

# Madhumeha Niyantrita Bharata (MNB) Abhiyaan First Orientation Training Program at AOL



Inauguration of First Orientation Training Program at AOL

the Vishalakshi Mantapam in Art of Living International Center, Bengaluru, Karnataka. Vishalakshi Mantapam is the focal point of the Art of Living Ashram, where all the positive spiritual energies come together. Being the Training Partners of Indian Yoga Association (IYA), Art of Living (AOL) and S-VYASA jointly organized the program. Training Program is the part of National Program for Diabetes Control through Yoga based Lifestyle Change. The 70% of

## Vishalakshi Mantapam

The first Orientation Training Program of Madhumeha Niyantrita Bharata (MNB) Abhiyaan took place on Nov 16 - 20, 2016 at

the participants arrived at the venue one day before, on 15 November 2016, in order to meet for fine-tuning of the agenda and coordination of facilitation. Further 30% trainers arrived the



Dr. H R Nagendra



Dr. R Nagarathna





Nov 20 - Valedictory Program

earlier morning of 16th Nov 2016.

## Inauguration Day

On Nov 16, Morning 11 am the Training Program was inaugurated in the presence of Dr. R Nagarathna, Medical Director, Arogyadhama, VYASA, Dr. Nisha Manikantan, Founder Director at Sri Sri Ayurveda - Art of Living, Dr. B Amaranath, District Commandant, Home Guards, Bengaluru Rural District, Dr. Sudheer Deshpande, Former Registrar, S-VYASA University, and other dignitaries. Afternoon sessions started with overview and roadmap of the MNB by Dr. H R Nagendra, Chancellor, S-VYASA Yoga University, Bengaluru, India and Chairman, National committee for "Diabetes control program". Followed by sessions on the theory and practice of cyclic meditation was conducted by Dr. Gayathri Melnad.

## Day 2 to Day 4

### Practical Sessions

Every day morning sessions start at 6 am with training in the common Yoga Protocol for Type 2 Diabetes, which includes specific yogic postures, Suryanamaskar, Cyclic Meditation and Pranayama. Further, 11-12 noon was training sessions on chair yoga and pranayama. Further more, a training session was conducted between 4.30 pm to 6 pm on cyclic meditation and common

yoga protocol. Daily 6.30 pm to 8 pm was Satsang which consist of bhajan, scriptural understanding, and guided meditation techniques

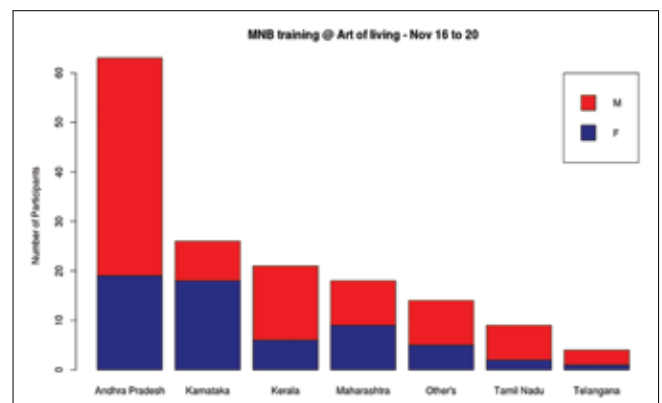
### Theory Sessions

Theory sessions the Introduction to diabetes and yogic management of diabetes was lectured by Dr. R Nagarathna, Yogic management of

stress was addressed by Mr. Vasudeva Rao. Further, yogic counselling, emotional and intellectual management of diabetes by Dr. Usha Kathyayani. The diet management for the diabetes was explained by Ms. Gauri Rokkam. The myths and case study about diabetes was delivered by Dr. Venugopal. The parameters, research aspects, and methodology of collecting data was explained by Dr. Rajesh S.K.

### Valedictory Program

On Nov 20, 12 pm the training concluded with Valedictory Program. Dr.Vedamurthy Achar, Swamiji Hardik Vaishnavji, Dr. R Nagarathna, Ms. Kamlesh, Dr. Amaranath B, Yogi P Nageshwar Rao ji and Dr. Rajeev Kumar R was presented. Further, feedback was presented by few participants. The valedictory program end with a formation of human chain and pledge to serve Bharat Matha.



Participants: 155 (60 Male & 95 Female)