



Index MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE, INDORE

(Unit of Mayank's Welfare Society)

(Constituent Unit of Malwanchal University)

ACCREDITED BY NABH & NABL



NABL Certificate No. MC-3448
NABH Certificate No. PEH-2019-0966

IMCHRC/VAC/2024/01

Date – 1st June 2024

CIRCULAR

We are pleased to announce that a value added course on “Yoga, health & wellness” has been scheduled from 20th June to 22th June 2024 in the lecture hall no. 2 of index medical college, hospital and research centre, Indore.

It is being organized by the faculty of IMCHRC, Malwanchal University to train the MBBS – 2nd professional students in dealing with yoga practices and maintaining health & wellness. The course is free for all 2nd professional students. Interested students are requested to register for the course by 15th of June 2024.

Dean

IMCHRC, Indore

CC:

The Chairman

Vice Chairman

Vice Dean

Registrar – Malwanchal University

All Administrators

HODs of all Departments

Notice Board – college notice board, hostel – Boy's/Girl's, PG hostel



Soodkand
Registrar
Malwanchal University
Indore (M.P.)

(M.P.)

**MALWANCHAL
UNIVERSITY**

**INDEX MEDICAL
COLLEGE,
HOSPITAL &
RESEARCH
CENTRE, INDORE**

**“Yoga, health &
wellness”**

ABOUT

Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, and energy

REGISTRATION

ELIGIBILITY: MBBS 2ND YEAR

**Co-ordinator: Dr. Akash
Vishwe**

Registration fee: 0

**Dates: 20th to 22th June
2024**

**Venue: Lecture hall no. 2 of
index medical college**

RESOURCE PERSON

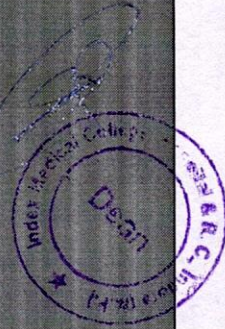
**Dr. Richa Malani, Assistant
Professor (Pharmacology)
Ms. Neetu Goyal, Tutor
(Forensic Medicine)**

MODULES:

- **Module 1 : Yoga & the Mind**
- **Module 2 : Wellness and Healing**
- **Module 3 : Yogic asana**
- **Module 4: Yoga Health Techniques**

OUTCOMES:

- **Philosophy and concepts of yoga, health and wellness**
- **Different types of yoga**
- **Applications of yogasana in various diseases**
- **Benefits of yoga practices in mental and physical wellness**



Time-Table
Value Added Course
Topic: Yoga, health & wellness
For: - MBBS 2nd Year

Day-1 : (20/06/24)		
Title	Time	Speaker
Introduction to Yoga	09:00am – 10:00am	Dr. Richa Malani
How yoga maintains the health & wellness	10:00am – 11:00am	Ms. Neetu Goyal
Tea	11:00 – 11:15am	
Factors unbalancing health & wellness	11:15am – 12:15pm	Dr. Richa Malani
Psychosomatic Disorders: disease processes	12:15pm – 01:15pm	Ms. Neetu Goyal
Lunch	01:15pm – 02:00pm	
Psychosomatic Disorders: Wellness, Healing & Management through yoga	02:00pm – 03:00pm	Dr. Richa Malani
Prevention of psychosomatic diseases through yoga	03:00pm – 04:00pm	Ms. Neetu Goyal
Day-2 : (21/06/24)		
Relation between Ayurveda naturopathy & yoga	09:00am – 10:00am	Dr. Richa Malani
Understanding the Ashtang yoga	10:00am – 11:00am	Ms. Neetu Goyal
Tea	11:00 – 11:15am	
Yogic Health Techniques	11:15am – 12:15pm	Dr. Richa Malani
Therapeutic application of different Aasanas	12:15pm – 01:15pm	Ms. Neetu Goyal
Lunch	01:15pm – 02:00pm	
Yogasanas beneficial in hypertension: description & demonstration	02:00pm – 03:00pm	Dr. Richa Malani
Yogasanas beneficial in diabetes: description & demonstration	03:00pm – 04:00pm	Ms. Neetu Goyal
Day-3 : (22/06/24)		
Yogasanas beneficial in hypothyroidism: description & demonstration	09:00am – 10:00am	Dr. Richa Malani
Yogasanas beneficial in obesity: description & demonstration	10:00am – 11:00am	Ms. Neetu Goyal
Tea	11:00 – 11:15am	
Yogasanas beneficial in memory enhancement : description & demonstration	11:15am – 12:15pm	Dr. Richa Malani
Yogasanas beneficial in depression: description & demonstration	12:15pm – 01:15pm	Ms. Neetu Goyal
Lunch	01:15pm – 02:00pm	
Health industry based on yoga & wellness	02:00pm – 03:00pm	Dr. Richa Malani
Feedback & discussion	03:00pm – 04:00pm	Ms. Neetu Goyal



Neetu Goyal
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Report : Yoga, health & wellness

A value added course on “**Yoga, health & wellness**” was conducted from 20th June to 22th June 2024 in the lecture hall no. 2 of index medical college, hospital and research centre, Indore. This course was conducted for 18 hrs., where each section was conducted for 6 hrs.

Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, and energy. Four basic principles underlie the teachings and practices of yoga's healing system. The first principle is the human body is a holistic entity comprised of various interrelated dimensions inseparable from one another and the health or illness of any one dimension affects the other dimensions. The second principle is individuals and their needs are unique and therefore must be approached in a way that acknowledges this individuality and their practice must be tailored accordingly.

The third principle is yoga is self-empowering; the student is his or her own healer. Yoga engages the student in the healing process; by playing an active role in their journey toward health, the healing comes from within, instead of from an outside source and a greater sense of autonomy is achieved. The fourth principle is that the quality and state of an individuals mind is crucial to healing. When the individual has a positive mind-state healing happens more quickly, whereas if the mind-state is negative, healing may be prolonged.

Module 1 : Yoga and the Mind, Psychology and Mental Health

Module 2 : Wellness and Healing; Disease Process, Management and Prevention

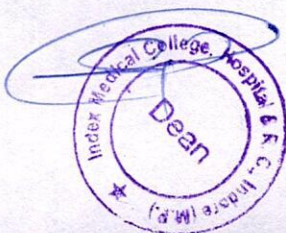
Module 3 : Yogic asana: understanding the Asthang Yoga

Module 4: Yoga Health Techniques: Therapeutic Application of Asana, Pranayama

The speakers of the course were Dr. Richa Malani, Assistant Professor, Department of Pharmacology, and Ms. Neetu Goyal, Tutor, Department of Forensic Medicine.

In the western world as a discipline for integrating the mind and body into union and harmony, when adopted as a way of life, yoga improves physical, mental, intellectual and spiritual health. Yoga offers an effective method of managing and reducing stress, anxiety and depression and numerous studies demonstrate the efficacy of yoga on mood related disorders.

Treatment for anxiety and depression involves mostly psychological and pharmacological interventions; however, mind-body interventions are becoming increasingly popular as a means to reduce stress in individuals. Yoga, a form of mind-body exercise, has become an increasingly widespread therapy used to maintain wellness, and alleviate a range of health problems and ailments. Yoga should be considered as a complementary therapy or alternative method for



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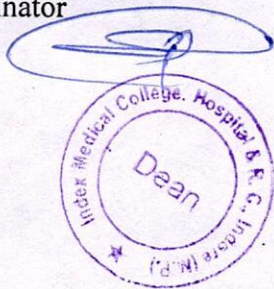
medical therapy in the treatment of stress, anxiety, depression, and other mood disorders as it has been shown to create a greater sense of well-being, increase feelings of relaxation, improve self-confidence and body image, improve efficiency, better interpersonal relationships, increase attentiveness, lower irritability, and encourage an optimistic outlook on life.

By acknowledging the unity of mind, body and spirit, mind-body fitness programs i.e. yoga can assist people in their pursuit of peace, calmness, and greater wholeness and integration in their lives. Health care professionals, health educators and the like, need to be aware of the potential of yoga as an important component of a personal wellness plan.

At the end of the course, participant will learnt about:

- **Philosophy and concepts of yoga, health and wellness**
- **Different types of yoga**
- **Applications of yogasana in various diseases**
- **Benefits of yoga practices in mental and physical wellness**

Course coordinator



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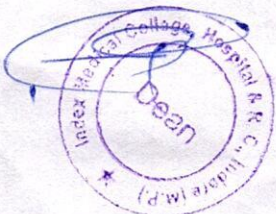
Department of Pharmacology

MBBS 2nd Year

Value Added Course: Yoga, health & wellness

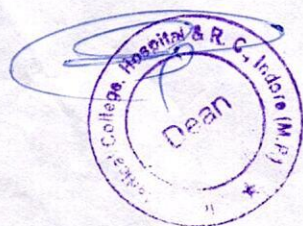
Attendance Sheet

S. No.	Name of the Student	Date		
1	Harshita Vaidya	Harshita Vaidya	Harshita Vaidya	Harshita Vaidya
2	Harshita Verma	Harshita Verma	Harshita Verma	Harshita Verma
3	Hazara Riyaz Sheikh			
4	Hema	Hema	Hema	Hema
5	Hetvi Patodia	Hetvi Patodia	Hetvi Patodia	Hetvi Patodia
6	Himanshi Lahari	Himanshi Lahari	Himanshi Lahari	Himanshi Lahari
7	Himanshi Namdeo			
8	Hrshika Gurjar	Hrshika Gurjar	Hrshika Gurjar	Hrshika Gurjar
9	Isha Kirar	Isha Kirar	Isha Kirar	Isha Kirar
10	Ishika Tatwal	Ishika Tatwal	Ishika Tatwal	Ishika Tatwal
11	Jayant Tiwari			
12	Jitendra Patidar	Jitendra Patidar	Jitendra Patidar	Jitendra Patidar
13	Jyoti Gupta	Jyoti Gupta	Jyoti Gupta	Jyoti Gupta
14	Kalash Gone	Kalash Gone	Kalash Gone	Kalash Gone
15	Kanha Patidar	Kanha Patidar	Kanha Patidar	Kanha Patidar
16	Deepti Tomar	Deepti Tomar	Deepti Tomar	Deepti Tomar
17	Devang Dubey	Devang Dubey	Devang Dubey	Devang Dubey
18	Devendra Banshiwal	Devendra Banshiwal	Devendra Banshiwal	Devendra Banshiwal
19	Dhanan Jay Singh	Dhanan Jay Singh	Dhanan Jay Singh	Dhanan Jay Singh
20	Dhara Upadhyay	Dhara Upadhyay	Dhara Upadhyay	Dhara Upadhyay
21	Dheeraj Karoda			
22	Divija Yadav			
23	Divyam Solanki	Divyam Solanki	Divyam Solanki	Divyam Solanki
24	Diya Goyal	Diya Goyal	Diya Goyal	Diya Goyal
25	Drashti Paliwal	Drashti Paliwal	Drashti Paliwal	Drashti Paliwal
26	Esha Khatri	Esha Khatri	Esha Khatri	Esha Khatri
27	Aanand Pankhaniya			
28	Aasha Chouhan			
29	Abhilasha Raiwal	Abhilasha Raiwal	Abhilasha Raiwal	Abhilasha Raiwal
30	Abhishek Yadav			
31	Adarsh Yadav	Adarsh Yadav	Adarsh Yadav	Adarsh Yadav
32	Akash Kushwah	Akash Kushwah	Akash Kushwah	Akash Kushwah
33	Akash More			
34	Akshay Singla	Akshay Singla	Akshay Singla	Akshay Singla
35	Aman Kumar Tiwari	Aman Kumar Tiwari	Aman Kumar Tiwari	Aman Kumar Tiwari
36	Aman Patel	Aman Patel	Aman Patel	Aman Patel
37	Amisha Sharma			
38	Anakha P Kumar	Anakha P Kumar	Anakha P Kumar	Anakha P Kumar
39	Anand Gurjar	Anand Gurjar	Anand Gurjar	Anand Gurjar
40	Anchal Singh	Anchal Singh	Anchal Singh	Anchal Singh

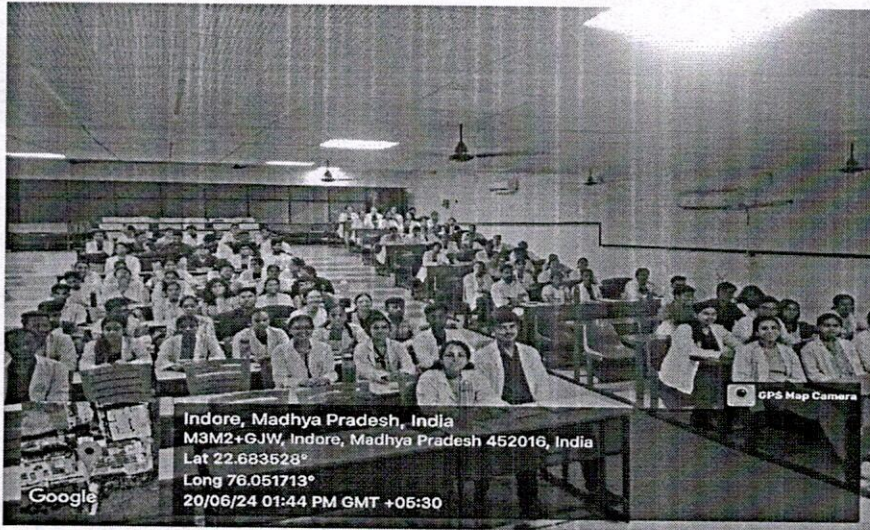
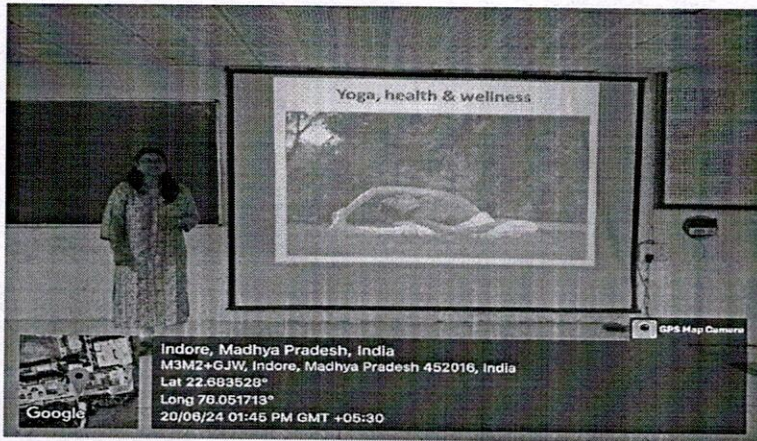


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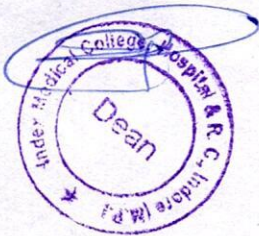
41	Anil Dawar	Anil	Anil	Anil
42	Anjali Gole			
43	Ashi Gaur			
44	Ashish Batholiya	Ashish	Ashish	Ashish
45	Ashwani Kumar Mangal	Ashwani	Ashwani	Ashwani
46	AsthaPatidar	Astha	Astha	Astha
47	AsthaSirothia	Astha	Astha	Astha
48	Athar Beg Mirza	Athar	Athar	Athar
49	Avani Agrawal			
50	AyushVerma			
51	Ayushi			
52	AyushiGhawariya			
53	Bablu			
54	BhaviniPatidar			
55	BhawanaRathor	Bhawana	Bhawana	Bhawana
56	FarheenChoudhary			
57	Garvita Sharma	Garvita	Garvita	Garvita
58	Gaurav Patel	Gaurav	Gaurav	Gaurav
59	GeetamPurohit	Geetam	Geetam	Geetam
60	GunjanKushwah	Gunjan	Gunjan	Gunjan
61	HansaMandloi	Hansa	Hansa	Hansa
62	HariomSisodiya	Hariom	Hariom	Hariom
63	Harsh Patidar	Harsh	Harsh	Harsh
64	HarshitVashisth			
65	HarshitaJha			
66	Ankit Kumar	Ankit	Ankit	Ankit
67	Ankit Kumar Dhakar	Ankit	Ankit	Ankit
68	Ankit Tatawat	Ankit	Ankit	Ankit
69	Anuj Sharma	Anuj	Anuj	Anuj
70	Anurag Ghoswal	Anurag	Anurag	Anurag
71	Anurag Jain			
72	Anushka	Anushka	Anushka	Anushka
73	Anushka Singh Tomar	Anushka	Anushka	Anushka
74	Apoorva Singh			
75	Arshy Yadav			
76	Arvind Rawat	Arvind	Arvind	Arvind
77	AryamanKushwah			
78	BhumikaShiyde			
79	Chahak Singh			
80	ChetnaMukati	Chetna	Chetna	Chetna
81	Deepak Rathore			
82	DeepanshuSiwach	Deepanshu	Deepanshu	Deepanshu
83	DeepikaSanotiya	Deepika	Deepika	Deepika



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VAC on Yoga, Health & Wellness



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