Day 3		
Time	**Topic / Subtheme**	**Resource Person**
9:00am – 10:00am	Session – IX Shatkarmas – 6 cleansing techniques	Dr. Th. Bidyani Devi Prof. OBG dept. Index Nursing College
10:00am-11:00am	Session – X Holistic health view of philosophical foundations of Yoga	Dr. Nitin Chicholkar Asst. prof. MHN dept. Index Nursing College
11:00am- 12NOON	Post Test	Ms. RoshniDabi Ms. ShaifaliPatidar
12NOON-1:00pm	Valedictory Session	

Contact Person:
Mr. Vishal Choudhary – 73898-57380

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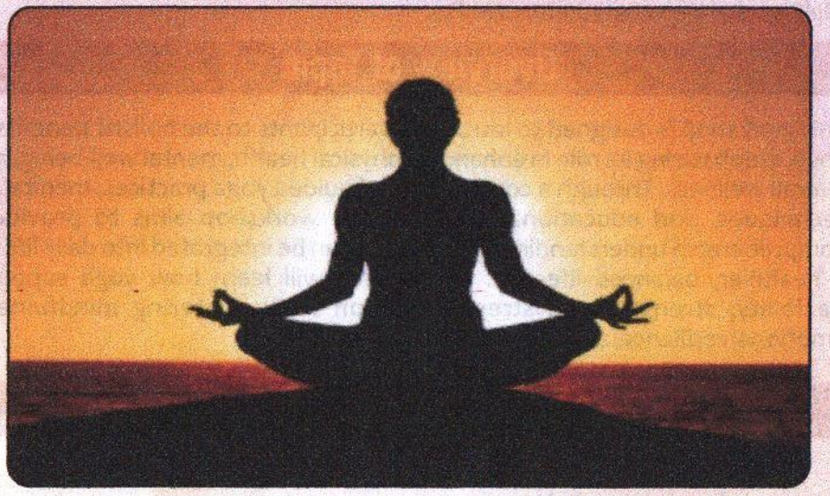

VALUE ADDED COURSE ON

"Yoga- Health And Wellness"

Course Code: INC/VAC/23/08

Date:-29/01/2024-31/01/24
Venue: Index Nursing College

ORGANIZING CHAIRPERSON
Dr. Smriti G. Solomon
Principal
Index Nursing College

Registrar
Malwanchal University
Indore (M.P.)

ORGANIZING SECRETARY
Dr. Nainika Joseph
Tutor
Index Nursing College

About College

Index Nursing College, Indore (M.P) was established under the aegis of Mayank Welfare Society in September 2007 and the college has successfully completed 14 years of its existence with the mission to be a leading edge nursing educational institution devoted to prepare post graduate, under graduate and diploma nurses to provide multidisciplinary and integrated health services to clients globally. Index Nursing College is affiliated to Malwanchal University,Indore (M.P.).

Overview of Topic

This workshop is designed to introduce participants to the holistic benefits of yoga, emphasizing its role in enhancing physical health, mental well-being, and overall wellness. Through a combination of guided yoga practices, meditation techniques, and educational sessions, the workshop aims to provide a comprehensive understanding of how yoga can be integrated into daily life for a healthier, balanced lifestyle. Participants will learn how yoga supports flexibility, strength, and stress reduction while fostering mindfulness, emotional resilience, and a sense of inner peace.

Objectives

This workshop is intended to:

- Introduce participants to various yoga poses (asanas) that improve flexibility, strength, and balance, and explain their benefits for overall physical health.
- Teach techniques such as breath work (pranayama) and meditation to reduce stress, promote mental clarity, and improve focus.
- Explore how yoga helps to cultivate emotional resilience, reduce anxiety and depression, and promote a positive outlook on life.
- Provide practical tips on how to create a sustainable yoga and wellness routine that can be easily integrated into participants' busy schedules.
- Highlight the interconnectedness of body, mind, and spirit, and explain how yoga serves as a tool for achieving overall wellness and balance.

SCHEDULE

Day 1

Time	Topic / Subtheme	Resource Person
09:00am – 09:30am	Registration & Pretest	Ms. Sanjana Naidu
09:30am - 10:00am	Inauguration & Address of chief guest	Ms. Nainika Joseph
10:00am – 12noon	Session –I Introduction to Yoga for Beginners	Chief Guest Dr. Mahakal Singh Chandel Deputy Registrar Malwanchal University
12noon – 01:00pm	Session –II Yoga and Nutrition: Fueling Your Body for Optimal Health	Dr. Smriti Solomon Principal Index Nursing College
01:00pm-02:00pm	Lunch	
02:00pm-03:00pm	Session –III Yoga for Stress Relief and Mental Wellness The Science of Breath: Pranayama for Health and Vitality	Dr. Prabhanshu Vyas Professor Community Health Nursing
03:00pm – 04:00pm	Session –IV Restorative Yoga for Deep Relaxation	Dr. Naveen Jaiswal HOD Community Health Nursing

Day 2

Time	Topic / Subtheme	Resource Person
9:00am – 10:00am	Session – V Yoga for Strength and Flexibility	Dr.Smriti G. Solomon Principal Index Nursing College
10:00am-11:00am	Session – VI Role of Hatha Yoga and its curriculum in health and wellness	Dr. Reena Thakur HOD cum Prof. Medical Surgical Nursing
11:00am-11:15am	Tea break	
11:15am- 12NOON	Session – VII Asanas – Body postures	Dr. Anu V. Kumar HOD cum Prof., OBG Dept. Index Nursing College
12NOON-1:00pm	Session – VIII Pranayama – Control of prana / breath	Dr. Jitendra Chicholkar Asso. Prof. Child Health Nursing Index Nursing College

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VALUE ADDED COURSE

ON

YOGA-HEALTH AND WELLNESS

Overview

The increasing awareness of the importance of health and well-being has led educational institutions and organizations to offer value-added courses that complement traditional academic programs. Among such courses, a *Yoga – Health and Wellness* course stands out as a highly beneficial and enriching option. This report outlines the purpose, structure, benefits, and potential impact of offering a value-added course on Yoga focused on health and wellness.

Course outline:

Theprimary objective of the *Yoga – Health and Wellness* course is to provide participants with a comprehensive understanding of yoga's principles and practices and their direct impact on physical, mental, and emotional well-being. Key objectives include:

- Educating participants about the history, philosophy, and core principles of yoga.
- Training individuals in various yoga postures (asanas), breathing techniques (pranayama), and relaxation methods.
- Enhancing mental health through mindfulness and meditation practices.
- Promoting stress management and overall emotional resilience.
- Enabling students to integrate yoga practices into daily routines for better health management.

The program was organized for two day and the timings were from 11:00 am to 1:00pm. The first session start with the Introduction part. This was followed by inaugural ceremony. The Resource Person was Mr. Anil Pandey head of IT Department, Malwanchal University, Indore The Inauguration session was started with lighting the lamp by the chief Guest Dr. Mahakal

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singh chandel, Dpt. Additional Registrar Malwanchal University,Dr. Smriti G. Solomon, Principal Index Nursing College and all dignitaries.

The first educative session was given by the Dr. Mahakalsinghchandel, Dpt. Additional Registrar Malwanchal University. He dealt with the topic Introduction and types of Yoga and Health.

The second session was given by Dr. Prabhanshu Vyas. He dealt with ThePractical Yoga PracticesAsana Practice: Instruction on foundational and intermediate yoga poses, emphasizing alignment, balance, and safety.Pranayama TechniquesBreathing exercises for relaxation, energy balance, and stress reduction.Meditation and Mindfulness Guided sessions focusing on achieving mental clarity and inner peace.

On second day the first session covered the Key topics during the program included the basics ofApplying Yoga for Health and WellnessPhysical Benefits How yoga contributes to strength, flexibility, joint health, and posture improvement. Mental and Emotional Well-being: Techniques for reducing anxiety, depression, and enhancing emotional balance. Special Populations: Adapting yoga for different age groups, such as children, elderly, and pregnant women.Yoga for Stress Management: Tailored sequences and relaxation practices for stress relief.

In second session covered the key strengths of the programme was the collaborative. Impact on Health and Wellness. A well-executed *Yoga – Health and Wellness* course can positively impact both individual and community health. Regular practice not only enhances physical health but also fosters mental and emotional well-being. By creating awareness and promoting yoga as an essential component of a healthy lifestyle, institutions can contribute to a healthier and more balanced society.

Feedback collected from participants revealed a significant increase in confidence and understanding of networking concepts. Pre- and post-training assessments indicated notable knowledge gains, demonstrating the effectiveness of the training approach. Faculty members reported feeling better prepared to teach these subjects and expressed enthusiasm about incorporating networking topics into their courses. Many noted that the training provided them

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with a fresh perspective on integrating technology into their teaching, making their lessons more relevant and engaging for students.

Outcome of the Program:

While the programme achieved its objectives, participants provided constructive feedback for future iterations. Many suggested increasing the duration of the practical sessions to allow for more extensive hands-on experience. Several faculty members expressed interest in advanced modules that could cater to those seeking deeper specialization in specific areas of networking. This feedback highlights the importance of continuously adapting the training content to meet the evolving needs and interests of faculty.

In conclusion,The *Yoga – Health and Wellness* value-added course offers a unique opportunity to educate and empower individuals with tools to improve their overall health and well-being. Through the combination of ancient wisdom and modern health practices, participants can gain lifelong benefits. Such courses serve as a proactive approach to health education and can be a valuable addition to academic and wellness programs.

Organizing Secretary

Organizing Chairman
Dr. Smriti G. Solomon
Principal, Index Nursing College

Principal
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Ref.No INC/Pe/24/02/B..... **Date**..01/01/2024....

CIRCULAR

This is to inform all the students of B.Sc Nursing 3rd year that value added course on **"Yoga-Health and Wellness" (Course Code: INC/VAC/23/08)** is planned to be organized from **29-31 Jan 2024**. Interested students can enroll their name to Ms. Nainika Joseph Tutor of Index Nursing College on before 29/01/2024.

Organizing Chairman

Dr. Smriti G. Solomon

Principal, Index Nursing College

Registrar
Malwanchal University
Indore (M.P.)

Copy to:-

- Registrar
- All concerned authority
- File

College Address : Gram Morodhat, Nemawar Road, Post. Bavlia Khurd, Dist., INDORE - 452 016 (M.P.), Ph. : 0731- 4013751

E-mail : nursing@indexgroup.co.in ● Visit us : www.indexgroup.co.in

City Office : 104, Trishul Apartment 5, Sanghi Colony, A.B. Road, INDORE -08, Ph. : 0731-4215757, Fax : 0731-4044715

YOGA-HEALTH AND WELLNESS

B.SC. NURSING 3rd YEAR ATTENDANCE LIST

29/01/2024 - 31/01/2024

S.No.	Name of students	Signature
1.	FARDIN KHAN	
2.	GIRJA DANGI	
3.	GOKUL	
4.	GOLU BAGHEL	
5.	GOTAM	
6.	GOURAV CHOUHAN	
7.	HARSH MEENA	
8.	HEMANT SHAKYA	
9.	JASHODA	
10.	JAYDEEP CHOUHAN	
11.	JOSINA BILWAL	
12.	JYOTI HIHORE	
13.	KALYAN KUSHWAH	
14.	KAMLESH GEHLOD	
15.	KANHA PRAJAPAT	
16.	KAREENA KHAN	
17.	KARTIK KUMAR	
18.	KASAK	
19.	KAVITA DANGI	

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20.	KAVITA SOLANKI	
21.	KHUSHBOO SEN	
22.	KIRTI NAGAR	
23.	KRISHNA PATEL	
24.	KUMKUM SHARMA	
25.	LAKHVEER SINGH RATHORE	
26.	LAXMI MUJHALDA	
27.	MADHUSUDAN GOSWAMI	
28.	MAMTA GEHLOT	
29.	MANISHA	
30.	MANISHA DANGI	

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Registrar
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Certificate

This is to certify that

KANHA PRAJAPAT

as delegate for successful completion of Value Added Course on
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(Course Code: INC/VAC/23/08) of 16 hours held from
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Organizing Chairperson

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LAXMI MUJHALDA

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LAKHVEER SINGH RATHORE

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JOSINA BILWAL

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Organizing Chairperson

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Certificate

This is to certify that

JAYDEEP CHOUHAN

as delegate for successful completion of Value Added Course on
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(Course Code: INC/VAC/23/08) of 16 hours held from
Date:-29/01/2024-31/01/24

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