

YOGA FOR FAMILY



**DIRECTORATE OF AYUSH
GOVERNMENT OF NCT OF DELHI**







SMT. REKHA GUPTA

Hon'ble Chief Minister of Delhi
Govt. of NCT of Delhi

Message

“Yoga guarantees wellness as well as fitness. It is not merely an exercise but a way to attain peace through physical, mental and spiritual wellbeing.

- Sh. Narendra Modi, Hon'ble Prime Minister of India

Yoga stands as one of India's most profound gifts to humanity — an ancient science that nurtures holistic health and illuminates the path to inner peace. Guided by the visionary leadership of our Hon'ble Prime Minister Shri Narendra Modi ji, who elevated Yoga to the global stage through the establishment of the International Day of Yoga in the United Nations Assembly in 2014, we are reminded of its universal relevance.

Yoga is not merely a practice of physical exercise but a timeless way of life that unites the mind, body, and soul. It teaches us harmony — with ourselves, with each other, and with the environment around us. Yoga is flourishing across the globe today, embraced not just as a fitness trend but as a holistic lifestyle.

On the 11th International Day of Yoga, 21st June 2025, I am pleased to join in celebrating the spirit of unity and well-being with the launch of the book “Yoga for Family.” This inspiring initiative resonates deeply with this year's theme — “Yoga for One Earth, One Health” — underscoring the vital role of family wellness in fostering a healthier, more harmonious world for everyone.

I am sure this booklet will serve as a valuable guide for families to embrace Yoga together, fostering holistic wellness, emotional resilience, and mutual bonding. By practicing Yoga collectively, we nurture not only our personal well-being but also contribute to the health of our communities and the Earth we all share. I commend the AYUSH Team of Health & Family Welfare Department, GNCTD and everyone involved in bringing this book to life. May “Yoga For Family” inspire households across Delhi and beyond to incorporate the wisdom of Yoga in their daily lives, reinforcing our commitment to a sustainable and healthy future.

(Smt. Rekha Gupta)







DR. PANKAJ KUMAR SINGH

Hon'ble Minister of Health &
Family Welfare,
Govt of NCT of Delhi

Message

On the occasion of the International Day of Yoga, 21st June 2025, I am delighted to extend my warm greetings to all citizens of Delhi and across the nation. The theme this year, "Yoga for One Earth, One Health," perfectly captures the urgent need to harmonize personal well-being with the health of our planet.

Yoga is a powerful tool that promotes physical health, mental peace and emotional balance. It empowers individuals and families to take charge of their health in a natural and holistic way. The launch of the book "Yoga For Family" is a commendable effort to encourage families to come together and practice yoga, strengthening the bonds of love and wellness within the home.

As the Minister of Health and Family Welfare, I strongly believe that preventive health practices like yoga are crucial to building a healthier society. This book will serve as an excellent resource to inspire and educate families about the benefits of yoga, helping us achieve the vision of better health for all citizens, while also nurturing our environment. Let us embrace yoga not just as a practice, but as a way of life that honors the interconnectedness of our health with the health of our Earth.

Wishing everyone a joyful and healthy International Day of Yoga!

(Dr. Pankaj Kumar Singh)







Contents

Introduction	1
General Guidelines For Yoga Practice	3
General Precautions.....	4
A. Standing Asana.....	5-9
1. Tadasana:	5
2. Ardhakatichakrasana:	6
3. Trikonasana:	7
4. Padahastasana:	8
5. Vrikshasana:.....	9
B. Sitting Yogasana.....	10-12
1. Vajrasana:	10
2. Paschimottanasana:	11
3. Ustrasana:	12
C. Supine Posture Asana:.....	13-15
1. Pavanmuktasana:	13
2. Ardhalasana:	14
3. Sethubandhasana:	15
D. Prone Posture Asana:.....	16-19
1. Bhujangasana:.....	16
2. Makarasana:	17
3. Shalabhasana:	18
4. Dhanurasana:.....	19
E. Pranayama:	20-22
1. Anuloma-vilom:.....	20
2. Bhramari:.....	21
3. Shavasana:.....	22
Acknowledgement.....	23



योगः कर्मसु कौशलम् ॥ (Bhagwat Gita)
Yoga is excellence at work.



योगश्चित्तवृत्तिनिरोधः । (Patanjali)
Yoga is the restraint of the modifications of the mind.



समत्वं योग उच्यते । (Bhagwat Gita)
Equability is called Yoga.



आसने स्थितः सुखं योगः। (Hathyoga Pradipika)
Stabilizing the body and mind by sitting in the correct posture is Yoga.



योगेन देहमधिगच्छति। (Vyaas Sutra)
Yoga increases the strength of the body and soul.
This shloka reminds us of the physical and spiritual benefits of Yoga.





INTRODUCTION

What is Yoga?

Yoga is a holistic practice that originated in India, combining physical postures (Asana), breathing techniques (Pranayama), and meditation (Dhyana) to promote physical, mental, and spiritual well-being. The word "Yoga" means "union," referring to the integration of body, mind, and spirit. According to Yogic scriptures, the practice of Yoga leads to the union of an individual consciousness with the universal consciousness. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realization. Some verses also elaborate the importance of Yoga practice in ancient times.

युवा वृद्धोऽतिवृद्धो वा व्याधितो दुर्बलोऽपि वा ।
अभ्यासात्सिद्धिमाप्नोति सर्वयोगेष्वतंद्रितः ॥ हठयोगप्रदीपिका १/६४

Whether young or old, very old, sick or feeble, one can attain perfection in all the Yogas by practicing. This principle emphasizes that Yoga is not merely a physical exercise but a holistic practice that can benefit individuals of all levels and circumstances.

क्रियायुक्तस्य सिद्धिः स्यादक्रियस्य कथं भवेत् ।
न शास्त्रपाठमात्रेण योगसिद्धिः प्रजायते ॥ हठयोगप्रदीपिका १/६५

Perfection results from practical application. Without practicing how can it happen? Just by reading the shastras perfection in Yoga will never be attained. It is the consistent and dedicated practice of asanas (postures), pranayama (breath control), and meditation that allows one to experience the benefits of Yoga and progress towards perfection.

Benefits of Yoga

Physical Health:

- Increases flexibility and strength
- Improves posture and balance
- Enhances respiratory and cardiovascular function
- Alleviates chronic pain

Mental Health:

- Reduces stress and anxiety
- Enhances focus and concentration
- Promotes relaxation and calmness
- Improves sleep quality



**Spiritual Growth:**

- Encourages self-awareness and mindfulness
- Fosters a sense of inner peace
- Cultivates compassion and empathy
- Strengthens the mind-body connection

Yoga can be beneficial for individuals of all ages, from young children to older adults. But basic Yoga poses, simple breathing exercises, and relaxation techniques can be started in children from 6 years of age. Young children should practice under the supervision of a knowledgeable adult to ensure safety and proper technique. Encourage children for consistency and participation in a group setting if possible. Practice of Yoga by senior citizens (60 years and above) should be gentle. They should focus on gentle movements and modifications to prevent strain. Other than this age groups Yoga is a versatile practice that can be adapted to benefit individuals at every stage of life. With the right approach and modifications, it can be a wonderful addition to anyone's routine, promoting health, relaxation, and well-being. It is always recommended to consult with a healthcare provider before starting Yoga, especially for individuals with pre-existing health conditions.





GENERAL GUIDELINES FOR YOGA PRACTICE

1. Cleanliness is important prerequisite for Yoga practice.
2. Asana should be practiced on an empty stomach.
3. Bladder and bowels should be empty before doing Yoga.
4. Yogasana should be performed slowly, in a relaxed manner, with awareness of the body and breath. One should move to advanced postures with practice.
5. A Warm up before asana is mandatory to avoid muscle injuries.
6. Wear supportive and comfortable clothing. Light and comfortable cotton clothes are preferred.
7. Yoga should be practiced in a well-ventilated room/area.
8. Use a mat with a good grip to do Yogasana.
9. Do not hold the breath unless it is specifically mentioned to do so during the practice.
10. Breathing should be always through the nostrils unless instructed otherwise.
11. Do not hold the body tight or give undue jerks to the body.
12. Perform the practices according to one's capacity. It takes some time to get good results, so being persistent and regular practice is very essential.
13. There are contra-indications/ limitations for each Yoga practice and such contra- indications should always be kept in mind.
14. Yoga session should end with meditation/ deep silence.





GENERAL PRECAUTIONS:

1. Yoga should not be performed in a state of tiredness, illness, in a hurry or in an acute stress conditions.
2. Women should avoid Yogasana during menstruation. Relaxation techniques and pranayama may be done instead.
3. Don't perform Yoga immediately after meals. Wait until 2 to 3 hours after a large meal.
4. Don't shower or drink water or eat food for at least 30 minutes after doing Yoga.
5. During illness, surgeries, or any sprains or fractures, one should avoid Yogasana and should be resumed after consulting experts.
6. Don't do strenuous exercises after Yoga.
7. Don't practice Yoga in adverse and extreme weather conditions (too hot, too cold or humid).





Standing Asana

Tadasana



How to do:

1. Stand with both feet about 10 cm apart. Keep both hands aside. The weight should be evenly distributed on both legs.
2. Raise both arms up to the shoulder level. Interlock the fingers of both hands and twist the wrists so that palms of the hands should be facing outwards.
3. Now raise both arms above your head such that palms are facing upwards.
4. Inhale and raise both the heels balancing on your toes. The vision should be fixed at a point at eye level according to your height.
5. Keep the chest stretched upwards. Keep the whole body stretched from top to bottom.
6. Hold this position for 30 seconds and get back to normal position.

Benefits:

1. Improves flexibility and balance.
2. Builds strength.
3. Improves posture and coordination.
4. Relieves back pain.

Caution:

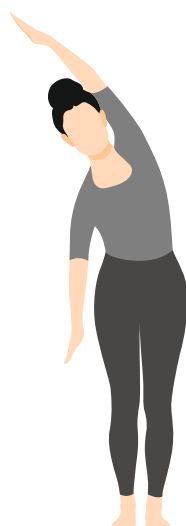
Avoid after ankle surgery for at least 6 months, frozen shoulder, varicose veins and vertigo.





Standing Asana

Ardhakatichakrasana



How to do:

1. Stand straight with your toes joined together, heels should be slightly apart.
2. Relax both shoulders and place palms near the thighs.
3. Take a deep breath and raise your right arm sidewise upto the shoulder level and continue raising your right arm until it touches the right ear.
4. Exhale and with a deep inhalation, stretch the right side of your body as you bend towards the left. Hold this position for 30 seconds.
5. Now, again take a deep breath and slowly come back to the initial position, bring the right arm back near the thigh and relax.
6. Repeat the same with the left arm.

Benefits:

1. Useful posture for people with obesity, especially around the waist region.
2. Increase flexibility of hip joint.
3. Relieves constipation and improves digestion.

Caution:

Avoid in vertigo, backache or bend just 4 to 6 inches left and right without bending too much.





Standing Asana

Trikonasana



How to do:

1. Stand with the feet one leg-length apart, knees straight.
2. Turn the right foot to the right side.
3. Inhale and raise both arms sideways to the shoulder level, parallel to the ground, palms facing down.
4. Exhale, slowly bending to the right side such that the right hand touches the front of the right foot, with the palm down.
5. The left arm should be in straight line with the right arm. The spine should remain parallel to the ground.
6. Turn the head to look at the left thumb.
7. Hold this position for 5 to 10 breaths then return to normal position.
8. Repeat with bending to left side.

Benefits:

1. Improves the flexibility of the spine.
2. Relieves from backache, gastritis, indigestion, acidity, flatulence.
3. Reduces stiffness in the neck, shoulders and knees.
4. Strengthens the ankles and tones the ligaments of the arms and legs.

Caution:

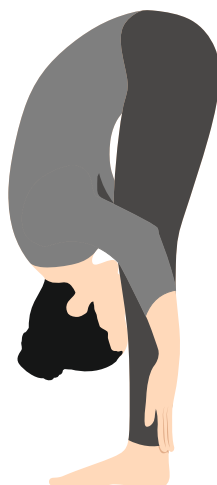
Avoid in injuries of ankles, neck, shoulder, slipped disc or sciatica, migraine and after undergoing abdominal surgery.





Standing Asana

Padahastasana



How to do:

1. Stand straight, legs together, arms by the side of your thighs.
2. Now inhale slowly and raise your arms straight upwards such that arms touch your ears keeping the elbows straight.
3. Stretch your arms upwards as much as possible. Turn your palms forward.
4. Now slowly exhale and bend forward keeping your legs straight. Do not bend your knees.
5. Bend to hold heels of the feet with both hands and touch your forehead to the knees.
6. Remain in this position for 15-30 seconds breathing normally.
7. Now inhale, come up slowly to stand straight and arms stretched above head.
8. Now, exhaling slowly, return to the starting position.

Benefits:

1. Improves the flexibility of spine, strengthens calf muscles and thighs.
2. Improves digestion.

Caution:

Avoid in hypertension, abdominal hernia, ulcers, cardiac disorders and hip injuries.





Standing Asana

Vrikshasana



How to do:

1. Stand with the feet together and the arms by your sides.
2. Bend the right leg at the knee, raise the right thigh and bring the sole of the right foot as high up the inside of the left thigh as possible.
3. Balancing on the left foot, raise both arms over the head keeping the elbows unbent and joining the palms together. Hold the posture while breathing gently through the nostrils for about 10 complete breaths.
4. Lower the arms and right leg and return to the tad- asana, standing position with feet together and arms at the sides. Pause for a few moments and repeat on the opposite leg.
5. Keep the eyes open while doing this Asana.

Benefits:

1. This pose leaves you in a state of rejuvenation. It stretches the legs, back and arms, and invigorates you.
2. It brings balance and equilibrium to your mind.
3. It helps improve concentration.
4. This posture has been found to relieve some cases of sciatica.
5. It makes the legs strong, improves balance, and opens the hips.

Caution:

Avoid doing this posture if you are suffering from migraine, insomnia, low or high blood pressure (those with high blood pressure may do this pose but without raising their hands overhead, as this may further raise their blood pressure).

Don't close eyes while doing this Asana





Sitting Yogasana

Vajrasana



How to do:

1. Sit with extending both legs together, arms on both sides, palms resting on the ground.
2. Fold right leg at knee joint placing the right foot under right buttock. Now fold left leg at knee placing the left foot under left buttock.
3. Pull your knees and ankles together and point your feet in line with your legs. The soles of your feet should face upward with big toes touching.
4. Exhale and put your hands on your thighs.
5. Breathe in and out slowly as you position yourself to sit up straight by straightening your spine.
6. Position your hands palms down on your thighs with your arms relaxed.

Benefits:

1. Aids digestion, relieves constipation.
2. Strengthens pelvic muscles, calf muscles and thighs.
3. Improves blood circulation to the lower abdominal region.
4. Helps in reducing menstrual cramps.

Caution:

1. Avoid in slip disc, injuries of foot, ankle and knees.
2. Avoid in hemorrhoids, intestinal ulcers and intestinal hernia.





Sitting Yogasana

Paschimottanasana



How to do:

1. Sit erect. Stretch your legs out in front of you on the floor.
2. Inhale. Stretch your arms up over your head.
3. Exhale. bend forward from the hip joint, chin moving toward the big toes.
4. Try to touch your toes with hands.
5. If not able to touch, place your hands on your legs, without much stretching.
6. Stay in this position for at least 30 seconds.
7. Then inhale and return to starting position.

Benefits:

1. Remove stiffness specifically lower back, hamstring, and hips.
2. Improves circulation of body and digestion.

Caution:

Avoid in recent abdominal surgery, diarrhea, stomach ulcers and pregnant women.





Sitting Yogasana

Ustrasana



How to do:

1. Kneel on the Yoga mat and place your hands on the hips.
2. Your knees should be in line with the shoulders and the sole of your feet should be facing the ceiling.
3. As you inhale, draw in your tail-bone towards the pubis as if being pulled from the navel.
4. Simultaneously, arch your back and slide your palms over your feet till the arms are straight.
5. Do not strain or flex your neck but keep it in a neutral position.
6. Stay in this posture for a couple of breaths.
7. Breathe out and slowly come back to the initial pose. Withdraw your hands and bring them back to your hips as you straighten up.

Benefits:

1. Improves digestion.
2. Stretches and opens the front of the body. It also strengthens the back and shoulders.
3. Relieves the body of lower back ache.
4. Improves flexibility of the spine and also improves posture.
5. Helps overcome menstrual discomfort.

Caution:

Back injury or neck injury, high or low blood pressure: Perform this pose only with the supervision of an experienced teacher.





Supine Posture Asana

Pavanmuktasana



How to do:

1. Lie down on your back.
2. Gently bend the knees.
3. Exhale, bring the knees closer to your chest and wrap your arms around the shin.
4. Inhale, slowly lift your chest and head off the ground, bend the neck and bring the chin closer to the knees.
5. The forehead should be pointing upward and gaze straight up.
6. Maintain this posture while breathing normally.
7. Hold this pose for 10-30 seconds.
8. While exhaling return to starting position.

Benefits:

1. Helps in digestion, relieves constipation
2. Strengthens the lower back.

Caution:

Avoid in cervical pain and back pain, abdominal injuries, hernia and pregnant women.





Supine Posture Asana

Ardhahalasana



How to do:

1. Lie down in Shavasana (supine position).
2. Join both legs and keep your arms aside the thighs.
3. Inhale, raise the legs slowly to 90 degrees keeping the knees straight.
4. Hold the breath and stay in this position for 10 seconds.
5. Exhale and bring back your legs slowly.
6. Come back to the normal position and relax for a while.
7. Repeat the same for 3 to 5 time.

Benefits:

1. Improves digestion.
2. Strengthens the thigh muscles and calf muscles.

Caution:

Avoid in abdominal surgeries, injuries of legs, knees, hips, lower back and neck and pregnant women.





Supine Posture Asana

Sethubandhasana



How to do:

1. To begin, lie on your back.
2. Fold your knees and keep your feet hip distance apart on the floor, 10-12 inches from your pelvis, with knees and ankles in a straight line.
3. Keep your arms beside your body, palms facing down.
4. Inhaling, slowly lift your lower back, middle back and upper back off the floor; gently roll in the shoulders; touch the chest to the chin without bringing the chin down, supporting your weight with your shoulders, arms and feet. Feel your bottom firm up in this pose. Both the thighs are parallel to each other and to the floor.
5. If you wish, you could interlace the fingers and push the hands on the floor to lift the torso a little more up, or you could support your back with your palms.
6. Keep breathing easily.
7. Hold the posture for a minute or two and exhale as you gently release this Yoga pose.

Benefits:

1. Strengthens the back muscles & reduces back pain
2. Relieves the tired back instantaneously
3. Gives a good stretch to the chest, neck and spine
4. Calms the brain, reducing stress, anxiety, and depression
5. Opens up the lungs and reduces thyroid problems
6. Helps improve digestion
7. Helps relieve the symptoms of menopause and menstrual pain
8. Helpful in asthma, high blood pressure, osteoporosis, and sinusitis

Caution:

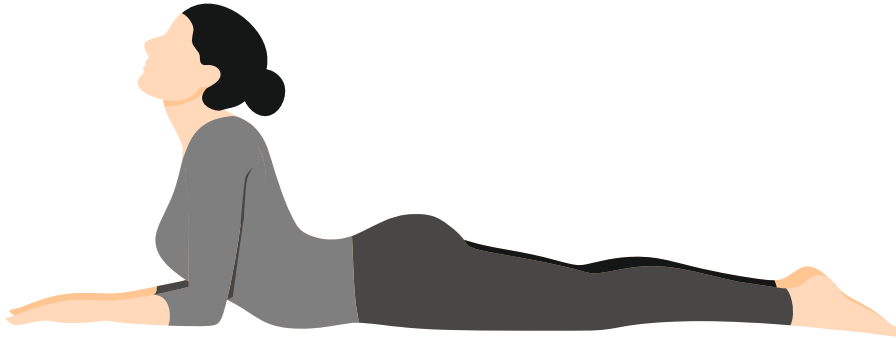
Avoid doing this pose if you are suffering from neck and back injuries.





Prone Posture Asana

Bhujangasana



How to do:

1. Lie down on your stomach. Fold both arms and place hands under your head such that palms are facing downwards.
2. Now, place your hands beside the chest and inhale slowly, lift the head and the chest up to the navel region.
3. Keep the elbows parallel and maintain in the same posture for 10-30 sec with normal breathing.
4. Then slowly exhale and return to starting position.

Benefits:

1. Decreases the stiffness of the lower back.
2. Strengthens the arms and shoulders.
3. Helpful in stress.

Caution:

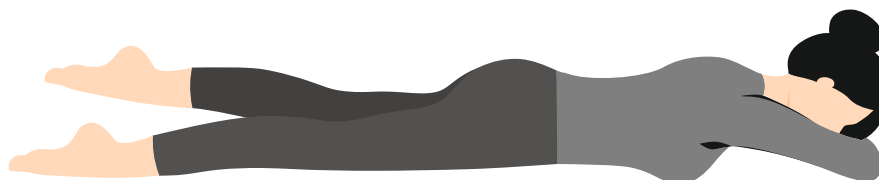
Avoid in surgeries of abdomen, hernia and severe spinal disorders.





Prone Posture Asana

Makarasana



How to do:

1. Lie down on your stomach and keep both feet wide apart, toes pointing outwards.
2. Bend both arms and place right palm on the left palm.
3. Place the head either on the left side or the right side on your hands.
4. Keep the eyes closed and relax the whole body with normal breathing.

Benefits:

1. Beneficial in back related problems.
2. Very useful in asthma and other bronchial problems.
3. Best for relaxing after doing other asana.

Caution:

Avoid practicing this asana in pregnancy and frozen shoulder condition.





Prone Posture Asana

Shalabhasana



How to do:

1. Lie on the stomach with the head turned to one side and the arms alongside the body with palms facing upward.
2. Turn the head and place your chin on the floor. Slide your hands under your thighs, with the palms pressed gently against the top of your thighs.
3. Inhale slowly and then raise the head, chest, and legs off the floor as high as possible. Tilt your head as far back as possible. Keep your feet, knees, and thighs pressed together.
4. Starting at the top of the head and working your way down to the feet, bring your attention to each part of your body, consciously relaxing it before proceeding on to the next.
5. Continue to take long and deep breath. You can support your legs by pressing the hands upward against your thighs.
6. Hold the posture for as long as you can hold, then slowly return the legs, chest, and head to the floor while exhaling.
7. Remove your hands from under your thighs and place the arms alongside your body. Turn your head to the side and rest.

Benefits:

1. Increases flexibility and strength of the entire back
2. Strengthens shoulders and arms
3. Tones the nerves and muscles especially in the neck and shoulders
4. Massages and tones abdominal organs, and improves digestion
5. It stimulates the stomach and intestines helping to relieve gastrointestinal gas, strengthens the bladder, and stretches the spine.

Caution:

People with a hernia, potbelly, and those who have undergone surgery in the past few months are not advisable to practice shalabhasana.





Prone Posture Asana

Dhanurasana



How to do:

1. Lie on your stomach with your feet apart, in line with your hips, and your arms by the side of your body.
2. Fold your knees, take your hands backward, and hold your ankles.
3. Breathe in, and lift your chest off the ground and pull your legs up and towards the back.
4. Look straight ahead with a smile on your face.
5. Keep the pose stable while paying attention to your breath. Your body is now curved and as taut as a bow.
6. Continue to take long, deep breaths as you relax in this pose. But, bend only as far as your body permits you to. Do not overdo the stretch.
7. After 15 -20 seconds, as you exhale, gently bring your legs and chest to the ground. Release the ankles and relax.

Benefits:

1. Strengthens the back and abdominal muscles
2. Stimulates the reproductive organs
3. Opens up the chest, neck, and shoulders
4. Tones the leg and arm muscles
5. Adds greater flexibility to the back
6. Alleviates stress and fatigue
7. Relieves menstrual discomfort and constipation
8. Helps people with renal (kidney) disorders

Caution:

Do not practice Dhanurasana (Bow Pose) if you have High or low blood pressure, Hernia, Neck injury, Pain in the lower back, Headache or migraine, Recent abdominal surgery.





Pranayama

Anuloma-vilom



How to do:

1. Sit in any comfortable posture.
2. Keep the spine straight with eyes closed.
3. Practice 3-5 slow and deep breathing to relax the body.
4. Keep the left palm on left knee in Jnana Mudra (as shown in figure).
5. Right palm should be in Nasagra Mudra, i.e. Place the right hand ring finger on the left nostril and fold the middle and index finger. Place the right thumb on the right nostril.
6. Open the left nostril and breath in from the left nostril; close the left nostril with the small and ring fingers and release the thumb from the right nostril; exhale through the right nostril.
7. Next, inhale through the right nostril. At the end of inhalation, close the right nostril, open the left nostril and exhale through it.
8. This completes one round of the Anuloma Viloma Pranayama. Repeat for 5-10 rounds.

Benefits:

1. Helpful in anxiety, stress and bronchial problems.
2. Improves concentration.





Pranayama

Bhramari



How to do:

1. Sit comfortably in crossed legs with eyes closed.
2. Keep your spine straight.
3. Inhale deeply, place your index fingers on the tragus (inner side of the external ear) in such a way it partially blocks the ears. Don't press hard to put pressure. This is called Shanmukhi Mudra.
4. While exhaling, lower your chin and start making a steady soft humming sound (like 'hummmmmmm') from the back of your throat. Prolong this sound for as long as you can.
5. Gently straighten your neck when you've finished exhaling.
6. Continue the practice by inhaling through your nose.
7. Repeat it 3-5 times in one sitting.

Benefits:

1. Relieves mild headache or migraine symptoms.
2. Provides mental relaxation, relieves stress.
3. Helps in alleviating anxiety, anger and hyperactivity.
4. Relaxes tired eye muscles.
5. Induces sound sleep and improves concentration.

Caution:

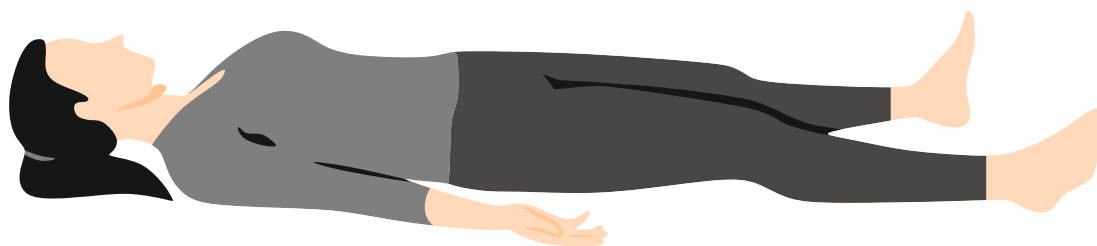
Avoid in ear related problems.





Pranayama

Shavasana



How to do:

1. First, lie down straight on your back on the floor with arms and legs comfortably apart.
2. Keep your both hands open, with palms facing upwards.
3. Now, slowly close your eyes.
4. After that slowly – slowly take deep breaths about 5 to 6 times.
5. At this time, visualize each and every part of your body in your mind with resolution and the feeling that each and every organ is in a relaxed and free from all stress.
6. After focusing on your whole body take a rest for 5 to 6 minutes.
7. Slowly raise both hands and rub both palms for about 20 seconds and put it on your eyes for 10 seconds.
8. Fold your knees, turn to your right side and come to the normal sitting position.

Benefits:

1. Beneficial for heart diseases, stress and insomnia.
2. Improves concentration power.
3. Relieve the tiredness after performing asana.
4. Calms all the body parts, mind, and soul.





Acknowledgement

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