



International Day of Yoga, 2022

Theme: "Yoga for Humanity"

Lead Organization

Department of Hospital Administration

Sanjay Gandhi Post Graduate Institute of Medical Sciences

Raebareli Road, Lucknow, U. P. – 226014



## PROGRAM SCHEDULE

DATE: 21<sup>ST</sup> June, 2022

Time: 06:00 AM-07:00 AM

Theme: "YOGA for Humanity"

Timings	Schedule	Speaker
06:00 AM - 06:15 AM	Opening Remarks	<b>Dr. R. Harsvardhan</b> HoD, Hosp. Administration, SGPGIMS
	Welcome Note	<b>Dr. V. K. Paliwal</b> MS, SGPGIMS
	Importance of Yoga	<b>Dr. R. K. Dhiman</b> Director, SGPGIMS
06:15 AM - 06:20 AM	Warm-Up and Centering	
06:20 AM - 07:00 AM	Yoga Session	'Yoga Team' From:- <b>Isha Foundation, Lucknow Center.</b> ( An Organization by Sadhguru)
		<b>Dr. Gaurav Agarwal</b> CMS, SGPGIMS
07:00 AM - 07:05 AM	Valedictory Session	<b>Dr. K. D. Singh</b> SR, Hosp. Administration, SGPGIMS
07:05 AM onwards	Refreshments	<b>Dr. K. D. Singh</b> SR, Hosp. Administration, SGPGIMS

**\*Kindly bring your own Yoga mat/bedsheet and water bottle.**

  
**Dr. R. Harsvardhan**  
HoD, Hospital Administration  
SGPGIMS

For details, Please Contact:

**Organising Secretary: Dr. K. D. Singh: +91-8765986003**

**Co-organising Secretaries: Dr. Rashmi Singh: +91-87269998864**

**Dr. Swati Choudhari: +8318126435, Dr. Pragya Sonker: +91-798777488**

Department of Hospital Administration, New Library Building, 4<sup>th</sup> Floor, Sanjay Gandhi Post Graduate Institute of Medical Sciences,  
Raebareli Road, Lucknow, U. P., PIN- 226014

  
**Lt Col Varun Bajpai VSM**  
Executive Registrar  
SGPGIMS, Lucknow



International Day of Yoga, 2022.

Theme: 'Yoga for Humanity'

Lead Organization

Department of Hospital Administration

Sanjay Gandhi Post Graduate Institute of Medical Sciences

Raebareli Road, Lucknow, U. P. – 226014



## Theme: 'Yoga for Humanity'

- **Date:** 21<sup>st</sup> June, 2022, Tuesday
- **Timings:** 06:00 AM to 07:00 AM
- **Objective:** The primary purpose of staging such a large-scale event is to raise awareness among continuously pressured & overworked healthcare professionals about the various benefits of yoga as some meditation can empower them to persevere peacefully in the face of the most challenging aspects of their job. One may see substantial improvements not only in their professional life but also in other dimensions of life in terms of being tranquil, joyous & healthy.
- **Target Audience:** International Yoga Day Celebration is exclusively targeted for the Doctors, Residents, Administration Staff, Nursing staff, Technical staff, Security Personnel, Housekeeping staff and Attendants.
- **Description:** It is said in the Bible: "**Be still and know that I am God.**" In these few words lies the key to the science of Yoga. This ancient spiritual science **provides an expansive spiritual semantic framework of life** and offers a direct means of stilling the inherent turbulence of thoughts and restlessness of body which block us from recognising who we truly are. Today there is substantial medical and scientific evidence to show that the very fundamentals of the activity of our brain, our chemistry, and even our genetic content can be changed by practicing different systems of Yoga. The resolution notes "the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health."
- **Program In- Charge:** Dr. R. Harsvardhan, HoD, Deptt. of Hospital Administration, SGPGIMS
- **Venue:** Ground Floor, New Library Complex, SGPGIMS, Lucknow
- **Link to join online: Zoom joining link: To be Provided Soon**

**Dr. R. Harsvardhan**  
HoD, Hospital Administration  
SGPGIMS

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International Day of Yoga, 2022

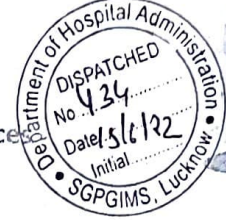
Theme: "Yoga for Humanity"

Lead Organization

Department of Hospital Administration

Sanjay Gandhi Post Graduate Institute of Medical Sciences

Raebareli Road, Lucknow, U. P. - 226014



SGPGI / HA / 434 / 2022

Date: 15-06-2022

To : Dr. R.K. Dhiman, Director

From: Dr. R. Harsvardhan, HoD, Hospital Administration

Sub.: Request to grace the occasion as guest of International Day of Yoga, slated on 21<sup>st</sup> June, 2022 reg.

Sir,

Greetings from Department of Hospital Administration!


With regard to the subject mentioned as above, we are pleased to share with you that, Department of Hospital Administration is organizing International Day of Yoga on **21<sup>st</sup> June 2022, Tuesday at Ground Floor, New library complex, SGPGIMS.**

The practice of Yoga aims to create union between body, mind and spirit, as well as between the individual self and universal consciousness. Yoga education helps in self-discipline and self-control, leading to immense amount of concentration and higher level of consciousness.

**The main objective of celebrating this day is to spread awareness** about yoga for ensuring better health and the regular practice of yoga and some meditation can equip the perpetually stressed and overworked healthcare professionals to calmly plough ahead in the face of the most challenging factors in their workplace. The Program Schedule is attached herewith as an enclosure to this letter.

We extend our sincere gratitude for having your consent to grace the occasion with your presence.

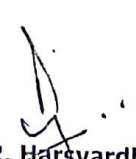
With warm regards!

  
Dr. R. Harsvardhan  
HoD, Hospital Administration

**Enclosure:** Program Schedule

**Copy:** For information

- o CMS
- o MS
- o Dr. R. Harsvardhan, HoD, Hospital Administration
- o O/o Head, Hospital Administration

  
Dr. R. Harsvardhan  
HoD, Hospital Administration

For details, Please Contact:

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Lt Col Varun Bajpai VSM  
Executive Registrar  
SGPGIMS Lucknow



International Day of Yoga, 2022

Theme: "Yoga for Humanity"

Lead Organization

Department of Hospital Administration

Sanjay Gandhi Post Graduate Institute of Medical Sciences

Raebareli Road, Lucknow, U. P. – 226014



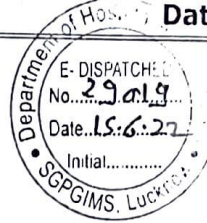
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SGPGI / HA / 433 / 2022

Date: 15-06-2022

From: Dr. R. Harsvardhan, HoD, Hospital Administration

To :  
: CMS/MS  
: Dean  
: All HoDs



Sub.: Request to grace the occasion on International Day of Yoga, slated on 21<sup>st</sup> June, 2022 reg.

Madam/Sir,

Greetings from Department of Hospital Administration!

With regard to the subject mentioned as above, we are pleased to share with you that, Department of Hospital Administration is organizing International Day of Yoga on **21<sup>st</sup> June 2022, Tuesday at Ground floor, New library Complex, SGPGIMS.**

The practice of Yoga aims to create union between body, mind and spirit, as well as between the individual self and universal consciousness. Yoga education helps in self-discipline and self-control, leading to immense amount of concentration and higher level of consciousness.

**The main objective of celebrating this day is to spread awareness** about yoga for ensuring better health and the regular practice of yoga and some meditation can equip the perpetually stressed and overworked healthcare professionals to calmly plough ahead in the face of the most challenging factors in their workplace. The Program Schedule is attached herewith as an enclosure to this letter.

We extend our sincere gratitude for having your consent to grace the occasion with your presence & also for the active participation from your respective departments.

We look forward to active participation from your department.

With warm regards!

**Dr. R. Harsvardhan**  
HoD, Hospital Administration

**Enclosure:** Program Schedule

**Copy:** For information

- o Director
- o CMS
- o Dr. R. Harsvardhan, HoD, Hospital Administration
- o O/o Head, Hospital Administration

**Dr. R. Harsvardhan**  
HoD, Hospital Administration

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**Varun**  
Lt Col Varun Bajpai VSM  
Executive Registrar  
SGPGIMS, Lucknow



**International Day of Yoga, 2022**

**Theme: "Yoga for Humanity"**

**Lead Organization**

**Department of Hospital Administration**

**Sanjay Gandhi Post Graduate Institute of Medical Sciences**

**Raebareli Road, Lucknow, U. P. – 226014**



## **PROGRAM SCHEDULE**

<b>DATE: 21<sup>st</sup> June, 2022 (Tuesday)</b>		<b>Time: 06:00 AM-07:00 AM</b>
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	<b>Welcome Note</b>	<b>Dr. V. K. Paliwal</b> MS, SGPGIMS
	<b>Importance of Yoga</b>	<b>Dr. R. K. Dhiman</b> Director, SGPGIMS
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06:20 AM - 07:00 AM	<b>Yoga Session</b>	<b>'Yoga Team'</b> From:- <b>Isha Foundation, Lucknow Center</b> <b>( An Organization by Sadhguru)</b>
07:00 AM - 07:05 AM	<b>Valedictory Session</b>	<b>Dr. Aditya Kapoor</b> CMS (Actg.), SGPGIMS
07:05 AM onwards	<b>Refreshments</b>	<b>Dr. K. D. Singh</b> SR, Hosp. Administration, SGPGIMS

**Venue: Ground Floor, New Library Complex, SGPGIMS, Lucknow**

**\*Kindly bring your own Yoga mat/bedsheet and water bottle.**

**Dr. R. Harsvardhan**  
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