamurthy Manjunath, BNYS, Ph.D.<br>Swami Vivekananda Yoga Anusandhana Samsthana<br>(S-VYASA) University<br># 19, Eknath Bhavan, Gavipuram Circle, KG Nagar<br>Bengaluru - 560 019 | - Member<br>(Yoga & Naturopathy) |



3. Dr. Raghuraj Puthige  
BNYS, Ph.D.  
Hyderabad, Telangana, India  
- Member  
(Yoga & Naturopathy)
4. Dr. Seikheyito John,  
Naturopathy Physician and NAM Coordinator  
Nagaland  
- Member  
(Yoga & Naturopathy)
5. Dr. Akshay Anand  
PhD, 3012, Neuroscience Res Lab  
Medical Science)  
Chuttani Block B, 3 rd Floor, PGI  
- Member  
(Basic
6. Dr. Ravi Gupta,  
MD, PhD, MAMS Certified Sleep Physician  
(World Sleep Federation) Additional Professor  
All India Institute of Medical  
Sciences, Rishikesh- 249203 (Uttarakhand), India  
- Member  
(Modern Medicine Clinician)
7. Dr. T N Sathyaprabha,  
Head Department of Neurophysiology  
National Institute of Mental Health and Neuro Sciences  
Hosur Road, PB No. 2900, Bangalore- 560 029  
- Member  
(Basic Medical Science)
8. Dr. Bhanu Duggal,  
Prof. Department of Cardiology, AIIMS Rishikesh  
- Member  
(Clinician Women Member)
9. Smt. Meenu Abrol,  
B-203, 2nd floor, Fateh Nagar, Jail Road,  
New Delhi-110018  
- Member  
(Legal expert Women Member)
10. Sh. Rajneesh,  
House No. 1481/12-A, Didar Nagar, Arey Wali Gali,  
(OPP. UNI. 3rd GATE), Kurukshetra, Haryana-136119  
- Member  
(Social Scientist)
11. Smt. Yugprabha Rastogi,  
A-703, Swami Dayanand Apartments, Plot No-5  
Sector-6, Dwarka, New Delhi — 110075  
- Member  
(Lay Person from Community  
Women Member)

No meeting of the Institutional Ethics Committee (IEC) could be convened during the period under report.



## STAFFING PATTERN

At present the Council is having 26 sanctioned posts. As on 31.03.2021, the group-wise sanctioned vis-à-vis actual strength is as under:

Group	Sanctioned Strength	Actual Strength
Group 'A'	10	6
Group 'B'	4	3
Group 'C'	13	8
<b>Total</b>	<b>27</b>	17



## BUDGET PROVISIONS (2020-21)

S. No.	Year	BE		RE		Grand total funds (includes internal revenue, interest & unspent, if any)		Expenditure	
		Plan	Non- Plan	Plan	Plan	Non- Plan	Non- Plan	Plan	Non- Plan
(i)	2020-21	4050.00		4830.00		4920.76		4870.17	



## TECHNICAL REPORT

Yoga and Naturopathy systems have been recognized and accepted globally as adjuvant method of treatment which is fast gaining popularity. Scientific community and intellectuals as a whole have accepted the role of Yoga as panacea for the effective management of various psychosomatic ailments and lifestyle disorders. In-depth research work and evidences are needed to establish its efficacy especially to establish data base on the modern scientific lines. In the last 4-5 decades, the Council has made specific efforts to prove the efficacy of these sciences in prevention and management, but plenty of work is still required to be done. In-house research work at Council is essential to determine the true potential of these sciences which cannot be carried out at modern hospitals or at Yoga & Naturopathy hospitals alone. Collaborative research studies needs to be carried out in collaboration with renowned institution of modern medicine and Yoga / Naturopathy.

The Council has been putting concerted efforts to establish its own research units - Central Research Institutes of Yoga and Naturopathy (CRIYN) with 100 bedded Hospital to generate sufficient data in support of these Health Care Systems and to provide indigenous time tested Health Care facilities to the citizens. At present, two CRIs at Jhajjar (Haryana) and Nagamangla (Karnataka) have been upgraded to Post - Graduate Institute of Yoga and Naturopathy Education and Research (PGIYNER) with 200 bedded Yoga and Naturopathy Hospital by the Competent Authority. The construction of both these institutions has been completed. The details of the status of these PGIs and CRIs are as under:

### **1. ESTABLISHMENT OF POST-GRADUATE INSTITUTES OF YOGA AND NATUROPATHY EDUCATION AND RESEARCH (PGIYNER).**

#### **A) HARYANA (RURAL AREA)**

Post-Graduate Institute of Yoga and Naturopathy Education and Research (PGIYNER), Devarkhana, Jhajjar, Haryana: The construction work on cost free land provided by Govt. of Haryana has been completed. The remaining minor finishing/beautification work is in progress and likely to complete very soon. The treatment facilities and treatment equipments are being installed and it may take some time to make hospital fully functional. However, the Council has started its OPD and Yoga classes from 29th January, 2021 to create awareness about benefits Yoga and Naturopathy. Total 330 patients were given consultation and Yoga therapy during the 02 months of starting. Two health awareness camps were organised in nearby villages.



## **B) KARNATAKA (RURAL AREA)**

Post-Graduate Institute of Yoga and Naturopathy Education and Research (PGIYNER), Nagamangala, Karnataka: The construction work on cost free land provided by Govt. of Karnataka has been completed. The remaining minor finishing/beautification work is in progress and likely to complete very soon. The treatment facilities and treatment equipments are being installed and it may take some time to make hospital fully functional. However, the Council has started its OPD and Yoga classes from 1st March, 2021 to create awareness about benefits Yoga and Naturopathy.

## **2. ESTABLISHMENT OF CENTRAL RESEARCH INSTITUTES OF YOGA AND NATUROPATHY.**

### **DELHI**

Central Research Institute of Yoga & Naturopathy (CRIYN), Rohini, Delhi: The Council is running a 20 bedded Indoor hospital at CRIYN, Rohini, Delhi. Yoga & Naturopathy treatments are being provided both under IPD and OPD for the benefit of common people. The response of the patients is encouraging. The patients visiting the hospital are from all walks of life and are following Yogic practices and Naturopathy advice along with the dietary prescriptions. The Center is also conducting regular Yoga classes for the benefit of public on all working days. Awareness camps has also been organised from time to time for benefit of the society. In addition to this, the Centre has also organized IDY programme on 21st June and Naturopathy on 18th November every year.

Total of 67 persons attended Yoga classes conducted by the CRI and 83 patients were screened for Yoga & Naturopathy treatments during the year. Total no. of patient days for treatment during the year was 773. The total number of consultations given was 47. Total no. of IPD patients was Nil due to COVID-19. An amount of Rs.1,19,085/- (Rs.83,085/- for Patients and Rs.36,000/- for TATC Course) was collected during the year.

However, the OPD was not functional during the year under report due to COVID – 19 from April 2020 to August 2020.

## **3. THE STATUS OF OTHER CRIYN PROPOSED TO BE ESTABLISHED**

### **ANDHRA PRADESH**

- (i) **Central Research Institute of Yoga & Naturopathy (CRIYN), Vijayawada, Andhra Pradesh:** The Government of Andhra Pradesh had offered 25 acres cost free land for establishment of CRIYN including 100 bedded hospital of Yoga & Naturopathy at Vijaywada, Andhra Pradesh. The land has been transferred to CCRYN and lease deed has been signed on 5th July, 2018. The competent authority has approved the proposal to issue Expression of Interest (EOI) to procure Detailed Project Report (DPR). The Council is in process to issue Expression of Interest (EOI) to invite stake holders for preparation of DPR.

## CHHATTISGARH

- (ii) **Central Research Institute of Yoga & Naturopathy (CRIYN), Raipur, Chhattisgarh:**  
The Govt. of Chhattisgarh has offered 10 acres of cost free land for establishment of CRIYN at State Ayurveda Institute. In Principle approval of the competent authority for acceptance of the land has been communicated to the Govt. of Chhattisgarh. The land has been transferred in the name of CCRYN on 16.03.2021. The Council is in process to issue Expression of Interest (EOI) to invite stake holders for preparation of DPR.

## JHARKHAND

- (iii) **Central Research Institute of Yoga & Naturopathy (CRIYN), Deoghar, Jharkhand:**  
The Govt. of Jharkhand has offered 15 acres cost free land for establishment of CRIYN at Deoghar. Approval of the competent authority for acceptance of the land has been conveyed to the Govt. of Jharkhand. Formal transfer of land in the name of CCRYN is awaited.

## KERALA

- (iv) **Central Research Institute of Yoga & Naturopathy (CRIYN), Kasaragod, Kerala:**  
Govt. of Kerala has offered 15 acres of cost free land at Kasaragod, Kerala. Approval of the competent authority for acceptance of the land has been communicated to the Govt. of Kerala. The land has been transferred to CCRYN and lease deed has been signed on 12th Nov., 2018. The foundation stone has been laid on 03.02.2019. The competent authority has approved the proposal to issue Expression of Interest (EOI) to procure Detailed Project Report (DPR). The Council is in process to issue Expression of Interest (EOI) to invite stake holders for preparation of DPR.

## ODISHA

- (v) **Central Research Institute of Yoga & Naturopathy (CRIYN), Bhubaneswar, Odisha:**  
20 acre cost free land was allotted to the Council in Tehsil Jatni, Mauja Binjhagiri, District-Khorda, Odisha; however, construction work could not be commenced due to resistance of the villagers. The concerned authorities have now agreed to provide all necessary support for construction of project. The Council is in process to issue Expression of Interest (EOI) to invite stake holders for preparation of DPR.

## RAJASTHAN

- (vi) **Central Research Institute of Yoga & Naturopathy (CRIYN), Jaipur, Rajasthan:**  
The Government of Rajasthan had offered 13.5 acres premium free land for establishment of CRIYN including 100 bedded hospital of Yoga & Naturopathy. Approval of competent authority had been conveyed to the Govt. of Rajasthan. However, the Govt. of Rajasthan subsequently informed that the identified land could not be spared due to some policy issue. Govt. of Rajasthan has been requested to identify alternate land.



## WEST BENGAL

- (vii) **Central Research Institute of Yoga & Naturopathy (CRIYN), Kalyani, (West Bengal):**  
The Government of West Bengal has allotted 10 acres land in district Nadiya, Kalyani, P. S. Gopalpur to the Council for setting up of a CRIYN including 100 bedded hospital of Yoga & Naturopathy. The Council is in process of transferring the land in the name of CCRYN.

## 4. COLLABORATIVE RESEARCH CENTRES (CRC)

The Council is running a scheme of establishing collaborative Research Centres (CRC) to undertake Collaborative Research with leading Medical as well as Yoga and Naturopathy Institutions. So far, four such centres are functioning. One each at National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore; Defence Institute of Physiology and Allied Sciences (DIPAS), Delhi, Samskriti Foundation, Mysore, Karnataka and Kaivalyadhama Yoga Institute of Research Centre, Lonavala conducting collaborative research.

### Ongoing projects

1. Development and validation of Integrated Yoga module for patients suffering from Migraine.
2. Development and feasibility of integrated therapy module for patients suffering from Multiple sclerosis.
3. Knowledge, Attitude, Practice (KAP) and barriers for a referral to Yoga among the psychiatrists, neurologists, and neurosurgeons in India-A survey.

### b) Research Papers Published:

S. No.	Title of the Paper	Authors	Name of Journal	Year of Publication	Impact factor
1	Perceptions of benefits and barriers to Yoga practice across rural and urban India: Implications for workplace Yoga	Mishra Amit, Chawathey Shreyas A, Mehra Priya Nagarathna R., Anand Akshay, Rajesh S.K. , Singh Amit Patil, Suchitra, Sai Sivapuram Madhava, Nagendra Hongasandra Ramarao DOI: 10.3233/WOR-203126 <a href="https://pubmed.ncbi.nlm.nih.gov/32310204/">https://pubmed.ncbi.nlm.nih.gov/32310204/</a>	Work	2020	1.13
2	Prevalence of obesity in India and its neurological implications: a multi-factor analysis of a nationwide cross-sectional study	Murali Venkataro, Raghuram Nagarathna, Vijaya Majumdar, Akshay Anand, Amit Singh, Hongasandra R Nagendra DOI: 10.1177/0972753120987465 <a href="https://pubmed.ncbi.nlm.nih.gov/34556954/">https://pubmed.ncbi.nlm.nih.gov/34556954/</a>	Annals of neuroscience	2020	0.55

S. No.	Title of the Paper	Authors	Name of Journal	Year of Publication	Impact factor
3	Prevalence and Awareness of Stroke and Other Comorbidities Associated with Diabetes in North West India	Vivek Podder, Dr. Vinod Srivastava, Saurabh Kumar, Dr. R Nagarathna, Madhava Sai Sivapuram, Navneet Kaur, Kanupriya, Dr. Amit Singh, Dr. Neeru Malik, Dr. Akshay Anand, Dr. H.R. Nagendra DOI: 10.1055/s-0040-1709369 <a href="https://pubmed.ncbi.nlm.nih.gov/32753814/">https://pubmed.ncbi.nlm.nih.gov/32753814/</a>	<i>Journal of Neurosciences in Rural Practices</i>	2020	
4	Prevalence and determinants of self-reported Diabetes in Young adult Indian Population	Raghuram Nagarathna, Parul Bali, AkshayAnand, Vinod Srivastava, Suchitra Patil, Guruprasad Sharma, Krishna Manasa, Viraa Pannu, Amit Singh, Hongasandra R Nagendra DOI: 10.3389/fendo.2020.507064 <a href="https://pubmed.ncbi.nlm.nih.gov/33362708/">https://pubmed.ncbi.nlm.nih.gov/33362708/</a>	<i>Frontiers in endocrinology</i>	2020	3.67
5	Perceived stress and depression in Pre Diabetics and Diabetics among Indian population a call for mindfulness based intervention	Raghuram Nagarathna, Shweta Modgil, Amit Mishra, Radhika Khosla, AkshayAnand, Amit Singh, Hongasandra R Nagendra DOI: 10.1016/j.genhosppsych.2020.01.001 <a href="https://pubmed.ncbi.nlm.nih.gov/32139088/">https://pubmed.ncbi.nlm.nih.gov/32139088/</a>	<i>General hospital psychiatry</i>	2020	3.22
6	A composite of BMI & WC may be better obesity metric in Indians with high risk of T2DM NMB 2017	Raghuram Nagarathna, Murali Venkatarao, Rajesh S K, Amit Singh, Hongasandra R Nagendra DOI: 10.1016/j.diabres.2020.108037 <a href="https://pubmed.ncbi.nlm.nih.gov/32004696/">https://pubmed.ncbi.nlm.nih.gov/32004696/</a>	<i>Diabetes Research and Clinical Practice</i>	2020	5.60
7	Intelligent gaze tracking approach for trail making test.	Jyotsna C, Amudha J, Rao R, Nayar R DOI:10.3233/JIFS-179711 <a href="https://www.researchgate.net/publication/340072117_Intelligent_gaze_tracking_approach_for_trail_making_test">https://www.researchgate.net/publication/340072117_Intelligent_gaze_tracking_approach_for_trail_making_test</a>	<i>Journal of Intelligent &amp; Fuzzy Systems.</i>	2020	0.33



S. No.	Title of the Paper	Authors	Name of Journal	Year of Publication	Impact factor
8	Effectiveness of yoga on arterial stiffness: A systematic review.	Patil SG, Biradar MS, Khode V, Vadiraja HS, Patil NG, Raghavendra RM <a href="https://doi.org/10.1016/j.ctim.2020.102484">https://doi.org/10.1016/j.ctim.2020.102484</a> <a href="https://www.sciencedirect.com/science/article/pii/S0965229919315821">https://www.sciencedirect.com/science/article/pii/S0965229919315821</a>	<i>Complement Ther Med</i>	2020	2.44
9	Effect of an integrated naturopathy and yoga program on long-term glycemic control in type 2 diabetes mellitus patients: A prospective cohort study	Bairy S, Rao MR, Edla SR, Manthana SR, Tatavarti NG DOI: 10.4103/ijoy.IJOY_32_19 <a href="https://pubmed.ncbi.nlm.nih.gov/32030020/">https://pubmed.ncbi.nlm.nih.gov/32030020/</a>	<i>International Journal of Yoga</i>	2020	0.19
10	Meditation as a psychosocial intervention: Need of the hour.	Vinod K, Shree Raksha B, Rashmi A, Shivarama V, Gangadhar BN. DOI: 10.1177/0020764020975801 <a href="https://pubmed.ncbi.nlm.nih.gov/33233985/">https://pubmed.ncbi.nlm.nih.gov/33233985/</a>	<i>International Journal of Social Psychiatry.</i>	2020	1.61
11	Does Yoga Have a Role in Schizophrenia Management?	Govindaraj R, Varambally S, Rao NP, Venkatasubramanian G, Gangadhar BN. DOI: 10.1007/s11920-020-01199-4 <a href="https://pubmed.ncbi.nlm.nih.gov/33141363/">https://pubmed.ncbi.nlm.nih.gov/33141363/</a>	<i>Curr Psychiatry Rep.</i>	2020	5.28
12	Tele-yoga for stress management: need of the hour during the COVID-19 pandemic and beyond?	Jasti N, Bhargav H, George S, Varambally S, Gangadhar BN. DOI: 10.1016/j.ajp.2020.102334 <a href="https://pubmed.ncbi.nlm.nih.gov/32777755/">https://pubmed.ncbi.nlm.nih.gov/32777755/</a>	<i>Asian journal of psychiatry.</i>	2020	3.54
13	Potential role of yoga monotherapy in childhood social anxiety disorder: A case study	Jakhar J, Krishna MA, Bhargav H, Varambally S. DOI: 10.1016/j.explore.2020.08.013 <a href="https://pubmed.ncbi.nlm.nih.gov/32891540/">https://pubmed.ncbi.nlm.nih.gov/32891540/</a>	<i>Explore</i>	2020	1.36



S. No.	Title of the Paper	Authors	Name of Journal	Year of Publication	Impact factor
14	Yoga for psychiatric disorders: from fad to evidence-based intervention?	Varambally S, George S, Gangadhar BN. DOI: 10.1192/bjp.2019.249 <a href="https://pubmed.ncbi.nlm.nih.gov/31727200/">https://pubmed.ncbi.nlm.nih.gov/31727200/</a>	<i>The British Journal of Psychiatry.</i>	2020	7.23
15	Assessment of risk of diabetes by using Indian Diabetic risk score (IDRS) in Indian population	RaghuramNagarathna RahulTyagi PriyaBattu AmitSingh AkshayAnand Hongasandra Ramarao DOI: 10.1016/j.diabres.2020.108088 <a href="https://pubmed.ncbi.nlm.nih.gov/32087269/">https://pubmed.ncbi.nlm.nih.gov/32087269/</a>	<i>Diabetes Research and Clinical Practice</i>	2020	5.60
16	Role of mind-body intervention on lipid profile: A cross sectional study	Priya Mehra, Akshay Anand, R Nagarathna, Shreyas Chawathey, Navneet Kaur, Neeru Malik, Amit Singh, Viraa j pannu, Pramod Avti, Kanupriya Sharma, H R nagendra DOI: 10.4103/ijoy.IJOY_51_20 <a href="https://pubmed.ncbi.nlm.nih.gov/34188391/">https://pubmed.ncbi.nlm.nih.gov/34188391/</a>	<i>International Journal of Yoga</i>	2021	0.19
17	Prospective study of different staple diets of Diabetics in Indian population	Deepali Raghuram Nagarathna, Akshay Anand, Geetarani, Sapnananda Amit Singh, Suchitra Patil, Hongasandra R Nagendra <a href="https://doi.org/10.1177%2F09727531211013972">https://doi.org/10.1177%2F09727531211013972</a> <a href="https://journals.sagepub.com/doi/full/10.1177/09727531211013972">https://journals.sagepub.com/doi/full/10.1177/09727531211013972</a>	<i>Annals of neuroscience</i>	2021	0.55
18	Effectiveness of Yoga lifestyle on lipid metabolism in vulnerable population- a community based multicenter study	R Nagarathna, Saurabh Kumar, Akshay Anand, Ishwar Acharya, Dr. Amit Singh, Dr Suchitra Patil, Dr. Purnima Datey, Dr. H R Nagendra DOI: 10.3390/medicines8070037 <a href="https://pubmed.ncbi.nlm.nih.gov/34357153/">https://pubmed.ncbi.nlm.nih.gov/34357153/</a>	<i>Medicines</i>	2021	



S. No.	Title of the Paper	Authors	Name of Journal	Year of Publication	Impact factor
19	Prevalence of Alcohol and tobacco use in Indian and implications for COVID 19 NMB study projections	Madhava Sai, Dr. R Nagarathna, Dr Akshay Anand, Dr. Suchita Patil, Dr. Amit Singh, Dr. H R Nagendra DOI: 10.25122/jml-2020-0079 <a href="https://pubmed.ncbi.nlm.nih.gov/33456598/">https://pubmed.ncbi.nlm.nih.gov/33456598/</a>	<i>Journal of medicine and life</i>	2020	0.35
20	Trends of Hypertension in India: A nationwide survey reporting the distribution across geographical areas	Sriloy Mohanty, Kashinath Metri,,Raghuram Nagarathna, Akshay Anand, Amit Singh, Suchitra Patil, Hongasandra R Nagendra DOI: 10.1177/0972753120987457 <a href="https://pubmed.ncbi.nlm.nih.gov/34556955/">https://pubmed.ncbi.nlm.nih.gov/34556955/</a>	<i>Annals of neuroscience</i>	2020	0.55
21	Is the Indian Dietary Pattern associated with type 2 diabetes? A pan-India randomized cluster sample Study	Raghuram Nagarathna, Hongasandra Nagendra ,Sapna Nanda,Amit Singh,Suchitra Patil DOI: 10.1177/09727531211005226 <a href="https://pubmed.ncbi.nlm.nih.gov/34556957/">https://pubmed.ncbi.nlm.nih.gov/34556957/</a>	<i>Annals of neuroscience</i>	2020	0.55
22	Yoga and psychiatric disorders: A review of biomarker evidence.	Bhargav H, George S, Varambally S, Gangadhar BN DOI: 10.1080/09540261.2020.1761087 <a href="https://pubmed.ncbi.nlm.nih.gov/32401080/">https://pubmed.ncbi.nlm.nih.gov/32401080/</a>	<i>International Review of Psychiatry (Accepted for publication)</i>	2020	1.18
23	Prevalence of prediabetes, and diabetes in Chandigarh and Panchkula region based on glycated haemoglobin and Indian diabetes risk score	Saurabh Kumar, Dr. Akshay Anand, Dr. R Nagarathna, Navneet Kaur, Deepak Kumar Pal, Dr. Neeru Malik, Dr Amit Singh, Madhava Sai, Virraaj Pannu, Dr. H.R. Nagendra DOI: 10.1002/edm2.162 <a href="https://pubmed.ncbi.nlm.nih.gov/33532605/">https://pubmed.ncbi.nlm.nih.gov/33532605/</a>	<i>Endocrinology: Diabetes and Metabolism</i>	2020	0.01
24	The role of Yoga Intervention based on Ayurveda personality types title changed to Ayurveda personality types	Madhava Sai, Dr. A Anand, Dr. R Nagarathna, Vivek Podder, Navneet Kaur, Madhava Sai, Deepak Kumar pal, Dr. ishwar, Dr. Neeru Malik, Dr. Amit Singh, Dr. H R Nagendra	<i>Annals of neuroscience</i>	2021	0.55

S. No.	Title of the Paper	Authors	Name of Journal	Year of Publication	Impact factor
	and role of yoga intervention among the type 2 diabetes mellitus population of Chandigarh and Panchkula region	DOI: 10.1177/09727531211000040 <a href="https://pubmed.ncbi.nlm.nih.gov/34556962/">https://pubmed.ncbi.nlm.nih.gov/34556962/</a>			
25	Cost of Management of Diabetes Mellitus	Raghuram Nagarathna, Madhava Madanapalli, Amit Singh, Suchitra Patil, Hongasandra R Nagendra DOI: 10.1177/0972753121998496 <a href="https://pubmed.ncbi.nlm.nih.gov/34556959/">https://pubmed.ncbi.nlm.nih.gov/34556959/</a>	<i>Annals of neuroscience</i>	2021	0.55
26	Correlation of prakriti diagnosis using Ayusoft Prakriti Diagnostic Tool with clinician rating in patients with psychiatric disorders.	Bhargav H, Nishitha L, Chikanna U, Kishore K, Varambally S. DOI: 10.1016/j.jaim.2021.01.012 <a href="https://pubmed.ncbi.nlm.nih.gov/33750638/">https://pubmed.ncbi.nlm.nih.gov/33750638/</a>	<i>Journal of Ayurveda and Integrative Medicine.</i>	2021	0.38
27	Tele-yoga therapy for common mental health disorders: Need for assessment tool and guidelines.	Jagannathan A, Bhide SR, Varambally S, Chandra PS, Gangadhar B N. DOI: 10.4103/ijoy.IJOY_99_20 <a href="https://pubmed.ncbi.nlm.nih.gov/33840981/">https://pubmed.ncbi.nlm.nih.gov/33840981/</a>	<i>Int J Yoga</i>	2021	0.19
28	Yoga and Meditation as an Adjunct Interventional Strategy for COVID-19 Management	Kishore K. Deepak, Mohan Raghavendra Rao DOI: 10.1055/s-0041-1731611 <a href="https://www.thieme-connect.com/products/ejournals/html/10.1055/s-0041-1731611">https://www.thieme-connect.com/products/ejournals/html/10.1055/s-0041-1731611</a>	<i>Annals of the National Academy of Medical Sciences (India)</i>	2021	0.1
29	A systematic review and meta-analysis of effect of yoga and meditation on endothelial system	SG patil, V.Khode, AM Chandrasekharan, RM. Desai, HS Vadiraja, R Raghavendra, K Aithal, R Champa, KK Deepak, D Prabhakaran <a href="https://doi.org/10.1093/eurheartj/ehab724.2444">https://doi.org/10.1093/eurheartj/ehab724.2444</a> <a href="https://academic.oup.com/eurheartj/article/42/Supplement_1/ehab724.2444/6393655">https://academic.oup.com/eurheartj/article/42/Supplement_1/ehab724.2444/6393655</a>	<i>European Society of cardiology</i>	2021	13



S. No.	Title of the Paper	Authors	Name of Journal	Year of Publication	Impact factor
30	Sleep Disorders in individuals with high risk for diabetes in Indian population	Kalyan, Raghuram Nagarathna, Akshay Anand, Amit Singh, Suchitra Patil Hongasandra DOI: 10.1177/0972753121998470 <a href="https://pubmed.ncbi.nlm.nih.gov/34556958/">https://pubmed.ncbi.nlm.nih.gov/34556958/</a>	<i>Annals of neuroscience</i>	2021	0.55
31	Physical activity patterns in India stratified in zones, age, region, BMI and implications for COVID 19- A nationwide study	Vivek Podder R nagarathna, Akshay Anand, Suchitra Patil, Amit Kumar Singh, H R nagendra DOI: 10.1177/0972753121998507 <a href="https://pubmed.ncbi.nlm.nih.gov/34556960/">https://pubmed.ncbi.nlm.nih.gov/34556960/</a>	<i>Annals of neuroscience</i>	2021	0.55
32	Development, validation, and feasibility of a generic yoga-based intervention for Generalized Anxiety Disorder.	Pooja More ,Vinod Kumar , M R Usha Rani , Mariamma Philip , Narayana Manjunatha, Shivarama Varambally , N Gangadhar. DOI: 10.1016/j.ctim.2021.102776 <a href="https://pubmed.ncbi.nlm.nih.gov/34571143/">https://pubmed.ncbi.nlm.nih.gov/34571143/</a>	<i>Complement Ther Med.</i>	2021	2.44
33	Generic yoga modules for clinical and research settings - Need of the hour.	Kumar V, Jagannathan A, Bhargav H, Varambally S, Gangadhar BN. DOI: 10.17761/2021-D-18-00016 <a href="https://pubmed.ncbi.nlm.nih.gov/34260713/">https://pubmed.ncbi.nlm.nih.gov/34260713/</a>	<i>International journal of yoga therapy.</i>	2021	0.74

### c) The Research projects undertaken with Samskriti Foundation, Mysore, Karnataka are as under:

#### Completed projects

1. Web-enabled and CD-Based Multimedia-Self-teaching Program on Patanjali's Yoga Sutras, with topic-wise and other searches at various levels
2. Critical edition of very important unpublished Yoga Manuscript Yogabhyasa Yoga of Gorakshanatha with necessary appendices etc.
3. Bringing out a monograph on "An overview of Yoga Upanishads and their contribution to Yoga"-in English along with the original Sanskrit texts.
4. Web-enabled and CD-Based Multimedia-Self-Teaching program on Hathapradipika of

Svatmarama (One of the Three most important texts of Hath-Yoga) with topic wise and other searches at various levels.

5. Web-enabled and CD-Based Multimedia “Self-teaching program on Svamarama’s Hatha Pradikplka, with topic-wise and other searches at various levels.
6. Critical Edition Sage Patanjali’s Yoga Sutras with Vyasa Bhashya-by marking variant readings etc form 10 different palm-leaf and paper manuscripts-1st 2 Pada-s-(phase-1) with necessary appendices etc.
7. Brining out Monograph on ‘An overview of the theories and Practical aspects of Yoga- in the 18 Purana-s’-Part 1- in English along with the original Sanskrit texts.

### Ongoing projects

1. Web-enabled and CD-Based Multimedia-Self-teaching Program on Yoga Taravali of Shankaracharya-with topic-wise and other searches at various levels with topic-wise and other searches at various leverls.
2. Critical Edition of Sage Patanjali’s Yoga Sutras with Vyasa Bhashya-by marking variant readings etc form 10 different palm-leaf and paper manuscripts-final 2 Pada-s-(phase-2) with necessary appendices etc.
3. Brining out Monograph on ‘An overview of the theories and Practical aspects of Yoga- in the 18 Purana-s’-Part 2- in English along with the original Sanskrit texts.

### **d) Research projects undertaken by Kaivalyadham, Lonavla:**

## **5. EXTRA MURAL RESEARCH (EMR)**

The Extra Mural Research (EMR) scheme of Ministry of AYUSH is designed to encourage R&D in priority areas based on disease burden in alignment to National Health Programme. It also aims to utilize the vast research infrastructure available within the country for standardization and validation of classical drugs. This scheme is meant for focused outcome in tandem with the



needs of AYUSH sector and also encourage young scholar of AYUSH system to use their wisdom and energy in the research of AYUSH system on modern scientific parameters. The Council is involved in technical evaluation of the proposals submitted under EMR Scheme of Ministry of and also to assess their progress report.

## 6. INTRA MURAL RESEARCH (IMR)

The Council is an apex body for research in the fields of Yoga and Naturopathy. It is also engaged in the promotion and propagation of Yoga and Naturopathy in the country.

The Council had established seven OPDs in the premises of Premier Medical College in Delhi & NCR region including Head Quarters and seven Yoga & Naturopathy Wellness Centers in different parts of the Country and one Central Research Institute of Yoga & Naturopathy (CRIYN) with 20 bedded Yoga & Naturopathy In-Patient Hospital in Rohini, Delhi. All the OPDs and CRIYN, Rohini have been requested to initiate a Research Studies. The following research proposals received from the OPDs and CRIYN, Rohini were placed before the meeting of 6th Scientific Advisory Committee (SAC) held on 24.01.2020. The committee recommended the proposals with a total implication not exceeding Rs 1.00 Crore. The recommendations of the SAC were placed before the meeting of 38th Standing Finance Committee (SFC) held on 16.03.2020. The committee after detailed discussion concurred to undertake six new research proposals with financial implication not exceeding 1.0 Crore. The details of the research projects are as under:

S. No	Title of the Research Project	Name of PI and OPD	Duration of the project	Status
1	To Evaluate the effects of Yoga on cognitive function, activities of daily living, self reported depression and HRV in subjects with Vascular Dementia	<b>Dr Mina Chandra,</b> DNB (Psychiatry- Gold Medalist), PhD (Neurology) Senior Chief Medical Officer, Department of Psychiatry, ABVIMS and Dr RML Hospital, New Delhi- 110001 And <b>Dr. Raghavendra Rao M</b> Director, CCRYN, No 61-65, Jawahar Bhawan, Institutional Area, Janakpuri D Block, New Delhi-110058	Three Years	Ongoing
2	To evaluate the effects of Yoga on Pain and Quality of Life in patients with frequent and chronic tension headache	<b>Dr. K. S. Anand</b> Professor and Head, Department of Neurology, ABVIMS and Dr. RMLH and <b>Dr. Garima Mishra</b> Consultant Physician (Yoga and Naturopathy), Dr. RMLH through CCRYN	Two Years	Ongoing

S. No	Title of the Research Project	Name of PI and OPD	Duration of the project	Status
3	To study the effect of Yoga therapy in reducing the pain, improving walking time and quality of life in the management of	<b>Dr. Sujatha George</b> (Y&N) Physician, Yoga & Naturopathy OPD, Safdarjung Hospital, New Delhi and	Three Years	Ongoing
	Osteoarthritis of Knee – A two arm randomized prospective control study.	<b>Dr. Loveneesh G. Krishna</b> Director Professor, Orthopedics (CIO) Safdarjung Hospital, New Delhi		
4	To evaluate relaxation response on Blood pressure and HRV following different relaxation techniques in hypertensive and normotensive subjects.	<b>Dr. Raghavendra Rao M</b> Director, CCRYN, No 61-65, Jawahar Bhawan, Institutional Area, Janakpuri D Block, New Delhi-110058	One Year	Ongoing
5	Prevalence and perceptions of CAM in Indian patients visiting tertiary Multispecialty hospitals: a multi institutional cross sectional survey	<b>Dr. Raghavendra Rao M</b> Director, CCRYN, No 61-65, Jawahar Bhawan, Institutional Area, Janakpuri D Block, New Delhi-110058	One Year	Ongoing
6	Myths about Covid-19 and perceptions regarding AYUSH among the community	<b>Dr. Raghavendra Rao M</b> Director, CCRYN, No 61-65, Jawahar Bhawan, Institutional Area, Janakpuri D Block, New Delhi-110058	Six Months	Completed
7	Health Behavioural assessment during Covid-19 with SVYASA	<b>Dr. Raghavendra Rao M</b> Director, CCRYN, No 61-65, Jawahar Bhawan, Institutional Area, Janakpuri D Block, New Delhi-110058	Six Months	Completed
8	Sedentary behavior and physical activity limitations during home confinement and its effects on cardiovascular health: a Cross sectional survey with PHFI, AIIMS [Yoga care Trial affiliated Cardiology Hospitals, Naturopathy centers]	<b>Dr. Raghavendra Rao M</b> Director, CCRYN, No 61-65, Jawahar Bhawan, Institutional Area, Janakpuri D Block, New Delhi-110058	Six Months	Completed



S. No	Title of the Research Project	Name of PI and OPD	Duration of the project	Status
9	COVID-19: well-being among quarantine, Covid 19 positive patients and front line healthcare workers – (Global Survey) [UCLA, - AIIMS Rishikesh, Delhi Govt]	<b>Dr. Raghavendra Rao M</b> Director, CCRYN, No 61-65, Jawahar Bhawan, Institutional Area, Janakpuri D Block, New Delhi-110058	Six Months	Completed
10	Covid 19: Well-being and Health Related QOL in cancer patients and survivors (Global Survey) – (CCRYN, AIIMS Rishikesh, RML, DSCI, HCG group of cancer hospitals, Indian Association for Palliative Care, Indian Cancer Society)	<b>Dr. Raghavendra Rao M</b> Director, CCRYN, No 61-65, Jawahar Bhawan, Institutional Area, Janakpuri D Block, New Delhi-110058	Six Months	Completed
11	Effect of an integrated Yoga program on stress, mood states, sleep quality, symptom severity, Inflammatory markers, quality of life and clinical outcomes in Covid19 positive patients undergoing conventional treatment Being done in RML, AIIMS Delhi, AIIMS Rishikesh, Rajiv Gandhi Super Speciality Hospital, New Delhi	<b>Dr. Raghavendra Rao M</b> Director, CCRYN, No 61-65, Jawahar Bhawan, Institutional Area, Janakpuri D Block, New Delhi-110058	One Year	Completed



## 7. ESTABLISHMENT OF COLLABORATIVE CENTRE FOR MIND BODY INTERVENTIONS THROUGH YOGA

CCRYN being an apex organization for formulation, co-ordination, development and promotion of research on scientific lines in Yoga & Naturopathy system of medicine, the Council is committed to promote research in the disease areas of National priority in particular NCDs and mainly to understand the basic mechanism of action of various Yoga & Naturopathy treatments at the various levels i.e. cellular level, physiological level etc to establish evidence based application. Such evidence based therapies are prescribed to the patients mainly to reduce the psychological disturbances, improve the quality of life, reduce the burden of the disease, reduce the toxicity and complications of the treatment, to improve the disease parameters etc.

CCRYN wishes to foster partnerships with AIIMS / Post graduate Institutes and Institutes of National Importance to carry forward the agenda of integrating these mind body approaches into clinical practice through systematic research

The Council had Established of Collaborative Centre for Mind Body Interventions through Yoga in the following Institutions by signing an Memorandum of Understanding (MoU).

- a. All India Institute of Medical Sciences (AIIMS) Raipur, Chhattisgarh.
- b. All India Institute of Medical Sciences (AIIMS) Rishikesh, Uttarakhand.
- c. Post Graduate Institute of Medical Education & Research (PGIMER), Chandigarh

## 8. RESEARCH PUBLICATION

The Council has published following Research Publications:-

- Patil SG, Biradar MS, Khode V, Vadiraja H S, Patil NG, Raghavendra RM. Effectiveness of Yoga on arterial stiffness: A systematic review. *Complementary Therapies in Medicine*. 2020;52:102484.
- Deepak KK, Rao MR. Yoga and Meditation as an adjunct interventional strategy for COVID-19 management. *Ann Natl Acad Med Sci (India)* 2021;00:1-3
- Patil SG, Khode V, Chandrasekaran A, Desai RM, Vadiraja HS, Raghavendra RM, Aithal K, Ravindra C, Deepak KK, Prabhakaran Dorairaj. Yoga and Meditation for Endothelial Function: A Systematic Review and Meta-analysis – In Press
- Raghavendra RM, Deepak KK, Prabhakaran Dorairaj, Patil SG et al., Covid 19 infodemic: The alternate run – In Press

## 9. INTERNATIONAL DAY OF YOGA (IDY) – 2020

The Council has been playing an important role in observing International Day of Yoga by organising various activities during International Day of Yoga (IDY).



## **i. Activities organised for IDY 2020**

This year theme of IDY-2020 adopted by Ministry of AYUSH was 'Yoga at Home, Yoga with Family' due to the COVID-19 pandemic and the subsequent stringent restrictions imposed by the Govt. of India on mass gatherings. Government of India (GoI) encouraged the people to observe IDY 2020 at home with their families and organized 'My Life, My Yoga (MLMY)' contest i.e. the Jeevan Yoga video blogging contest with attractive prizes for the winners and runners-up digitally. Various online digital platforms like the Yoga Portal and the social media handles like YouTube, Facebook, Twitter and Instagram were engaged to provide opportunities to the people for learning Yoga from their homes and encouraged public to participate in the contest by posting 3-minute videos of themselves performing Yogasanas i.e. Yoga postures/poses.

1. The Ministry of AYUSH, in association with Prasar Bharati, made arrangements for telecasting a trainer led Yoga session on DD National on the 6<sup>th</sup> International Day of Yoga.
2. Several changes were made in the Yoga portal of the Ministry of AYUSH in order to fully equip it for being utilized to promote and host the 6<sup>th</sup> International Day of Yoga.
3. Ministry of AYUSH also uploaded an advisory on COVID-19, with special emphasis on the importance of regular practice of Yoga to boost the immunity level to combat COVID-19.
4. Government platforms like E-Sampark and My Gov were used to reach out to multiple stakeholders for mass mobilization for the 'My Life, My Yoga (MLMY)' i.e. the Jeevan Yoga video blogging contest and the observance of Yoga at home with family.
5. Online discourses on Yoga by 16 prominent Yoga gurus and experts from the 5<sup>th</sup> of June 2020 to the 20<sup>th</sup> of June 2020, as a part of the promotional campaign for IDY 2020 which were streamed live on the official Facebook page of the Ministry of AYUSH (MoA)
6. Daily telecast of the Common Yoga Protocol (CYP) was organized on DD Bharati for making more and more people familiar with CYP and preparing them for the main event.
7. An online curtain raiser event was also organized on the 10<sup>th</sup> of June 2020 to formally announce the theme for IDY 2020 and initiate the countdown to the main event.

## **ii. MLMY Post Celebration content**

This year IDY-2020 was observed by encouraging people to practice Yoga at their home, with participation from the entire family in view Covid-19 pandemic. My Life – My Yoga (also called "Jeevan Yoga) Video Blogging Contest, a Joint effort by the Ministry of AYUSH and the Indian Council for Cultural Relations (ICCR), was launched on 31<sup>st</sup> May, 2020 by Honorable Prime Minister Sh. Narendra Modi which was implemented through Social and Digital media platforms like Youtube, Facebook, twitter, Instagram etc. The contest was open to participants from across the world. The participants were required to upload a 3 minutes video of any 3 Yogic practices (comprising Kriya, Asanas, Pranayama, Bandha or Mudra), including a short video message / description on how the said Yogic practices influenced their life on Facebook, Twitter or Instagram with the contest hashtag #MyLifeMyYoga to participate in the contest. The contest closed on the International Day of Yoga, i.e. on 21<sup>st</sup> June, 2020 at 23:50 hrs.

There were six categories in the contest (Youth <18 years, Adult > 18 years and Professional with Male and Female contestants considered separately). A screening panel of around 150 Yoga experts nominated by the Ministry of AYUSH and evaluation jury of 15 members in India nominated by National Institutes and the Council for screening uploaded videos. A total of 35141 entries were received from India out of which 890 videos were shortlisted by the screening committee in 1st phase of screening. Videos were further shortlisted to 160 videos across 3 categories for the evaluation of Jury based on hierarchy of their score and ranking. Three separate Jury teams, having 5 renowned Yoga expert members in each jury were formed for evaluation of 3 categories. Each Jury member evaluated each shortlisted entry. Score of each entry was determined and the winner was chosen by the Chairperson of the Jury in consultation with the team.

In countries other than India, the Contest was overseen by the ICCR, through the respective Indian Missions. More than 2000 entries were received from other countries. The number of countries from where entries were received was 130, apart from India. The Ministry of AYUSH centrally compiled the data of all the entries received globally on 3 platforms, namely, through (i) Social Media uploads on Facebook, Twitter and Instagram, (ii) My Gov platform of the Government of India, and (iii) on the Contest Portal set up by the Ministry of AYUSH. The list and details of these entries were provided to the Indian Missions of the respective countries. The Missions added other entries received by them locally through e-mail or the Mission's website to these entries. The Evaluation Panel finalized the winners from each of the 6 categories of the contest for the respective country. A total of 2292 foreign entries were received for evaluation which was evaluated by respective countries through respective Indian Embassies by nominating expert. A total of 624 foreign country winners and 18 Indian winners completed global prize across the six categories. These entries were screened by the Screening Committee and shortlisted 106 entries were screened by 3 member Jury panel. Winners of the global prize were announced on 4<sup>th</sup> August, 2020.

## 10. YOGA & NATUROPATHY OPDs

Health and fitness through Yoga and Naturopathy is one of the propagational activities undertaken by the Council by running OPD's in various Govt. Hospitals and at its HQ. These OPD's are open to the general public who are interested to improve their health status, to keep fit and to keep away from diseases as well. The details are as under:

### A. Head Quarter

Yoga sessions are conducted at its Hq. since 1997, OPD Clinic of Yoga and Naturopathy is running at its Hq. since 1<sup>st</sup> May, 2001 and providing consultation & counseling from Monday to Friday between 8.00 a.m. to 4.00 p.m.. On Saturday, the timing of the consultation & counseling is from 9.00 a.m. to 11.00 a.m. In addition to this, Yoga and Naturopathy counseling also helped them in managing their health related problems. Yoga classes are also conducted regularly in which the participants are taught Asana, Pranayama, Meditative practices and simple cleansing procedures like Jalaneti, Sutrani, Dhauti etc. Shankhprakashan is also taught once a month.

A nominal fee @ Rs.500/- was charged from the participant up to Sept. 2017. Thereafter the monthly fee was increased to Rs.750/- per month. This OPD enrolled 2,212 patients during the year under report. The total number of patient days for the year 2020-21 is 1367.



Council is also conducting one month Yoga Health Education Programme from 11.00 am to 1.00 pm for the person who desires to gain more information about healthy living. The course starts on 1st of every month and Rs. 1000/- per month is charged as fee. Total amount of Rs.14,89,175/- was earned from Yoga fee and registration charges during the year.

## **B. Safdarjung Hospital, New Delhi**

The Council is running Yoga and Naturopathy OPD at Safdarjung Hospital, New Delhi since 04.06.2002. It remains open from 8.00 a.m. to 3.30 p.m. on all working days (Saturday 08.00 a.m. to 01.00 p.m.). The response of the patients in the OPD is encouraging. The patients visiting the OPD are from all walks of life and are following Yogic practices and Naturopathy advice along with the dietary prescriptions.

In this OPD, Yoga classes are also conducted regularly in which the participants are taught Asana, Pranayama, Meditative practices and simple cleansing procedures like Jalaneti etc.

The OPD was not functional during the year under report due to Covid-19 pandemic.

## **C. Dr. R.M.L. Hospital, New Delhi**

The Council is running an OPD (Yoga & Naturopathy) at Dr. RML Hospital since November, 2004. It remains open from 8.00 a.m. to 3.30 p.m. on all working days (Saturday 08.00 a.m. to 01.00 p.m.). The activities of this OPD include counseling and treatment of the patients. Regular Yoga classes are conducted as a part of treatment. Dietary management, simple hydrotherapy and other Naturopathic measures are also prescribed to the patients as per their requirements. This OPD is providing services to the referred cases from the Department of Cardiology of Dr. RML Hospital, New Delhi. Regular fitness classes are also organized for the staff of the hospital and a good response and appreciation of the authorities of the hospital is received.

The OPD was not functional during the year under report due to Covid-19 pandemic.

## **D. Lady Hardinge Medical College & Associated Hospital, New Delhi**

Yoga and Naturopathy OPD is functioning under the Deptt. of Physiology, Lady Harding Medical College and Associated Hospital, New Delhi since 31st January, 2007. It remains open from 8.00 a.m. to 3.30 p.m. on all working days (Saturday 08.00 a.m. to 01.00 p.m.).

A special Yoga therapy class for the indoor patients treated under Psychiatric wing is organized daily from 8.00 am to 9.00 am. Response of the patients towards this Yoga therapy is encouraging and showing good results. A separate Yoga and Naturopathy OPD under Orthopedic OPD is also organized on every Monday, Wednesday and Friday from 10.00 am to 12.30 pm of this hospital for the patients referred by them. In addition to these, a separate OPD is organized for the female patients and ante natal care on every Monday between 1.30 pm to 4.00 pm. A specific meditation class is also held on every Thursday for the patients attending Yoga classes.

This OPD Centre enrolled 24 patients directly and referred from Departments of the Hospital during the year under report.

### **E. University College of Medical Sciences, Dilshad Garden, Delhi**

The Council is running a Yoga and Naturopathy OPD in the Deptt. of Physiology, University College of Medical Sciences, Dilshad Garden, Delhi since 04.10.2007. It remains open from 8.00 a.m. to 3.30 p.m. on all working days (Saturday 08.00 a.m. to 01.00 p.m.).

The OPD was not functional during the year under report due to Covid-19 pandemic.

### **F. Ch. Brahm Prakash Ayurveda Charak Sansthan, Khera Dabar, Najafgarh, Delhi**

The Council is running an OPD of Yoga & Naturopathy at Ch. Brahm Prakash Ayurveda Charak Sansthan, Khera Dabar, Najafgarh, Delhi since 2.8.2010. It remains open from 8.00 a.m. to 3.30 p.m. on all working days (Saturday 08.00 a.m. to 01.00 p.m.). Patients are advised simple Naturopathy treatments which can be adopted at home. Regular Yoga therapy is given to the patients.

The OPD was not functional during the year under report due to Covid-19 pandemic.

### **G. Pt. B. D. Sharma Post Graduate Institute of Medical Sciences, Rohtak, Haryana**

This OPD of Yoga & Naturopathy is functioning since 01.09.2009 in the Deptt. of Physiology, Pt. B. D. Sharma P.G. Institute of Medical Sciences, Rohtak, Haryana free of cost. It remains open from 8.00 a.m. to 3.30 p.m. on all working days (Saturday 08.00 a.m. to 01.00 p.m.). Patients are advised simple Naturopathy treatments which can be taken at home. Regular Yoga therapy is provided to the patients.

The OPD was not functional during the year under report due to Covid-19 pandemic.

## **11. YOGA & NATUROPATHY WELLNESS CENTRES.**

The Council is running Yoga and Naturopathy Wellness Centres in the Government Hospitals/ Organizations/Institutes at different parts of India. The demand for providing infrastructure to get training for practice of Yoga for promotion of health, prevention and management of disease is increasing day by day and it is difficult for the Council to cater to ever growing demand. Nevertheless, the Government Hospitals/ Organizations/Institutes may add Yoga as complementary therapy in its fold. This will ultimately help the patients attending the Hospital for different health problems.

Further, over a period of time, good number of research data on the efficacy of Yoga & Naturopathy in the management of several diseases can be generated, as there are specialists, who can provide the technical support for conducting standard research work in these disciplines. The Council has already established following Yoga and Naturopathy Wellness Centre in various parts of the country:-



### **A. Yoga & Naturopathy Wellness Centre, Regional Research Institute for Homeopathy, Khumulwng, Jirania, Agartala, Tripura**

A MoU was signed between CCRYN and CCRH for running Yoga & Naturopathy Wellness Centre. The Wellness Center was inaugurated by Hon'ble Sh. Shripad Naik, MoS (I/C), AYUSH along with Regional Research Institute for Homeopathy (RRIH), Khumulwng, Jirania, Agartala, Tripura on 11.09.2017. The Wellness Centre remains open from 9.00 a.m. to 4.00 p.m.

The Wellness Centre equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this Wellness Centre include Counseling, regular general Yoga classes, therapeutic Yoga classes and Naturopathy treatments to the patients. In this Wellness Centre Yoga classes are also conducted regularly in which the participants are taught Asana, Pranayama, Meditative practices and simple cleansing procedures like Jalaneti, Sutra neti etc.

The Wellness Centre enrolled 28 patients during the year under report. The total number of patient days for the year 2020-21 is 71. The OPD was non functional due to Covid-19 restrictions.

### **B. Yoga & Naturopathy Wellness Centre, SHKM Govt. Medical College, Nuh, Mewat, Haryana**

A MoU was signed between CCRYN and SHKM Govt. Medical College, Mewat. The services of Wellness Centre commenced from 25.09.2017.

The Wellness Centre equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this Wellness Centre include Counseling, regular general Yoga classes, therapeutic Yoga classes and Naturopathy treatments to the patients. The Wellness Centre is providing services to the referred cases from the all the departments of SHKM Govt. Medical College, Nuh.

However, this OPD was closed as per the decision of Standing Finance Committee (SFC) in its meeting held on 03.09.2020 based on the 2<sup>nd</sup> inspection conducted by the Council w.e.f. 31.12.2020.

### **C. "SAHAJA" Sri Sathyadeva Yoga-Prakrithi Chikitsalayam S. V. V. S. S. Devasthanam, Annavaram, East Godavari, Andhra Pradesh**

A MoU was signed between Director, CCRYN and Sh. E.V. Jagannadha Rao, Executive Officer, S. V. V. S. S. Devasthanam, Annavaram. The services of SAHAJA Hospital commenced from 01.10.2017. The hospital remains open from 08:00 AM to 01:00 PM and 03.00 PM to 05.00 PM.

The SAHAJA Hospital is having 40 beds indoor facility equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this Hospital includes Counseling, Naturopathy treatments regular general Yoga classes, therapeutic Yoga classes and to the patients.



The OPD was not functional during the year under report due to Covid-19 pandemic. The OPD was closed as per the decision of Standing Finance Committee (SFC) in its meeting held on 03.09.2020 based on the 2nd inspection conducted by the Council w.e.f. 15.11.2020.

#### **D. Yoga & Naturopathy Medical College & Hospital, Bhopal, Madhya Pradesh**

A MoU was signed between Director, CCRYN and Principal & CEO, Govt. Homeopathic Medical College & Hospital, Bhopal. The services of Wellness Centre commenced from 12.10.2017. The Wellness Centre remains open from 07:00 AM to 02:30 PM.

The Wellness Centre equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this Wellness Centre include Counseling, regular general Yoga classes, therapeutic Yoga classes and Naturopathy treatments to the patients. The Wellness Centre enrolled 212 patients during the year under report. The total no. of patient days for the year 2020-21 is 1575. The OPD was not functional during the year under report due to COVID – 19 from April 2020 to September -2020.

#### **E. Yoga & Naturopathy Wellness Centre, Engandiyur Grama Panchayat, Chullippadi, Chetuva, Thrissur, Kerala**

A MoU was signed between CCRYN and Engandiyur Grama Panchayat. The services of Wellness Centre commenced from 04.11.2017. The Wellness Centre remains open from 07:00 AM to 03:00 PM.

The Wellness Centre equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this Wellness Centre include Counseling, regular general Yoga classes, therapeutic Yoga classes and Naturopathy treatments to the patients.

However, this OPD was closed as per the decision of Standing Finance Committee (SFC) in its meeting held on 03.09.2020 based on the 2nd inspection conducted by the Council w.e.f. 30.11.2020.

#### **F. Yoga & Naturopathy Wellness Centre, AIIMS, Bhubaneswar, Odisha**

A MoU was signed between CCRYN and AIIMS Bhubaneswar. The services of Wellness Centre commenced from 20.11.2017. The Wellness Centre remains open from 8.00 a.m. to 3.30 p.m. on all working days (Saturday 08.00 a.m. to 01.00 p.m.).

The Wellness Centre equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this Wellness Centre include Counseling, regular general Yoga classes, therapeutic Yoga classes and Naturopathy treatments to the patients. In this Wellness Centre Yoga classes are also conducted regularly in which the participants are taught Asana, Pranayama, meditative practices and simple cleansing procedures like Jalaneti, Sutraneti etc.



The Wellness Centre is providing services to the referred cases from the all the departments of AIIMS, Bhubaneswar.

The Wellness Centre enrolled 589 patients during the year under report.

### **G. Yoga & Naturopathy Wellness Centre, State Yoga Center Campus, Ranchi, Jharkhand**

A MoU was signed between CCRYN and Directorate of AYUSH, Govt. of Jharkhand, Ranchi. The services of the Wellness Centre commenced from 05.06.2018.

The Wellness Centre equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this Wellness Centre include Counseling, regular general Yoga classes, therapeutic Yoga classes and Naturopathy treatments to the patients. In this Wellness Centre Yoga classes are also conducted regularly in which the participants are taught Asana, Pranayama, Meditative practices and simple cleansing procedures like Jalaneti, Sutraneti etc.

The OPD was not functional during the year under report due to Covid-19 pandemic. The OPD was closed as per the decision of Standing Finance Committee (SFC) in its meeting held on 03.09.2020 based on the 2nd inspection conducted by the Council w.e.f. 31.12.2020.

### **H. Yoga & Naturopathy Wellness Centre, RGSC - BHU, Barkachcha, Mirzapur, UP**

A MoU was signed between CCRYN and RGSC, BHU, Barkachcha, Mirzapur, UP. The Wellness Centre equipped with all necessary Naturopathy treatments such as Mud Therapy, Hydro Therapy, Massage Therapy and Diet Therapy etc. The activities of this Wellness Centre include Counseling, regular general Yoga classes, therapeutic Yoga classes and Naturopathy treatments to the patients. In this Wellness Centre Yoga classes are also conducted regularly in which the participants are taught Asana, Pranayama, Meditative practices and simple cleansing procedures like Jalaneti, Sutraneti etc. The OPD was closed as per the decision of Standing Finance Committee (SFC) in its meeting held on 03.09.2020 based on the 2nd inspection conducted by the Council w.e.f. 30.11.2020.

## **12. CENTRAL REGISTRATION OF YOGA & NATUROPATHY PRACTITIONERS**

There was no central agency in the country for standardization and regulation of Yoga and Naturopathy education and registration of Yoga and Naturopathy practitioners. The graduates of these systems were registered by the respective states. This resulted in lot of difficulties in getting the registration and regulation of practice outside their States.

The Hon'ble Minister of State (IC), Ministry of AYUSH constituted a National Board for Promotion and Development of Yoga & Naturopathy (NBPDPYN) under the Chairmanship of MoS (IC) AYUSH. The Board, in its first meeting held on 13th July, 2016, decided that the registration of Yoga & Naturopathy practitioners should be both at Central and concerned State level. It was also decided that the Central registration of BNYS graduates should be started immediately.



Ministry of AYUSH authorized Central Council for Research in Yoga & Naturopathy (CCRYN) to act as the Central Executing Body for granting registration of Yoga & Naturopathy. In this regard, CCRYN entered into a MoU with Tata Consultancy Services (TCS) to develop software for online Central Registration of Yoga & Naturopathy practitioners. Accordingly, CCRYN started online Central registration to BNYS graduates from May, 2017.

A nominal fee of Rs. 2500/- per candidate was charged for granting central registration. Details of the state-wise registered practitioners in the year 2020-21 is under:-

#### Central Registration Data for the year 2020-21

State Name	Count
Andhra Pradesh	1
Chhattisgarh	2
Delhi	1
Haryana	2
Karnataka	5
Kerala	2
Madhya Pradesh	3
Rajasthan	1
Tamil Nadu	3
Uttar Pradesh	6
<b>Grand Total</b>	<b>26</b>

### 13. ACCREDITATION TO ORGANISATIONS FOR CONDUCTING COURSES OF YOGA & NATUROPATHY:

The Hon'ble Minister of State (IC), Ministry of AYUSH, has constituted National Board for the Promotion and Development of Yoga & Naturopathy (NBPDYN) as recommendatory body for all matters related to Yoga & Naturopathy.

A meeting of National Board was held on 12th August, 2016 wherein it was decided that since NBPDYN being the recommendatory body for the matters related to registration of practitioners of Yoga & Naturopathy in the country, the Central Council for Research in Yoga & Naturopathy (CCRYN) will act as an 'Executing Body' for NBPDYN by keeping Central Registrar in Councils premises itself and also decided to take up accreditation process for leveraging the development of these systems that will bring a standardized status in the education of these systems. In this regard, Board will prepare the guidelines for the accreditation of the Yoga & Naturopathy Hospitals and Educational Institutes in consultation with Quality Council of India (QCI). The 2nd meeting of Board was held on 7.11.2016, wherein it was decided to grant Central Registration to Institutionally Qualified Yoga & Naturopathy Practitioners. Further, an Academic Committee was constituted by the Board for preparing uniform BNYS syllabus throughout the country and also for deciding other related issues.

The Committee prepared the draft syllabus and MSR for conducting BNYS Course in its meeting held on 13th & 14th April, 2017 at SVYASA University, Bengaluru. The Academic Committee in



its meeting held on 14.2.2017 constituted Sub-committee under the Chairmanship of Dr H. R. Nagendra, SVYASA, Bengaluru to prepare a draft uniform syllabus of BNYS course and MSR to run BNYS Course. The so finalized, draft syllabus and Minimum Standard Regulations (MSR) was placed before the Academic Committee in its 2nd meeting held on 18.8.2017, wherein committee suggested few changes and the same were complied. The revised draft syllabus and MSR will be placed before ensuing Academic Committee meeting for its recommendations. Thereafter, these recommendations of the Academic Committee will be placed before National Board for its approval.

## 14. PROPAGATIONAL ACTIVITIES

The Council undertakes various activities relating to promotion, propagation and dissemination of scientific knowledge of Yoga & Naturopathy for the benefit of researchers and common public either directly or in collaboration with other organizations. Brief description of these activities is given below:

### i) Participation in Arogyas/ Exhibitions/ Health Melas

The Council actively participates and showcases therapeutic potential and treatment modalities of Yoga & Naturopathy in the Arogya and other health fairs organised by the Ministry of AYUSH all over the country for creating awareness and propagation of these traditional time tested health care systems. The activities carried out in such events during the year under report were following:-

- Live Yoga demonstration.
- Exhibition of Yoga & Naturopathy modalities through posters and translites.
- Free distribution of IEC material.
- Sale of publications and CDs of the Council.
- Free Consultation.
- T.V. show of Yoga & Naturopathy modalities and treatments.

**List of Arogyas and Exhibitions where the Council participated during the year under report is given below:**

#### LIST OF MELA's 1st April, 2020 to 31st March 2021

S. No.	Subject	Date	Organisers	Place
1	"28th Edition of SATTE"	24th -26th March 2021	Informa Markets in India	India Expo Centre & Mart, Gr. Noida
2	Ayurveda Parv"	26th – 28th March, 2021	Vinobha Seva Pratishtan (VSP)	Bhubaneswar

## **ii. Workshops/Seminars/Conferences/Webinars**

The Council has been organising Workshops/Seminars/Conferences to spread awareness about disease preventive and curative potential of Yoga & Naturopathy systems in all parts of the country across India among the local. A common platform is provided to the practitioners of these systems as well as to the practitioners of other systems.

However, due the restrictions imposed by the Govt. of India, no Workshops/Seminars/Conferences was organised in physical form but the Council organised following webinars virtually as per the COVID-19 guidelines issued by the Govt. of India:

1. POSHAN AAHAR webinar was organised on 23<sup>rd</sup> September, 2020 from 8:30 am to 5:30 pm on 'Nutrition Science and Advancements'.
2. VIHARA webinar was conducted by the Council on 16<sup>th</sup> October 2020 between 9.00 am to 1.00 pm on 'Yoga and Immunity'.
3. NIDRA webinar was conducted online by the Council on 7<sup>th</sup> January 2021 on 'Yoga and Sleep'.
4. A Webinar was held on 4<sup>th</sup> March 2021 from 9.45 am to 1 pm virtually on the 'Management of Obesity through Yoga and Naturopathy'.

## **iii. Yoga and Naturopathy Training Programmes**

### **a. Yoga Health Education Programme**

Council is running a one month short duration Yoga Health Education Programme for the public with a objective to create greater awareness about health benefits of Yoga at CCRYN HQ, Janakpuri, New Delhi. The programme starts on 1<sup>st</sup> of every month and a fee of Rs. 1000/- per participant is charged for the course.

### **b. Treatment Assistant Training Course (TATC)**

Council is running a full time, practical and career oriented Treatment Assistant Training Course (TATC) in Naturopathy of one year duration at Naturopathy Hospital, Rohini, Delhi. The aim of the proposed programme is to create trained/skilled manpower in the field of Naturopathy to work in Naturopathy Hospitals, Wellness Centers and other AYUSH Hospitals as Naturopathy Treatment Assistant. Total number of seats available for admission is 20 (10 male and 10 female).



## PUBLICATIONS OF THE COUNCIL

The Council has brought out a number of free as well as priced publications for the benefit of common man. These educative and informative brochures on Yoga & Naturopathy system are very popular among the public. The disease specific booklets of the Council viz. Motapa, Uchcha Raktachap, Obesity, High Blood Pressure and other booklets like Sprouts, Anmol Bol etc. both in Hindi and English are in great demand during Arogya and other Swasthya Melas.

The Council has more Hindi publications in comparison to English. The priced publications of the Council are also very popular. Some of the popular books of the Council are: Yogic and Naturopathic Treatment for Common Ailments, Health Education for Students, Vyavharik Prakritik Chikitsa and Important Therapeutic Modalities used in Naturopathy.

Hindi and English versions of the Yoga & Naturopathy CDs of the Council are also in great demand.

### Following is the list of CCRYN's Publications

#### a) FREE PUBLICATIONS

1.	Yoga & Naturopathy	(Hindi & English)
2.	Yoga-An Introduction	(Hindi & English)
3.	Naturopathy-An Introduction	(Hindi & English)
4.	CCRYN Profile	(Hindi & English)
5.	Surya Namaskar Chart	(Hindi & English)
6.	Yogasana Chart	(Hindi & English)
7.	Mitti Chiktisa	(Hindi)
8.	Swastha Jeevan ke liye Avashyak Batein	(Hindi)
9.	Ankurit Aahar	(Hindi & English)
10.	Uchcha Raktachap	(Hindi & English)
11.	Motapa	(Hindi & English)

12.	Dama	(Hindi & English)
13.	Sandhivaat	(Hindi & English)
14.	Swastha Jeevan ki Kala	(Hindi & English)
15.	Concept of Yoga & Naturopathy	(English)
16.	Madhumeh-Upchar	(Hindi & English)
17.	Anmol Bol	(Hindi)
18.	Matri evam Shishu Swasthya	(Hindi & English)
19.	Yoga Protocol for Major Mental Disorders and Stable Cardiovascular Disorders	(Hindi & English)

## b) LIST OF PRICED PUBLICATIONS

S. No.	Title of the Publication	Language	Price
1	Sadharan Rogon Ki Yogic Evam Prakritik Chikitsa	Hindi	30/-
2	Aadi Urja Pran	Hindi	100/-
3	Vyavaharik Prakritik Chikitsa	Hindi	120/-
4	Vidyarthiyon Ke Liye Swasthya Shiksha	Hindi	05/-
5	Vaidic Vangmaya Mei Prakritic Chikitsa (Vol. I)	Hindi	175/-
6	Vaidic Vangmaya Mei Prakritic Chikitsa (Vol. II)	Hindi	175/-
7	Prakritic Chikitsa ki Avashayak Upchar Vidhiyan	Hindi	30/-
8	Patanjal Yog Sutra Bhashya Vivaranam	Hindi	150/-
9	Manushya Me Pran Ke Ayam	Hindi	180/-
10	Nadi Tantra evam Pran	Hindi	
11	Prakritic Chikitsa Darshan Evam Vyavahar	Hindi	
12	Samagra Swasthya Ke Liye Yog evam Prakritic Chikitsa	Hindi	**40/-
13	Yoga Therapy and Naturopathy (CD)	Hindi & English	50/-
14	Research Activities of Council (CD)	Hindi & English	50/-
15	Yogic and Naturopathic Treatment for Common Ailments	English	30/-
16	Health Education for Students	English	5/-
17	Important Therapeutic Modalities used in Naturopathy	English	30/-
18	Yoga & Naturopathy for Holistic Health	English	**40/-

The Council provides 10% discount on purchase of each book up to 9 copies and 25% on purchase of 10 or more copies of a particular book except on CDs. \*\* (SPECIAL DISCOUNT RATE Rs.20/-



## OTHER ACTIVITIES

### 1. **ARTICLE ON “YOGA & NATUROPATHY AND ITS FORAY INTO LIFESTYLE MEDICINE” PUBLISHED IN INDIA TODAY MAGAZINE-23<sup>RD</sup> NOVEMBER 2020**

Central Council for Research in Naturopathy & Yoga (CCRYN) is an autonomous body under Ministry of AYUSH, Government of India and is actively engaged in research, development, promotion, propagation, education, training and publication work in the field of Yoga & Naturopathy.

The onset of COVID-19 has increased the burden on healthcare resources and COVID centers. Patients have been trained and encouraged for home isolation if their symptoms are mild and if they don't fall in high risk category. It is here that AYUSH can play a vital role in facilitating faster recovery.

Researches into COVID-19 studies have shown promising results with Yoga & Naturopathy intervention where there has been an improvement with sleep, quality of life, symptom reduction and stress. Yoga & Naturopathy is a lifestyle intervention has shown promising results in correcting one's lifestyle and optimizing immunity.

Therefore, CCRYN has initiated to promote CCRYN activities in times of COVID -19 and published the activities of CCRYN in a largely circulated news magazine of the country, INDIA TODAY magazine for the benefit of the general public.

The title of the published article is “Yoga & Naturopathy and its foray into lifestyle medicine” and was published on 23<sup>rd</sup> November 2020

### 2. **3RD NATUROPATHY DAY CELEBRATIONS**

The 3<sup>rd</sup> Naturopathy Day celebrations programme was inaugurated by Hon'ble Minister of AYUSH (IC) Sh. Shripad Yesso Naik. The Hon'ble Minister acknowledged Mahatma Gandhi for his significant and commendable contribution in popularizing Naturopathy in India and for endorsing it for rural health by focusing on personal hygiene, diet, exercise and public sanitation. He also has appreciated the efforts of CCRYN in popularizing Yoga and Naturopathy in the management of the Covid-19 patients by conducting randomized control trial on Covid-19 patients in reputed Institute like Rajiv Gandhi multispecialty Hospital, AIIMS Jhajjar and Rishikesh.

Vaidya Rajesh Kotecha, Secretary (AYUSH) wished one and all on the occasion of 3<sup>rd</sup> Naturopathy Day and spoke about history of Naturopathy in India and Mahatma Gandhi and his understandings

on Naturopathy. The Secretary appreciated the efforts of Director, CCRYN for his initiative of celebrating Naturopathy Day in such an intellectual manner. Jt Secretary Sh. P. N. Ranjit Kumar, Dr. H. R. Nagendra, Chancellor SVYASA University congratulated CCRYN, delegates and speakers on this occasion. Dr. Raghavendra Rao M., Director, Central Council for Research in Yoga & Naturopathy welcomed all the speakers and gave a brief overview of the program.

Naturopathy day celebrations were initiated with a scientific session with a theme “Scientific Basis for Concepts of Naturopathy”. Prof. M. N. Ramesh, from SVYASA presented the scientific perspectives on immunity and vitality highlighting the significance of the Ghrelin and Sirtuins as master regulators of metabolism and immunity and the potential role for naturopathy nutrition and fasting therapies. Dr. Chidambara Murthy, Ph.D, Principal Scientist, from M S Ramaiah Medical College and Hospitals gave a broader view on the topic Medicine from natures Basket explaining about phytochemicals as medicinal compounds and also mentioned that the natural form exhibits higher pharmacological effect than synthetically produced compounds. Dr. Manoor Prakash Hande, Associate Professor at the Department of Physiology, Yong Loo Lin School of Medicine, NUS showed evidence for effects of intermittent fasting on longevity through studies on primates. Padmashree Dr. S. C. Manchanda, a renowned cardiologist, and a Sr. Consultant of Sir Ganga Ram Hospital, New Delhi, Padmashree Dr. Nitish Naikan interventional cardiologist, and an additional professor at the All India Institute of Medical Sciences, Dr. Prabhakaran Dorairaj eminent cardiologist, epidemiologist and academician of global repute and currently Vice President (Research & Policy) at the Public Health Foundation of India (PHFI) were the experts for panel discussion in Integrative cardiology. A renowned immunologist Dr. Chandrasekhara S. Medical Director, Chanre Rheumatology & Immunology Center & Research, Bangalore, Dr. Shefali Khanna Sharma Associate Professor, PGI Chandigarh and Dr. Arun Maiya, Director, Dean Manipal College of Health Professions; Manipal Academy of Higher Education (MAHE) were the experts for panel discussion in Rheumatology.

A round table meeting with World Naturopathy federation (WNF) and Yoga and Naturopathy representatives from India was convened with Dr. Iva Lloyd, President, WNF (Canada), Dr. Jon Wardle, Secretariat, WNF (Australia), Tina Hausser, 1st Vice, President, WNF (Spain), Dr. Naveen K. V. (President INYGMA), Dr. Prashanth Shetty, Principal & Chief Medical Officer of SDM college of Naturopathy and Yoga, Ujjire Karnataka (India) to understand the diversity in practice of Naturopathy and explore ways to develop international collaboration and partnership. This session was followed by a session on Yoga and Naturopathy in Integrative Psychiatry. Prof. Dr. Gangadhar B. N., a senior Professor of Psychiatry and the former Director of NIMHANS and currently the Program Director of the NIMHANS, Integrated Centre for Yoga (NICY), Dr. Shivaram Varambally, Professor of Psychiatry and Head, Department of Integrative Medicine at NIMHANS, were involved in panel discussion on Yoga and Naturopathy in Mental Health. The session was moderated by Dr. Manjunath N. K., Jt. Director, Research & International Affairs, Swami Vivekananda Yoga Anusandhana Samsthana.

The experts for panel discussion on Yoga and Naturopathy in Women's Health were Dr. Shiva Singh Shekhawat, Obstetrician & Gynecologist, Consultant Apollo Hospitals, Chennai, Dr. Latha Venkatram, Head, Dept of Obstetrician & Gynecologist, Rangadore Memorial Hospital, Bengaluru, Karnataka and Dr. Nagarathna R., Medical Director, SVYASA, moderated by Dr. Kousalya Nathan, Consultant Apollo Hospitals, Chennai. The experts for panel discussion on Yoga and Naturopathy in Oncology were Prof Dr. Santosh Rao, Medical Director Integrative Medicine, Banner MD





Anderson Cancer Center, USA, Dr. Lorenzo Cohen, Ph.D, Director, Integrative Medicine, MD Anderson Cancer, USA, Miss Leibel Leigh, Clinical Director & Consultant Columbia University, Herbert Irving Comprehensive Cancer Center and Dr. Raghavendra Rao M., Director, CCRYN. Dr. Lorenzo Cohen pointed out that there is an increasing reliance and use of CAM therapies by cancer patients and one needs to provide informed decision for its implementation.

All the panelists opined that there is a definitive role of Yoga and Naturopathy in symptom management and rehabilitation.

### 3. YOGA AND NATUROPATHY AWARENESS CAMP

Post-Graduate Institute of Yoga and Naturopathy Education and Research (PGIYNER), Devarkhana, Jhajjar (Haryana) was made operational by starting OPD and Yoga Therapy from 29.01.2021. Total 315 patients were given consultation and Yoga Therapy during period. It also organised 02 Health Awareness Camp in nearby village of Devarkhana and Mundakheda. The aim and objective of organising the camp was to create awareness amongst nearby villages about upcoming PGIYNER with 200 beds Yoga & Naturopathy Hospital at Devarkhana being constructed by Ministry of AYUSH, Govt. of India.

The Council organised following activities during the camp:-

- a. Free consultation by Yoga & Naturopathy Physicians.
- b. On spot guidance for improving life style and dietary habits.
- c. Lecture by experts on benefits of Yoga and Naturopathy for healthy and happy life.

### 4. OFFICIAL LANGUAGE IMPLEMENTATION COMMITTEE

The Official Language Implementation Committee of the Council functions under the Chairmanship of the Director, CCRYN. The Committee reviews the progress of implementation of Official Language policy and programmes and suggests measures for improving the use of Hindi in the Council. Four meetings of the Committee were held on 23<sup>rd</sup> June, 2020, 29<sup>th</sup> September, 2020, 23<sup>rd</sup> December, 2020 and 25<sup>th</sup> March, 2021 during the period under report.

### 5. CELEBRATION OF RAJBHASHA FORTNIGHT

The Rajbhasha Fortnight was celebrated from 1st to 15th Sept., 2020 at the Headquarters of the Council. Dr. Raghavendra Rao M., Director read out the conciliatory message sent by the Hon'ble Home Minister, Sh. Amit Shah highlighting the efforts of the Home Ministry in the promotion of the Official language Hindi and the message sent by Vaidya Rajesh Kotecha, Secretary AYUSH to promote use of Official Language Hindi and also requested to adhere to Standard Operating Procedures and guidelines issued by Govt. of India. Addressing the staff members of the Council on this occasion, Dr. Raghavendra Rao M. requested employees to use Hindi in day to day work and also motivated the employees of the Council to cultivate a habit of using more of the Hindi language. Dr. Raghavendra Rao M. requested all the staff members to strictly follow Standard Operating Procedures and guidelines issued by Govt. of India for prevention of COVID-19 pandemic. During this year's fortnight observation, various activities/competition like



Hindi essays writing, translations, Hindi typing etc. were planned by the Council but could not be implemented due to sudden outbreak of COVID-19 pandemic.

## **6. INSPECTION OF DRAFTING AND EVIDENCE SUB-COMMITTEE OF THE COMMITTEE OF PARLIAMENTARY ON OFFICIAL LANGUAGE**

The meeting of Drafting and Evidence Sub-Committee of Parliamentary Official Language Committee was held on 18.11.2020 at The Ashok Hotel, New Delhi. The Sub-Committee was chaired by Hon'ble Member of Parliament Sh. Bhartrihari Mahtab. The other Members of the Sub-Committee were Hon'ble Sh. Ram Gopal Yadav, Prof. Reeta Bahuguna Joshi, Sh. Chirag Paswan, Sh. Shrirang Appa Barne, Sh. Pradeep Tamta, Dr. Manoj Rajoriya all are Hon'ble Members of Parliament. Sh. Bhartrihari Mahtab, Chairman stressed to take all steps and efforts to achieve the constitutional goals of Official Language. The Committee appreciated the work done in Hindi by the Council and hoped that it will continue to work with same passion in future also. Dr. Raghavendra Rao M., Director, CCRYN, Sh. Surender Sandhu, Asstt. Director (Yoga), Sh. K. L. Gothwal, Consultant (Admn.) and Sh. Satish Kumar, Junior Hindi Translator also attended the meeting from CCRYN.

## **7. HINDI WORKSHOP AND PROMOTIONAL ACTIVITIES**

In order to increase the use of Official Language in the office and make it easy for the staff to work in Hindi, Workshops on OL Hindi are organized time to time by the Council. During the year, the following Hindi Workshops and promotional activities were organized:-

### **a) Hindi competitive exams**

To encourage the officials for use of Hindi in their day to day official works various competent exams were organised on the directives of NARAKAS. These competent exams included Hindi essay writing, translation, Hindi typing etc. were conducted on 11<sup>th</sup> and 12<sup>th</sup> February, 2021.

### **b) Workshop on Easy use of official language Hindi in official work**

A full day workshop on 'Easy use of official language Hindi in official work' was organised on February, 15<sup>th</sup> 2021, in the Central Council for Research in Yoga & Naturopathy Headquarter. During the inaugural session, Dr. Raghavendra Rao M., Director of the Council, said that all the officers and staff should adopt Hindi by heart for nation building. He said that if we continue to use Hindi more and more by adopting new technology, then all kinds of official work will be simplified. On this occasion, Sh. Surender Sandhu, Assistant Director (Yoga) and Sh. Kundal Lal Gothwal, Consultant (Admn.) gave the training to all officers and employees of the Council in two different sessions. Sh. Surender Sandhu, Secretary, Official Language implementing committee and (I/c) official language explained about the large number of easy Hindi words which can easily be used in the official day today work. Sh. Satish Kumar, JHT carried out the full business of the workshop and explained the importance of use of easy Hindi terminology to the participants during the workshop.



## 8. VIGILANCE AWARENESS WEEK

Vigilance Awareness Week was observed from 26.10.2020 to 01.11.2020 in the Council to encourage all stakeholders to collectively participate in the prevention of, and the fight against corruption and to raise public awareness regarding the existence, causes and gravity of and the threat posed by corruption. The theme of Vigilance Awareness Week was “Independent India @ 75 : Self Reliance with Integrity”.

An Integrity Pledge was administered by the Director to all the officers and staff.

## 9. CELEBRATIONS OF INTERNATIONAL WOMEN DAY

International Women day was celebrated in the Council on 8th March, 2021. Several competitions, like debates, essay writing, elocution etc. were held in CCRYN.

## 10. RIGHT TO INFORMATION ACT (RTI)

During the year under report, the Council received 174 applications including 12 appeals directly or transferred from Ministry of AYUSH and other Departments which were all replied timely. No decision was received from Chief Information Commissioner.

## 11. CONSTITUTION DAY CELEBRATED

Constitution Day in India is celebrated every year on 26<sup>th</sup> of November as the constitution of India was adopted by the Constituent Assembly on 26<sup>th</sup> of November in the year 1949 and came into force on 26<sup>th</sup> of January in 1950.

Dr. Ambedkar is the Father of Constitution of India. The Council celebrated ‘Constitution Day on 27<sup>th</sup> November, 2020’ by reading of Preamble of the Constitution in the Council’s office to promote the Constitutional Values among the employees.

## 12. OBSERVATION OF SADBHAVNA DIWAS

The Council observed Sadbhavana Divas on 20<sup>th</sup> August, 2020 by taking oath of spreading love and harmony in the society.



## FUTURE PLANS OF THE COUNCIL

### 16. FUTURE PLANS OF THE COUNCIL

#### a. Establishment of Collaborative Research Centre for Mind Body Medicine

CCRYN being an apex organization for formulation, co-ordination, development and promotion of research on scientific lines in Yoga & Naturopathy system of medicine, the Council is committed to promote research in the disease areas of National priority in particular NCDs and mainly to understand the basic mechanism of action of various Yoga & Naturopathy treatments at the various levels i.e. cellular level, physiological level etc to establish evidence based application. Such evidence based therapies are prescribed to the patients mainly to reduce the psychological disturbances, improve the quality of life, reduce the burden of the disease, reduce the toxicity and complications of the treatment, to improve the disease parameters etc.

CCRYN wishes to foster partnerships with AIIMS / Post graduate Institutes and Institutes of National Importance to carry forward the agenda of integrating these mind body approaches into clinical practice through systematic research

The Council had establish of Collaborative Centre for Mind Body Interventions through Yoga at the following Institutions by signing an Memorandum of Understanding (MoU).

1. All India Institute of Medical Sciences (AIIMS) Raipur, Chhattisgarh.
2. All India Institute of Medical Sciences (AIIMS) Rishikesh, Uttarakhand.
3. Post Graduate Institute of Medical Education & Research (PGIMER), Chandigarh.



# AUDITED ACCOUNTS

## 2020 -21



### **Central Council for Research in Yoga & Naturopathy**

(Ministry of AYUSH, Govt. of India)

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# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY



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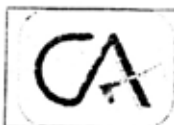


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**Susheel K Gupta & Co**  
CHARTERED ACCOUNTANTS

### ACCOUNTANT'S COMPILATION REPORT

To Management

Central Council for Research in Yoga & Naturopathy (CCRYN)

We have compiled the accompanying financial statements of CCRYN based on information you have provided.

These financial statements comprise the Balance Sheet of CCRYN as at March 31, 2021, the Statement of Income and Expenditure Account for the year then ended, and a summary of significant accounting policies and other explanatory information of following organization and units:

- 1) Central Council for Research in Yoga & Naturopathy (CCRYN) including GPF and Pension Fund
- 2) Post Graduate Institute of Yoga and Naturopathy Education and Research, Jhajjar, Haryana
- 3) Post Graduate Institute of Yoga and Naturopathy Education and Research, Nagamangala, Karnataka

We performed this compilation engagement in accordance with Standard on Related Services 4410 (Revised), Compilation Engagements. We have applied our expertise in accounting and financial reporting to assist you in the preparation and presentation of these financial statements in accordance with accounting principles generally accepted in India. We have complied with relevant ethical requirements. These financial statements and the accuracy and completeness of the information used to compile them are your responsibility. Since a compilation engagement is not an assurance engagement, we are not required to verify the



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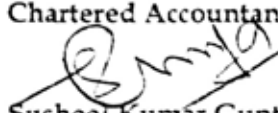


CA

**Susheel K Gupta & Co**  
CHARTERED ACCOUNTANTS

accuracy or completeness of the information you provided to us to compile these financial statements. Accordingly, we do not express an audit opinion or a review conclusion on whether these financial statements are prepared in accordance with accounting principles generally accepted in India.

For Susheel K Gupta & Co  
Chartered Accountants

  
Susheel Kumar Gupta  
Partner



M. No.: 098585

Firm Registration Number: 018928N

Place: Delhi

Date: June 21, 2021

103, First Floor, 7255, Ajindra Market, Shakti Nagar, Delhi – 110 007  
Tel.: 43580906, 9811004443 e-mail: susheelgupta@hotmail.com

**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)  
**BALANCE SHEET AS ON 31st MARCH, 2021**

(Amount in Rupees)

<b>CORPUS/ CAPITAL FUND AND LIABILITIES</b>	<b>Schedule</b>	<b>Current Year</b>	<b>Previous Year</b>
(1) CORPUS/ CAPITAL FUND	1	95,60,67,465	77,81,76,919
(2) RESERVE AND SURPLUS	2	-	-
(3) EARMARKED/ ENDOWMENT FUNDS	3	-	-
(4) SECURED LOANS AND BORROWINGS	4	-	-
(5) UNSECURED LOANS AND BORROWINGS	5	-	-
(6) DEFERRED CREDIT LIABILITIES	6	46,66,65,074	50,22,81,276
(7) CURRENT LIABILITIES AND PROVISIONS	7	87,41,749	1,16,60,095
<b>TOTAL</b>		<b>1,43,14,74,288</b>	<b>1,29,21,18,290</b>
<b>ASSETS</b>			
(1) FIXED ASSETS	8	86,68,25,468	71,90,92,838
(2) INVESTMENTS FROM EARMARKED/ ENDOWMENT FUNDS	9	-	-
(3) INVESTMENTS - OTHERS	10	77,52,000	-
(4) CURRENT ASSETS, LOANS, ADVANCES ETC.	11	55,68,96,820	57,30,25,452
(5) MISC. EXPENDITURE (To the extent not written off or adjusted)		-	-
<b>TOTAL</b>		<b>1,43,14,74,288</b>	<b>1,29,21,18,290</b>
<b>SIGNIFICANT ACCOUNTING POLICIES</b>	<b>24</b>		
<b>CONTINGENT LIABILITIES &amp; NOTES ON ACCOUNTS</b>	<b>25</b>		

(CA Susheel K Gupta)  
Chartered Accountants

(Prerna)  
Accountant

(Sh. Narender Chauhan)  
Admn.-cum-Accounts

(Dr. B.Venkateswar Rao)  
Drawing & Disbursing officer

(Dr.Raghavendra Rao M.)  
Director



## CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

### Schedules forming part of Balance Sheet as on 31-3-2021

#### Schedule –1: (CORPUS/CAPITAL FUND)

(Amount in Rupees)				
	Current Year		Previous Year	
<b>Corpus/Capital Fund:</b>				
Balance as at the beginning of the year		77,81,76,919		73,77,97,337
<b>Add: Contributions towards Corpus/Capital Fund:</b>				
Last year reserve & surplus transferred to Capital Fund		-	1,39,42,448	
Net Income transferred from Income and Expd A/C	2,82,08,065	2,82,08,065	4,63,33,405	6,02,75,853
<b>Grant for purchase of assets capitalised during the year:</b>				
1. PGIYNER Haryana (WIP)	2,23,70,272		-	
2. PGIYNER Karnataka(WIP)	12,34,95,930		-	-
3. Others	38,16,279	14,96,82,481	2,71,550	2,71,550
<b>Less:</b>				
Bank Interest refunded to Ministry of Health & Family Welfare		-	14,84,388	
Transferred to Deferred Credit Liability (Adv to NPCC Haryana)		-	31,64,612	
Previous Grant surrendered to M/O AYUSH		-	1,55,16,946	
Transferred to Deferred Credit Liability (adv to NPCC Karnataka)		-	1,875	2,01,67,821
<b>Balance as at the year end</b>		<b>95,60,67,465</b>		<b>77,81,76,919</b>

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# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## Schedules forming part of Balance Sheet as on 31-3-2021

### Schedule –2: (RESERVES AND SURPLUS)

(Amount in Rupees)				
	Current Year		Previous Year	
<b>Reserves &amp; Surplus:</b>				
<b>Opening Balance</b>	-	-	1,39,42,448	
"Net Income transfered from Income and Expenditure A/C"	-	-	-	
Less: Transferred to Corpus/Capital Fund	-		1,39,42,448	
Net Balance		-		-

Schedule 3 to 5 - NIL

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## CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

### Schedules forming part of Balance Sheet as on 31-3-2021

#### Schedule –6: (DEFERRED CREDIT LIABILITIES)

(Amount in Rupees)				
Description	Current Year		Previous Year	
<b>Deferred grant for Capital Work:</b>				
Opening balance as per the last balance sheet		50,22,81,276		8,72,94,789
<b>Add:</b> Capital grant released during the year:				
(i) NPCC, Haryana	3,72,50,000		19,37,34,612	
(ii) NPCC, Karnataka	7,30,00,000		22,12,51,875	
		11,02,50,000		41,49,86,487
<b>Less:</b>				
(i) Assets Capitalized during the year:			-	
NPCC, Karnataka	12,34,95,930		-	
NPCC, Haryana	2,23,70,272	14,58,66,202	-	
<b>Net Balance at the end of the year</b>		<b>46,66,65,074</b>		<b>50,22,81,276</b>

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# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## Schedules forming part of Balance Sheet as on 31-3-2021

### Schedule –7: (CURRENT LIABILITIES AND PROVISIONS)

(Amount in Rupees)				
Description	Current Year		Previous Year	
<b>(A) Current Liabilities:</b>				
(1) Liabilities for bills:				
As per last Balance Sheet	9,66,683		9,66,683	
<b>Add:</b> During the year				
Less: Paid during the year	-	9,66,683	-	9,66,683
(2) Liability of Earnest Money:				
As per last Balance Sheet	2,77,974		2,77,974	
<b>Add:</b> During the year	-		5,000	
<b>Less:</b> Paid during the year	-	2,77,974	5,000	2,77,974
<b>Total (A)</b>		<b>12,44,657</b>		<b>12,44,657</b>
(B) Provisions:				
(Short term provisions (Others))		74,97,092		1,04,15,438
<b>Total (B)</b>		<b>74,97,092</b>		<b>1,04,15,438</b>
<b>Total (A+B)</b>		<b>87,41,749</b>		<b>1,16,60,095</b>

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(Dr. B.Venkateswar Rao)  
Drawing & Disbursing officer

(Dr.Raghavendra Rao M.)  
Director



## Annexure I to Schedule 7- CURRENT LIABILITIES AND PROVISIONS

(Amount in Rupees)

Description	Current Year		Previous Year	
<b>Liabilities for bills:</b>				
(i) M/S Bedi & Bedi Associates	8,51,556		8,51,556	
(ii) M/S Sainik Surveillance Security Services (Pvt) Ltd.	66,339		66,339	
(iii) M/S Voltas Ltd.	48,788	9,66,683	48,788	9,66,683
<b>Liability of Earnest Money:</b>				
(i) M/s Bedi & Bedi Associates	30,000		30,000	
(ii) M/S Gemini Fibre Glass	25,000		25,000	
(iii) M/S Prime Service	1,11,000		1,11,000	
(iv) M/S Sharma Enterprises	26,000		26,000	
(v) Ascent IT Communication	5,810		5,810	
(vi) Detective Security	31,464		31,464	
(vii) Green Bell	6,700		6,700	
(viii) M/S Susheel K Gupta & Co	5,000		5,000	
(ix) M/S Life Line Services	18,500		18,500	
(x) M/S Meal Healz	18,500	2,77,974	18,500	2,77,974
<b>Short Term Provisions (Others):</b>				
(i) TDS Demand Liability	-		84,900	
(ii) Refund of Bank interest(2019-20)	-		14,39,883	
(iii) CGHS Contribution	-		2,15,152	
(iv) Children Education Allowance	2,65,500		2,37,224	
(v) Contingency Expense- Annavaram	-		9,620	
(vi) Contingency Expense	3,996		1,36,145	
(vii) Contingency Expense (Nagamangala)	5,000		-	
(viii) Contingency Expense (Naturopathy Day)	132,000		-	
(ix) Contingency Expense (Bhopal OPD)	593		-	
(x) GPF Account	1,90,000		2,25,000	
(xi) GPF Recovery	-		10,000	
(xii) Grant in aid - IDY	-		4,44,000	

Contd./-

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Director



Annexure I to Schedule 7- CURRENT LIABILITIES AND PROVISIONS				
(Amount in Rupees)				
Description	Current Year		Previous Year	
(xiii) GSLIS	1,180		1,435	
(xiv) GSLIS (deputation)	125		-	
(xv) Hiring of taxi	70,675		46,079	
(xvi) Medical Reimbursement	29,252		14,986	
(xvii) NPS (Subscription)	56,874		51,258	
(xviii) NPS (Council's Contribution)	56,874		-	
(xix) Petrol & Fuel	5,459		19,180	
(xx) Printing & stationery	-		83,669	
(xxi) Professional fee	-		48,721	
(xxii) Salary	10,58,039		12,61,262	
(xxiii) TA	26,553		76,365	
(xxiv) TDS	93,529		1,36,584	
(xxv) Telephone expense	5,008		12,861	
(xxvi) Wages - Annavaram	-		2,71,965	
(xxvii) Wages - Consultants	4,16,042		3,40,947	
(xxviii) Wages CRI - Rohini	2,02,664		2,67,892	
(xxix) Wages - Outsourcing	33,08,289		49,80,310	
(xxx)CGHS (on Deputation)	650		-	
(xxxi) Wages(Jhajjar)	6,37,395		-	
(xxxii) Wages (Nagamangala)	3,55,601		-	
(xxxiii) Software & Technology related expenses	2,88,593		-	
(xxxiv) Postage Expenses	7,707		-	
(xxxv) ISMSH Thrift & Credit Society	43,163		-	
(xxxvi) Income Tax	1,25,000		-	
(xxxvii) Honorarium (outsourcing & Contractual staff)	10,000		-	
(xxxviii) Electricity Expense (Jhajjar)	1,01,331		-	
		74,97,092		1,04,15,438
<b>Total</b>		<b>87,41,749</b>		<b>1,16,60,095</b>

(CA Susheel K Gupta)  
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Director



## CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomous Body under Ministry of AYUSH)

Schedule -8 forming part of Balance sheet as on 31.3.2021

### FIXED ASSETS

DESCRIPTION	GROSS BLOCK				DEPRECIATION/ AMORTISATION				NET BLOCK	
	Cost/valuation as at beginning of the year	Additions during the year	Deductions during the year	Cost/valuation at the year-end	As at the beginning of the year	Accounted for the year end 31.03.2021	On Deductions during the year	Total upto the year-end	As at the current year-end	As at the previous year-end
<b>(A) Assets</b>										
1. Furniture & Fixture	70,54,449	7,91,884	-	78,46,333	40,92,259	3,40,286	-	44,32,545	34,13,788	29,62,190
2. Office Equipment	1,29,37,033	30,24,395	-	1,59,61,428	75,13,937	15,64,766	-	90,78,703	68,82,725	54,23,096
3. Library Books	5,23,253	-	-	5,23,253	5,18,317	1,974	-	5,20,291	2,962	4,936
4. Motor Vehicle	5,46,795	-	-	5,46,795	2,61,364	42,815	-	3,04,179	2,42,616	2,85,431
5. Land at Haryana (Amortisation)*	240	90	-	330	10	100	-	110	220	230
<b>Total (A)</b>	<b>2,10,61,770</b>	<b>38,16,369</b>	<b>-</b>	<b>2,48,78,139</b>	<b>1,23,85,887</b>	<b>19,49,941</b>	<b>-</b>	<b>1,43,35,828</b>	<b>1,05,42,311</b>	<b>86,75,883</b>
<b>(B) Capital Work-in-Progress</b>										
PGIYNER (Karnataka)	28,35,70,989	12,34,95,930	-	40,70,66,919	-	-	-	-	40,70,66,919	28,35,70,989

(Amount in Rupees)





## Annexure I to Schedule -8 - (FIXED ASSETS)

(Amount in Rupees)

Description	Current Year		Previous Year	
<b>Opening Balance as per last Balance Sheet</b>		71,90,92,838		72,02,46,619
<b>Add:</b> Capitilised				
(A) Assets	14,96,82,571		2,71,550	
<b>Less:</b> Write off during the year	-	14,96,82,571	1,965	2,69,585
<b>Total</b>		<b>86,87,75,409</b>		<b>72,05,16,204</b>
<b>Less:</b>				
Depreciation during the year	19,49,941		14,23,366	
Deduction during the year	-	19,49,941	-	14,23,366
<b>Balance</b>		<b>86,68,25,468</b>		<b>71,90,92,838</b>

Schedule 9 - NIL

(CA Susheel K Gupta)  
Chartered Accountants

(Prerna)  
Accountant

(Sh. Narender Chauhan)  
Admn.-cum-Accounts

(Dr. B.Venkateswar Rao)  
Drawing & Disbursing officer

(Dr.Raghavendra Rao M.)  
Director

**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY***(An Autonomus Body under Ministry of AYUSH)***Schedules forming part of Balance Sheet as on 31-03-2021****Schedule -10 (INVESTMENTS-OTHERS)**

<i>(Amount in Rupees)</i>				
Description	Current Year		Previous Year	
<b>Investment (Others):</b>				
FDR (Internal Revenue)		77,52,000		-
<b>Total</b>		<b>77,52,000</b>		<b>-</b>

**(CA Susheel K Gupta)****Chartered Accountants****(Prerna)****Accountant****(Sh. Narender Chauhan)****Admn.-cum-Accounts****(Dr. B.Venkateswar Rao)****Drawing & Disbursing officer****(Dr.Raghavendra Rao M.)****Director**



**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)  
**Schedules forming part of Balance Sheet as on 31-03-2021**  
**Schedule -11 (CURRENT ASSETS, LOANS AND ADVANCES ETC.)**

(Amount in Rupees)				
Description	Current Year		Previous Year	
<b>(A) CURRENT ASSETS:</b>				
(1) PRICED PUBLICATIONS:				
Opening balance	8,39,516		9,02,175	
Add: Purchase during the year	-		-	
Less: (i) Sale during the year	29,449		61,591	
(ii) Discount during the year	8,901		13,674	
(iii) Subsidy during the year	(11,404)		(12,699)	
(iv) Complementary	888		93	
Net balance		8,11,682		8,39,516
(2) Cash balance in hand		-		10,000
(3) Bank Balances:				
(i) State Bank of India (Savings A/c) (10502082729)	45,70,019		14,39,254	
(ii) State Bank of India (Current A/c) (35643799976)	4,88,767		77,52,617	
(ii) State Bank of India (Savings A/c) (37212979875)	-	50,58,786	18,906	92,10,777
<b>TOTAL (A)</b>		<b>58,70,468</b>		<b>1,00,60,293</b>

Contd./-

**(CA Susheel K Gupta)**  
**Chartered Accountants**

**(Prerna)**  
**Accountant**

**(Sh. Narender Chauhan)**  
**Admn.-cum-Accounts**

**(Dr. B.Venkateswar Rao)**  
**Drawing & Disbursing officer**

**(Dr.Raghavendra Rao M.)**  
**Director**

# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## Schedules forming part of Balance Sheet as on 31-03-2021

### Schedule -11 (CURRENT ASSETS, LOANS AND ADVANCES ETC.)

(Amount in Rupees)				
Description	Current Year		Previous Year	
<b>(B) LOANS, ADVANCES AND OTHER ASSETS:</b>				
<b>(1) TA Advance</b>				
Opening Balance	94,500		1,84,000	
<b>Add:</b> Paid during the year	-		2,99,700	
<b>Less:</b> - Adjusted	94,500		3,89,200	
Net balance	-	-	-	94,500
<b>(2) Contingency Advance</b>				
OP Bal. Contingency	14,92,536		14,90,737	
<b>Add:</b> Paid during the year	26,80,977		7,79,694	
<b>Less:</b> Adjusted	20,03,506		7,77,895	
Net balance	-	21,70,007	-	14,92,536
<b>(3) LTC Advance</b>				
Opening Balance	7,452		-	
<b>Add:</b> Paid during the year	1,69,783		2,29,511	
<b>Less:</b> Adjusted	7,452		2,22,059	
Net balance		1,69,783		7,452
<b>(4) Advance to NPCC for PGIYNERs (For Construction out of Capital Grant)</b>				
Opening Balance	50,13,85,317		8,63,98,830	
<b>Add:</b> Paid during the year	11,02,50,000		41,49,86,487	
<b>Less:</b> Amt. adjusted as expenditure	14,58,66,202		-	
Net balance		46,57,69,115		50,13,85,317

Contd./-

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## CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

### Schedules forming part of Balance Sheet as on 31-03-2021

#### Schedule -11 (CURRENT ASSETS, LOANS AND ADVANCES ETC.)

(Amount in Rupees)				
Description	Current Year		Previous Year	
<b>(5) Advance to NPCC for PGIYNERs (General)</b>				
Opening Balance	3,56,65,292		-	
<b>Add:</b> Paid during the year	73,80,000		3,56,65,292	
<b>Less:</b> Amt. adjusted as expenditure	-		-	
Net balance		4,30,45,292		3,56,65,292
<b>(6) Advance to NPCC for PGIYNERs (For Other Purposes out of Capital Grant)</b>				
Opening Balance	-		-	
<b>Add:</b> Paid during the year	1,42,50,000		-	
<b>Less:</b> Amt. adjusted as expenditure	-		-	
Net balance		1,42,50,000		-
<b>(7) Advance to Executive Engineer (PWD) for CRI (Odisha)</b>				
Opening Balance	8,95,959		8,95,959	
<b>Add:</b> Paid during the year	-		-	
<b>Less:</b> - Adjusted	-		-	
Net balance		8,95,959		8,95,959
<b>(8) Telephone Security</b>				
Opening Balance	17,122		17,122	
<b>Add:</b> Paid during the year	-		-	
<b>Less:</b> Adjusted	-		-	
Net balance		17,122		17,122

Contd./-

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# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## Schedules forming part of Balance Sheet as on 31-03-2021

### Schedule -11 (CURRENT ASSETS, LOANS AND ADVANCES ETC.)

(Amount in Rupees)

Description	Current Year		Previous Year	
<b>(9) Grant in Aid (ICCR for IDY)</b>				
Opening Balance	2,00,00,000		2,00,00,000	
<b>Add:</b> Paid during the year	-		-	
<b>Less:</b> Adjusted	-		-	
Net balance		2,00,00,000		2,00,00,000
<b>(10) GIA Fellowship advance</b>				
Opening Balance	4,91,400		-	
<b>Add:</b> Paid during the year	8,89,535		4,91,400	
<b>Less:</b> Amt. adjusted as expenditure	2,18,400		-	
Net balance		11,62,535		4,91,400
<b>(11) GIA Kaivalyadham</b>				
Opening Balance	12,50,000		-	
<b>Add:</b> Paid during the year	10,72,518		12,50,000	
<b>Less:</b> Adjusted	15,94,349		-	
Net balance		7,28,169		12,50,000
<b>(12) GIA Samskriti Foundation</b>				
Opening Balance	12,50,000		-	
<b>Add:</b> Paid during the year	37,50,000		25,00,000	
<b>Less:</b> Adjusted	37,50,000		12,50,000	
Net balance		12,50,000		12,50,000
<b>(13) GIA Nimhans Advances</b>				
Opening Balance	-		-	
<b>Add:</b> Paid during the year	25,07,912		22,51,596	
<b>Less:</b> Adjusted	10,50,856		22,51,596	
Net balance		14,57,056		-

Contd./-

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Director



**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)  
**Schedules forming part of Balance Sheet as on 31-03-2021**  
**Schedule -11 (CURRENT ASSETS, LOANS AND ADVANCES ETC.)**

(Amount in Rupees)				
Description	Current Year		Previous Year	
<b>(14) Cevious Technology Pvt. Ltd.</b>				
Opening Balance	-		-	
<b>Add:</b> Paid during the year	-		4,248	
<b>Less:</b> Adjusted	-		4,248	
Net balance		-		-
<b>(15) NISG Advance</b>				
Opening Balance	4,15,581		12,46,743	
<b>Add :</b> Paid during the year	-		8,31,162	
<b>Less:</b> Adjusted during the year	4,15,581		16,62,324	
Net balance		-		4,15,581
<b>(16) Deposit (Advances)</b>				
Opening Balance	-		39,860	
<b>Add:</b> Paid during the year	-		-	
<b>Less:</b> Adjusted during the year	-		39,860	
Net balance		-		-
<b>(17) Bank Interest Accrued on FDR</b>		99,990		
<b>(18) Bank Interest Accrued on Savings A/c</b>		11,324		
<b>TOTAL (B)</b>		<b>55,10,26,352</b>		<b>56,29,65,159</b>
<b>TOTAL (A+B)</b>		<b>55,68,96,820</b>		<b>57,30,25,452</b>

Schedule 12- NIL

(CA Susheel K Gupta)  
Chartered Accountants

(Prerna)  
Accountant

(Sh. Narender Chauhan)  
Admn.-cum-Accounts

(Dr. B.Venkateswar Rao)  
Drawing & Disbursing officer

(Dr.Raghavendra Rao M.)  
Director

# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## INCOME & EXPENDITURE ACCOUNT FOR THE YEAR 2020-21

(Amount in Rupees)

A: INCOME	Schedule	Current Year	Previous Year
1. Income from Sales/ Services	12	-	-
2. Grants/Subsidies	13	37,75,22,488	22,06,38,450
3. Fees/ Subscriptions	14	-	-
4. Income from Investment	15	-	-
5. Income from Royalty, Publication etc.	16	-	-
6. Interest Earned	17	22,66,467	-
7. Other Income	18	5,73,423	78,09,560
8. Increase / (decrease) in stock of Finished Goods & Work in progress	19	-	-
<b>TOTAL (A)</b>		<b>38,03,62,378</b>	<b>22,84,48,010</b>
<b>(B) EXPENDITURE</b>			
1. Establishment Expenses	20	7,69,26,254	9,17,37,148
2. Other Administrative Expenses etc.	21	26,44,62,604	4,10,60,378
3. Expenditure on Grant,Subsidies etc.	22	90,56,579	4,90,33,117
4. Interest	23	-	-
5. Depreciation	21	19,49,941	14,23,366
<b>TOTAL (B)</b>		<b>35,23,95,378</b>	<b>18,32,54,009</b>
Balance being excess of Income over Expenditure (A-B)		2,79,67,000	4,51,94,001
Prior Period Income		2,40,975	11,39,494
Prior Period Amortisation/Adjustment		90	90
Transfer to Special Reserve (Specify each)		-	-
Transfer to/from General Reserve		-	-
<b>BALANCE BEING SURPLUS (DEFICIT) CARRIED TO CORPUS/CAPITAL FUND</b>		<b>2,82,08,065</b>	<b>4,63,33,405</b>
<b>SIGNIFICANT ACCOUNTING POLICIES</b>	<b>24</b>		
<b>CONTINGENT LIABILITIES &amp; NOTES ON ACCOUNTS</b>	<b>25</b>		

(CA Susheel K Gupta)

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Director



## CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

### Schedules forming part of Income & Expenditure for the year 2020-21

#### Schedule -13 (GRANTS/SUBSIDIES)

(Irrevocable Grants & Subsidies Received From Ministry)

(Amount in Rupees)				
Description	Current Year		Previous Year	
<b>(1) Grants (General)</b>	2,15,88,767		18,33,50,000	
<b>Less:-</b> Grant Capitalized	38,16,279	20,77,72,488	2,71,550	18,30,78,450
<b>(2) Grants (Capital)</b>	24,50,00,000		41,18,20,000	
<b>Less:-</b> Transfer to Deferred Grant	11,02,50,000	13,47,50,000	41,18,20,000	
(3) Grants (Salary)	3,50,00,000		3,75,60,000	
<b>Less:-</b> Grant Capitalized	-	3,50,00,000	-	3,75,60,000
<b>Total</b>		<b>37,75,22,488</b>		<b>22,06,38,450</b>

Schedule 14 to 16-NIL

(CA Susheel K Gupta)  
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# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## Schedules forming part of Income & Expenditure for the year 2020-21

### Schedule -17 (INTEREST EARNED)

(Amount in Rupees)				
Description	Current Year		Previous Year	
<b>(1) On Term Deposit:</b>				
Accrued Interest on FDR with SBI (of Internal Revenue)	99,990	-	-	-
<b>(2) On Savings Accounts:</b>				
<b>Add:</b> Interest received & accrued on Savings A/cs	21,66,477	22,66,467	-	-
<b>Total</b>		<b>22,66,467</b>		<b>-</b>

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**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)

**Schedules forming part of Income & Expenditure for the year 2020-21**  
**Schedule -18 (OTHER INCOME)**

<i>(Amount in Rupees)</i>				
Description	Current Year		Previous Year	
Refund to Establishment & Running Hospital			(1,60,000)	
Postage receipts	-		340	
OPD (Rohini)	1,11,625		52,14,505	
TATC Programme	1,53,790		2,600	
Other Misc. Receipts	1,326		1,876	
Yoga Class Fees	39,300		12,37,570	
Application Fees for RO post	9,750		-	
Reciepts from OPDs outside Delhi	56,649		12,68,019	
RML OPD	-		1,900	
Lady Harding Medical College	-		10,000	
Provision Written back	12,655		-	
CGHS Subscription (Pensioners & Employees)	1,23,000		1,32,750	
Excess amount paid adjusted	28,828		-	
Tender Cost	4,000		-	
Central Registration Fee	32,500		1,00,000	
		5,73,423		78,09,560
<b>Total</b>		<b>5,73,423</b>		<b>78,09,560</b>

Schedule 19 - Nil

**(CA Susheel K Gupta)**  
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**(Prerna)**  
**Accountant**

**(Sh. Narender Chauhan)**  
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**(Dr. B.Venkateswar Rao)**  
**Drawing & Disbursing officer**

**(Dr.Raghavendra Rao M.)**  
**Director**

# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## Schedules forming part of Income & Expenditure for the year 2020-21

### Schedule -20 (ESTABLISHMENT EXPENDITURE)

(Amount in Rupees)		
Description	Current Year	Previous Year
1. Salaries	1,80,35,505	1,91,69,760
2. Medical Reimbursement	6,81,674	10,20,218
3. Leave Salary & Pension Contribution	-	1,29,468
4. Children Education Allowance	2,65,500	4,91,892
5. Leave Encashment	48,009	34,050
6. LTC/Hometown Expenditure	7,754	2,38,337
7. CGHS Contribution	1,22,944	6,23,685
8. Council's Contribution to NPS	7,10,549	6,88,569
9. MACP Arrear	8,95,395	3,38,252
10. Staff Honorarium	40,000	51,000
11. Arrear of Pay	11,280	-
12. Uniform Allownce	25,000	-
13. Honorarium of Contractual Staff	1,67,000	26,000
14. Wages (Outsourcing)	4,22,92,864	5,38,42,122
15. Wages (Jhajjar)	11,17,356	-
16. Wages (Nagamangala)	4,21,519	-
17. Wages -Consultants	48,59,414	61,55,525
18. Wages -CRI Rohini	25,76,704	26,96,597
19. Wages -DIPAS	-	10,03,049
20. Wages -Ayush Wellness Clinic	-	12,28,013
21. Wages - Annavaram OPD	13,29,965	23,38,287
22. Wages - NISG	33,17,822	16,62,324
<b>Total</b>	<b>7,69,26,254</b>	<b>9,17,37,148</b>

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**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)

**Schedules forming part of Income & Expenditure for the year 2020-21**  
**Schedule -21 (OTHER ADMINISTRATIVE EXPENSES ETC.)**

<b>(Amount in Rupees)</b>				
<b>Description</b>	<b>Current Year</b>		<b>Previous Year</b>	
Audit Fees		80,740		2,08,220
Hindi Divas		1,80,922		1,37,250
Hiring of Taxi		8,47,341		9,09,509
TA Expense		13,77,703		18,48,372
TA Naturopathy Day		-		1,032
Misc. Office Expenses *		27,41,787		8,01,713
Transfer to pension		1,36,95,000		2,09,62,627
Legal & Professional Fees		84,750		1,68,943
Vigilance Week expenses		-		12,400
Petrol & Fuel		74,279		86,992
Electricity Expenses		13,27,237		-
Maintenance of Staff Car		13,379		17,196
Printing of Free Publication		-		1,01,080
Printing & Stationery		4,78,934		6,89,051
Bank Charges		9,023		13,086
Yoga Class Remuneration		-		1,58,322
Health/Arogya Melas**:				
(i) T.A.	2,18,077		5,92,774	
(ii) Contingency	3,46,733	5,64,810	46,73,687	52,66,461
Contingency(Jhajjar)		2,26,576		-
Contingency(Nagamnagala)		86,539		
Refund of Hospital Grant		1,23,48,806		
Advertisement		5,24,351		9,01,123
Contingency (CRI Rohini)		1,06,264		23,25,777

Contd./-

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**Director**



# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## Schedules forming part of Income & Expenditure for the year 2020-21

### Schedule -21 (OTHER ADMINISTRATIVE EXPENSES ETC.)

(Amount in Rupees)

Description	Current Year		Previous Year	
Contingency Expenses		13,55,152		26,09,388
Contingency-Naturopathy Day		6,19,177		12,57,320
Contingency -Others***		12,411		2,20,415
Workshop/Seminar		2,50,000		-
Contingency (IDY)		38,27,977		23,53,420
Staff Car Insurance		8,971		9,613
Bank Interest refunded to ministry		21,55,153		
Sanitizer, mask, gloves		1,60,937		
Transfer to Jhajjar (Capital)		6,00,00,000		
Transfer to Nagamangala (Capital)		6,00,00,000		
Transfer to Jhajjar (General)		5,06,50,000		
Transfer to Nagamangala (General)		5,06,50,000		
Payment to IEC Safdarjung (for research)		6,000		
Cost of books sold:				
(i) Discount during the year	8,901		13,674	
(ii) Subsidy during the year	(11,404)		(12,699)	
(iii) Complementary	888	(1,615)	93	1,068
<b>Total</b>		<b>26,44,62,604</b>		<b>4,10,60,378</b>
"Depreciation and Amortization of Assets (during the year)"		19,49,941		14,23,366
<b>Total</b>		<b>26,64,12,545</b>		<b>4,24,83,744</b>

(CA Susheel K Gupta)  
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Director



### Annexure I to Schedule-21 Details of Misc. Office Expenses \*

	Current Year		Previous Year	
1. Telephone Exp		82,995		1,18,634
2. Postage Expenses		1,19,461		45,961
3. Conveyance		8,928		18,893
4. Software & Technology Related Expenses		25,30,403		6,18,225
<b>Total</b>		<b>27,41,787</b>		<b>8,01,713</b>

### Annexure II to Schedule-21 Details of Health/Arogya Melas \*\*

T.A (Arogya)	Amount (Rs.)	Contingency (Arogya)	Amount (Rs.)
Chennai	20,447	Bangalore	1,64,434
Madhya Pradesh	10,006	Goa	35,135
Mizoram	26,701	Odisha	16,634
Mumbai	16,170	Punjab	500
Odisha	31,826	Uttar Pradesh	1,20,000
Punjab	37,297	Vishakhapatnam	10,030
Tamil Nadu	28,336		
Uttar Pradesh	36,302		
Uttarakhand	10,992		
<b>Total</b>	<b>2,18,077</b>	<b>Total</b>	<b>3,46,733</b>

### Annexure III to Schedule-21 Details of Contingency - Others\*\*\*

Particulars	Amount (Rs.)
Contingency - Bhopal OPD	8,432
Contingency - Annavaram OPD	3,979
<b>Total</b>	<b>12,411</b>

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# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## Schedules forming part of Income & Expenditure for the year 2020-21

### Schedule -22 (EXPENDITURE ON GRANTS, SUBSIDIES ETC.)

(Amount in Rupees)

Description	Current Year		Previous Year	
<b>Grants-in-aid:</b>				
(i)International Day of Yoga	5,81,000		4,41,94,699	
(ii) Yoga Fest	2,98,401		3,39,932	
(iii) Yoga Park	70,000		7,00,000	
(iv)Grant-in- aid Fellowship	2,60,400		-	
(v) Kaivalyadham	22,37,249		-	
(vi) NIMHANS CRC	18,66,856		25,51,596	
(vii) SAMSKRITI FOUNDATION	37,42,673		12,46,890	
		90,56,579		4,90,33,117
<b>Total</b>		<b>90,56,579</b>		<b>4,90,33,117</b>

Schedule 23 - Nil

(CA Susheel K Gupta)  
Chartered Accountants

(Prerna)  
Accountant

(Sh. Narender Chauhan)  
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Director



**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)  
**RECEIPT & PAYMENT ACCOUNT FOR THE YEAR 2020-21**

(Amount in Rupees)					
	RECEIPTS			PAYMENTS	
Description	Current year	Previous Year		Current year	Previous Year
<b>Opening Balances:</b>			Contingency (CRI Rohini)	89,385	22,65,710
<b>Bank Balances:</b>			Grant for International Day of Yoga	10,25,000	4,37,50,699
Saving Account (10502082729)	14,39,254	87,84,041	Contingency - International Day of Yoga	37,83,995	23,47,153
Current Account (35643799976)	77,52,617	44,868	NISG Advance		8,31,162
Saving Account (37212979875)	18,906	18,277	NPCC Advance (Haryana) (For Construction -Capital)	3,72,50,000	19,37,34,612
Cash in Hand	10,000	10,000	NPCC Advance (Karnataka)(For Construction Capital)	7,30,00,000	22,12,50,000
Grants Received From Govt. of India (MINISTRY OF AYUSH)	48,65,88,767	63,27,30,000	NPCC Advance (Haryana) (General)	-	2,50,00,000
Grants Received From Govt. of India (MINISTRY OF AYUSH) (under CSS Scheme)	50,00,000	-	NPCC Advance (Karnataka)(General)	73,80,000	1,06,65,292
<b>Other Receipts:</b>			NPCC Advance (Haryana) (For Other purposes-Capital)	1,42,50,000	
Sale of Books/CD	26,884	61,593	<b>Grant-in-aid (Research):</b>		
Fee from Yoga Class	39,300	12,37,570	(i) Grant-in-aid(NIMHANS)	30,80,372	25,51,596
CRI, Rohini	1,11,625	52,17,505	(ii) Grant-in-aid(Sanskriti foundation)	37,50,000	37,49,126
TATC Programme	1,53,790	2,600	(iii) Grant-in-aid(Kaivalayadham)	17,15,483	12,50,000
Receipts from OPDs outside Delhi	56,649	12,68,019	(iv) Wages DIPAS	-	9,14,614
Misc. Receipt	999	1,874	Grant-in-aid (Fellowship)	9,31,535	4,91,400

Contd./-

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**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)  
**RECEIPT & PAYMENT ACCOUNT FOR THE YEAR 2020-21**

(Amount in Rupees)

Description	RECEIPTS			PAYMENTS	
	Current year	Previous Year		Current year	Previous Year
Lady Harding Medical College Receipts	-	10,000	Grant-in-aid (Yoga Park)	70,000	7,00,000
RML, Receipts	-	1,900	Grant-in-aid (Yoga Fest)	2,98,401	14,41,636
Postage Receipts	-	340	Grant-in-aid (Seminar, Workshop)	2,50,000	-
Central Registration Fee	32,500	1,00,000	Investment in FDR (Internal revenue)	77,52,000	-
Application Fee for RO Post	9,750	-	Interest on FDR Transferred	1,301	-
Tender Cost	4,000	-	Refund of Hospital Grant Scheme	1,46,99,806	1,60,000
Penalties Recovered	327	-	Office Equipment	30,23,901	2,49,210
Bank Interest	21,55,153	14,39,883	Furniture & Fixture	7,87,723	18,900
Interest on FDR received	1,301	-	<b>Other Payments :</b>		
TA Advance	94,500	3,29,200	Contingent Exp.	14,98,518	23,11,182
Contingency Advance	19,10,999	5,30,701	Wages NISG	29,02,241	-
LTC/Home Town Adv.	7,452	2,22,059	IEC Safdarjung (for research)	6,000	
Earnest Money Deposit	-	5,000	Prior Period Payment	3,000	-
GIA Advance (Sanskriti Foundation)	7,327	12,52,236	Contingent Exp. - Naturopathy Day	4,83,194	12,33,134
GIA (Kaivalyadham)	65	-	Electricity Expenses	16,25,906	-
Prior Period Incomes	3,000	1,57,719	Wages-CRI, Rohini	26,19,049	23,37,852
Refund of GIA (Yoga fest) (NIN)	-	11,01,704	Wages AYUSH Wellness Centre	-	11,47,085
TA Received back	15,955	-	TA expense	14,43,470	17,72,063
T/F from pension to Main Account	18,07,662	-	Wages Jhajjar	4,57,812	-

Contd./-

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**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)  
**RECEIPT & PAYMENT ACCOUNT FOR THE YEAR 2020-21**

(Amount in Rupees)

Description	RECEIPTS			PAYMENTS	
	Current year	Previous Year		Current year	Previous Year
Electricity Expenses returned	4,00,000	-	Wages Nagamangala	52,964	-
Contingency Expenses returned	298	-	Contingency Jhajjar	2,25,060	-
Festival Advance returned	70,000	-	Cpontingency Nagamangala	81,539	-
			Festival Advance	70,000	-
Refund of Hospital Grant scheme returned	23,51,000	-	Hiring of Taxi	8,09,459	8,45,750
<b>Recoveries made from Pay Bills:</b>			Wages - Annavaram OPD	16,00,264	20,66,322
CGHS (Subscription)	40,800	32,700	Contingency Advances	26,80,977	7,83,942
GSLIS	480	80	Legal & Professional Fees	1,27,114	1,03,327
NPS Council's Contribution	-	1,02,370	Transfer to Jhajjar (Capital)	6,00,00,000	-
NPS Subscription	-	73,126	Transfer to Nagamangala (Capital)	6,00,00,000	-
CGHS Contribution DD cancelled	2,15,152	-	Transfer to Jhajjar(General)	5,06,50,000	-
LIC Amount Received	1,90,985	-	Transfer to Nagamangala (General)	5,06,50,000	-
			Printing & Stationery	5,61,016	5,97,629
			Yoga Classes (Remuneration)	-	1,58,322
			Advertisement	5,20,027	8,96,848
			Bank Charges	9,023	13,086
			Wages Outsourcing	4,34,87,308	4,68,60,897
			Wages Consultant	44,08,474	52,55,163
			Audit Fees	80,740	2,08,220
			Hindi Divas	1,50,989	1,32,000
			Petrol & Fuel	88,000	67,812

Contd./-

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# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## RECEIPT & PAYMENT ACCOUNT FOR THE YEAR 2020-21

(Amount in Rupees)					
Description	RECEIPTS			PAYMENTS	
	Current year	Previous Year		Current year	Previous Year
			Maintenance of Staff Car	13,379	16,852
			Postage Expense	1,11,754	45,961
			Staff Car Insurance	8,971	9,613
			Telephone Expenses	90,848	1,05,773
			Conveyance	8,928	18,893
			TDS	10,23,812	18,70,504
			Software & technology Related expenses	21,63,597	6,01,697
			CRI Rohini Treatment charges refunded	-	3,000
			Vigilance Week expense	-	12,400
			T.A Advance	-	2,99,700
			LTC Advance	1,69,783	2,29,511
			EMD Received	-	5,000
			Honorarium of Contractual staff	1,53,250	26,000
			Sanitizer, mask, gloves etc.	1,60,937	-
			PM Care Fund	1,24,536	-
			Printing of Free Publication	-	99,058
			<b>Health Mela's (Arogya) :</b>		
			(i). TA	2,18,077	5,32,774
			(ii). Contingency	3,46,733	46,73,687
			<b>Pay &amp; Allowances :</b>		
			(i) Salary	1,26,05,601	1,20,68,301
			(ii) Leave Salay Pension Contribution	-	1,29,468
			(iii) Medical Re-imburement	6,67,408	10,05,232
			(iv) Leave Encashment	48,009	34,050
			(v) Children Education Allowance	2,37,224	2,54,668

Contd./-

(CA Susheel K Gupta)  
Chartered Accountants

(Prerna)  
Accountant

(Sh. Narender Chauhan)  
Admn.-cum-Accounts

(Dr. B.Venkateswar Rao)  
Drawing & Disbursing officer

(Dr.Raghavendra Rao M.)  
Director



**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)  
**RECEIPT & PAYMENT ACCOUNT FOR THE YEAR 2020-21**

(Amount in Rupees)

Description	RECEIPTS			PAYMENTS	
	Current year	Previous Year		Current year	Previous Year
			(vi) Income Tax	17,88,040	16,47,705
			(vii) GSLI Deputation	750	-
			(viii) Uniform Allowance	25,000	-
			(ix) GSLIS	2,07,060	17,620
			(x) ISM&H Thriff & Credit Society	5,26,378	4,80,365
			(xi) NPS Council's Contribution	6,53,675	7,90,939
			(xii) CGHS Contribution	5,43,003	4,08,533
			(xiii) GPF & GPF Advance Recovery	24,10,000	28,04,000
			(xiv) CGHS (Deputation)	3,900	-
			(xv) LTC/Home Town Expdr.	7,754	2,38,337
			(xvi) MACP Arrear	8,35,395	3,38,252
			(xvii) NPS Subscription	6,53,675	5,75,970
			(xviii) Regular Staff Honorarium	40,000	45,020
			TDS Liability paid	82,490	-
			Transfer to Pension A/c	1,55,02,662	2,09,62,627
			Bank Interest refund to M/O AYUSH	21,55,153	-
			Refund to M/O AYUSH during the year Yoga Fest	-	1,55,16,946
			Refund of unspent to M/o AYUSH (Bank Interest)	14,39,883	14,84,388
			Closing Balance at Bank :		
			Saving Account (10502082729)	45,70,019	14,39,254
			Current Account(35643799976)	4,88,767	77,52,617
			Saving Account (37212979875)	-	18,906
			Cash in Hand	-	10,000
<b>Total</b>	<b>51,05,17,497</b>	<b>65,47,35,365</b>	<b>Total</b>	<b>51,05,17,497</b>	<b>65,47,35,365</b>

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**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)  
**BALANCE SHEET OF GPF AS ON 31st MARCH, 2021**

(Amount in Rupees)

	Schedule	Current Year	Previous Year
<b>CORPUS/CAPITAL FUND AND LIABILITIES</b>			
(1) CORPUS/ CAPITAL FUND	<b>G-1</b>	1,73,83,873	1,72,97,178
(2) RESERVE AND SURPLUS	<b>G-2</b>		
(3) EARMARKED/ ENDOWMENT FUNDS	<b>G-3</b>	-	-
(4) SECURED LOANS AND BORROWINGS	<b>G-4</b>	-	-
(5) UNSECURED LOANS AND BORROWINGS	<b>G-5</b>	-	-
(6) DEFERRED CREDIT LIABILITIES	<b>G-6</b>	-	-
(7) CURRENT LIABILITIES AND PROVISIONS	<b>G-7</b>	25,11,776	72,49,930
<b>TOTAL</b>		<b>1,98,95,649</b>	<b>2,45,47,108</b>
<b>ASSETS</b>			
(1) FIXED ASSETS	<b>G-8</b>	-	-
"(2) INVESTMENTS FROM EARMARKED/ ENDOWMENT FUNDS"	<b>G-9</b>	-	-
(3) INVESTMENTS - OTHERS	<b>G-10</b>	1,76,55,781	2,37,36,323
(4) CURRENT ASSETS, LOANS, ADVANCES ETC.	<b>G-11</b>	22,39,868	8,10,785
(5) MISC. EXPENDITURE (To the extent not written off or adjusted)		-	-
<b>TOTAL</b>		<b>1,98,95,649</b>	<b>2,45,47,108</b>
SIGNIFICANT ACCOUNTING POLICIES	<b>24</b>		
CONTINGENT LIABILITIES & NOTES ON ACCOUNTS	<b>25</b>		

**(CA Susheel K Gupta)**  
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**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)  
**Schedules forming part of Balance Sheet of GPF as on 31-3-2021**  
**Schedule –G-1: (CORPUS/CAPITAL FUND OF GPF)**

(Amount in Rupees)				
	Current Year		Previous Year	
<b>GPF Subscription A/c:</b>				
Balance as at the beginning of the year		1,72,97,178		2,09,46,630
<b>Add:</b> Contributions towards Corpus/Capital Fund:				
(i) Subscription & recoveries of Advances	24,10,000		28,04,000	
(ii) Interest on subscription	13,20,513		15,73,240	
(iii) Net Income transfered from Income and Expenditure A/C	(1,20,257)		(1,90,682)	
<b>Total</b>		<b>36,10,256</b>		<b>41,86,558</b>
<b>"Less: -"</b>				
(i) Withdrawal during the year	8,40,500		4,40,000	
(ii) Advances paid			34,000	
(iii) Full & Final payment made during the year	26,83,061		73,62,010	
<b>Total</b>		<b>35,23,561</b>		<b>78,36,010</b>
Balance as at the Year End		<b>1,73,83,873</b>		<b>1,72,97,178</b>

Schedule 2 to 6 - NIL

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# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## Schedules forming part of Balance Sheet of GPF as on 31-3-2021

### Schedule –G-7: (CURRENT LIABILITIES AND PROVISIONS OF GPF)

(Amount in Rupees)

	Current Year		Previous Year	
<b>(A) Current Liabilities:</b>				
As per last Balance Sheet				
<b>Add:</b> During the year				
<b>Less:</b> Paid during the year				
<b>Total (A)</b>				
<b>(B) Provisions:</b>				
<b>Short term provisions (other)</b>	<b>25,11,776</b>		<b>72,49,930</b>	
<b>Total (B)</b>		<b>25,11,776</b>		<b>72,49,930</b>
<b>Total (A+B)</b>		<b>25,11,776</b>		<b>72,49,930</b>

Schedule - 8 & 9 - NIL

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## CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

### Schedules forming part of Balance Sheet of GPF as on 31-3-2021

#### Schedule –G-10: (INVESTMENTS-OTHERS OF GPF)

(Amount in Rupees)				
	Current Year		Previous Year	
<b>FDRs:</b>				
Balance as at the beginning of the year		2,37,36,323		1,92,23,280
<b>Add:</b>				
(i) Investment during the year	38,94,285		32,00,000	
(ii) Interest accrued during the year	-		13,13,043	
<b>Total</b>		<b>38,94,285</b>		<b>45,13,043</b>
<b>'Less: -'</b>				
Matured value of FDRs	99,74,827		-	
<b>Total</b>		<b>99,74,827</b>		<b>-</b>
Balance as at the Year End		<b>1,76,55,781</b>		<b>2,37,36,323</b>

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**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)

**Schedules forming part of Balance Sheet of GPF as on 31-3-2021**

**Schedule –G-11:  
(CURRENT ASSETS/LOANS AND ADVANCES ETC OFGPF)**

<i>(Amount in Rupees)</i>				
	<b>Current Year</b>		<b>Previous Year</b>	
<b>(A) CURRENT ASSETS:</b>				
Bank Balance (Savings A/c)	13,07,724		8,10,785	
<b>Total (A)</b>		<b>13,07,724</b>		<b>8,10,785</b>
<b>(B) LOANS, ADVANCES AND OTHER ASSETS:</b>				
Interest Accrued on FDR	9,31,564		-	
Interest Accrued on Savings A/c	580		-	
<b>Total (B)</b>		<b>9,32,144</b>		<b>-</b>
<b>Total(A+B)</b>		<b>22,39,868</b>		<b>8,10,785</b>

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**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)  
**INCOME & EXPENDITURE ACCOUNT OF GPF FOR THE YEAR 2020-21**

(Amount in Rupees)

	Schedule	Current Year	Previous Year
<b>A: INCOME</b>			
1. Income from Sales/ Services	<b>G-12</b>	-	-
2. Grants/Subsidies	<b>G-13</b>	-	-
3. Fees/ Subscriptions	<b>G-14</b>	-	-
4. Income from Investment	<b>G-15</b>	-	-
5. Income from Royalty, Publication etc.	<b>G-16</b>	-	-
6. Interest Earned	<b>G-17</b>	12,00,256	13,82,558
7. Other Income	<b>G-18</b>	-	-
8. Increase / (decrease) in stock of Finished Goods & Work in progress	<b>G-19</b>	-	-
<b>TOTAL (A)</b>		<b>12,00,256</b>	<b>13,82,558</b>
<b>(B) EXPENDITURE</b>			
1. Establishment Expenses	<b>G-20</b>	-	-
2. Other Administrative Expenses etc.	<b>G-21</b>	-	-
3. Expenditure on Grant,Subsidies etc.	<b>G-22</b>	-	-
4. Interest	<b>G-23</b>	13,20,513	15,73,240
5. Depreciation		-	-
<b>TOTAL (B)</b>		<b>13,20,513</b>	<b>15,73,240</b>
Balance being excess of Income over Expenditure (A-B)		(1,20,257)	(1,90,682)
Transfer to Special Reserve (Specify each)		-	-
Transfer to/from General Reserve		-	-
BALANCE BEING SURPLUS (DEFICIT) CARRIED TO CORPUS/CAPITAL FUND		(1,20,257)	(1,90,682)
SIGNIFICANT ACCOUNTING POLICIES	<b>24</b>		
CONTINGENT LIABILITIES & NOTES ON ACCOUNTS	<b>25</b>		

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# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## Schedules forming part of Income & Expenditure of GPF for the year 2020-21

### Schedule –G-17: (INTEREST EARNED OF GPF)

(Amount in Rupees)		
	Current Year	Previous Year
Interest		
(1) <u>On Term Deposits:</u>		
Interest from FD	11,59,152	13,13,043
(1) <u>On Savings A/cs:</u>		
Interest on Saving bank a/c	41,104	69,515
<b>Total</b>	<b>12,00,256</b>	<b>13,82,558</b>

Schedule - 12 to 16,18 to 22 - NIL

# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## Schedules forming part of Income & Expenditure of GPF for the year 2020-21

### Schedule –G-23: (INTEREST OF GPF)

(Amount in Rupees)		
	Current Year	Previous Year
<b>Others</b>		
Interest paid on subscriptions	13,20,513	15,73,240
<b>Total</b>	<b>13,20,513</b>	<b>15,73,240</b>

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Director



**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)  
**(RECEIPT & PAYMENT ACCOUNT of GPF FOR THE YEAR 2020-21)**  
**(G.P. FUND)**

(Amount in Rupees)

	RECEIPTS			PAYMENTS	
Description	Current year	Previous Year		Current year	Previous Year
Opening Balances (Cash at Bank)	8,10,785	17,23,350	GPF Withdrawal	8,40,500	4,40,000
Subscription & refund of advances recovered from pay bills	24,10,000	28,04,000	GPF Temporary Advance paid during the year	-	34,000
FDR Matured during the year	99,74,827	-	Investment in FDRs	36,66,966	32,00,000
Interest on FDRs	269	-	GPF Full & Final Payment	74,21,215	1,12,080
Interest on Saving Account	40,524	69,515	Closing Balance: (Cash at Bank)	13,07,724	8,10,785
<b>TOTAL</b>	<b>1,32,36,405</b>	<b>45,96,865</b>	<b>TOTAL</b>	<b>1,32,36,405</b>	<b>45,96,865</b>

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Director



**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)  
**BALANCE SHEET OF PENSION FUND AS ON 31st MARCH, 2021**

*(Amount in Rupees)*

	Schedule	Current Year	Previous Year
<b>CORPUS/ CAPITAL FUND AND LIABILITIES</b>			
(1). CORPUS/ CAPITAL FUND	<b>P-1</b>	1,81,26,660	1,17,19,241
(2). RESERVE AND SURPLUS	<b>P-2</b>	-	-
(3). EARMARKED/ ENDOWMENT FUNDS	<b>P-3</b>	-	-
(4). SECURED LOANS AND BORROWINGS	<b>P-4</b>	-	-
(5). UNSECURED LOANS AND BORROWINGS	<b>P-5</b>	-	-
(6). DEFERRED CREDIT LIABILITIES	<b>P-6</b>	-	-
(7). CURRENT LIABILITIES AND PROVISIONS	<b>P-7</b>	22,63,939	60,55,477
<b>TOTAL</b>		<b>2,03,90,599</b>	<b>1,77,74,718</b>
<b>ASSETS</b>			
(1). FIXED ASSETS	<b>P-8</b>	-	-
"(2). INVESTMENTS FROM EARMARKED/ ENDOWMENT FUNDS"	<b>P-9</b>	-	-
(3). INVESTMENTS - OTHERS	<b>P-10</b>	1,34,22,261	52,27,929
(4) CURRENT ASSETS, LOANS, ADVANCES ETC.	<b>P-11</b>	69,68,338	1,25,46,789
(5). MISC. EXPENDITURE (To the extent not written off or adjusted)			
<b>TOTAL</b>		<b>2,03,90,599</b>	<b>1,77,74,718</b>
SIGNIFICANT ACCOUNTING POLICIES	<b>24</b>		
CONTINGENT LIABILITIES & NOTES ON ACCOUNTS	<b>25</b>		

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## CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

### Schedules forming part of Balance Sheet of Pension Fund as on 31-3-2021

#### Schedule –P-1: (CORPUS/CAPITAL FUND OF PENSION FUND)

(Amount in Rupees)				
	Current Year		Previous Year	
<b>Corpus/Capital Fund:</b>				
Balance as at the beginning of the year		1,17,19,241		43,76,605
<b>Add:</b>				
Net Income transfered from Income and Expenditure A/C		64,07,419		73,42,636
<b>Balance as at the year end</b>		<b>1,81,26,660</b>		<b>1,17,19,241</b>

Schedule - 2 to 6 - NIL

(CA Susheel K Gupta)  
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# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## Schedules forming part of Balance Sheet of Pension Fund as on 31-3-2021

### Schedule –P-7: (CURRENT LIABILITIES AND PROVISIONS OF PENSION FUND)

(Amount in Rupees)

	Current Year		Previous Year	
<b>(A) Current Liabilities:</b>				
As per last Balance Sheet	3,73,759			
<b>Add:</b> During the year	49,35,818		3,73,759	
<b>Less:</b> Paid during the year	48,59,714	4,49,863		3,73,759
<b>Total (A)</b>		<b>4,49,863</b>		<b>3,73,759</b>
<b>(B) Provisions:</b>				
Short term provisions (Others):				
As per last Balance Sheet	56,81,718		-	
<b>Add:</b> During the year	18,14,076		56,81,718	
<b>Less:</b> Paid during the year	56,81,718	18,14,076	-	56,81,718
<b>Total (B)</b>		<b>18,14,076</b>		<b>56,81,718</b>
<b>Total (A+B)</b>		<b>22,63,939</b>		<b>60,55,477</b>

Schedule - 8 & 9 - NIL

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## CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

### Schedules forming part of Balance Sheet of Pension Fund as on 31-3-2021

#### Schedule –P-10: (INVESTMENTS-OTHERS OF PENSION FUND)

(Amount in Rupees)				
	Current Year		Previous Year	
<b>Investment in FDR</b>				
Balance as at the beginning of the year		52,27,929		20,65,799
<b>Add:-</b>				
(i) Investment during the year	1,04,72,990		51,30,938	
(ii) Accrued Interest during the year	-	1,04,72,990	1,62,130	52,93,068
<b>Total</b>		<b>1,57,00,919</b>		<b>73,58,867</b>
<b>Less:-</b>				
FDRs matured during the year	22,78,658		-	
FDRs reinvested with new FDR number	-	22,78,658	21,30,938	21,30,938
<b>Net Balance</b>		<b>1,34,22,261</b>		<b>52,27,929</b>

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# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## Schedules forming part of Balance Sheet of Pension Fund as on 31-3-2021

### Schedule –P-11: (CURRENT ASSETS/LOANS AND ADVANCES ETC OF PENSION FUND)

(Amount in Rupees)

	Current Year		Previous Year	
<b>(A) CURRENT ASSETS:</b>				
Bank Balance		66,88,417		1,25,46,789
<b>Total (A)</b>		<b>66,88,417</b>		<b>1,25,46,789</b>
<b>(B) LOANS, ADVANCES AND OTHER ASSETS:</b>				
Accrued Interest on FDR		2,76,952		-
Accrued Interest on Saving A/c		2,969		-
<b>Total (B)</b>		<b>2,79,921</b>		<b>-</b>
<b>Total (A+B)</b>		<b>69,68,338</b>		<b>1,25,46,789</b>

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**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)  
**INCOME & EXPENDITURE ACCOUNT OF PENSION FUND**  
**FOR THE YEAR 2020-21**

(Amount in Rupees)			
<b>A: INCOME</b>	<b>Schedule</b>	<b>Current Year</b>	<b>Previous Year</b>
1. Income from Sales/ Services	<b>P-12</b>	-	-
2. Grants/Subsidies	<b>P-13</b>	-	-
3. Fees/ Subscriptions	<b>P-14</b>	-	-
4. Income from Investment	<b>P-15</b>	-	-
5. Income from Royalty, Publication etc.	<b>P-16</b>	-	-
6. Interest Earned	<b>P-17</b>	6,60,856	2,51,649
7. Other Income	<b>P-18</b>	1,36,95,000	2,12,55,424
8. Increase / (decrease) in stock of Finished Goods & Work in progress	<b>P-19</b>	-	-
		<b>1,43,55,856</b>	<b>2,15,07,073</b>
<b>(B) EXPENDITURE</b>			
1. Establishment Expenses	<b>P-20</b>	82,00,854	1,45,25,348
2. Other Administrative Expenses etc.	<b>P-21</b>	-	266
3. Expenditure on Grant,Subsidies etc.	<b>P-22</b>	-	-
4. Interest	<b>P-23</b>	-	-
5. Depreciation		-	-
<b>TOTAL (B)</b>		<b>82,00,854</b>	<b>1,45,25,614</b>
Balance being excess of Income over Expenditure (A-B)		<b>61,55,002</b>	<b>69,81,459</b>
Prior Period Income/Expenses		<b>2,52,417</b>	<b>3,61,177</b>
Transfer to Special Reserve (Specify each)		-	-
Transfer to/from General Reserve		-	-
<b>BALANCE BEING SURPLUS (DEFICIT) CARRIED TO CORPUS/CAPITAL FUND</b>		<b>64,07,419</b>	<b>73,42,636</b>
<b>SIGNIFICANT ACCOUNTING POLICIES</b>	<b>24</b>		
<b>CONTINGENT LIABILITIES &amp; NOTES ON ACCOUNTS</b>	<b>25</b>		

(CA Susheel K Gupta)  
Chartered Accountants

(Prerna)  
Accountant

(Sh. Narender Chauhan)  
Admn.-cum-Accounts

(Dr. B.Venkateswar Rao)  
Drawing & Disbursing officer

(Dr.Raghavendra Rao M.)  
Director

**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)

**Schedules forming part of Income & Expenditure of  
Pension Fund for the year 2020-21**

**Schedule –P-17: (INTEREST EARNED OF PENSION FUND)**

(Amount in Rupees)		
Interest	Current Year	Previous Year
<b>(1) On Term Deposits:</b>		
Interest from FD	4,77,080	1,62,130
<b>(1) On Savings A/cs:</b>		
Interest on Saving bank a/c	1,83,776	89,519
<b>Total</b>	<b>6,60,856</b>	<b>2,51,649</b>

Schedule - 12 to 16 - NIL

**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)

**Schedules forming part of Income & Expenditure of  
Pension Fund for the year 2020-21**

**Schedule –P-18: (OTHER INCOME OF PENSION FUND)**

(Amount in Rupees)		
	Current Year	Previous Year
Leave Salary pension contribution (received from M/o Earth & Science in r/o late Bhumi Dev)		2,92,797
Transfer from Main A/c (10502082729)	1,36,95,000	2,09,62,627
<b>Total</b>	<b>1,36,95,000</b>	<b>2,12,55,424</b>

Schedule - 19 - NIL

**(CA Susheel K Gupta)**  
**Chartered Accountants**

**(Prerna)**  
**Accountant**

**(Sh. Narender Chauhan)**  
**Admn.-cum-Accounts**

**(Dr. B.Venkateswar Rao)**  
**Drawing & Disbursing officer**

**(Dr.Raghavendra Rao M.)**  
**Director**



**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)

**Schedules forming part of Income & Expenditure of  
Pension Fund for the year 2020-21**

**Schedule –P-20: (ESTABLISHMENT EXPENSES OF PENSION FUND)**

(Amount in Rupees)			
Others:	Current Year		Previous Year
Pension/Family Pension	51,71,640		61,49,817
DA Arrear	-		92,133
Amount paid on superannuation /death:			
(i) Leave Encashment	1,69,517		23,18,540
(ii) Gratuity (Retirement & Service)	19,55,080		27,59,365
(iii) Commutation of Pension	9,04,617	82,00,854	32,05,493
<b>Total</b>		<b>82,00,854</b>	<b>1,45,25,348</b>

**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)

**Schedules forming part of Income & Expenditure of  
Pension Fund for the year 2020-21**

**Schedule –P-21: (OTHER ADMINISTRATIVE EXPENSES ETC.  
OF PENSION FUND)**

(Amount in Rupees)			
	Current Year		Previous Year
Bank charges			266

Schedule - 22,23 - NIL

(CA Susheel K Gupta)  
Chartered Accountants

(Prerna)  
Accountant

(Sh. Narender Chauhan)  
Admn.-cum-Accounts

(Dr. B.Venkateswar Rao)  
Drawing & Disbursing officer

(Dr.Raghavendra Rao M.)  
Director





**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)  
**RECEIPT & PAYMENT ACCOUNT of Pension Fund**  
**FOR THE YEAR 2020-21**  
**(PENSION FUND)**

(Amount in Rupees)

Description	RECEIPTS			PAYMENTS	
	Current year	Previous Year		Current year	Previous Year
Opening Balance:(Cash at Bank)	1,25,46,789	23,10,806	Pension and Family Pension paid	47,08,579	54,08,507
Interest credited by Saving Account	1,80,807	89,519	DA Arrear	-	76,548
Pension Contribution received from M/O Earth & Sciences	-	2,92,797	Leave Encashment paid	15,25,680	7,92,860
Amount received from Main A/c	1,55,02,662	2,09,62,627	Gratuity paid during the year	28,06,782	10,92,992
FDR Matured	-	-	Commutation of Pension	25,64,394	7,15,828
Interest on FDR received	5,796	-	GPF Interest transferred to GPF	-	-
Excess payment refunded back (Prior Period)	16,595	2,12,850	Investment in FDR	80,00,000	30,00,000
			TDS paid	1,51,135	2,34,809
			Amount Transferred to Main Account	18,07,662	-
			Bank charges	-	266
			Closing Balance: (Cash at Bank)	66,88,417	1,25,46,789
<b>TOTAL</b>	<b>2,82,52,649</b>	<b>2,38,68,599</b>	<b>TOTAL</b>	<b>2,82,52,649</b>	<b>2,38,68,599</b>

(CA Susheel K Gupta)  
Chartered Accountants

(Prerna)  
Accountant

(Sh. Narender Chauhan)  
Admn.-cum-Accounts

(Dr. B.Venkateswar Rao)  
Drawing & Disbursing officer

(Dr.Raghavendra Rao M.)  
Director



**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
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**POST GRADUATE INSTITUTE OF YOGA &  
NATUROPATHY EDUCATION AND RESEARCH**

**JHAJJAR, HARYANA**

**BALANCE SHEET AS ON 31st MARCH, 2021**

<i>(Amount in Rupees)</i>			
	<b>Schedule</b>	<b>Current Year</b>	<b>Previous Year</b>
<b>CORPUS/CAPITAL FUND AND LIABILITIES</b>			
(1) CORPUS/ CAPITAL FUND	<b>1</b>	11,06,87,571	-
(2) RESERVE AND SURPLUS	<b>2</b>	-	-
(3) EARMARKED/ ENDOWMENT FUNDS	<b>3</b>	-	-
(4) SECURED LOANS AND BORROWINGS	<b>4</b>	-	-
(5) UNSECURED LOANS AND BORROWINGS	<b>5</b>	-	-
(6) DEFERRED CREDIT LIABILITIES	<b>6</b>	-	-
(7) CURRENT LIABILITIES AND PROVISIONS	<b>7</b>	-	-
<b>TOTAL</b>		<b>11,06,87,571</b>	
<b>ASSETS</b>			
(1) FIXED ASSETS	<b>8</b>	-	-
"(2) INVESTMENTS FROM EARMARKED/ ENDOWMENT FUNDS"	<b>9</b>	-	-
(3) INVESTMENTS - OTHERS	<b>10</b>	-	-
(4) CURRENT ASSETS, LOANS, ADVANCES ETC.	<b>11</b>	11,06,87,571	-
(5) MISC. EXPENDITURE (To the extent not written off or adjusted)		-	-
<b>TOTAL</b>		<b>11,06,87,571</b>	<b>-</b>
<b>SIGNIFICANT ACCOUNTING POLICIES</b>	<b>24</b>		
<b>CONTINGENT LIABILITIES &amp; NOTES ON ACCOUNTS</b>	<b>25</b>		

**(CA Susheel K Gupta)**  
**Chartered Accountants**

**(Prerna)**  
**Accountant**

**(Sh. Narender Chauhan)**  
**Admn.-cum-Accounts**

**(Dr. B.Venkateswar Rao)**  
**Drawing & Disbursing officer**

**(Dr.Raghavendra Rao M.)**  
**Director**

**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)**POST GRADUATE INSTITUTE OF YOGA &  
NATUROPATHY EDUCATION AND RESEARCH****JHAJJAR, HARYANA****Schedules forming part of Balance Sheet as on 31-3-2021****Schedule -1: (CORPUS/CAPITAL FUND)**

<i>(Amount in Rupees)</i>				
	<b>Current Year</b>		<b>Previous Year</b>	
<b>Corpus/Capital Fund:</b>				
Balance as at the beginning of the year				
<b>Add:</b>				
Net Income transfered from Income and Expenditure A/C	11,06,87,571			
<b>Balance as at the year end</b>		<b>1,06,87,571</b>		

Schedule 2 to 10 - NIL

**(CA Susheel K Gupta)**  
**Chartered Accountants****(Prerna)**  
**Accountant****(Sh. Narender Chauhan)**  
**Admn.-cum-Accounts****(Dr. B.Venkateswar Rao)**  
**Drawing & Disbursing officer****(Dr.Raghavendra Rao M.)**  
**Director**



**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
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**POST GRADUATE INSTITUTE OF YOGA &  
NATUROPATHY EDUCATION AND RESEARCH**

**JHAJJAR, HARYANA**

**Schedules forming part of Balance Sheet as on 31-3-2021**

**Schedule -11: (CURRENT ASSETS/LOANS AND ADVANCES ETC)**

<i>(Amount in Rupees)</i>				
	<b>Current Year</b>		<b>Previous Year</b>	
<b>(A) CURRENT ASSETS:</b>				
Bank Balance (Savings A/c 40090434080)	11,06,50,000			
<b>Total (A)</b>		11,06,50,000		
<b>(B) LOANS, ADVANCES AND OTHER ASSETS:</b>				
Interest Accrued on Savings A/c	37,571			
<b>Total (B)</b>		<b>37,571</b>		
<b>Total(A+B)</b>		<b>11,06,87,571</b>		

**(CA Susheel K Gupta)**  
Chartered Accountants

**(Prerna)**  
Accountant

**(Sh. Narender Chauhan)**  
Admn.-cum-Accounts

**(Dr. B.Venkateswar Rao)**  
Drawing & Disbursing officer

**(Dr.Raghavendra Rao M.)**  
Director

# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## POST GRADUATE INSTITUTE OF YOGA & NATUROPATHY EDUCATION AND RESEARCH

JHAJJAR, HARYANA

### INCOME & EXPENDITURE ACCOUNT FOR THE YEAR 2020-21

(Amount in Rupees)

A: INCOME	Schedule	Current Year	Previous Year
1. Income from Sales/ Services	12	-	-
2. Grants/Subsidies	13	-	-
3. Fees/ Subscriptions	14	-	-
4. Income from Investment	15	-	-
5. Income from Royalty, Publication etc.	16	-	-
6. Interest Earned	17	37,571	-
7. Other Income	18	11,06,50,000	-
8. Increase / (decrease) in stock of Finished Goods & Work in progress	19	-	-
<b>TOTAL (A)</b>		<b>11,06,87,571</b>	<b>-</b>
<b>(B) EXPENDITURE</b>			
1. Establishment Expenses	20	-	-
2. Other Administrative Expenses etc.	21	-	-
3. Expenditure on Grant,Subsidies etc.	22	-	-
4. Interest	23	-	-
5. Depreciation	21	-	-
<b>TOTAL (B)</b>		<b>-</b>	<b>-</b>
Balance being excess of Income over Expenditure (A-B)		11,06,87,571	-
Transfer to Special Reserve (Specify each)		-	-
Transfer to/from General Reserve		-	-
BALANCE BEING SURPLUS (DEFICIT) CARRIED TO CORPUS/CAPITAL FUND		11,06,87,571	-
<b>SIGNIFICANT ACCOUNTING POLICIES</b>	<b>24</b>		
<b>CONTINGENT LIABILITIES &amp; NOTES ON ACCOUNTS</b>	<b>25</b>		

(CA Susheel K Gupta)

Chartered Accountants

(Prerna)

Accountant

(Sh. Narender Chauhan)

Admn.-cum-Accounts

(Dr. B.Venkateswar Rao)

Drawing & Disbursing officer

(Dr.Raghavendra Rao M.)

Director



**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
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**POST GRADUATE INSTITUTE OF YOGA &  
NATUROPATHY EDUCATION AND RESEARCH  
JHAJJAR, HARYANA**

**Schedules forming part of Income & Expenditure for the year 2020-21**  
**Schedule -17: (INTEREST EARNED)**

(Amount in Rupees)		
	Current Year	Previous Year
<b>(1) On Savings A/cs:</b>		
Interest on Saving bank a/c	37,571	-
<b>Total</b>	<b>37,571</b>	<b>-</b>

Schedule - 12 to 16 - NIL

**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)

**POST GRADUATE INSTITUTE OF YOGA &  
NATUROPATHY EDUCATION AND RESEARCH  
JHAJJAR, HARYANA**

**Schedules forming part of Income & Expenditure for the year 2020-21**  
**Schedule -18: (OTHER INCOME)**

(Amount in Rupees)		
	Current Year	Previous Year
Other Income:		
Transfer from Main A/c (10502082729)(Capital)	6,00,00,000	-
Transfer from Main A/c (10502082729)(General)	5,06,50,000	-
<b>Total</b>	<b>11,06,50,000</b>	<b>-</b>

Schedule - 19 to 23 - NIL

**(CA Susheel K Gupta)**  
**Chartered Accountants**

**(Prerna)**  
**Accountant**

**(Sh. Narender Chauhan)**  
**Admn.-cum-Accounts**

**(Dr. B.Venkateswar Rao)**  
**Drawing & Disbursing officer**

**(Dr.Raghavendra Rao M.)**  
**Director**

**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)**POST GRADUATE INSTITUTE OF YOGA &  
NATUROPATHY EDUCATION AND RESEARCH  
JHAJJAR, HARYANA****(RECEIPT & PAYMENT ACCOUNT FOR THE YEAR 2020-21)**

(Amount in Rupees)

	RECEIPTS			PAYMENTS	
Description	Current year	Previous Year	Description	Current year	Previous Year
"Opening Balances (Bank Balance)"					
T/F from Main Account (Capital)	6,00,00,000				
T/F from Main Account (General)	5,06,50,000		Closing Balance: (Bank Balance)(A/c No. 40090434080)	11,06,50,000	
TOTAL	11,06,50,000		TOTAL	11,06,50,000	

**(CA Susheel K Gupta)**  
Chartered Accountants**(Prerna)**  
Accountant**(Sh. Narender Chauhan)**  
Admn.-cum-Accounts**(Dr. B.Venkateswar Rao)**  
Drawing & Disbursing officer**(Dr.Raghavendra Rao M.)**  
Director



**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)

**POST GRADUATE INSTITUTE OF YOGA &  
NATUROPATHY EDUCATION AND RESEARCH  
NAGAMANGALA, KARNATAKA**

**BALANCE SHEET AS ON 31st MARCH, 2021**

(Amount in Rupees)

	Schedule	Current Year	Previous Year
CORPUS/CAPITAL FUND AND LIABILITIES			
(1) CORPUS/ CAPITAL FUND	1	11,06,87,571	-
(2) RESERVE AND SURPLUS	2	-	-
(3) EARMARKED/ ENDOWMENT FUNDS	3	-	-
(4) SECURED LOANS AND BORROWINGS	4	-	-
(5) UNSECURED LOANS AND BORROWINGS	5	-	-
(6) DEFERRED CREDIT LIABILITIES	6	-	-
(7) CURRENT LIABILITIES AND PROVISIONS	7	-	-
<b>TOTAL</b>		<b>11,06,87,571</b>	<b>-</b>
<b>ASSETS</b>			
(1) FIXED ASSETS	8	-	-
"(2) INVESTMENTS FROM EARMARKED/ ENDOWMENT FUNDS"	9	-	-
(3) INVESTMENTS - OTHERS	10	-	-
(4) CURRENT ASSETS, LOANS, ADVANCES ETC.	11	11,06,87,571	-
(5) MISC. EXPENDITURE (To the extent not written off or adjusted)		-	-
<b>TOTAL</b>		<b>11,06,87,571</b>	<b>-</b>
<b>SIGNIFICANT ACCOUNTING POLICIES</b>	<b>24</b>		
<b>CONTINGENT LIABILITIES &amp; NOTES ON ACCOUNTS</b>	<b>25</b>		

(CA Susheel K Gupta)  
Chartered Accountants

(Prerna)  
Accountant

(Sh. Narender Chauhan)  
Admn.-cum-Accounts

(Dr. B.Venkateswar Rao)  
Drawing & Disbursing officer

(Dr.Raghavendra Rao M.)  
Director



**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)**POST GRADUATE INSTITUTE OF YOGA &  
NATUROPATHY EDUCATION AND RESEARCH  
NAGAMANGALA, KARNATAKA****Schedules forming part of Balance Sheet as on 31-3-2021****Schedule -1: (CORPUS/CAPITAL FUND)**

<i>(Amount in Rupees)</i>				
	<b>Current Year</b>		<b>Previous Year</b>	
<b>Corpus/Capital Fund:</b>				
Balance as at the beginning of the year				
<b>Add:</b>				
"Net Income transfered from Income and Expenditure A/C"	11,06,87,571			
<b>Balance as at the year end</b>		11,06,87,571		

Schedule 2 to 10 - NIL

**(CA Susheel K Gupta)**  
**Chartered Accountants****(Prerna)**  
**Accountant****(Sh. Narender Chauhan)**  
**Admn.-cum-Accounts****(Dr. B.Venkateswar Rao)**  
**Drawing & Disbursing officer****(Dr.Raghavendra Rao M.)**  
**Director**



**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
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**POST GRADUATE INSTITUTE OF YOGA &  
NATUROPATHY EDUCATION AND RESEARCH  
NAGAMANGALA, KARNATAKA**

**Schedules forming part of Balance Sheet as on 31-3-2021**

**Schedule -11: (CURRENT ASSETS/LOANS AND ADVANCES ETC)**

<i>(Amount in Rupees)</i>				
	<b>Current Year</b>		<b>Previous Year</b>	
<b>(A) CURRENT ASSETS:</b>				
Bank Balance (Savings A/c 40090430686)	1,06,50,000			
<b>Total (A)</b>		11,06,50,000		
<b>(B) LOANS, ADVANCES AND OTHER ASSETS:</b>				
Interest Accrued on Savings A/c	37,571			
<b>Total (B)</b>		<b>37,571</b>		
<b>Total (A+B)</b>		<b>11,06,87,571</b>		

**(CA Susheel K Gupta)**  
Chartered Accountants

**(Prerna)**  
Accountant

**(Sh. Narender Chauhan)**  
Admn.-cum-Accounts

**(Dr. B.Venkateswar Rao)**  
Drawing & Disbursing officer

**(Dr.Raghavendra Rao M.)**  
Director

# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## POST GRADUATE INSTITUTE OF YOGA & NATUROPATHY EDUCATION AND RESEARCH NAGAMANGALA, KARNATAKA

### INCOME & EXPENDITURE ACCOUNT FOR THE YEAR 2020-21

(Amount in Rupees)

A: INCOME	Schedule	Current Year	Previous Year
1. Income from Sales/ Services	12	-	-
2. Grants/Subsidies	13	-	-
3. Fees/ Subscriptions	14	-	-
4. Income from Investment	15	-	-
5. Income from Royalty, Publication etc.	16	-	-
6. Interest Earned	17	37,571	-
7. Other Income	18	11,06,50,000	-
8. Increase / (decrease) in stock of Finished Goods & Work in progress	19	-	-
<b>TOTAL (A)</b>		<b>11,06,87,571</b>	<b>-</b>
<b>(B) EXPENDITURE</b>			
1. Establishment Expenses	20	-	-
2. Other Administrative Expenses etc.	21	-	-
3. Expenditure on Grant,Subsidies etc.	22	-	-
4. Interest	23	-	-
5. Depreciation	21	-	-
<b>TOTAL (B)</b>		<b>-</b>	<b>-</b>
Balance being excess of Income over Expenditure (A-B)		11,06,87,571	-
Transfer to Special Reserve (Specify each)			
Transfer to/from General Reserve			
<b>BALANCE BEING SURPLUS (DEFICIT) CARRIED TO CORPUS/CAPITAL FUND</b>		<b>11,06,87,571</b>	<b>-</b>
<b>SIGNIFICANT ACCOUNTING POLICIES</b>	<b>24</b>		
<b>CONTINGENT LIABILITIES &amp; NOTES ON ACCOUNTS</b>	<b>25</b>		

(CA Susheel K Gupta)  
Chartered Accountants

(Prerna)  
Accountant

(Sh. Narender Chauhan)  
Admn.-cum-Accounts

(Dr. B.Venkateswar Rao)  
Drawing & Disbursing officer

(Dr.Raghavendra Rao M.)  
Director



**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
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**POST GRADUATE INSTITUTE OF YOGA &  
NATUROPATHY EDUCATION AND RESEARCH  
NAGAMANGALA, KARNATAKA**

**Schedules forming part of Income & Expenditure for the year 2020-21**  
**Schedule -17: (INTEREST EARNED)**

(Amount in Rupees)		
	Current Year	Previous Year
<b>(1) On Savings A/cs:</b>		
Interest on Saving bank a/c	37,571	-
<b>Total</b>	<b>37,571</b>	<b>-</b>

Schedule - 12 to 16 - NIL

**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)

**POST GRADUATE INSTITUTE OF YOGA &  
NATUROPATHY EDUCATION AND RESEARCH  
NAGAMANGALA, KARNATAKA**

**Schedules forming part of Income & Expenditure for the year 2020-21**  
**Schedule -18: (OTHER INCOME)**

(Amount in Rupees)		
	Current Year	Previous Year
Other Income:		
Transfer from Main A/c (10502082729)(Capital)	6,00,00,000	
Transfer from Main A/c (10502082729)(General)	5,06,50,000	
<b>Total</b>	<b>11,06,50,000</b>	<b>-</b>

Schedule - 19 to 23 - NIL

**(CA Susheel K Gupta)**  
**Chartered Accountants**

**(Prerna)**  
**Accountant**

**(Sh. Narender Chauhan)**  
**Admn.-cum-Accounts**

**(Dr. B.Venkateswar Rao)**  
**Drawing & Disbursing officer**

**(Dr.Raghavendra Rao M.)**  
**Director**

**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)**POST GRADUATE INSTITUTE OF YOGA &  
NATUROPATHY EDUCATION AND RESEARCH  
NAGAMANGALA, KARNATAKA****(RECEIPT & PAYMENT ACCOUNT FOR THE YEAR 2020-21)**

(Amount in Rupees)

		<b>RECEIPTS</b>		<b>PAYMENTS</b>	
<b>Description</b>	<b>Current year</b>	<b>Previous Year</b>	<b>Description</b>	<b>Current year</b>	<b>Previous Year</b>
"Opening Balances (Bank Balance)"					
T/F from Main Account (Capital)	6,00,00,000				
T/F from Main Account (General)	5,06,50,000		Closing Balance: (Bank Balance)(A/c No. 40090430686)	11,06,50,000	
<b>TOTAL</b>	<b>11,06,50,000</b>		<b>TOTAL</b>	<b>11,06,50,000</b>	

**(CA Susheel K Gupta)**  
Chartered Accountants**(Prerna)**  
Accountant**(Sh. Narender Chauhan)**  
Admn.-cum-Accounts**(Dr. B.Venkateswar Rao)**  
Drawing & Disbursing officer**(Dr.Raghavendra Rao M.)**  
Director



**CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY**  
(An Autonomus Body under Ministry of AYUSH)

**Schedules forming part of the Accounts for the period ended 31-3-2021**

**Schedule - 24: (SIGNIFICANT ACCOUNTING POLICIES)**

**1. ACCOUNTING CONVENTION:-**

The financial statements are prepared on the basis of historical cost convention, unless otherwise stated and on the accrual method of accounting.

**2. INVENTORY VALUATION:-**

Stores (including machinery and spares) are valued at cost.

**3. INVESTMENTS:-**

Investments classified as "long term investments are carried at cost. Provision for decline, other than temporary, is made in carrying cost of such investments.

Investments classified as "current" are carried at lower of cost and fair value. Provision for shortfall on the value of such investments is made for each investment considered individually and not on a global basis.

**4. FIXED ASSETS:-**

Fixed assets are stated at cost of acquisition inclusive of taxes, freight and incidental and direct expenses related to acquisition and are capitalized at cost.

**5. DEPRECIATION:**

5.1 Depreciation on fixed assets has been made on written down value (WDV) method.

5.2 In respect of additions to/ deductions from fixed assets during the year, depreciation is considered on pro-rata basis.

**6. GOVERNMENT GRANTS:-**

Government grants are accounted on realization basis.

**7. RETIREMENT BENEFITS:-**

7.1- Retirement benefits have been met out from the amount transferred from the Budgeted grant by Debit and Credit to the Pension Fund Accounts.

7.2- A separate account viz. Pension Fund Account is being maintained. Receipt and payment Accounts and Balance Sheet of Pension Fund Account is attached with the Annual Account of the Council.

**8. GENERAL PROVIDENT FUND:-**

8.1- The Council is maintaining a separate General Provident Fund Account for its employees as per the GPF Rule, 1961.

8.2- The Receipt and Payment Account and the Balance Sheet for the General Provident Fund Account is attached with the Annual Account of the Council.

9. Corresponding figures have been re-grouped/re-arranged and rounded off wherever necessary.

**(CA Susheel K Gupta)**  
**Chartered Accountants**

**(Prerna)**  
**Accountant**

**(Sh. Narender Chauhan)**  
**Admn.-cum-Accounts**

**(Dr. B.Venkateswar Rao)**  
**Drawing & Disbursing officer**

**(Dr.Raghavendra Rao M.)**  
**Director**

# CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY

(An Autonomus Body under Ministry of AYUSH)

## Schedules forming part of the Accounts for the period ended 31-3-2021

### Schedule - 25: (CONTINGENT LIABILITIES AND NOTES ON ACCOUNTS)

#### 1. CONTINGENT LIABILITIES:-

There are no contingent liabilities as on 31st March, 2021.

#### 2. CURRENT ASSETS, LOANS AND ADVANCES:-

The current assets, Loans and Advances have a value on realisation in the ordinary course of business, equal atleast to the aggregate amount shown in the Balance Sheet.

3. Corresponding figures for the previous year have been re-grouped/re-arranged and rounded off, wherever necessary.

4. Council has Performance Bank Guarantee of M/s Bedi & Bedi associates in the form of FDR for an amount of Rs.30,44,587/- and Performance Security of Rs.25,000/- in the form of FDR from M/s Sanya Rent A Cab Pvt. Ltd.

5. The Council has the following lands free of cost in different areas as detailed below:

Place	Year of Acquisition	Area
Jhajjar, Haryana	2010	10 acres
Nagmangala, Karnataka	2008	15 acres
Bhubneshwar, Odisha	2014	20 acres
Jhajjar, Haryana	2017	83 kanals
Krishna District, Andhra Pradesh	2018	25 acres
Kasargoad, Kerala	2018	15 acres
Raipur, Chattisgarh	2021	9.97 acres

6. Schedules 1 to 25 are annexed to and form an integral part of the Balance Sheet as at 31st March, 2021 and the Income & Expenditure Account for the year ended on that date.

(CA Susheel K Gupta)  
Chartered Accountants

(Prerna)  
Accountant

(Sh. Narender Chauhan)  
Admn.-cum-Accounts

(Dr. B.Venkateswar Rao)  
Drawing & Disbursing officer

(Dr.Raghavendra Rao M.)  
Director

**कार्यालय प्रधान निदेशक लेखापरीक्षा (स्वास्थ्य, कल्याण एवं ग्रामीण विकास)****Office of the Principal Director of Audit (Health, Welfare and Rural Development)**

इन्द्रप्रस्थ एस्टेट, नई दिल्ली - 110 002

Indraprastha Estate, New Delhi - 110 002

ए.एम.जी.-I/ एस.ए.आर./सी.सी.आर.वाई.एन./7-02/2021-22/334 दिनांक:

सेवामें,

सचिव, भारत सरकार,

आयुष मंत्रालय, आयुष भवन,

बी-ब्लॉक, आई.एन.ए.,

नईदिल्ली-110001.

विषय : वर्ष 2020-21 के लिए केंद्रीय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिषद, नई दिल्ली के लेखाओं पर पृथक लेखापरीक्षा प्रतिवेदन।

महोदय,

मैं, केंद्रीय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिषद, नई दिल्ली के वर्ष 2020-21 के प्रमाणित वार्षिक लेखे की प्रति उसके प्रतिवेदन तथा लेखापरीक्षा प्रमाणपत्र की प्रति सहित संसद के पटल पर रखने के लिए संलग्न करता हूँ।

संसद को प्रस्तुत कर दस्तावेज की दो प्रतियाँ उस तिथि को दर्शाते हुए, जब वे संसद को प्रस्तुत किये गए थे, इस कार्यालय को तथा भारत के नियंत्रक एवं महालेखा परीक्षक के कार्यालय, 9, दीनदयाल उपाध्याय मार्ग, नई दिल्ली-1100124, को भेजी जाए।

कृपया यह सुनिश्चित किया जाये कि पृथक लेखापरीक्षा प्रतिवेदन को संसद के दोनों सदनों के समक्ष प्रस्तुत करने से पहले वार्षिक लेखाओं को शासी निकाय (Governing Body) द्वारा अनुमोदित अवश्य करा लिया जाये तथा यह भी सुनिश्चित करें कि 2020-21 के लेखा परीक्षा प्रतिवेदन एवं लेखापरीक्षा प्रमाण पत्र को संसद के पटल पर रखने से पहले सभी पूर्व वर्षों के लेखापरीक्षा प्रतिवेदन एवं लेखापरीक्षा प्रमाणपत्र संसद के पटल पर प्रस्तुत किये जा चुके हों।

लेखापरीक्षा प्रतिवेदन का हिंदी अनुवाद एवं इसे जारी करने से सम्बन्धित सभी कार्यों को आपके निकाय द्वारा किया जाना ही अपेक्षित है। पृथक लेखापरीक्षा प्रतिवेदन का हिंदी अनुवाद जारी करते समय निम्नलिखित अस्वीकरण (disclaimer) अंकित करें।

“प्रस्तुत प्रतिवेदन मूल रूप से अंग्रेजी में लिखित पृथक लेखापरीक्षा प्रतिवेदन का हिंदी अनुवाद है। यदि इस में कोई विसंगति परिलक्षित होती है तो अंग्रेजी में लिखित प्रतिवेदन मान्य होगा।”

भवदीय,

अनुराग चक्रवर्ती

— ईश्वर —

(प्रवीण कुमार सक्सेना)

उप-निदेशक (ए.एम.जी.-I)



ए.एम.जी.-I/ एस.ए.आर./सी.सी.आर.वाई.एन./7-02/2021-22/395

दिनांक: 17 SEP 2021

पृथक लेखापरीक्षा प्रतिवेदन तथा लेखापरीक्षा प्रमाणपत्र की प्रति, डॉ. राघवेंद्र राव एम, निदेशक, केंद्रीय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिषद, सं 61-65, इंडस्ट्रियल एरिया, जनकपुरी, नई दिल्ली-110058, को आवश्यक कार्यवाही हेतु अग्रेषित की जाती है।

कृपया उपरोक्त प्रतिवेदन को संसद को प्रस्तुत कर दस्तावेज की दो प्रतियाँ उस तिथि को दर्शाते हुए, जब वे संसद को प्रस्तुत किये गए थे, इस कार्यालय को तथा भारत के नियंत्रक महालेखापरीक्षक का कार्यालय, 9, दीनदयाल उपाध्याय मार्ग, नई दिल्ली-1100124 को भेजी जाए।

अनुलग्नक: यथोपरि

प्रवीण कुमार सक्सेना  
17/09/2021  
(प्रवीण कुमार सक्सेना)  
उप-निदेशक (ए.एम.जी-I)

ए.एम.जी.-I/ एस.ए.आर./सी.सी.आर.वाई.एन./7-02/2021-22/

दिनांक:

केंद्रीय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिषद, नई दिल्ली की पृथक लेखापरीक्षा प्रतिवेदन तथा लेखापरीक्षा प्रमाणपत्र सहित प्रधान निदेशक (स्वायत्त निकाय), भारत के नियंत्रक एवं महालेखा परीक्षक का कार्यालय, 9, दीनदयाल उपाध्याय मार्ग, नई दिल्ली-110124 को अग्रेषित की जाती है।

यह पत्र प्रधान निदेशक लेखापरीक्षा (स्वास्थ्य कल्याण एवं ग्रामीण विकास) के अनुमोदन से जारी किया जा रहा है।

अनुलग्नक: यथोपरि

- दस्ता -  
(प्रवीण कुमार सक्सेना)  
उप-निदेशक (ए.एम.जी-I)



## **Separate Audit Report of the Comptroller & Auditor General of India on the Accounts of Central Council for Research in Yoga & Naturopathy for the year ended 31 March 2021**

We have audited the attached Balance Sheet of Central Council for Research in Yoga & Naturopathy (Council) as at 31 March 2021, Income & Expenditure Account and Receipts & Payments Account for the year ended on that date under Section 20 (1) of the Comptroller & Auditor General's (Duties, Powers & Conditions of Service) Act, 1971. The audit has been entrusted for the period up to 2023-24. These financial statements are the responsibility of the management of the Central Council for Research in Yoga & Naturopathy. Our responsibility is to express an opinion on these financial statements based on our audit.

2 This Separate Audit Report contains the comments of the Comptroller & Auditor General of India (CAG) on the accounting treatment, only regard to classification, conformity with the best accounting practices, accounting standards and disclosure norms etc. Audit observations on financial transactions with regard to compliance with the Law, Rules & Regulations (Propriety and Regularity) and efficiency-cum-performance aspects, etc., if any, are reported through Inspection Reports/CAG's Audit Reports separately.

3 We have conducted our audit in accordance with auditing standards generally accepted in India. These standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatements. An audit includes examining, on a test basis, evidences supporting the amounts and disclosure in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall presentation of financial statements. We believe that our audit provides a reasonable basis for our opinion.

4 Based on our audit, we report that:

- i. We have obtained all the information and explanations, which to the best of our knowledge and belief were necessary for the purpose of our audit.
- ii. The Balance Sheet, Income & Expenditure Account and Receipts & Payments Account dealt with by this report have been drawn up in the uniform format of accounts prescribed by the Ministry of Finance.
- iii. In our opinion, proper books of accounts and other relevant records have been maintained by the Council in so far as it appears from our examination of such books.
- iv. We further report that:

**A. Balance Sheet****A.1 Corpus/Capital Fund and Liabilities****A.1.1 Deferred Credit Liabilities (Schedule – 6) - ₹ 46.67 crore**

**A.1.1.1** As per uniform format of accounts, Grant-in-Aid should be properly segregated. Grant-in-Aid received for revenue purpose should be recognised as income in Income & Expenditure Accounts and the grant for capital expenditure should be routed through Balance Sheet. During the year 2020-21, the Council received ₹ 24.50 crore as Capital Grants. However, only ₹ 11.02 crore has been routed through Balance Sheet and ₹ 12.06 crore has been taken as income in Income & Expenditure Accounts. This has resulted in overstatement of Income as well as Corpus/Capital Fund and understatement of Deferred Credit Liabilities by ₹ 12.06 crore.

**A.1.2 Current Liabilities and Provisions (Schedule – 7) - ₹ 87.42 lakh**

**A.1.2.1** The above do not include unspent balance of grant of ₹ 2.31 lakh. This has resulted in understatement of Current Liabilities (amount refundable to Ministry) and overstatement of Capital Fund by ₹ 2.31 lakh.

**A.1.2.2** No provision had been made by Council for Pension, Gratuity, Leave Encashment and other retirement benefits on actuarial basis as required under Accounting Standard 15 of ICAI.

**B. General**

**B.1** In Schedule - 11 (Current Assets, Loan and Advances, etc. ), advances amounting to ₹ 8.96 lakh, ₹ 2 crore, ₹ 9.11 lakh, ₹ 1.19 lakh and ₹ 0.42 lakh to CPWD for CRI, Odisha (31.03.2015), NICS I for revamping of website of CCRYN (28.05.2015), ICCR for celebrating International Day of Yoga 2017 (15.05.2017), Ashoka Hotel for Sansadiya Rajbhasha Samiti Inspection (20.08.2018) and ITDC for Sansadiya Rajbhasha Samiti Inspection (20.08.2018), respectively. As these advances are very old advances, Council needs to settle these advances urgently.

**B.2** As per bank reconciliation of State Bank Account No. 10502082729 (Grant account), Council issued cheques in respect of refund of fee amounting to ₹ 17.16 lakh to various hospitals on 30.09.2020 and booked these in cash book as expenditure. These cheques remained unpaid for six months after the date of its issue and not surrendered for renewal as on 31.03.2021 and were neither cancelled nor were their amounts written back in the accounts. This has resulted in understatement of Bank balances and Current Liabilities by ₹ 17.16 lakh each.

**C. Grants-in-Aid**

The Grants-in-Aid of ₹ 48.66 crore was received during the year 2020-21. The Council had an unspent balance of ₹ 0.14 crore of previous year 2019-20. Thus, out of available amount of ₹



48.80 crore, the Council utilized a sum of ₹ 48.78 crore (including refund of ₹ 0.14 crore to the Ministry of AYUSH) leaving an unspent balance of ₹ 0.02 crore as on 31 March 2021.

Further, Grants-in-Aid of ₹ 50.00 lakh (under CSS Scheme) was also received during the year 2020-21. The Council utilized a sum of ₹ 6.61 lakh leaving an unspent balance of ₹ 43.39 lakh as on 31 March 2021.

**C. Management Letter**

Deficiencies which have not been included in the Audit Report have been brought to the notice of management of Council through a management letter issued separately for remedial/corrective action.

v. Subject to our observations in the preceding paragraphs, we report that the Balance Sheet, Income and Expenditure Account and receipts and Payments Account dealt with by this report are in agreement with the books of accounts.

vi. In our opinion and to the best of our information and according to the explanations given to us, the said financial statements read together with the Accounting Policies and Notes on Accounts, and subject to the significant matters stated above and other matters mentioned in annexure to this Audit Report give a true and fair view in conformity with accounting principles generally accepted in India;

a. In so far as it relates to the Balance Sheet, of the state of affairs of the Central Council for Research in Yoga & Naturopathy as at 31 March 2021 and

b. In so far as it relates to Income and Expenditure Account of the surplus for the year ended on that date.

For and on behalf of C&AG of India

(Ashok Sinha)

Principal Director of Audit  
(Health Welfare & Rural Development)

Place: New Delhi  
Date: 17.09.2021

### Annexure

**1. Adequacy of internal audit system:**

There is no internal audit department. Internal audit was conducted upto the period 2015-16 by the Ministry of Health & Family Welfare. There are 16 internal audit paras outstanding as on 31.03.2021.

**2. Adequacy of internal control system:**

- a) Management Information System which is necessary for smooth functioning of the Council is not in place in the Council.
- b) Two paras for the year 2008-09 were outstanding as on 31.03.2021.
- c) In Library register only original cost of the items shown against each item. Neither diminishing balance (after deduction depreciation) against each item nor in the abstract shown in the library register.

**3. System of physical verification of assets:**

The physical verification of fixed assets was conducted for the year 2020-21 and no deficiency was reported.

**4. System of physical verification of inventory:**

The physical verification of books and publication, stationery and other consumable items was conducted for the year 2020-21 and no deficiency was reported.

**5. Regularity in payment of dues**

As per accounts, no payment over six months in respect of statutory dues was outstanding as on 31.03.2021.



अ.शा.पत्र संख्या: ए.एम.जी.-1/ एस.ए.आर./सी.सी.आर.वाई.एन./7-02/2021-22/397

कार्यालय प्रधान निदेशक लेखापरीक्षा  
(स्वास्थ्य, कल्याण एवं ग्रामीण विकास)  
भारतीय लेखापरीक्षा एवं लेखा विभाग  
Office of the Principal Director of Audit  
(Health, Welfare and Rural Development)  
Indian Audit and Accounts Department

प्रवीण कुमार सक्सेना  
उप-निदेशक

दिनांक:- 17 SEP 2021

आदरणीय महोदय,

केंद्रीय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिषद, के 2020-21 के वार्षिक लेखों की लेखापरीक्षा इस कार्यालय द्वारा की गयी है तथा पृथक लेखा परीक्षा प्रतिवेदन, इस कार्यालय के अ.शा.पत्र संख्या:-ए.एम.जी.-1/एस.ए.आर./सी.सी.आर.वाई.एन./7-02/2021-22/395 दिनांक: 17/9/21 को जारी किया गया है। लेखापरीक्षा के दौरान, कुछ विसंगतियों को संलग्न अनुबंध में, दर्शाया गया है।

अतः इन विसंगतियों पर, आपका ध्यान आकर्षित करते हुए, मेरा अनुरोध है कि इन पर उचित सुधारात्मक कारवाई की जाये।

सादर,

अनुलग्नक यथोपरि,

आपका शुभेच्छु,

प्रवीण सक्सेना  
17/9/2021

डा. राघवेंद्र राव एम.  
निदेशक,  
केन्द्रीय योग एवं प्राकृतिक चिकित्सा अनुसंधान प  
61-65, इन्स्टीट्यूशनल क्षेत्र, जनकपुरी,  
नई दिल्ली-110058.



**Annexure to DO letter no. AMG-I/SAR/CCRYN/7-02/2021-22/397**

1. Corpus/Capital Fund (Provident Fund Account) (Schedule – G-1) - This doesn't include subscription for March 2021 amounting to ₹ 1.91 lakh and included subscription of ₹ 2.35 lakh for March 2020. This is in the contravention of accrual basis of accounting and the Council should follow the accrual system of accounting.
2. The Council had received 20 acre of land\* (free of cost) at Mouza Binjhagiri, Bhubaneswar from the Government of Odisha in February 2014 subject to payment of (i) Registration fee for executing the lease deed (ii) Annual ground rent of ₹ 2.00 lakh (iii) Cess of ₹ 1.50 lakh and (iv) ₹ 83.44 lakh towards cost of standing trees. Thus, the Council paid a total of ₹ 86.94 lakh towards the cost of acquisition of land. However, the Council reflected ₹ 83.44 lakh towards cost of standing tree in Schedule - 8 under the head Capital Work-in-Progress, though it is not the part of Capital Work-in-Progress. However, the Council paid as a total cost of ₹ 86.94 lakh for acquisition of land, it should be reflected under the head 'Land' and amount paid for acquisition being treated as cost of land and same to be amortised according to lease period. Thus, non-reflection of value to land resulted in understatement of Fixed Assets and overstatement of Capital Work-in-Progress by ₹ 86.94 lakh.
3. The Council has received various pieces of lands free of cost in several states i.e. Haryana, Karnataka, Odisha, Andhra Pradesh, Kerala and Chhattisgarh for which Council born various expenditure as Registration fee etc. for acquisition of these lands. In this regard, except 10 acre land in Haryana and cost incurred on acquisition of this land i.e. ₹ 330/-, neither about the other lands received nor acquisition cost i.e. ₹ 40450 for land in Vijaywada; ₹ 7200 for land in Chhattisgarh; etc. paid by the Council reflected under the Fixed Assets (Land). Moreover, only a note has been made under the Schedule-25 reflecting the lands acquired by the Council. Thus, non-reflection of these lands with its acquisition cost under the proper head of accounts resulting understatement of Fixed Assets as well as Capital by the like amount.
4. The Council has not segregated its Fixed Assets as per Uniform format of Accounts. The Computer/peripherals and medical equipments have been merged under the office equipment. This needs segregation, so that clear picture of fixed assets to be reflected.
5. The Council has closing balance of Consumable items worth ₹ 1,00,054/- as on 31.03.2021 in Current Assets Loan and Advances (Schedule – 11) however the same has not been reflected under the Current Assets. This has resulted in understatement of Current Assets and overstatement of Expenditure by the like amount.
6. The Council reflected investment under GPF worth ₹ 1.77 crore in Investments Others (Provident Fund Account) (Schedule – G10) whereas as per record GPF investments is



worth ₹ 1.65 crore. This has resulted in overstatement of investment and understatement of Current Assets (Accrued interest) by ₹ 0.12 crore.

7. Investments of GPF of ₹ 1.77 crore were not made as per the pattern prescribed by the Government of India, Ministry of Finance vide notification no. F. No. 11/14/2013-PR dated 2.3.2015.

8. The Council has not specified the rates of depreciation in Significant Accounting Policies (Schedule-24) as adopted by the Council.