

## **INTERNATIONAL YOGA DAY CELEBRATION BY VARIOUS DEPARTMENTS on 21<sup>st</sup> June 2021**

### **Department of General Medicine**

The Department of General Medicine conducted a workshop about office yoga for lifestyle disorders on the occasion of “International Yoga Day” in the seminar room from 1pm to 2.30pm. An innovative session of yoga sadhana was held. Dr. R. Kshirsagar was the Yoga instructor. He started the workshop with ‘Omkaara’ chanting and went on to explain & demonstrate various simple yogic exercises along with breathing technique. He also explained pranayama techniques of anulomvilom etc. in a very simple manner. The session concluded with Omkaara chanting collectively. It was attended by all Medicine Dept. faculty, staff & residents. It was stress relieving &relaxing activity enjoyed by all.



### **Department of Obstetrics and Gynaecology**

#### **Work shop on “Garbhavastha Avam Yoga” – Pregnancy and Yoga**

A workshop on Yogasana in Pregnancy was conducted at Gynae OPD Seminar room. Workshop was conducted on the occasion of International Yoga Day for the awareness of benefits of yogasana during pregnancy as well as after that. Antenatal patients from ANC OPD attended the workshop.

Dr. Sulabha Joshi , HOD Department of OBGY, explained to all the participants about the importance of yoga in life and how it is helpful for the healthy body, mind and soul. Further, she explained about each limbs of ashtanga yoga and released the video on “Yog and pregnancy”. Dr. Anuja Bhalerao Professor and UIC welcomed everyone whole heartedly to get the benefits of the program. Dr. Prachi Dixit demonstrated the asans in pregnancy explaining benefit of each. Delegates performed the yogasanas voluntarily in a very interactive session. Dr. Sanyukta Dawle explained about all the Dos and Don'ts in yogasana for pregnancy and ended this program with vote of thanks. Dr. Sheela Jain was the master of ceremony in this program. All attendees gave a good feedback about their experience.



## Department of Pathology

Department of Pathology organised a yoga session for all the staff members on the occasion of international yoga day. Mrs Babita Virkhare, senior technician, Pathology, is a trained yoga teacher. She conducted the activity with enthusiasm, and also guided all for doing yoga step by step. All the teaching staff and post-graduate students whole-heartedly participated in the event.

