

आदित्यस्य नमस्कारान्ये कुर्वन्ति दिने दिने।  
आयुः प्रज्ञा बलं वीर्यं तेजस्तेषां च जायते।।

One who does Sun salutations daily gains longevity,  
wisdom, strength, virility and lustre.

## About the Book

Join Yogita and her grandfather as they learn about the importance of practising yoga asanas, doing *surya namaskar* and living a life inspired by the principles of yoga. Find out why this ancient Indian practice can make you a healthier person, and incorporate these lessons in your daily lives.

**National Medicinal Plants Board,  
Ministry of Ayush, Government of India**

1st & 2nd Floor, Annexe Building, Indian Red Cross Society (IRCS),  
1 Red Cross Road, New Delhi – 110001  
Tel. No. 011-23721840  
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**TINKLE**



# PROFESSOR AYUSHMAN YOGA SPECIAL



FUNDED BY:

Book 4



राज्य मंत्री (स्वतंत्र प्रभार)  
आयुष मंत्रालय और  
राज्य मंत्री  
स्वास्थ्य एवं परिवार कल्याण मंत्रालय  
भारत सरकार



सत्यमेव जयते

Minister of State  
(Independent Charge) of  
Ministry of Ayush and  
Minister of State in  
Ministry of Health and Family Welfare  
Government of India



प्रतापराव जाधव  
PRATAPRAO JADHAV



### MESSAGE

As we navigate the challenges of the 21<sup>st</sup> century, Yoga offers a timeless and holistic solution for our well-being. This ancient Indian system has been proven to promote physical, mental, social and spiritual health through its eight dimensions. Embracing Yoga can transform lives, fostering happiness, health and resilience.

The Government of India has undertaken several initiatives to promote and propagate Yoga. This year, focusing on raising awareness among children, "**Professor Ayushman: Yoga Special**" has been created with engaging characters and stories to guide young readers. I appreciate the efforts of the Ministry of Ayush, National Medicinal Plants Board (NMPB) and Morarji Desai National Institute of Yoga (MDNIY) teams for bringing out this valuable comic book. It aims to educate children and people of all ages about the importance of Yoga in daily life, spreading awareness and knowledge among the masses. This will undoubtedly inspire a new generation to embrace Yoga in their daily lives.

I hope that this comic book will be widely read and utilized. I encourage everyone to adopt Yoga as a way of life and experience its profound impact on overall health and well-being.

  
(Prataprao Jadhav)



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वैद्य राजेश कोटेचा  
सचिव

**Vaidya Rajesh Kotecha**  
Secretary



सत्यमेव जयते



आजादी का  
अमृत महोत्सव

भारत सरकार  
आयुष मंत्रालय  
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,  
आई.एन.ए. नई दिल्ली-110023  
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Ministry of Ayush  
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### **MESSAGE**

India's ancient Yoga system holds immense significance in contemporary times. With its scientifically proven benefits to enhance physical, mental and spiritual health, Yoga plays a crucial role in maintaining overall health, boosting immunity and improving quality of life. Recognizing its universal benefits, Yoga emerges as an essential practice for individuals of all ages.

I am glad to learn that the National Medicinal Plants Board (NMPB), Ministry of Ayush will be launching a comic book titled "Professor Ayushman - Yoga Special", on the occasion of International Day of Yoga-2024. This exclusive resource on Yoga will serve as an excellent tool for educating children, families and local communities about the numerous benefits of incorporating Yoga into their daily lives in a simple yet innovative way.

I appreciate the efforts of NMPB and Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush for creating this engaging and informative resource.

**(Rajesh Kotecha)**

New Delhi  
10<sup>th</sup> June, 2024

डॉ. महेश कुमार दाधीच  
मुख्य कार्यकारी अधिकारी  
Dr. Mahesh Kumar Dadhich  
Chief Executive Officer



भारत सरकार  
Government of India  
आयुष मंत्रालय  
Ministry of AYUSH  
राष्ट्रीय औषधीय पादप बोर्ड  
National Medicinal Plants Board

### MESSAGE

Ministry of Ayush is performing a vital role in the public health care. Keeping in mind, the health benefits of yoga, NMPB, Ministry of Ayush in collaboration with Morarji Desai National Institute of Yoga (MDNIY) have decided to launch a comic book on the occasion of International Day of Yoga so that awareness about yoga can be spread among the local masses. Yoga is not just a gesture or posture only, it is a way of living, an art of managing life.

I congratulate the entire teams of the NMPB and MDNIY, Ministry of Ayush who have given their valuable contributions for preparation of this book. I hope that this book will create a better understanding of yoga and its importance in day to day life. This will also help to educate and aware the children on yoga.

Date: June 12, 2024

(Dr. Mahesh Kumar Dadhich)



आयुष मंत्रालय  
भारत सरकार

## मोरारजी देसाई राष्ट्रीय योग संस्थान MORARJI DESAI NATIONAL INSTITUTE OF YOGA

आयुष मंत्रालय, भारत सरकार  
MINISTRY OF AYUSH, GOVERNMENT OF INDIA

६८, अशोक रोड, नई दिल्ली - ११०००१  
68, ASHOKA ROAD, NEW DELHI-110001



डॉ. काशीनाथ समगण्डी, बी.ए.एम.एस., एम.डी, पीएच.डी.  
DR. KASHINATH SAMAGANDI, B.A.M.S., M.D. Ph.D.  
निदेशक/DIRECTOR

### MESSAGE

It gives me immense pleasure to introduce this exceptional comic book, *Professor Ayushman: Yoga Edition*, tailored specifically for children through the collaborative efforts of the Ministry of Ayush, Morarji Desai National Institute of Yoga (MDNIY), and National Medicinal Plants Board (NMPB). This comic book is designed meticulously to captivate young readers and introduce them to the authentic practices of Yoga. I congratulate the MDNIY team for their dedication in bringing this book to fruition and extend my gratitude to NMPB for their unwavering support. I sincerely hope that this comic book will spark love for yoga in young minds.

With best wishes,

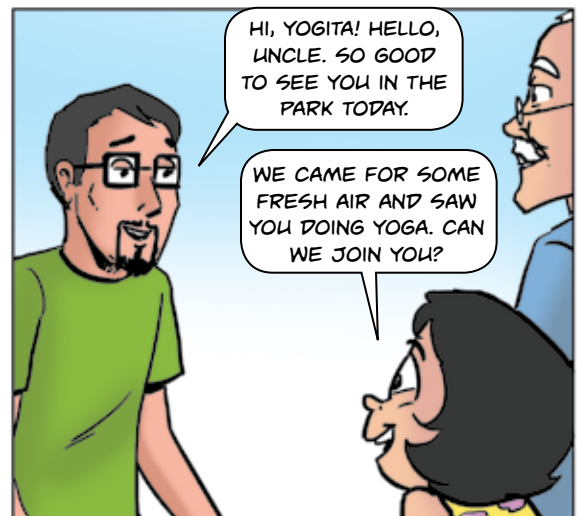
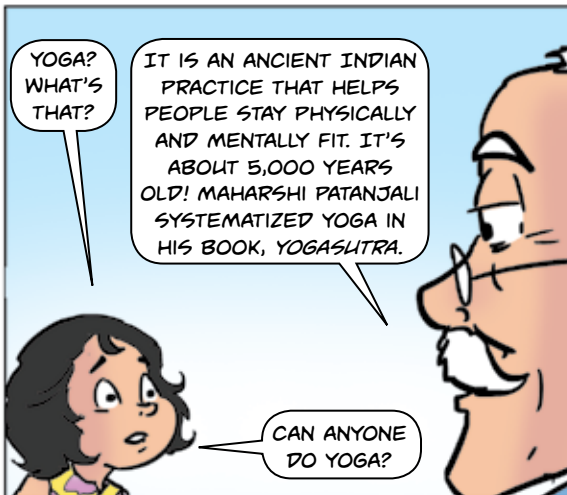
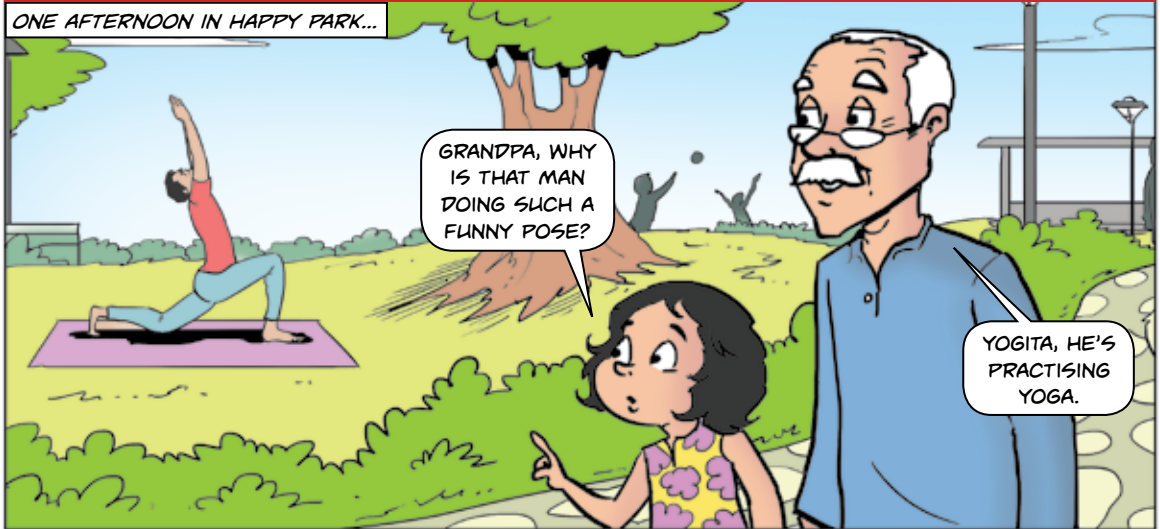
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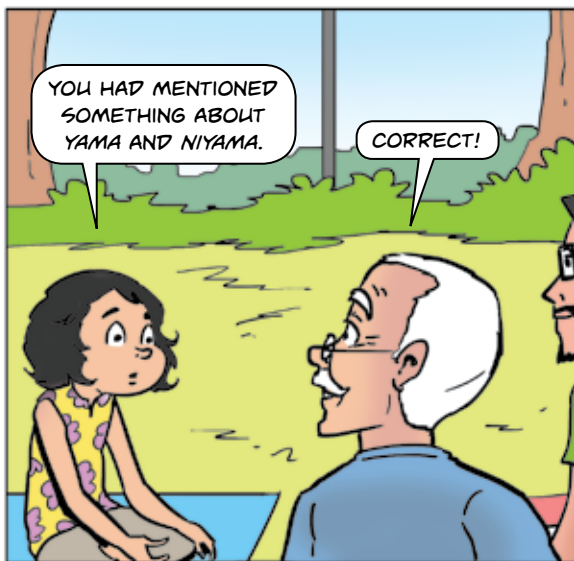
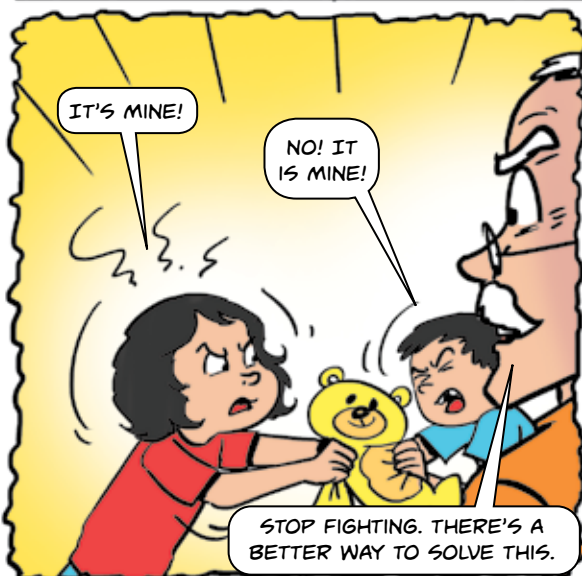
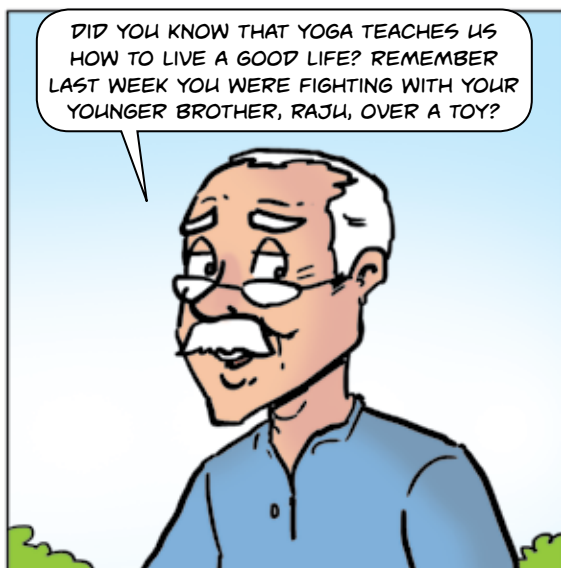
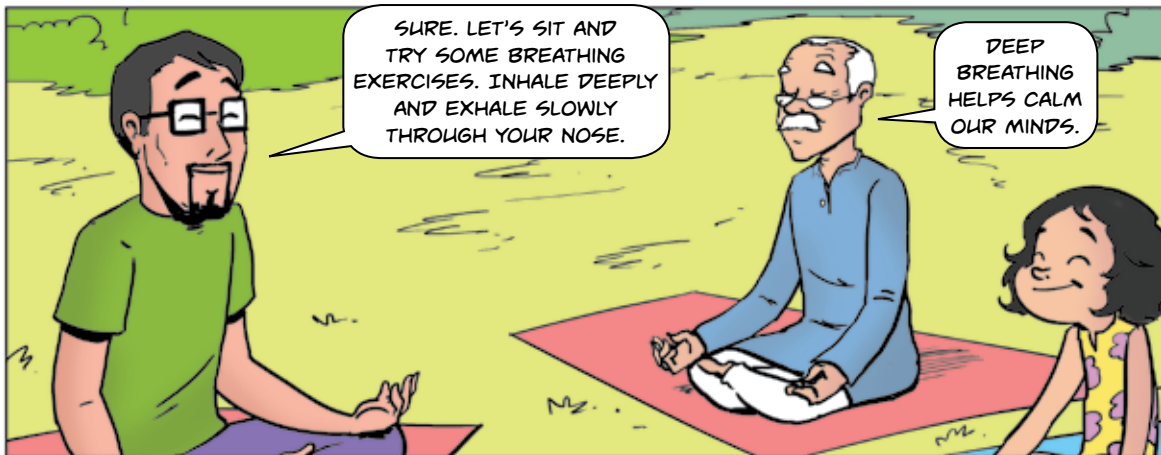
(DR. KASHINATH SAMAGANDI)

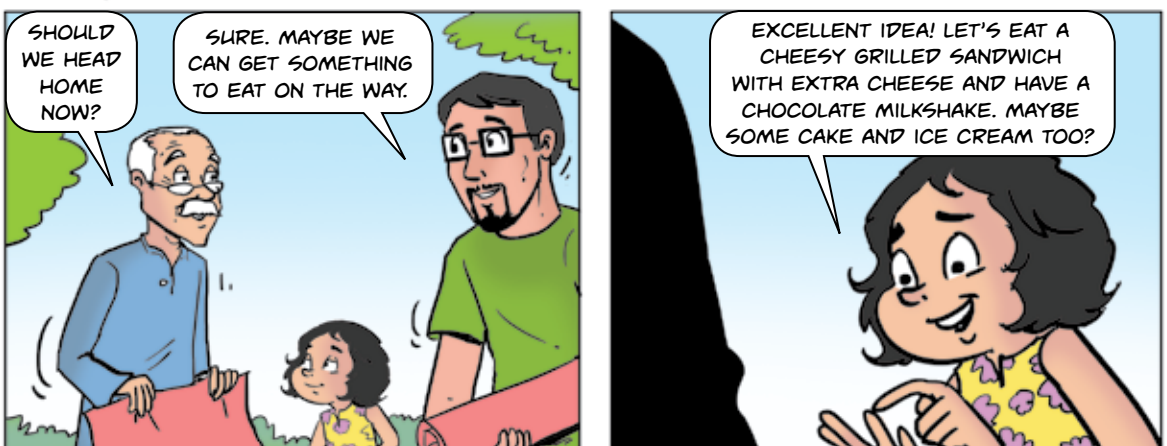
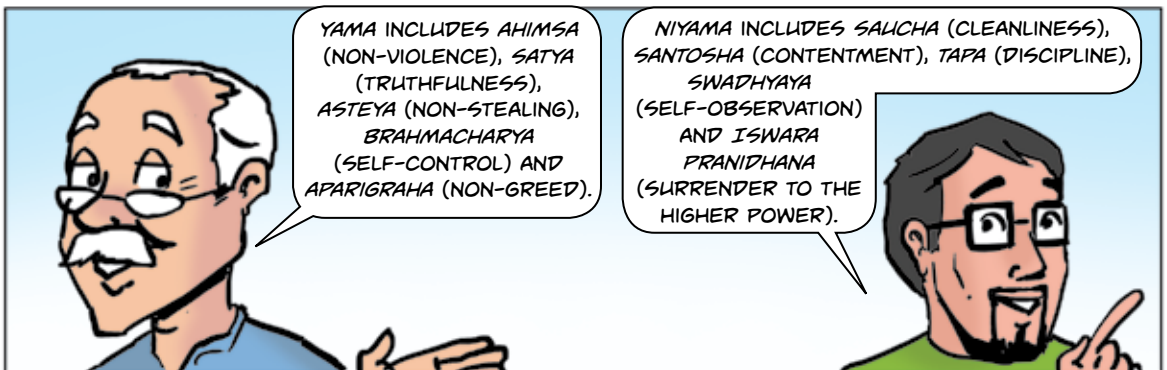
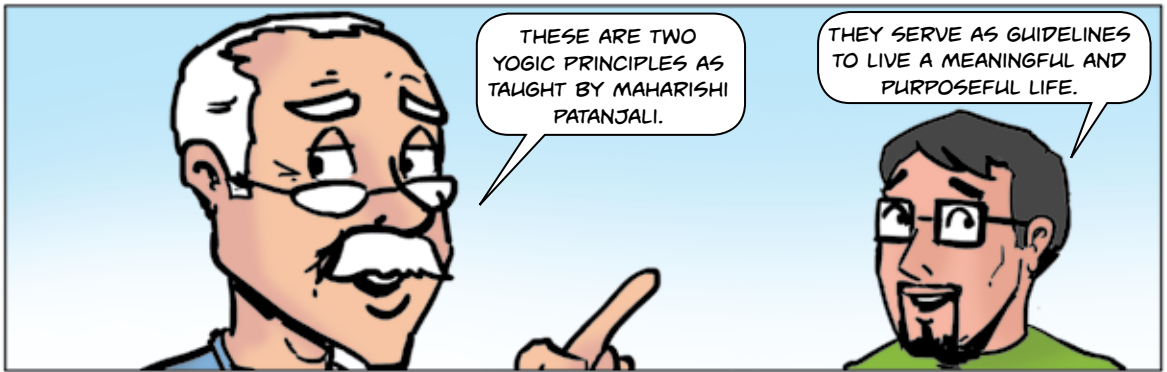


# PROFESSOR AYUSHMAN - YOGA SPECIAL

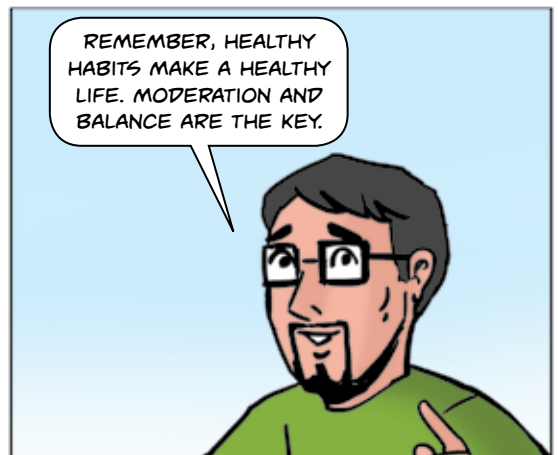
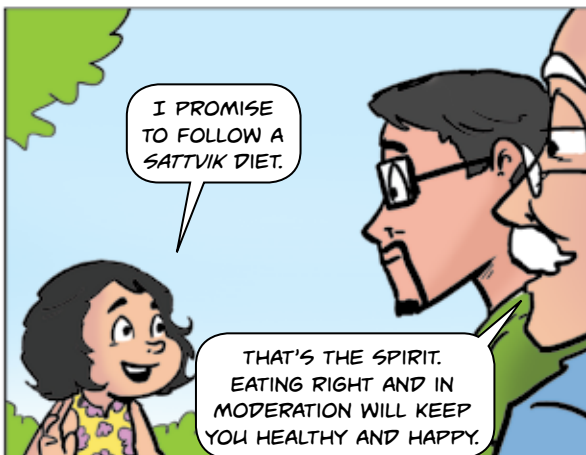
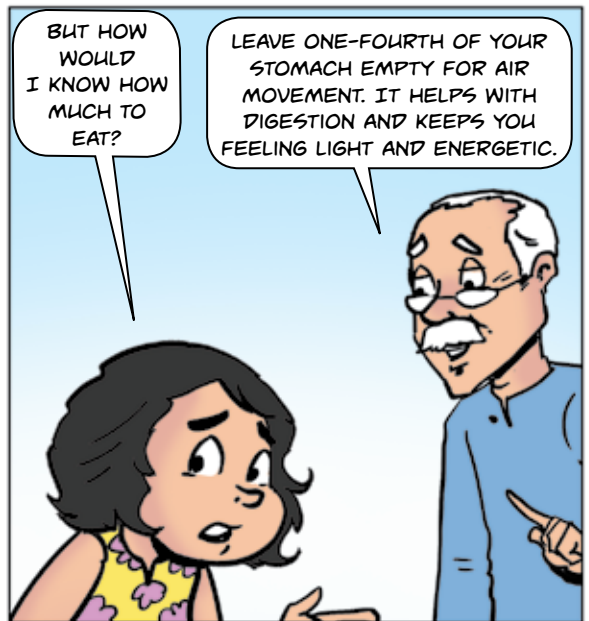
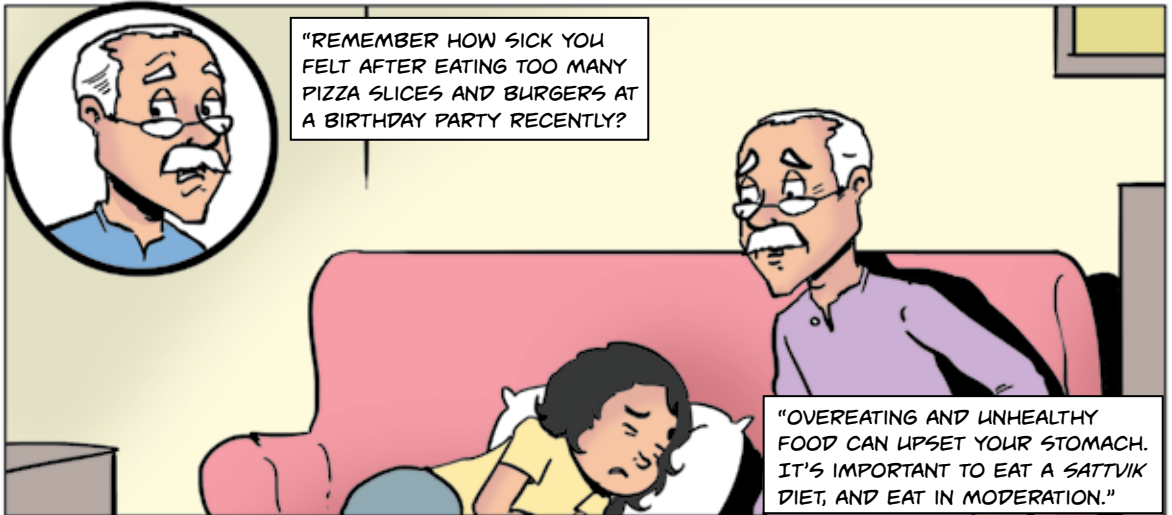
ONE AFTERNOON IN HAPPY PARK...



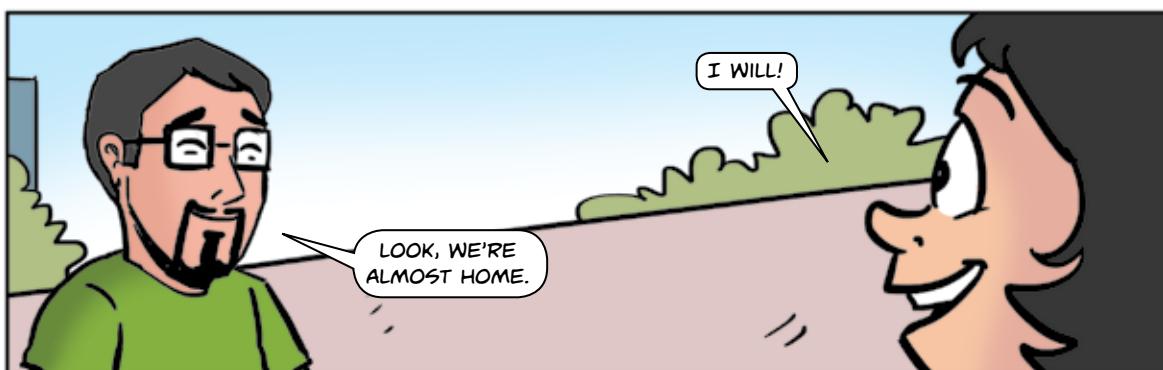
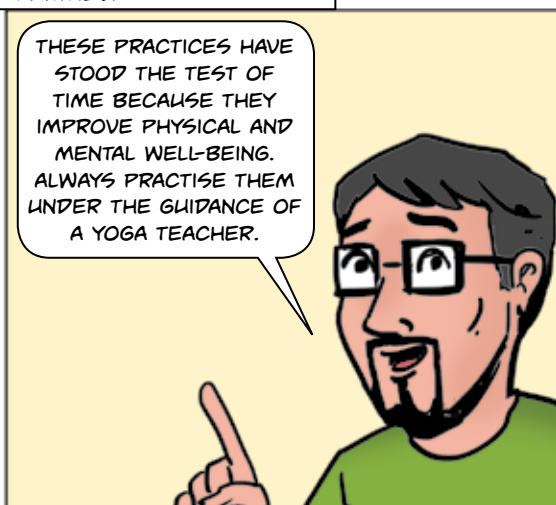
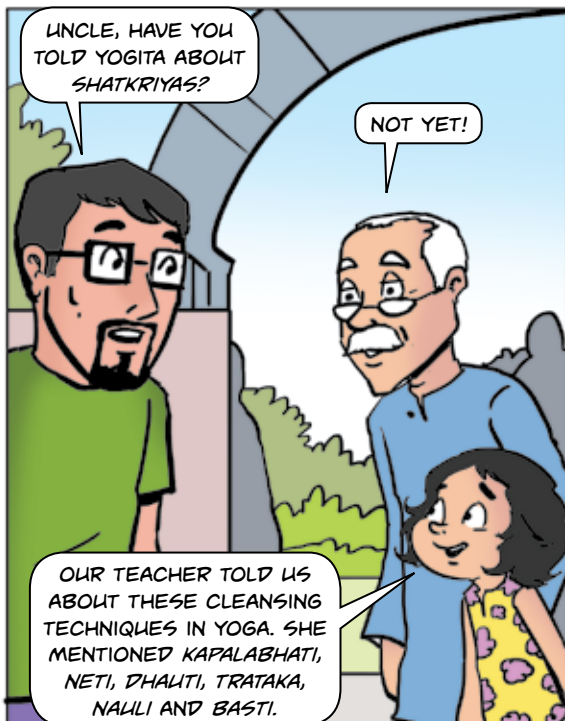


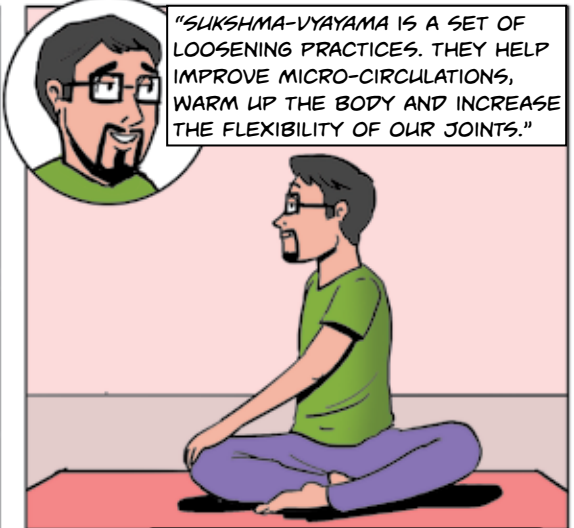
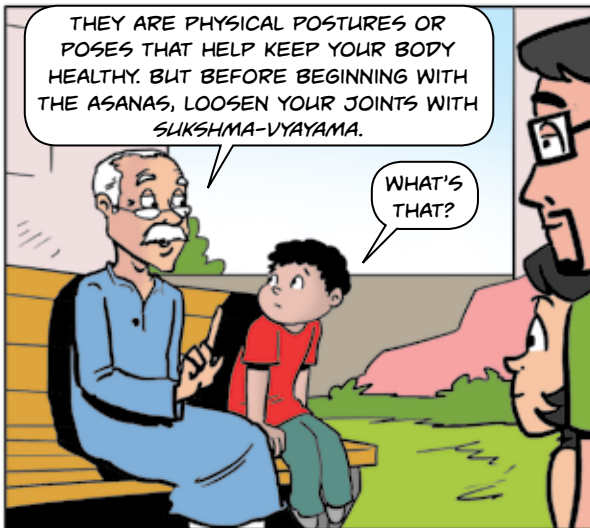
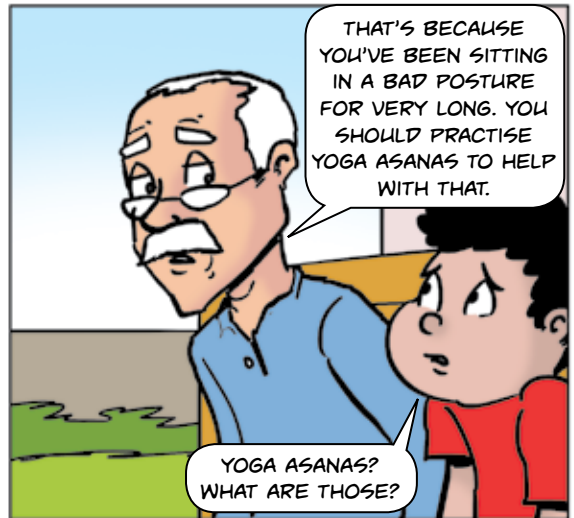
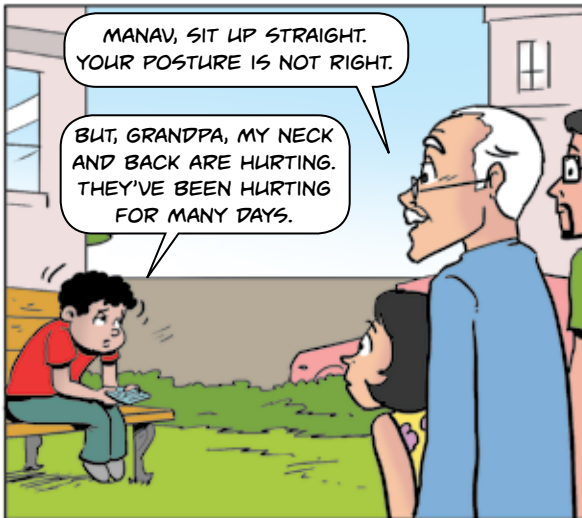


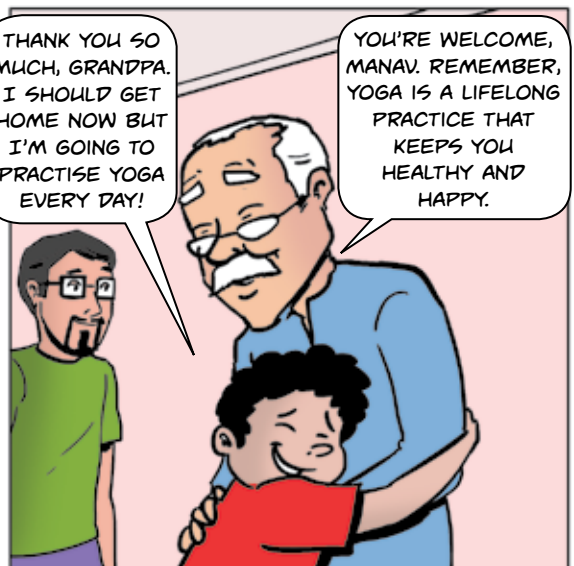
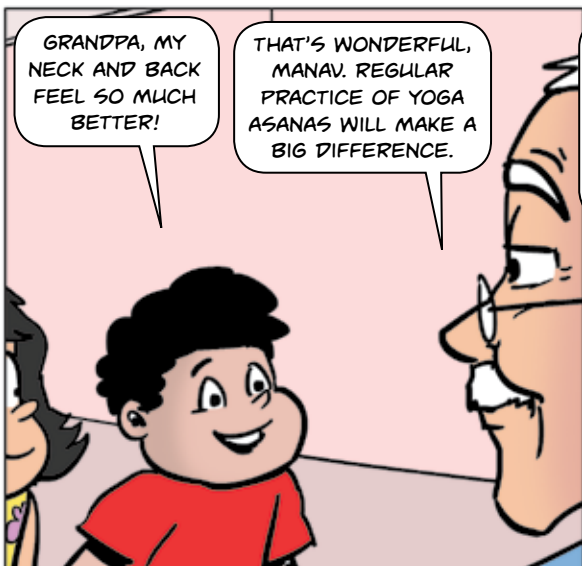
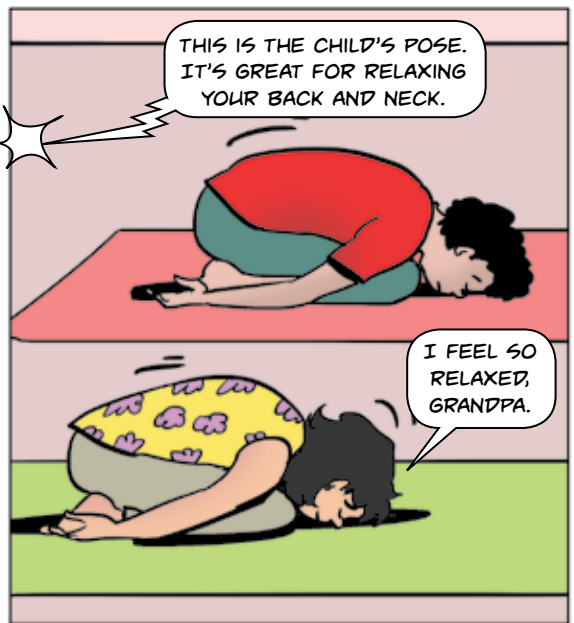
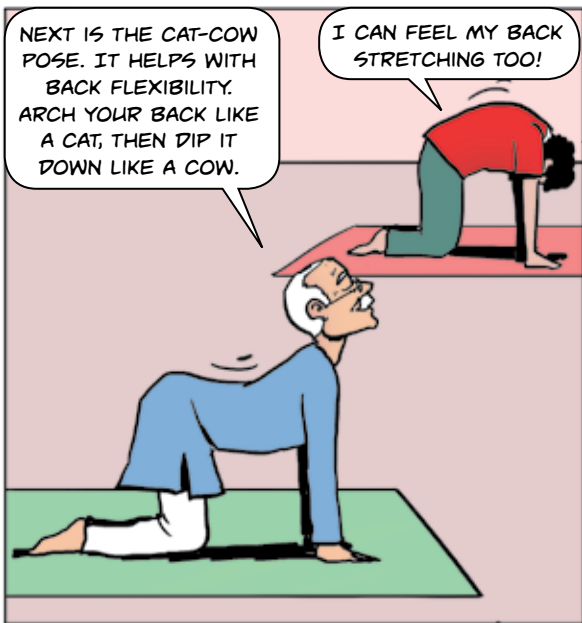




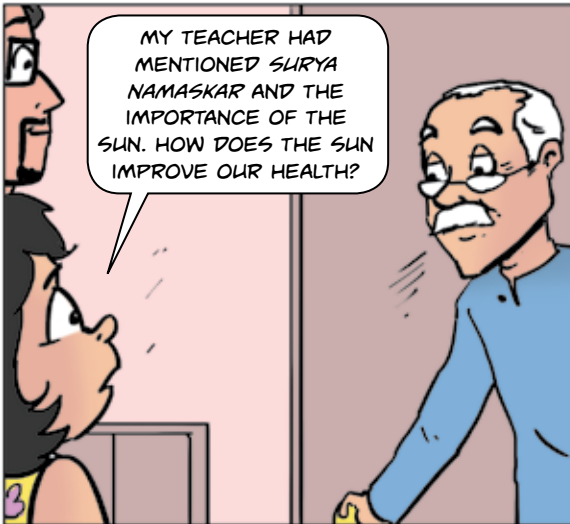




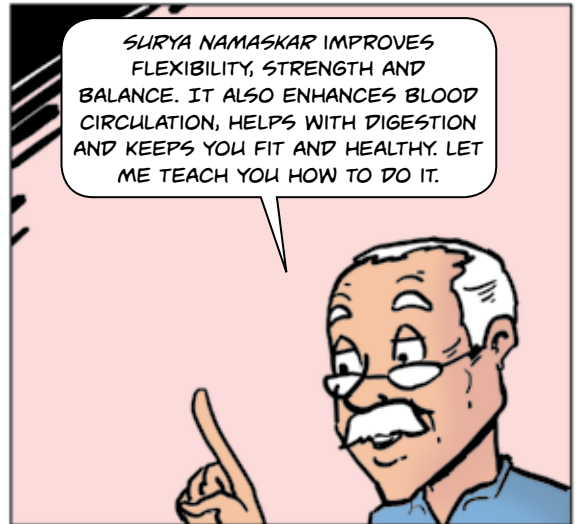




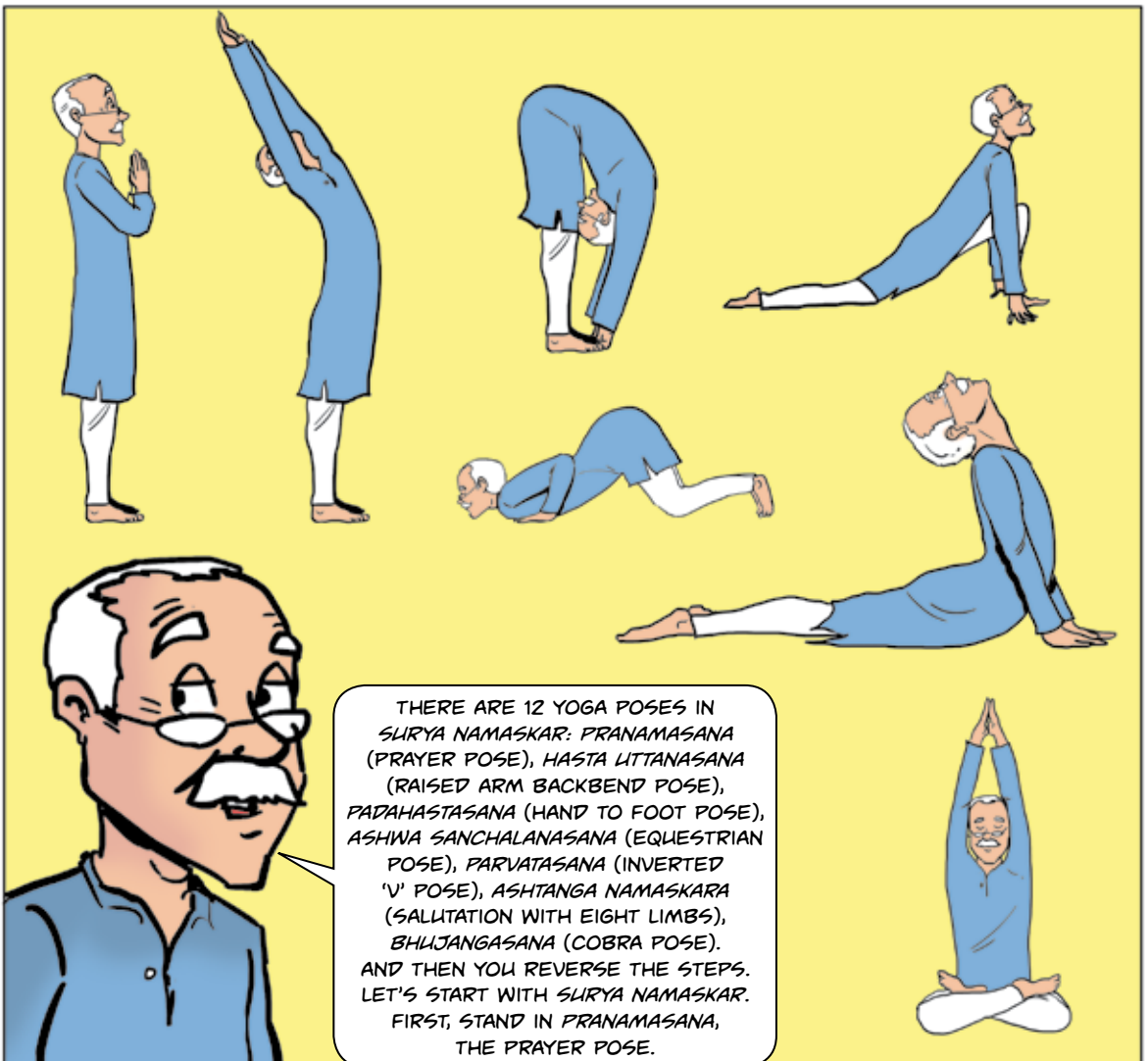




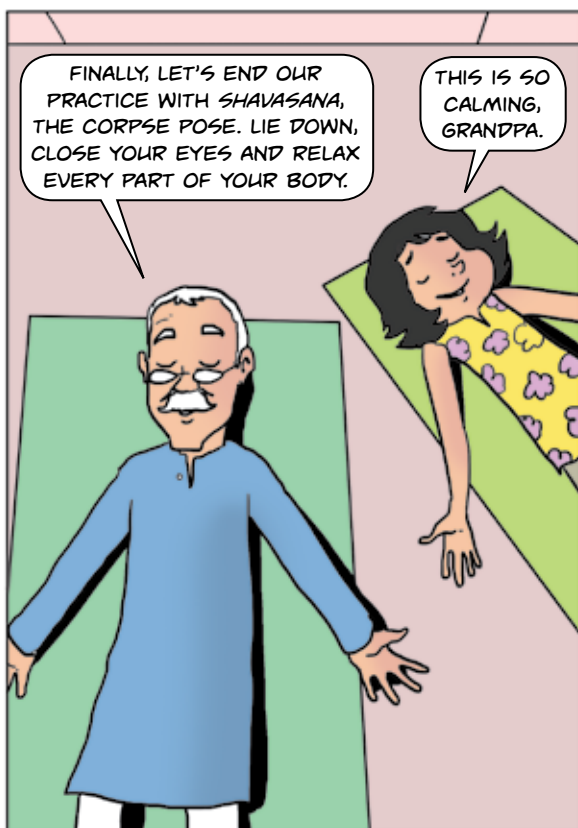
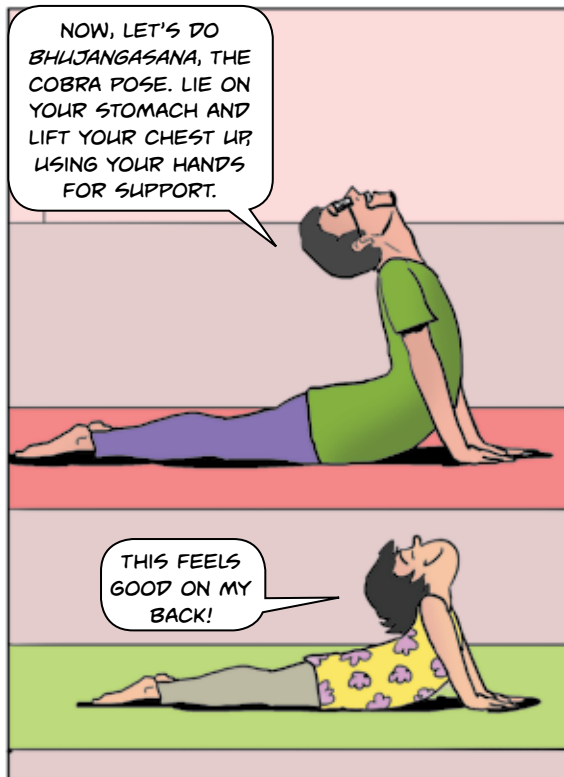
MY TEACHER HAD MENTIONED SURYA NAMASKAR AND THE IMPORTANCE OF THE SUN. HOW DOES THE SUN IMPROVE OUR HEALTH?

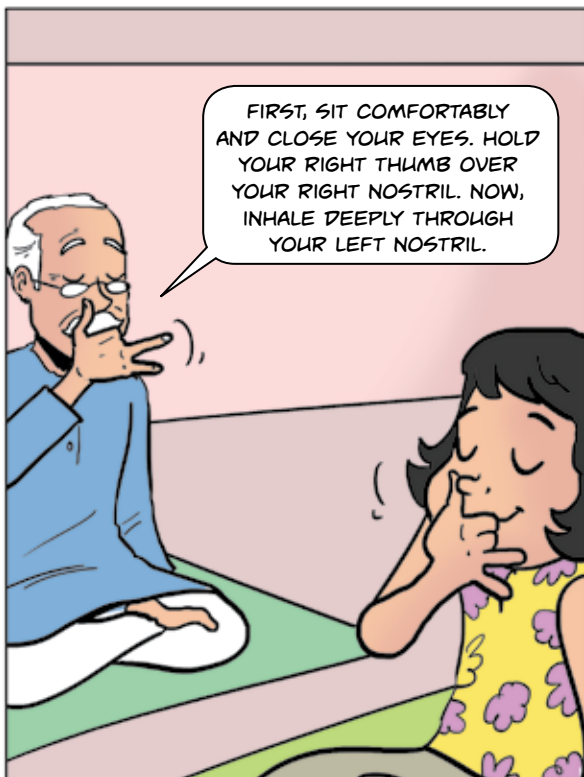
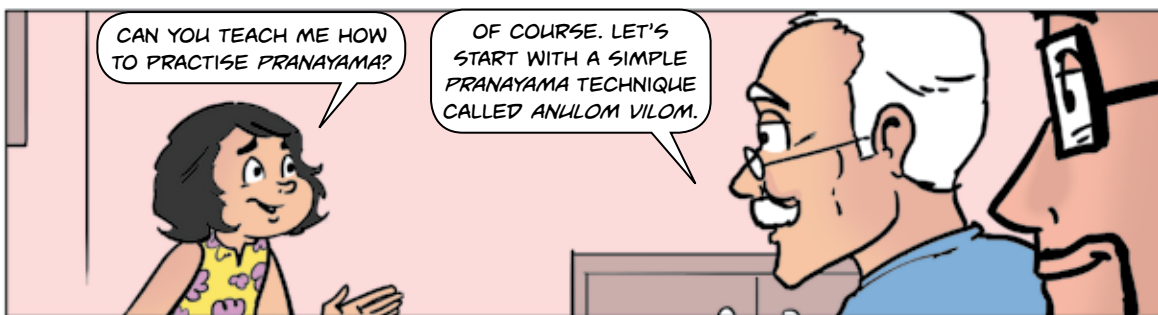
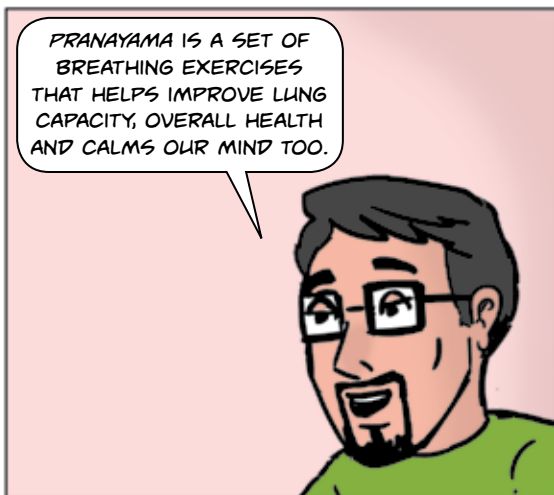


SURYA NAMASKAR IMPROVES FLEXIBILITY, STRENGTH AND BALANCE. IT ALSO ENHANCES BLOOD CIRCULATION, HELPS WITH DIGESTION AND KEEPS YOU FIT AND HEALTHY. LET ME TEACH YOU HOW TO DO IT.

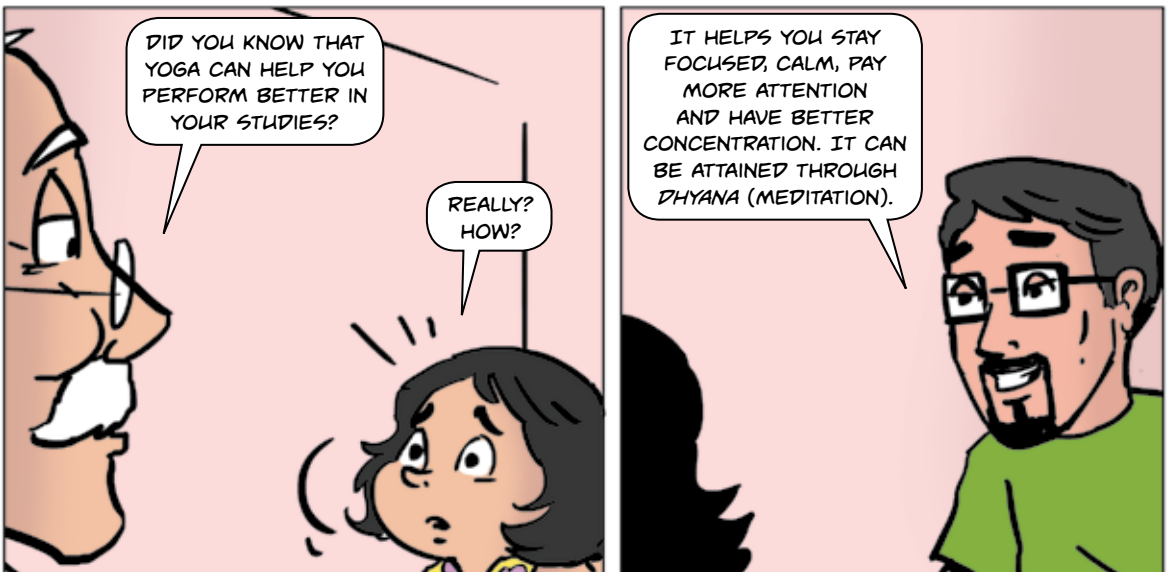
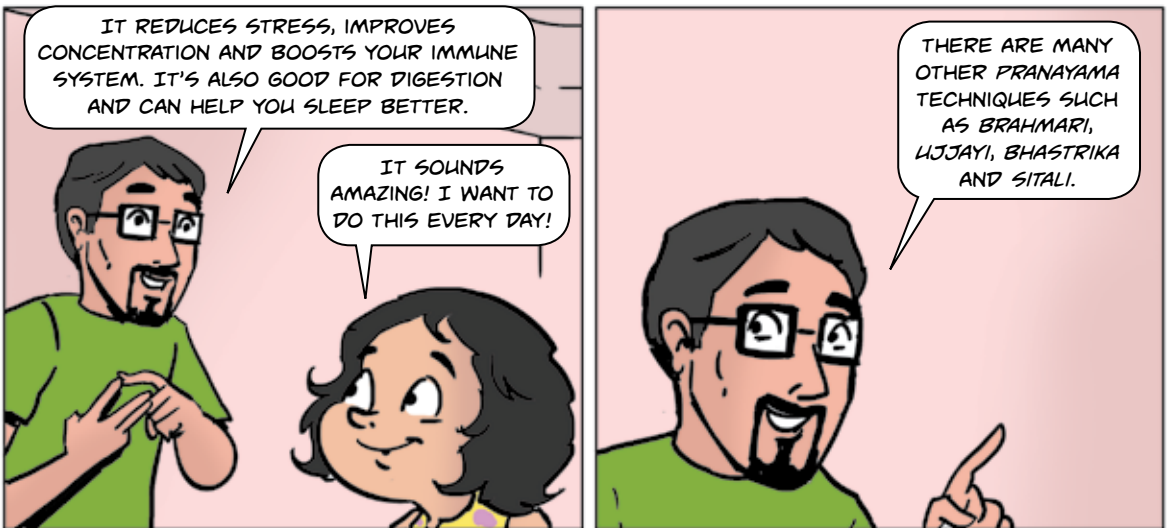
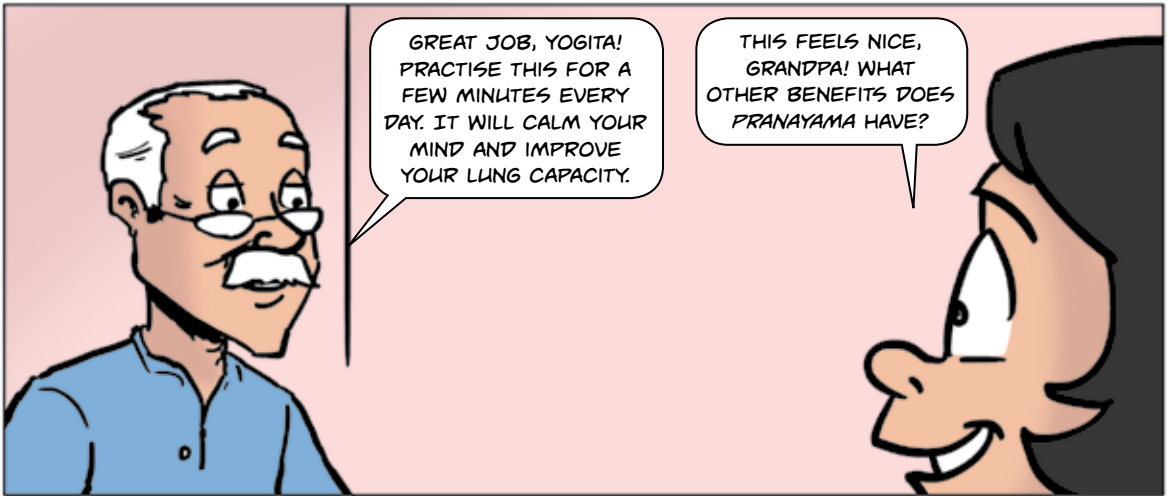


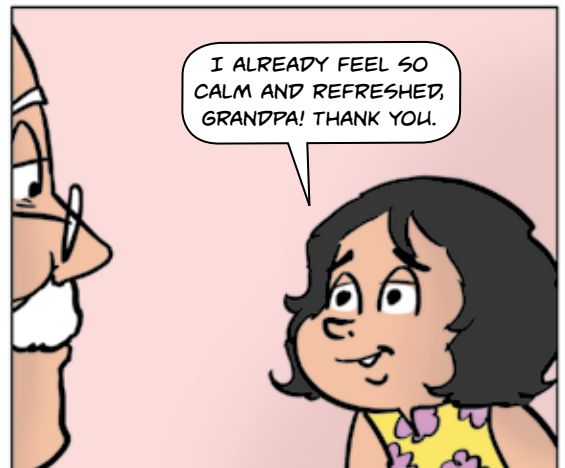
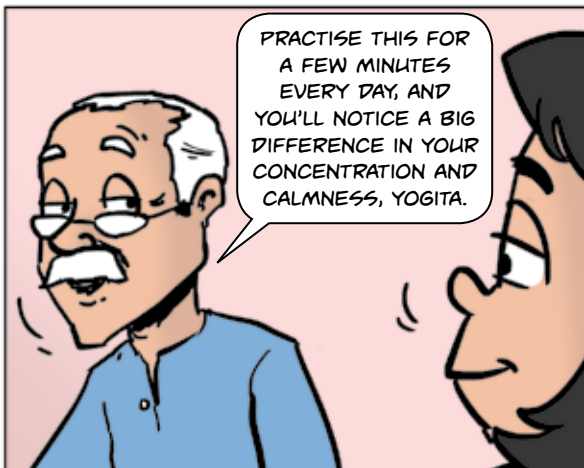
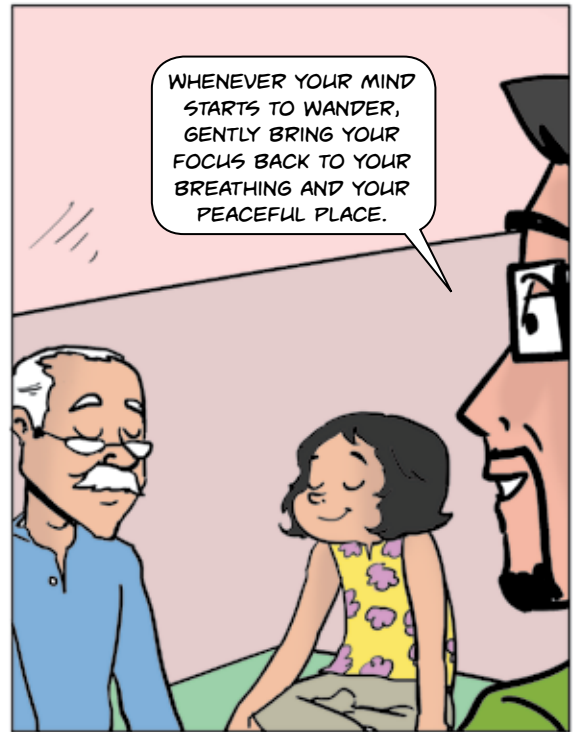
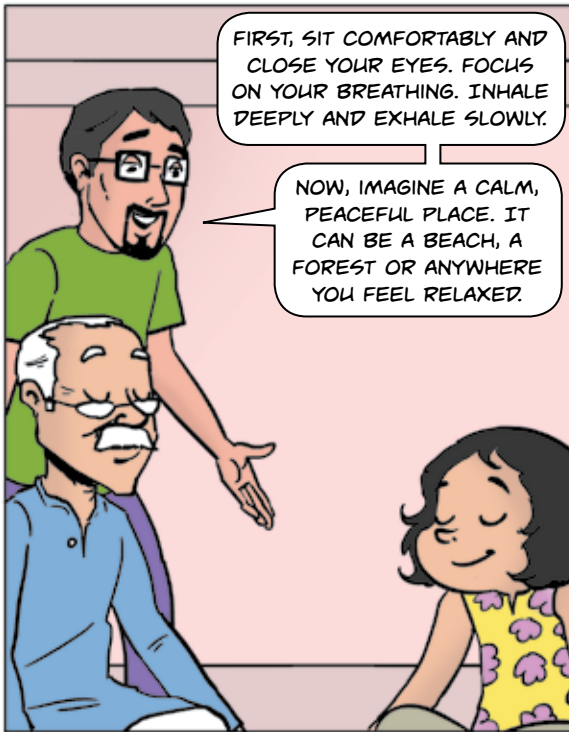
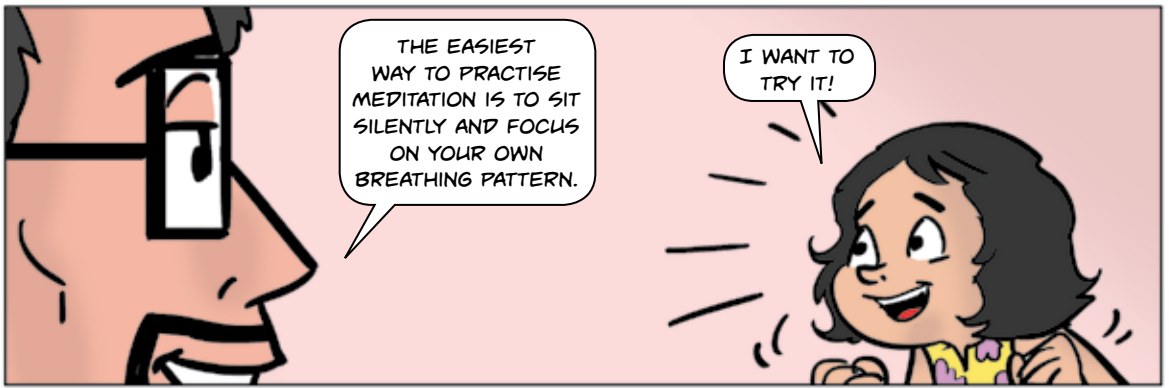
THERE ARE 12 YOGA POSES IN SURYA NAMASKAR: PRANAMASANA (PRAYER POSE), HASTA UTTANASANA (RAISED ARM BACKBEND POSE), PADAHASTASANA (HAND TO FOOT POSE), ASHIWA SANCHALANASANA (EQUESTRIAN POSE), PARVATASANA (INVERTED 'V' POSE), ASHTANGA NAMASKARA (SALUTATION WITH EIGHT LIMBS), BHUJANGASANA (COBRA POSE). AND THEN YOU REVERSE THE STEPS. LET'S START WITH SURYA NAMASKAR. FIRST, STAND IN PRANAMASANA, THE PRAYER POSE.

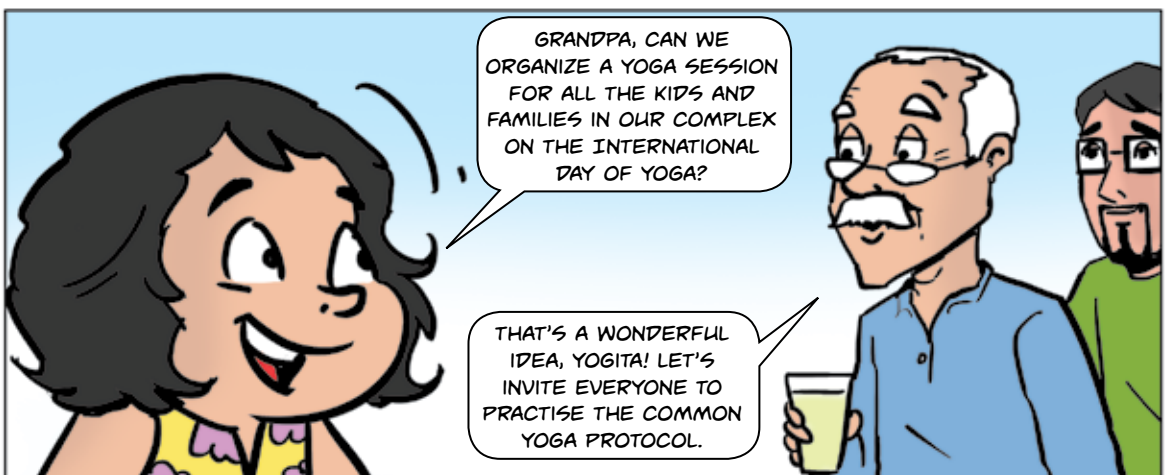
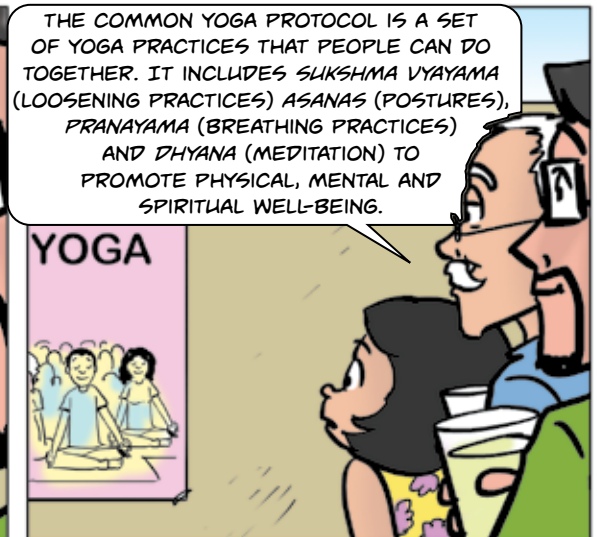
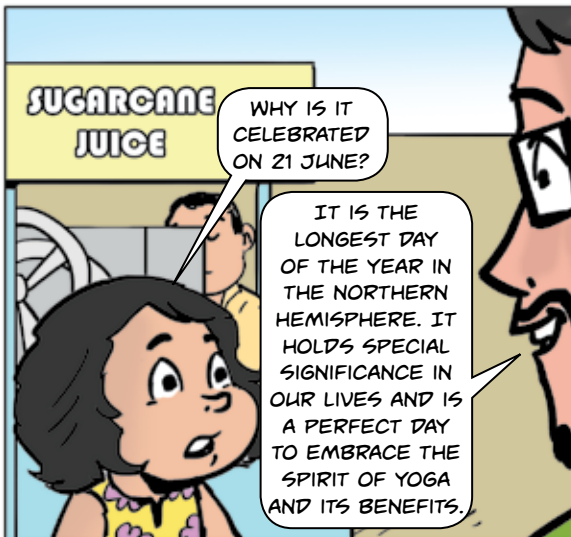








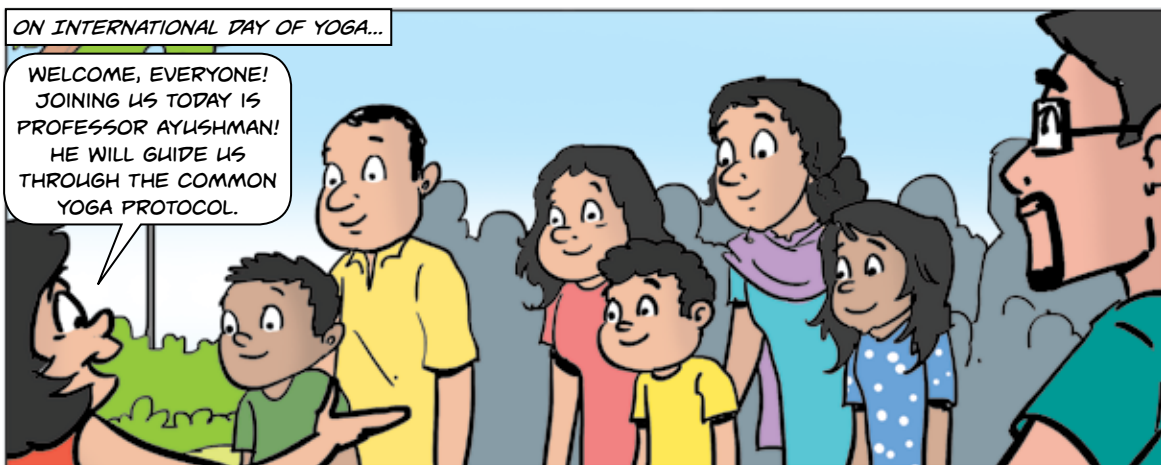




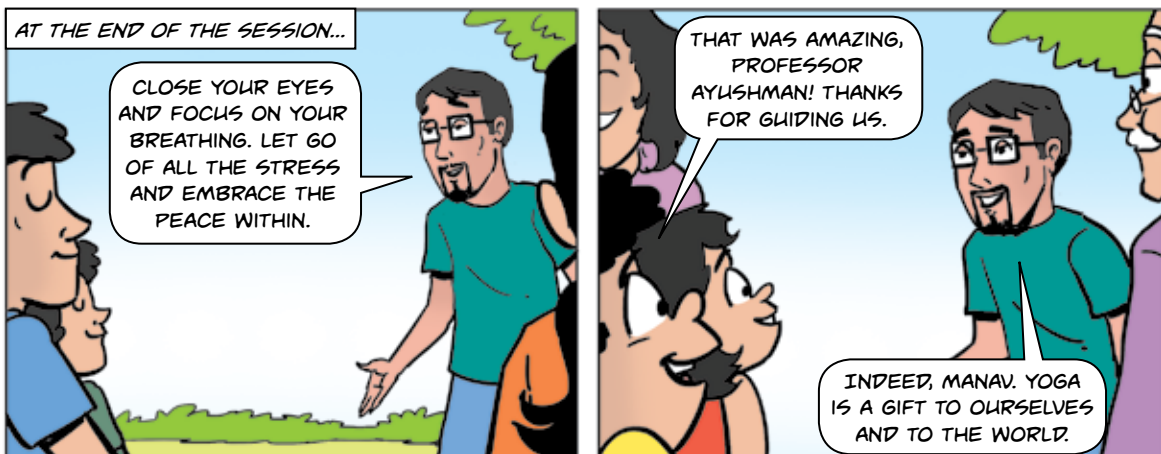




ON INTERNATIONAL DAY OF YOGA...



AT THE END OF THE SESSION...



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**Letters:** Satyawan Rane

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