

## **Brief Report on celebration of International Day of Yoga 2017**

**MGM Institute of Health Sciences, Navi Mumbai** is a Deemed to be University vide Notification No F. 9-21/2005-U.3 (A) dated 30/08/2006.

In view of celebrating International Day of Yoga 2017, three of our constituent Units, MGM School of Physiotherapy, MGM School of Biomedical Sciences and MGM School of Nursing were assigned the task of organizing the entire event for celebrating the same.

### **Preamble:**

1. The Programs were organised by MGM School of Physiotherapy (on 21.06.2017), MGM School of Nursing (on 21.06.2017) and MGM School of Biomedical Sciences (on 27.06.2017) at MGM Institute of Health Science, Navi Mumbai on occasion of celebration of International Day of Yoga.
2. Location of Event:  
Room opposite Academic Section, MGMIHS, Kamothe  
Speciality Cardio-Respiratory OPD, MGM Hospital, Kamothe
3. Event date and time: 21.06. 2017, Morning 10.00 am-1:00 pm  
27.06.2017, Morning 10.00 am-11:00 am

### **Objectives:**

1. To bring about awareness of importance of Yoga among students, staff members and patients of MGMIHS.
2. To sensitize participants to adopt Yoga on a daily basis.
3. Practical demonstration on Yogasanas.
4. To bring about awareness of importance of Yoga among patients.

### **Activities on 21.06.2017**

#### **By MGM School of Physiotherapy:**

1. Yoga Session was carried by Yoga Instructor, Mr Girish Nehte, a qualified Yoga instructor with a Masters degree in Yogaabhyas.
2. Awareness programme for importance Yoga based on AYUSH protocol were demonstrated to participants in morning between 10.00 am-1.00 pm and active participation were ensured. 15 faculty members actively participated in the session. 12 patients with musculoskeletal disorders like cervical spondylosis, back pain and knee pain, neurological disorders like hemiparesis participated in the program.
3. Mr. Girish Nehte briefly introduced the ancient science of Yoga and enlightened on common myths regarding yoga.

4. He demonstrated various Yoga Asana useful for day to day life and gave excellent tips on how to incorporate their use in daily routine even if it was not possible to dedicate special time for the same.
5. Asanas in standing and sitting posture were performed which emphasised on balance and muscle stretchability.
6. Breathing techniques like Anulom Vilom, Bhramari Pranayam and Omkar were performed.
7. He advised various groups of patients having Chronic Disorders that benefits from Yoga would be tangible only after regular practice under the supervision of an expert to guide them.
8. Additionally, patients sought one to one patient interaction with him seeking advice on their personal health issues & general advice.

#### **Activities on 21.06.2017**

**By MGM School of Nursing:** Various activities were conducted on the occasion like:

- Brief orientation on importance of Yoga in life by Mrs. Renu Nagar, a trained Yoga instructor.
- Pledge taken to make Yoga an integral part of daily life.
- Exercise on different asanas.
- Practice Surya-Namaskar and its importance.
- Practice relaxation method like Shavasana.

All nursing students and faculty members participated with great zeal to make it a grand success.

#### **Activities on 27.06.2017**

**By MGM School of Biomedical Sciences:**

MGM School of Biomedical Sciences conducted a Yoga and meditation session for participants on the occasion of International Day of Yoga on 27<sup>th</sup> June 2017. The session started with a brief introduction and welcome speech by our Registrar followed by felicitating the speaker of the day Dr Mohandas Hegde.

Yoga is a way to connect with the higher Self and integrate all aspect of life so as to live in balance and harmony. It brings us closer to nature and helps us move towards oneness. This is the real promise of Yoga. The primary objective in yoga is the regulation of the restless mind. Everything good or evil originates from the mind and it is the mind alone that governs all our feelings, emotions and impulse. To achieve this we conducted a session on 'Yoga and Meditation at Workplace' by our guest speaker Dr. Mohandas Hegde, Director of Centre for Research Education Sadhana and Training, Bangalore and a Heartfulness trainer from the last 25 years. Dr.

Hegde captivated the audience with his valuable and inspiring thoughts. There were more than thirty five staff members for this event.

He explained the art of meditation and elaborated the meaning of spirituality and its related misconception. He briefed how meditation plays an important role in a place like Mumbai, where a city never sleeps and where people are enthusiastic, full of energy but spend their entire life in a hectic schedule. We need to learn to discipline our mind through yoga and meditation which will empower us to achieve much more in all aspects of our life.

The Director of School of Biomedical Sciences envisions building a strong community where our staff can avail the benefits of meditation in everyday life hence listed in our agenda to set up a meditation and yoga centre at our MGM campus.

**Outcome:**

1. All the participants were advised to practice Yoga on daily basis by integrating it with activities of daily living.
2. Faculty members from various departments benefited from Yoga session.

\*\*\*\*\*

















## Brief Orientation on Importance of Yoga in life



## Exercise on different asanas by students







### **Practice of Surya Namaskar by students**



### **Exercise on different Asans by Faculty**







\*\*\*\*\*