

Centre name - Yoga and Naturopathy Centre

Location - Old casualty block, First floor, Room no.- 217 & 219, Safdarjung Hospital

Reporting period - 1/04/2021 to 31/01/2026

OPD Overview

The Yoga and Naturopathy OPD, under the Central Council for Research in Yoga and Naturopathy (CCRYN), New Delhi, is running since 2002 and serves as a pioneering hub for promoting holistic health through the principles of Yoga and Naturopathy. Established with the goal of integrating traditional wisdom with scientific research, the Centre provides preventive, promotive, and therapeutic care for a wide range of lifestyle and chronic diseases. It offers personalized yoga sessions, naturopathic consultations, diet and lifestyle counselling, and suggestion of a variety of natural therapies such as hydrotherapy, herbal packs, that can easily be done at home—all aimed at restoring balance and harmony within the body.

Over the years, this OPD has become a trusted destination for those seeking safe and sustainable healing methods. The growing number of patients attending the OPD reflects increasing public awareness and confidence in Yoga and Naturopathy as effective systems of healthcare. The Centre receives patient referrals from multiple departments like Ortho, community medicine and especially psychiatry within the hospital, ensuring integrated and collaborative patient care and significant improvement has been observed in the majority of cases. We have conducted a lot of programmes like Promotional Training Program for Senior Nursing Officers, Foundation course for MBBS, Sewa Parv, Yoga Day celebrations and many more. During the COVID-19 pandemic, the Centre continued its services uninterrupted, organizing immunity-building programmes, stress management workshops, and awareness campaigns in accordance with the guidelines of the Ministry of Ayush, Government of India. These initiatives benefited thousands, including healthcare professionals, by enhancing their physical resilience and mental stability. The Centre continues to embody CCRYN's and Safdarjung Hospital's vision of integrating Yoga and Naturopathy into mainstream healthcare, fostering a healthier and more conscious society.

Infrastructure

At present, one yoga hall and one consultation room are provided to support clinical and academic activities.

Services

- Yoga therapy consultations
- Naturopathy consultations
- Regular Yoga classes (Asana, Pranayama, Meditation)
- Cleansing procedures (Jalneti, etc.)
- Dietary prescriptions
- Rehabilitation programs

Faculty/Staff

2 Doctors, 2 Yoga Therapists & 1 MTS

OPD Schedule

- Weekdays: 09:00 AM to 04:00 PM
- Saturday: 09:00 AM to 01:00 PM

- Sunday/Holidays: Closed

Research and Publications

1. **Title:** To study the effect of Yoga therapy in reducing the pain, improving walking time and quality of life in the management of Osteoarthritis-Knee. A randomized Prospective control study.

The project has been successfully completed and the process of publication is going on.

2. **Title:** Evaluation of effect of varied exercise protocols on cardio respiratory fitness, cellular aging, Hematopoietic, and metabolic profile in type 2 diabetes mellitus patients

The project got completed and published in IJPP.

3. **Title:** Effect of Yoga on Pulse Wave Velocity, respiratory fitness, perceived stress and inflammatory markers in Type 2 Diabetes Mellitus patients

Proposal has been sent.

4. **Title:** Effectiveness of Yoga based Cardiac Rehabilitation (Yoga Care) in Heart failure: A randomized controlled clinical trial abbreviated as Yoga-Care-HF trail.”

Enrollment completed, follow up is going on.

Events

1. Health awareness session on World Health Day
2. Free Health Camp
3. Yoga for stress management
4. Session on Antenatal yoga for 2nd trimester pregnant women
5. International Day of Yoga
6. Yoga for hypertension
7. Workshop on Yoga, Meditation & Y- break at workplace
8. Foundation course VMMC and Safdarjung hospital
9. Trataka session
10. Workshop on World Meditation Day
11. Workshop on nutrition for pain and healthy lifestyle
12. Session on healthy lifestyle for healthcare professionals
13. Awareness about pharmacovigilance and celebration of International Women’s Day

Courses

No courses are being provided as such for now.

Teaching and Training

1. CNE workshop for Senior Nursing Officers

2. Foundation course for MBBS interns

Achievements and Awards

Won several trophies and certificates for outstanding performance. Received an Appreciation Letter from Safdarjung Hospital on Yoga Day 2025

Gallery









सत्यमेव जयते
Ministry of AYUSH
Government of India



Environmental Safety and Concerns- Its Impact on Health

21st December, 2019 | New Delhi

Organised by
Central Council for Research in Homoeopathy

Supported by
Ministry of AYUSH, Government of India

Certificate of Participation

This is to certify that

SUJATHA GEORGE

has attended conference on
"Environmental Safety and Concerns-its impact on Health"
held on 21st December, 2019 in New Delhi

Dr. Anil Khurana
Director General, CCRH



Central Council for Research in Yoga & Naturopathy
(Deptt. of AYUSH, Ministry of Health & F.W., Govt. of India)
61-65, Institutional Area, Janakpuri,
NEW DELHI - 110 058

Certificate

It is certified that **Dr. Sujatha George** attended the "National Workshop on Women's Health" conducted from 8th to 10th March, 2007.

New Delhi,
10th March, 2007

(Prof. Dr. B.T. Chidananda Murthy)
Director

Central Council for Research in Yoga & Naturopathy

(Deptt. of AYUSH, Ministry of Health & F.W., Govt. of India)

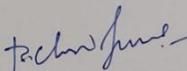
61-65, Institutional Area, Janakpuri,
New Delhi – 110 058



CERTIFICATE

This is to certify that **Dr. Sujatha George** attended the Workshop on Research Methodology in Yoga & Naturopathy (sponsored by WHO) conducted from 1st to 3rd September, 2006.

New Delhi
3rd September, 2006


(**Dr. B.T. Chidananda Murthy**)
Director



Morarji Desai National Institute of Yoga

(MINISTRY OF AYUSH, GOVT. OF INDIA)

68, Ashok Road, Near Gole Dak Khana, New Delhi-110001

Capacity Building Workshop and Training Program

On

Yogic Management of Cancer, Bronchial Asthma & Stroke

28th - 30th November, 2016



National Consultative Meet on Intra-AYUSH Collaboration

Certificate

This is to certify that Dr./Ms./Mr. Sujatha George actively participated in the deliberations of 'National Consultative Meet on Intra-AYUSH Collaboration' organized by the Central Council for Research in Ayurvedic Sciences, Ministry of AYUSH on 28th & 29th April, 2018 at A.P. Shinde Symposium Hall, ICAR, NASC Complex, Pusa, New Delhi.

(Narayanam Srinanth)
Deputy Director General
CCRAS, Janakpuri

(Kartar Singh Derman)
Director General
CCRAS, Janakpuri



Central Council for Research in Ayurvedic Sciences
Ministry of AYUSH, Govt. of India

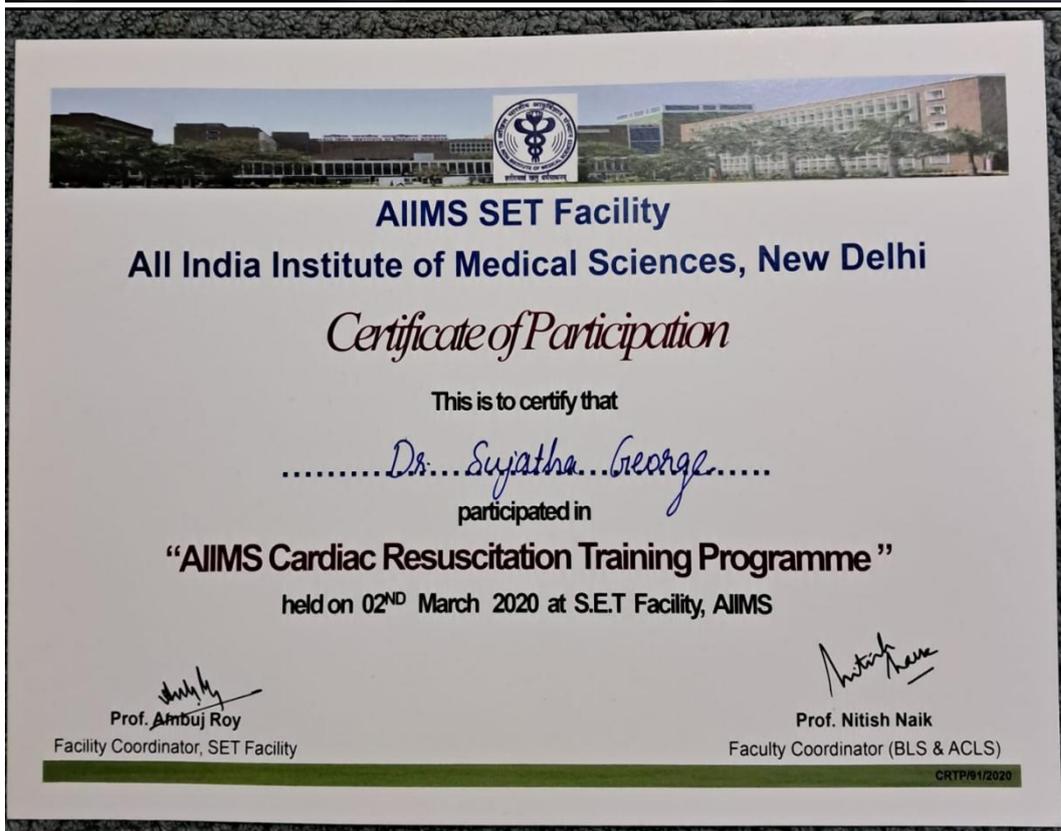
Jawahar Lal Nehru Bhartiya Chikitsa Avum Homeopathy Anusandhan Bhavan, No. 61-65,
Institutional Area, Opp. 'D' Block, Janakpuri, New Delhi - 110058

National Workshop on Women's Disorders and their Management through Naturopathy & Yoga

28th to 30th March, 2009

Organised by
Central Council for Research in Yoga and Naturopathy
(Deptt. of AYUSH, Ministry of Health & F. W., Govt. of India)







JAMIA HAMDARD

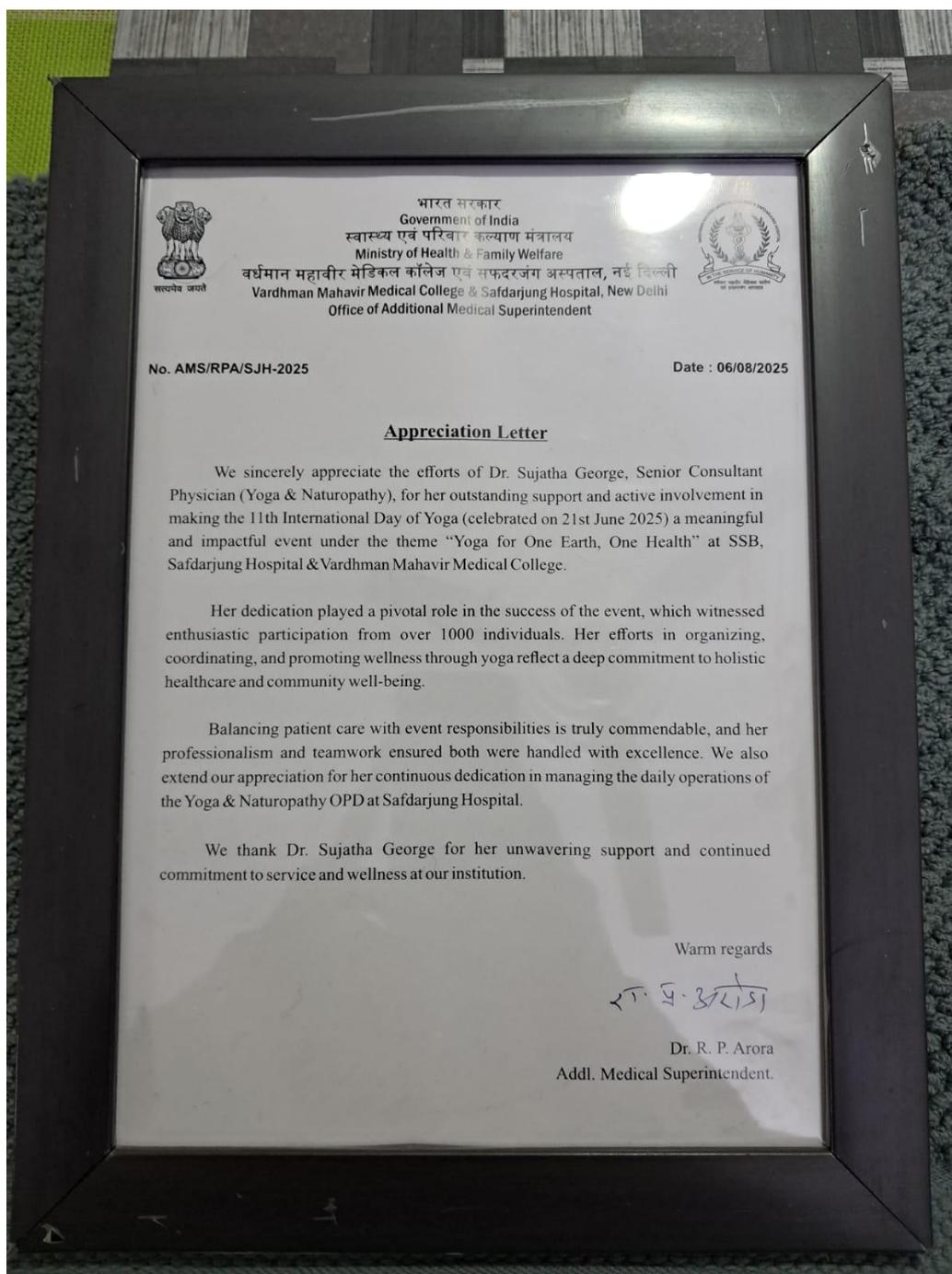
NEW DELHI-62

FROM 15TH - 19TH MARCH 2010

Sponsored By:

GLOBAL CANCER CONCERN INDIA & JAMIA HAMDARD





The data related to the number of patients who attended the Outpatient Department (OPD) at the Yoga and Naturopathy Treatment Centre over the past five years is presented below.

In 2021, OPD started from September as it was closed for 1.5 years due to COVID.

YEAR	NEW	OLD	TOTAL enrolled pateints for Yoga
2021-2022	887	127	3510
2022-2023	2724	573	10896

2023-2024	2290	676	12050
2024-2025	2268	728	15969
2025- till January 31, 2026	2260	697	14887

Our centre has also contributed to clinical research as follows:

- Worked as the Principal Investigator in the Research Project: "To Study the Effect of Yoga Therapy in Reducing Pain, Improving Walking Time, and Quality of Life in the Management of Osteoarthritis Knee – A Two-Arm Randomized Prospective Controlled Study" at Safdarjung Hospital, New Delhi.
- Worked as a Supervisor in the Research Project: "Evaluation of Varied Exercise Protocols on Cardiorespiratory Fitness, Metabolic Profile, Cellular Aging, and Haematopoiesis in Type 2 Diabetes Mellitus Patients" in collaboration with the Department of Physiology, VMMC, SJH.
- Also working as a Co-Investigator in the Research Project: "Effectiveness of Yoga based Cardiac Rehabilitation (Yoga Care) in Heart failure: A randomized controlled clinical trial abbreviated as Yoga-Care-HF trial."