



Summary report

on

8th International Yoga Day Celebration (IDY 2022)

Date: 21.06.2022

All India Institute of Medical Sciences, Rajkot, celebrated the 8th International Day of Yoga (IDY), on 21.06.2022, with the heartiest blessings of our patron and mentor, Executive Director, AIIMS, Rajkot, Dr. (Retd.) Col. CDS Katoch who was also the Chief Guest for the occasion.

The theme this year is “Yoga for Humanity”

The event arrangements were made in the open ground area near the OPD building in the AIIMS permanent campus, Khanderi, where yoga mats and carpets were spread, in order to provide comfortable seating for approximately 200 people at a time. The event started at 7.00 A.M. after the arrival of the chief guest Executive Director, AIIMS, Rajkot, Dr. (Retd.) Col. CDS Katoch, his wife Dr. (Major) Shashi Katoch and Deputy Director (Admin) Col. Puneet Kumar Arora. The Yoga facilitator for the day was Dr. Gaurang Vyas & his efficient, well-trained team.

The Convener for the event was Dr. Pradip Barde, Cultural committee Incharge. Dr. Kunal Deokar (Assistant Professor, Pulmonary Medicine) and Dr. Anita Motiani (Assistant Professor, Biochemistry) anchored the whole program. The commencement of the event was done with a welcome address by Dr. Vivek Kumar Sharma, Incharge Dean (Academics) & Professor & Head, Department of Physiology who briefed everybody about the various yoga activities & events that took place in the last one month in AIIMS, Rajkot as a part of the sensitization & awareness program for Yoga as part of a healthy lifestyle.



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The list of the various events that happened is as follows:

Date	Day	Time	Event
28.04.22	Thursday	4.00 PM-5.00 PM	Inauguration of 8 th IDY celebration Sensitization Program IDY 2022 Webinar on “Yoga & it’s importance for healthy life” By- Dr. Gaurang Vyas & his team
29.04.22	Friday	5.30 PM–6.00 PM	Online yoga session by certified yoga trainer
06.05.22	Friday	5.30 PM–6.00 PM	Online yoga session by certified yoga trainer
12.05.22	Thursday	5.00 PM-6.00 PM	Expert talk on “Why, what & how of meditation, relevant to medical students” By- Dr. Rahul Mehrotra
13.05.22	Friday	5.30 PM–6.00 PM	Online yoga session by certified yoga trainer
20.05.22	Friday	5.30 PM–6.00 PM	Online yoga session by certified yoga trainer
26.05.22	Thursday	5.00 PM-6.00 PM	Expert talk on “Ashtanga Yoga” followed by practical session By- Dr. Ananda Balayogi Bhavanani
27.05.22	Friday	5.30 PM–6.00 PM	Online yoga session by certified yoga trainer
03.06.22	Friday	5.30 PM–6.00 PM	Online yoga session by certified yoga trainer
09.06.22	Thursday	5.00 PM-6.00 PM	Talks by eminent yoga experts By- Dr. Senthil Kumar S
10.06.22	Friday	5.30 PM–6.00 PM	Online yoga session by certified yoga trainer
17.06.22	Friday	5.30 PM–6.00 PM	Online yoga session by certified yoga trainer

It was then followed by a warm introduction and welcome of Dr. Gaurang Vyas by Dr. Pradip Barde, Incharge Cultural Committee & Associate Professor, Department of Physiology. The Yoga session began after this, that lasted for 30 minutes & comprised of certain basic ‘asanas’ that were deftly demonstrated by Dr. Gaurang’s team. The session consisted of: Prarthana, Sukshma Vyayam,



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asanas in standing, sitting, supine & prone positions like – Tadasana, Vrukshasana, Vajrasana, Pawan Muktasana etc. Then a session of Pranayama was conducted with Kapalbhathi, Anulom-vilom & Bhramari. It concluded with chanting of “Omkara” & prayer.

It was then followed by a rejuvenating session of Heartfulness & meditation with guided relaxation & mind focusing suggestions conducted by Dr. Vivek Kumar Sharma that infused the environment with serenity & calmness & helped everyone to achieve a state of deep relaxation.

Next came the inspiring & motivating speech of Executive Director sir which adorned the occasion further. He then felicitated Dr. Gaurang and his team by presenting a Memento as a token of appreciation & gratitude. He was joined by Incharge Dean (Academics), Dr. Vivek Kumar Sharma.

The last highlight of the day was Prize distribution ceremony. In the month of May, a cultural & sports event was organized for the students & faculty in AIIMS, Rajkot. The event was named “Exordium” and lasted for three days (06.05.22 to 08.05.22). The certificates, medals & trophies were presented to student & faculty winners of various events by ED sir, DDA sir, Incharge Dean (Academics), and all Heads of the various departments.

Last but not the least, the vote of thanks was proposed by Dr. Sanjay Singhal, Associate Dean (Academics) & Associate Professor, Department of Pulmonary Medicine, followed by National Anthem, group photographs & a small healthy refreshments. He also appreciated the efforts made by Dr. Anita, Dr. Utsav, Dr. Mayank C., Dr. Vivek M., Dr. Rajesh K. during the smooth conduct of one and half month of program at AIIMS Rajkot

Further, it is worthy of mentioning that on the occasion of 8th IDY, 2022, AIIMS. Rajkot also released a special bulletin on Yoga, prepared by the Department of Physiology, highlighting scientific advantage of yoga over routine exercise on mind and body.



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Department of Physiology

[E-Bulletin]

YOGA INSIGHT
JUNE 2022



Is Yoga merely an Exercise?



VS





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A glimpse of 8th International Yoga Day Celebration





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