

15TH - 21ST JUNE 2023



SGPGIMS OBSERVED

YOGA WEEK



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To celebrate the 9th International Yoga Day on 21st June 2023, a full week starting from 15th June to 21st June 2023 was marked as Yoga week and a specially structured program was designed for the same.

Yoga-day theme for this year was “Humanity”.

In the **Yoga week**, the days were marked as Yoga for children, Yoga for cardio-respiratory diseases, Yoga for neurological disorders, Yoga for pregnant women and Yoga for old age people. It was planned to organize a poster competition on 21st June also to create awareness in the public about the importance of Yoga.

Professor S. P. Ambesh, Dean, SGPGIMS delivered an introductory lecture and demonstrated live various Yoga mudras, Asanas

and Pranayamas in CV Raman auditorium of the institute on 14th June. He emphasized that Yoga, an ancient practice that combines physical postures, breath control, meditation, and mindfulness, holds immense potential to enhance not only our physical well-being but also our mental and spiritual health.

The Director of the institute Prof R. K. Dhiman graced the occasion. While congratulating on the flawless planning of week long Yoga Event, he had all the praises for its organizing team members which constituted staff and faculty members from various departments. Addressing the participants on the occasion he stressed on the role of Yoga in preventing life style diseases such as high blood pressure, diabetes, cardiovascular, respiratory, neurological, and immunological diseases.

DAY 1 15th June 2023: Yoga for children and adolescent in hybrid mode

Yoga for Children : Yoga is an ancient method of combining physical postures, meditation, and breathing techniques. It aims for a state of relaxation and balances the spirit, body, and mind.

Children can learn and practice yoga on their own classrooms, play areas, or any other space, as it hardly requires any equipment or setup. It includes breathing techniques, yoga poses, and concentration. Focusing attention on the present moment while breathing consciously and practicing yoga poses helps children become more active, mindful, and flexible.

Age: Yoga experts agree that children 5 years and above can start the practice of yoga.

Safety: Child must dress appropriately in loose, flexible clothing and warm up before attempting the yoga poses.

Precautions: Practice of yoga by children should be under the supervision of a trained yoga expert preferably in the presence of parents.

It should be practiced on an empty stomach with a minimum gap of 2 hours after breakfast and 3 hours after a full meal.

Yoga teacher must instruct the children to not exert beyond their capacity (avoid overuse injuries).



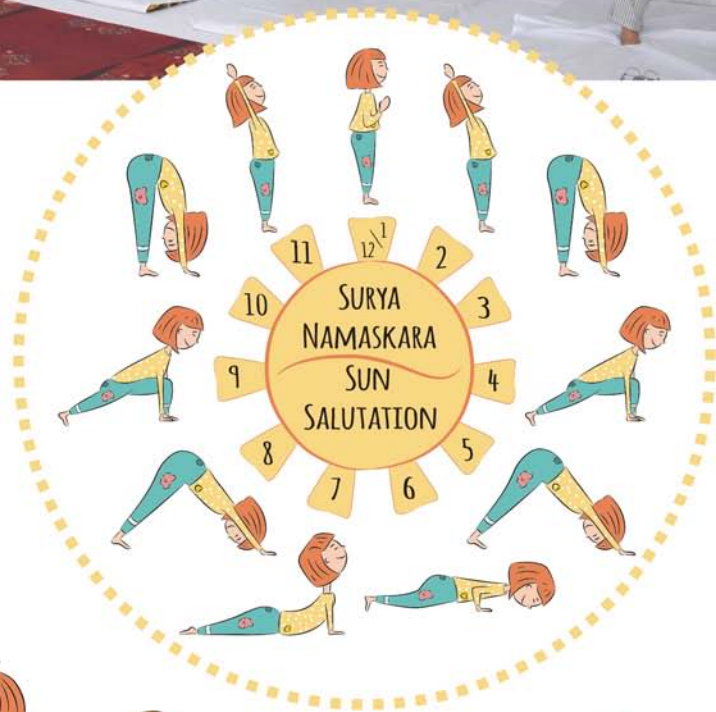
It's best to begin with short and simple sessions. Different approaches such as animations / songs / dance / games / role play to teach yoga postures to the children and to keep them engaged during the session can be used. Choosing two or three simple poses that all children can manage will create confidence. Children should be able to enjoy the connection with their body movements and awareness of breathing.



Some yoga poses for kids just beginning their journey with this mind-and-body-enhancing technique might include:

- Mountain pose
- Warrior pose
- Tree pose
- Cobra pose
- Cat-cow pose
- Bridge pose
- Surya-namashkar

KID'S yoga



Raised Hands Pose



Tree pose



Warrior 2 Pose



Warrior 1 Pose



Cobra Pose



Cat Pose



Cow Pose

DAY 2

16th June 2023: Yoga for persons with Cardio-respiratory Diseases.



Second day of the Yoga Week was dedicated to the patients suffering from cardio-respiratory diseases. Nearly 100 attendees including patients and doctors enthusiastically performed various Yogasanas under the guidance of *Yoga Guru Shri Mahender Kumar Srivastava.

The participants included Director, Prof RK Dhiman, Dean, Prof SP Ambesh, CMS, Prof Sanjay Dhiraj, HOD Cardiology, Prof Aditya Kapoor, HOD Pulmonary Medicine, Prof Alok Nath, faculty members, Prof Satyendra Tewari, Prof Shantanu Pande, Dr Roopali Khanna and Dr Ankit Sahu among others.

Shri Mahender Kumar Srivastav started the session with whole body stretching exercises followed by Anulom Vilom Pranayama and few yoga exercises specifically for patients suffering from Cardio-respiratory diseases.

According to him some Yoga exercises like trikonasana, shavasana, gomukhasana, bhujangasana, shalabasana, padottanasana and makarasana are especially suited to help patients with heart or respiratory diseases. Patients with high blood pressure could benefit from tadaasana, vajrasana, chandrabedhi pranayam, pavanmukt asana etc.



DAY 3 17th June 2023: Yoga for persons suffering from Neurological Disorder in hybrid mode.

On 17th June, a session on “Yoga for Neurological Illnesses” was organized and widely attended by nearly 150 participants. Participants comprised of patients suffering from lower back pain, cervical pains and various other neurological illnesses along with their relatives. Faculty members, residents and other staff members from SGPGI were also participated.

Yogacharya Mahendra Kumar Srivastava ji conducted the workshop. Director SGPGI Prof. Radha Krishan Dhiman, Dean Prof S.P Ambesh, Head of Neurology Prof Sanjeev Jha were among the faculty members who attended the Yoga session.

Yogacharya Mahendra Ji conducted the session with the brief talk on neurological illness and stressed on the mental stress as a root cause of various such ailments.

He demonstrated various yoga techniques of “Pranayam” that can help in relieving mental stress. Pranayam was practiced by all the participants irrespective of age, sex or background illness as it was easy and had to be done in a comfortable sitting posture.





After Pranayam, Mahendra Ji demonstrated “Surya Namaskar” to the participants. He pointed out the difficulties in the various postures of “Surya Namaskar”.

He stressed on the postures useful for people with back and neck pain and at the same time, he pointed out postures that may precipitate such pains and cautioned patients with such pains not to perform such yoga asanas.

Various other asanas like ardhchandrasan, tadasan, vajrasan, shashankasan, bhujangasan,,

shalbasan, padottanasan, pawanmuktasan, makrasan, were also practices to relieve mental and neuromuscular stress.

After the yoga session, Director Prof R K Dhiman spoke about the usefulness of performing yoga on a regular basis and requested the participants to inculcate yoga in their lifestyle.

The session ended with a promise of organizing many such workshops in the near future.



DAY 4 18th June 2023: Yoga awareness for pregnant women in hybrid mode



On its fourth day of the Yoga Week, SGPGIMS conducted a session of yoga for pregnant women. Miss Malvika Singh, a renowned yoga trainer, explained how to perform yoga in different trimester of pregnancy. It was started with chanting of Om and ended with “Sarbe Bhabantu Shukhinum.”

Vice Chancellor of Bhatkhande, University professor, Dr. Mandavi Vikas Singh was the Chief Guest on this occasion. She explained the role of music in pregnancy and the musical Yoga during pregnancy. Yoga increases blood flow to different organs and improves the mental and physical well-being of the fetus.

Dr. Mandakini Pradhan and Dr Anju Rani were the conveners of the Program.





DAY 5

19th June 2023: Poster competition within the campus



With an intent to create awareness and to sensitize everyone about Yoga, a Poster making Competition was organized on 19th June 2023.

The competition was organized among the In-house SGPGIMS Faculty, Residents, Staff, Research Scholars, PG Students, Interns & their family members in two categories. **Category I** included participants studying in Class 10 or below. **Category II** included participants anyone or everyone completion of class 10.

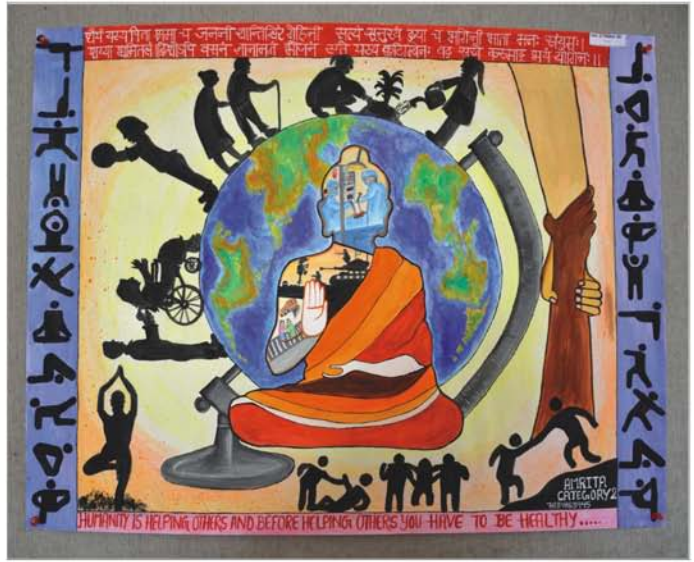
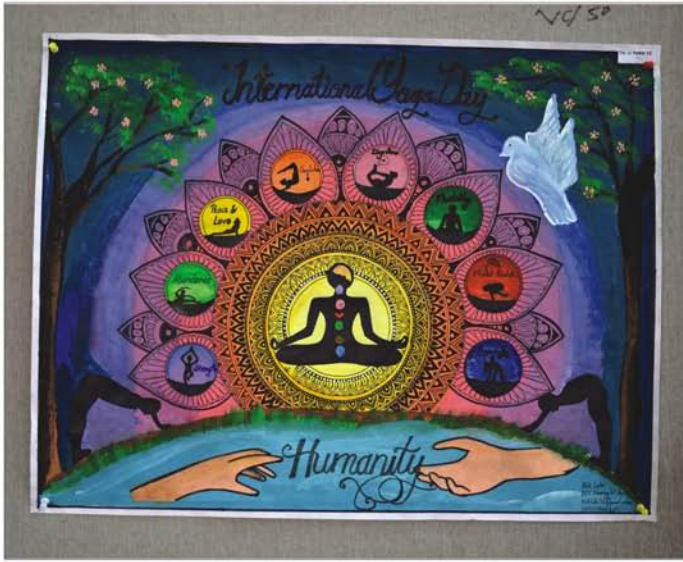
The assessment of the posters was conducted by a panel of esteemed judges on 19th June 2023, which included :

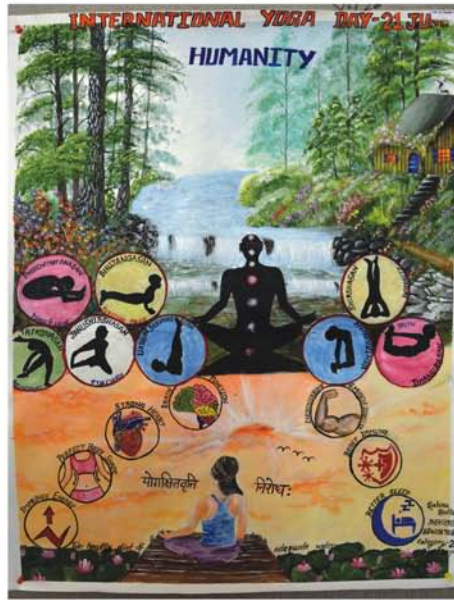
- Dr. R. Harsvardhan, HOD, Hospital Administration
- Dr. Prerna Kapoor, Senior Physician, General Hospital
- Dr. Preeti Dabadghao, HOD, Endocrinology,
- Dr. Moinak Sen Sharma, Associate Prof., Deptt. of Pediatric Gastroenterology
- Dr. Anju Verma, Faculty, College of Nursing

The top three winners in each category were felicitated with Certificates & Cash prize of Rs. Ten Thousand, Five Thousand and Three Thousand respectively.



POSTERS BY PARTICIPANTS ► MORE ON NEXT PAGE





FEW OF THE POSTER ENTRIES



DAY 6

20th June 2023: Seminar - six talks in hybrid mode on related topics



SGPGIMS conducted a seminar on the theme 'Yoga for well-being: Integrating yoga into modern healthcare', on 20th June, 2023.

Director, Prof. Radha Krishan Dhiman, welcomed everyone and informed about the activities organized by the institute during the week. He informed that the institute understood the importance of yoga and will take steps to integrate yoga into healthcare.

The session was moderated by Prof Vinita Agrawal, Department of Pathology who explained that yoga was a symbol of a rich Indian cultural heritage.

She said that yoga was not just about asanas but a science with expression in all three realms-physical, psychic and spiritual. It therefore, has a capacity to cure many ailments.

Dean and Head Dept. of Anesthesiology, Prof SP Ambesh explained the importance of yoga and gave many examples e.g., scientific basis of namaskar. He said that yoga practices can act as a complementary treatment in managing chronic pain by helping to maintain proper posture. It can also aid in mental conditioning to reduce the perception of pain.

SEMINAR:
YOGA
FOR WELL
BEING

Dr Amarjeet Yadav from the Department of Yoga, Lucknow University, enlightened the audience with the meaning of Yog and said that Yog is about the harmony between body, mind and soul. He emphasized that yogasanas should be learnt from experts and it is important that the body should be prepared and one should follow correct path to benefit from Yog practices.

Dr Nirmal Gupta, Head, Dept. of Cardiovascular and Thoracic surgery, described yoga as way of life to maintain discipline of body, mind and higher faculties. He emphasized the importance of practicing yoga as a daily routine.

SEMINAR: YOGA FOR WELL BEING

Dr Vimal K Paliwal, Professor in the Dept. of Neurology, expressed that stress is a part of life.

However, every person should recognize his stress symptoms before it becomes a distress. The stress then can be channelized by yogic practices to enhance performance.

Dr Prerna Kapoor, Senior Physician, General hospital, SGPGIMS talked about importance of yoga for women's health. She said that yoga practices can give women bodily poise and mental peace. It is useful in physiological conditions like pregnancy, and diseases like osteoporosis. Yoga should be integrated with other aspects of a healthy lifestyle.





The participants joined the program from within the institute and from 52 medical colleges of UP and medical colleges of the NMCN network via video conferencing. The recording of the program were made available on the institute website and in YouTube.

Ashtanga (eight limbs of yoga)

- 8 Samadhi**
Union, integration
- 7 Dhyana**
Meditative absorption
- 6 Dharana**
Concentration
- 5 Pratyahara**
Withdrawal of senses
- 4 Pranayama**
Breath control
- 3 Asana**
Posture (meditation seat)
Right and healthy postures
- 2 Niyama**
Internal disciplines
Spiritual qualities, devotion to God, etc
- 1 Yamas**
External disciplines
Moral rules: truthfulness, honesty, etc



DAY 7

21st June 2023: INTERNATIONAL YOGA DAY



The 9th International Yoga Day was celebrated with great enthusiasm and grandeur at the Foyer of Lecture Theatre Complex, Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS), Lucknow. The event took place from 5:30 AM to 8 AM, with Yogacharyas Dr Virender Verma and Dr (Mrs) Aanchal Verma, faculty in Yoga department from Garhwal University gracing the occasion as special guests and demonstrating various asanas and pranayama techniques.



The yoga session witnessed a massive turnout of approximately 500 individuals, including esteemed faculty members, dedicated residents, diligent nurses, and committed employees of the institute. Participants gathered in unison to embrace the transformative power of yoga and engage in a rejuvenating morning of wellness and spiritual harmony.

The event commenced with the gracious presence of Prof RK Dhiman, the Director of the Institute, Dean Prof SP Ambesh and CMS Prof Sanjay Dhiraaj. Prof Dhiman delivered a welcome address and briefed about one week long activities on yoga practises for children, pregnant women and persons with cardiovascular and neurological disorders.



Prof. S.P. Ambesh warmly introduced the renowned Yogacharyas to the audience. Their vast knowledge and expertise in the field of yoga were evident as they skillfully guided the attendees through a series of asanas and pranayama exercises, promoting physical, mental, and spiritual well-being.

Yogacharya Dr Virender Verma and Dr (Mrs) Verma captivated the audience with their precise demonstrations, emphasizing the importance of correct posture, breathing techniques, and meditation. Their interactive sessions enabled participants to deepen their understanding of yoga's profound impact on holistic health and personal growth.

Expressing his gratitude, Prof. S.P. Ambesh extended a heartfelt vote of thanks to Yogacharya, Dr Virender

Verma and Mrs Verma for their valuable presence and enlightening sessions. He also appreciated the unwavering dedication of all participants in making the event a resounding success.

The celebration of International Yoga Day at SGPGIMS, Lucknow, served as a testament to the institute's commitment to promoting a healthy lifestyle and holistic well-being among its members. The event fostered a sense of unity, mindfulness, and camaraderie among the participants, inspiring them to incorporate yoga into their daily lives and reap its countless benefits.

The successful culmination of the 9th International Yoga Day celebration serves as a milestone in the institute's ongoing journey towards fostering a healthier and happier community.





Prizes were distributed to those who won the poster competition



PRIZE AWARDEES



INTERNATIONAL YOGA DAY LOGO MEANING





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**Sanjay Gandhi Postgraduate
Institute of Medical Sciences**

Rae Bareli Road, Lucknow 226014