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Bharati Vidyapeeth (Deemed to be) University
Medical College, Pune-43



Report of Yoga Training Programme

1. **Name of Activity-** Yoga training Programme by *Sport Committee*
2. **Objective-** Essence of Yoga is Harmony and peace for humanity.
- To enhance mindfulness and concentration through yoga Conduction.

3. **Introduction:**

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word “YOGA” derives from Sanskrit and means to join or to unite symbolizing the union of body and consciousness. Recognizing its universal appeal, the united nations proclaimed 21st June as International Yoga Day to raise awareness worldwide about its benefits.

Also National Medical Commission has introduced “**Yoga Training**” as a part of new CBME curriculum for all undergraduate for 10 days which will be culminated on 21st June (International Yoga Day).

Taking forward this healthy thought, activity was Planned and commemorated in Bharati vidyapeeth medical college by College Sport committee.

4. **Implementation:**

This training was conducted as per the Yoga Module developed by Moraji Desai Institute of Yoga under the Ministry of Ayush.

Dates: 10th June-20th June 2022

Time: 7 am to 8 am

Venue: Ground Floor Pathology lecture Hall

Distribution: All Undergraduates (Phase I to III MBBS –Part 2) were divided into 9 batches of so that all students will get opportunity to be a part of this training Programme. Every day one batch of 70 students was attended yoga session according to their date, time and at respective venue and their attendance was recorded.

Trainer: A professional Yoga instructor Ms. Pranjali Pandit from Art of Living Foundation was consented to teach exercises.

Session details:

This yoga session was carried out as per common *Yoga Protocol* given by Ministry of Ayurveda for above mentioned dates for one hour every day

- Session was started with Yoga Prayer
- Following exercises were practiced during session



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- a. Loosening exercises: Neck bending, shoulder and knee movement.
- b. Yogasana: standing, sitting and supine postures
- c. Kapalbharati
- d. Pranayama: Anuloma viloma, Bhramari Pranayama
- e. Dhyana etc and
 - Session was ended with Yog Geet

5. Names of Faculty and students involved to conduct activity:

Faculty:

- 1) Dr. Pradnya Padalkar
- 2) Dr. Prasun Mishra
- 3) Dr. Rachana Lakhe
- 4) Dr. Nitin Gadkari
- 5) Dr. Sudhir shinde
- 6) Dr. Nivedita Pingale

Student Representatives:

- | | | |
|--------------------|-----------------------|-------------|
| 1) Gursimar Toor | 2) Tejaswini Mane | |
| 3) Neharika | 4) Tejas Dhole | |
| 5) Gurloveen Sandu | 6) Arya Deshmukh | |
| 7) Rohit Shiwankar | 8) Mudit Sacklecha | 9) Krishnam |
| 10) Vaibhav Goyal | 11) Hridi Singh | |
| 12) Adiraj Patil | 13) Navya Naveli Garg | |

6) Perceptions: These exercises were useful and rejuvenated young minds along with physical fitness of their bodies. Thus session was offered to benefit our students who attended it.

7) Recommendations:

- Needs more sensitization of students for health and fitness as attendance was less for few batches may be due to early morning schedule.

8) Glimpses of activity:



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