

## **DETAILED REPORT - YOGABHYASA PROGRAM**

During the Program for the first year MBBS students by CYTER team led by Dr Ananda and Dr Meena. An introduction about AYUSH and Common Yoga Protocol (CYP) was given to the students as well as Yoga awareness program was conducted for medical students at Sri Balaji Vidyapeeth.

Similar programmes were also conducted for the Dental, Nursing and AHS students where students of IGIDS had been oriented to the significance of yoga, techniques of yoga and the introductory aspect of importance of yogic concepts and practices for every student in the HPE sector.

Yogabhyasa program as initiated with the valuable suggestion from Hon VC Prof. SC Parija since 20th September 2018. He brought this into existence with a framed structure for the Medical students. An inaugural program included introduction to importance of yoga to the medical students and a motivational speech by VC sir along with a group practice session wherein VC, faculty and students participated together. It was decided that the 250 first MBBS students would be divided into 5 batches of 50 students each. Each batch of 50 students participated in **one** yoga session every week, conducted by the yoga instructors of CYTER between 4.30 and 5.30 every evening at the College block. This training program was held throughout the academic year.

Student Evaluation will be done before and after the program to see the changes in understanding the practical & theoretical aspects on Yoga & Yoga therapy. 70 percentages of people liked the content of the course. 50 percent of people like to have future programme like this. 40% people wants to improve the number of sessions. Overall feedback was excellent and they feel energetic and stress free



