



Sanjay Gandhi Post Graduate Institute of Medical Sciences

Value added Certification Course on YOGA

Duration : 30 Hours

Timing : 6:30 to 7:30am and 10:00 to 11:00 am

6.5.2022 to 11.5.2022

Venue : SS Agarwal Auditorium, SGPGI

Organising Secretary :

Dr Siddhartha Rai
Associate Professor
Specialty of PMR
Apex Trauma Centre
SGPGI, Lucknow

Course Code VAC104

DAYWISE COUSE DETAILS

Objectives:

The subject entitled 'Basic Concept of Yoga' has the following objectives:

- To gain understanding of brief introduction of Yoga.
- To learn about the Yoga practices for health promotion and disease management also.
- Students will learn about basic concept of Yogasan, Shatkarma, Pranayama, Meditation etc.

Course Outcomes

- Students will have an understanding of brief introduction of Yoga.
- They will have an idea about the Yoga practices for health promotion and disease management also.
- Students will understand basic concept of Yogasan, Shatkarma, Pranayama, Meditation etc.

COURSE Duration: 01 Jun to 17 Jun, 2022

Timing: 6:30 to 7:30am and 10:00 to 11:00 am

S.N.	Title	Teaching Hours
1	Practical : Yoga Day Protocol (Sukshma Vyayam)	01 Hr.
2	Theory : Brief Introduction of Yoga	01 Hr.
3	Practical : Yoga Day Protocol (Sukshma Vyayam & Standing Posture)	01 Hr.
4	Theory : Basic Structure of Yoga Module for health promotion	01 Hr.

Siddhartha Rai

Varun Bajpai

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5	Practical : Yoga Day Protocol (Sukshma Vyayam & Prone Posture)	01 Hr.
6	Theory : Surya Namaskar	01 Hr.
7	Practical : Yoga Day Protocol (Sukshma Vyayam & Prone Posture)	01 Hr.
8	Practical : Surya Namaskar	01 Hr.
9	Practical : Yoga Day Protocol (Sukshma Vyayam & Sitting Posture Yogasan)	01 Hr.
10	Theory : Concept of Pranayam	01 Hr.
11	Practical : Yoga Day Protocol (Sukshma Vyayam, Sitting Posture Yogasan & Pranayam)	01 Hr.
12	Theory : Concept of Yogasan	01 Hr.
13	Practical : Yoga Day Protocol	01 Hr.
14	Theory : Concept of Yogasan	01 Hr.
15	Practical : Yoga Day Protocol	01 Hr.
16	Theory : Concept of Sharkarma	01 Hr.
17	Practical : Yoga Day Protocol	01 Hr.
18	Theory : Brief Introduction of Ashtang Yoga-I	01 Hr.
19	Practical : Yoga Day Protoc	01 Hr.
20	Theory : Brief Introduction of Hatha Yoga	01 Hr.
21	Practical : Yoga Day Protocol	01 Hr.
22	Theory : Brief Introduction of Ashtang Yoga-II	01 Hr.
23	Yoga Day Protocol	01 Hr.
24	Theory : Brief Introduction of Meditation	01 Hr.
25	Practical : Yoga Day Protocol	01 Hr.
26	Practical : Yoga for diabetes	01 Hr.
27	Practical : Yoga Day Protocol	01 Hr.
28	Practical : Yoga for Asthma	01 Hr.
29	Practical : Yoga Day Protocol	01 Hr.
30	Practical : Yoga for HBP & LBP	01 Hr.
	Total Teaching Hours	30 Hrs.

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		List of enrolled students and attendance						
S.no	Name of the student	Program	6.5.22	7.5.22	8.5.22	9.5.22	10.5.22	11.5.22
1	Dr. Preeti Singh Solanki	DM	P	P	P	P	P	A
2	Dr. Arohi Gupta	DM	P	P	P	P	P	P
3	Dr. Shubham Gupta	M.Ch.	P	P	P	P	P	P
4	Tasaduk Hussain	BSc Nursing	P	P	P	P	P	P
5	Ujjawal Kumar	BSc Nursing	P	P	P	P	P	P
6	Furkan Ahmad	Neonatology	P	P	P	P	P	P
7	Gaurav Gautam	Neonatology	P	P	P	A	P	P
8	Himanshu Gupta	Neonatology	P	P	P	A	P	P
9	Jitendra Kumar Singh	Neonatology	P	A	P	P	P	P
10	Uma Shankar Gupta	Neonatology	P	P	P	P	P	P



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11	Vallepu Lata Priyanka	Neonatology	P	P	P	P	P	A
12	Kanika Arora	Neurology- otology	P	P	P	P	P	P
13	Nazrin Hameed	Neurology- otology	P	P	P	P	P	P
14	Akshita Patel	Ophthalmolog y	P	P	P	P	P	P
15	Alka Yadav	Pathology	P	P	P	A	P	P
16	Riti Yadav	Pathology	P	P	P	A	P	P
17	Bharati Dhankhar	Pediatric Gastroenterolo gy	P	A	P	P	P	P
18	Shikha Singh	Pediatric Gastroenterolo gy	P	P	P	A	P	P
19	Sneha Das Gupta	Pediatric Gastroenterolo gy	P	A	P	P	P	P
20	Tuhina Nagpal	Pediatric Gastroenterolo gy	P	P	P	A	P	P



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Speciality of Physical Medicine & Rehabilitation

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ACKNOWLEDGES THAT

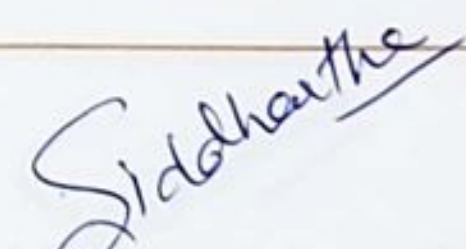
Ujjawal Kumar

HAS SUCCESSFULLY COMPLETED THE FOLLOWING VALUE ADDED
COURSE

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ACKNOWLEDGES THAT

Dr. Preeti Singh Solanki

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ACKNOWLEDGES THAT

Tasaduk Hussain

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Dr. Shubham Gupta

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ACKNOWLEDGES THAT

Dr. Arohi Gupta

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Siddhartha
Dr Siddhartha Rai

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