



SRI JOYDIP ASHRAM GYAN YOGA TRAINING AND RESEARCH CENTRE

11th ANNUAL GENERAL MEETING

Mission Statement

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- ▶ As per the Sri Joydip Ashram Trust Deed (Clause 6 – Objects of the Trust), Making Gyan Yoga Education and Intervention multidisciplinary with a blend of innovation and tradition, and creating Unique Intellectual properties under “Sri Joydip’s teachings” which could be implemented in multiple social sectors – education, healthcare, disaster relief, relief to the poor, environmental protection. This year we have researched and found that health is an important link between poverty alleviation and environmental protection. Detoriating environment, the health of public also detoriates, creating a burden of disease and death and also a economic burden which can lead to more poverty. On the base of that we have created a new mission statement complying to overall Sri Joydip Ashram Trust Deed and specific clauses like Clause 6, Clause 6(B) Clause 6(D)(iii).

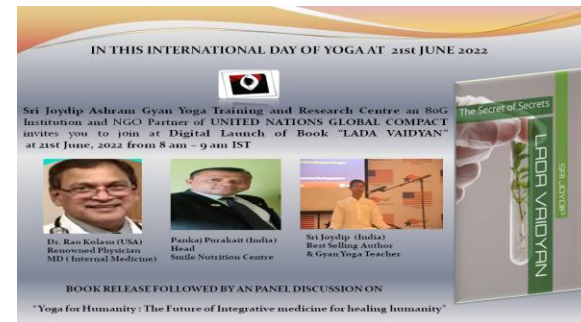
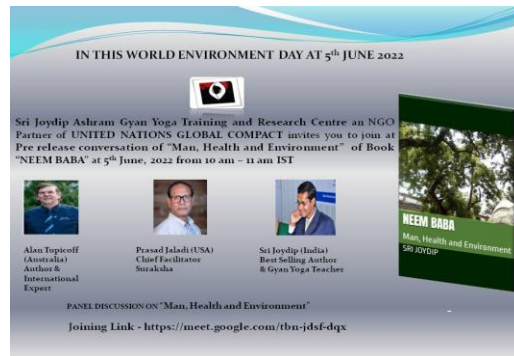


Mission Statement

- ▶ Our mission is to advance the field of healthcare through research on the benefits of Gyan yoga. We believe that Gyan yoga has the potential to revolutionize healthcare and transform the lives of millions of people around the world. Sri Joydip Ashram Gyan Yoga Training and Research Centre for last eleven years has been dedicated to conducting rigorous scientific research to establish the effectiveness of Gyan yoga in preventing and treating a range of health conditions which are generating due to deteriorating environmental condition creating burden of disease, death and poverty. We strive to translate our research findings on linkage between health and environment and poverty into practical applications, building training programs and making Gyan yoga an accessible and integral part of healthcare systems worldwide. Our goal is to bridge the gap between traditional and modern healthcare systems, creating a new paradigm of integrative Healthcare that recognizes the power of Gyan yoga to promote health and wellbeing for all (SDG3)."

Our Activities this year to Support the Mission

- ▶ Nine Knowledge Disseminating Events based on our Research and Publication in multiple platforms Web/Online/Offline/Book Fairs/ Social Media impacting 10,000 people towards the Clause(6) of Sri Joydip Ashram Trust Deed
- ▶ 1.Panel Discussion in (Virtual) Man,Health and Environment in World Environment Day at 5th June 2022 with leading experts.



- ▶ 2.Panel Discussion (Virtual) on Integral Medicine in International Yoga Day 21st June 2022 with leading experts. An ebook Lada Vaidyan has been released in the occasion.

Our Activities this year to Support the Mission

- ▶ 3. Honoring the Traditional Indian Education System and the Western education system we conducted a panel discussion to understand the strength and weakness of both the system in the auspicious day of Guru Pournima at 13th July 2022. The panel discussion was participated by a panel of experts consist of Sri Joydip , Prasad Jaladi and Alan Tupicoff. The panel discussion was followed by release of Stories from Arunachala Diaries– Making of a Guru a book on Ancient Indian Education System.

IN THIS GURU POORNIMA DAY AT 13th JULY 2022

Sri Joydip Ashram Gyan Yoga Training and Research Centre an 80G Institution and NGO Partner of UNITED NATIONS GLOBAL COMPACT invites you to join at Launch of Book "STORIES FROM ARUNACHALA DIARIES : MAKING OF AN GURU" at 13th July, 2022 from 8 am - 10 am IST

Prasad Jaladi (USA)
Chief Facilitator
Suraksha

Alan Tupicoff (Australia)
Author & International
PM Expert

Sri Joydip (India)
Author
& Gyan Yoga Teacher

BOOK RELEASE FOLLOWED BY AN PANEL DISCUSSION ON
"Education - Now and Then - The Role of Gurus"

The poster features a central graphic with a map of India and a book cover titled "Sri Joydip Stories from Arunachala Diaries Making of a Guru".

Our Activities this year to Support the Mission

- ▶ 4. Panel Discussion (Physical) in 10th September 2022 in Sarbamangala House on Man, Health and Environment with leading experts. An book Neem Baba has been released in Burdwan in the occasion.



- ▶ 5. Speaking (Physical) in 25th September 2022 in Coffee House on Integral Medicine with leading experts. An book Neem Baba has been released in Kolkata in the occasion.

Our Activities this year to Support the Mission

- ▶ 6 & 7 The Book Diamond Fort was released on Environmental Sustainability alongwith a panel discussion in International Authors Day at 1st November 2022 and Subhadip COP Edition released.
- ▶ 8. Speaking on Burdwan Book Fair 2023 at 10th January 2023



- ▶ 9. Panel Discussion on Literary Intervention for Mental Health in International Kolkata Book Fair at 10th February 2023

Recognition

- ▶ On a significant rewards to our effort this year a research proposal from Managing Trustee Book Neem Baba on “Household Neem Plantation for reduction in PM2.5 and PM10” have been selected for second phase of LiFe (Life style of Health and Environment) Call for Research Proposals which is organized by Niti Aayog– (National Institute for Transforming India), Govrenment of India, whose chairman is the Prime Minister of India. This is a remarkable progress towards Clause(6) of Sri Joydip Ashram Trust Deed which details the objects of the trust.
- ▶ On 14th February,2023 Sri Joydip the Managing Trustee of Sri Joydip Ashram Gyan Yoga Trainig and Research Centre was selected to speak on Immunoyoga in EU Research Council event.

Publication

Several publications of made on the base of our Cause based and Case-based advocacy for SDG3 – Health and Well being of All.

- ▶ Neem Baba
- ▶ Lada Vaidyan
- ▶ Stories from Arunachala Diaries – Part III
- ▶ Diamond Fort (Environmental Protection and Sustainable Development)
- ▶ Subhadip – COP26 edition
- ▶ Undefeatable – Application of Bhagavad Gita in HRM
- ▶ Ananter Blackboard
- ▶ Subhadip – KBF edition
- ▶ Annual Report – 2022-23

Impact

Sri Joydip Ashram Gyan Yoga Training and Research Centre programs and activities made a substantial social and environmental impact along with the economic impact on the lines of what we have discussed in our last AGM not only to its local beneficiaries but to the beneficiaries across the world . With overall Nine Knowledge Dissemination Events conducted both online and offline, Ten Research publications it has been able to reach around 10,000 beneficiaries across the state of West Bengal and also the world. The insights and deeper understanding helped to improve both physical health and Mental Health people across the world and contributed major program to our cause of Gyan Yoga Intervention for Health and Wellbeing of all. Our seminars on Man, Health and Environment established important linkages between Health , Environment and poverty and how an Integrated medicine combining ancient and modern medicine practices can help.

Summary of Impact

In summary our work has impacted in following ways

- ▶ **Improved Physical Health** – Through our events, programs research and publications we have helped over 1000 people to improve their physical health and fitness.
- ▶ **Improved Mental health**– Our workshops and Seminars on Yoga and literature for mental health has helped over 500 individuals and our Program on Ananter Blackboard in Kolkata Book Fair which made an important connect between Literary intervention and Gyan Yoga with Mental Health has been attended by 100 people (Full house) and live telecasted by three media channels helping numerous people around the world.
- ▶ **Increased Awareness between linkages between Health Environment and Poverty:** We have reached over 10,000 individuals through our awareness campaigns on Mah, Health and Environment alongwith Integrative medicine and social media outreach, raising awareness about the benefits of Gyan yoga and deeper understanding and insight for physical and mental health.

Conclusion

- ▶ In the year 2022–23, Sri Joydip Ashram Gyan Yoga Training and Research Centre has made significant strides towards promoting the practice of Gyan yoga and its benefits for physical and mental health fulfilling the objects of Trust according to Clause(6) of Trust Deed. We are committed to continuing our efforts towards achieving SDG3 – Health and Wellbeing of all, and we thank our donors, volunteers, and staff for their support in making our programs and activities a success.
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