

Best Practice-2

Title Of the Practice: Therapeutic Yoga

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Registrar

Objectives of the Practice

Yoga, an age-old system of mental, physical, and spiritual exercises, has been passed down through generations. It encompasses breathing techniques, physical postures, relaxation, chanting, and meditation, offering diverse approaches to achieving holistic well-being. At DPU, the objectives of yoga practice are:

- **Promoting regular yoga practice** among students, faculty, and administrative staff.
- Providing **free, evidence-based yoga therapy** to prevent and treat various illnesses.
- Enhancing quality of life through **counseling services** for community members and all stakeholders.
- Developing the **knowledge, skills, and attitudes** of students and healthcare professionals through yoga training and education.
- Fostering academic exchange and sharing yoga practices with peers **locally, nationally, and globally**.

The Context

Yoga forms an integral part of India's cultural and intellectual heritage. India's establishment of **International Yoga Day** on June 21 reflects its commitment to promoting yoga globally. At DPU, therapeutic yoga is utilized to address medical conditions and improve structural, physiological, and mental health while alleviating pain and suffering. Techniques such as **asanas, pranayama, kriyas, bandhas, and meditation** are employed to enhance mental and physical resilience.

Regular yoga practice improves **mobility, flexibility, breathing, circulation, digestion, and excretion**, fostering overall health and well-being. With the guidance of qualified faculty, DPU integrates evidence-based and traditional yoga therapies to support patient recovery. The **Swasthavritta and Yoga OPD** at the Ayurveda College exemplifies the successful application of these practices.

Combining **panchakarma, yoga therapy, Ayurveda**, and emergency allopathic care has accelerated recovery for many patients at DPU. Therapeutic yoga has also proven effective in managing pain, reducing long-term complications, and preventing relapses in chronic illnesses.

The Practice

DPU has implemented systematic measures to promote yoga practice and foster a yoga culture within its community. These measures include:

- Establishing a **well-equipped Yoga Centre** offering high-quality therapeutic services.
- Engaging doctors to consult with **IPD patients daily** and refer them to the Yoga Centre.
- Providing personalized yoga guidance from the Yoga Department based on patient diagnoses.
- Ensuring that patients practice yoga under **expert supervision**.
- Collecting daily patient feedback to refine therapy approaches.
- Offering **free therapeutic yoga sessions** to all patients.
- Customizing yoga regimens for individual patients using **scientific, evidence-based methods**, tailored to their condition, body type, and medical history.
- Introducing **value-added yoga courses** for students across disciplines.
- Conducting regular yoga sessions for patients and stakeholders, led by trained faculty members.

Evidence of Success

DPU has actively participated in initiatives to promote fitness and healthy living. For instance:

- **The Ministry of AYUSH's 75 Crore Surya Namaskar Initiative:** Between January 10 and February 2, 2022, DPU and its constituent units contributed significantly to this program as part of **Azadi ka Amrit Mahotsav**, commemorating 75 years of India's independence.
- **National Health Policy 2017:** In alignment with its recommendations to integrate yoga into schools and workplaces, DPU has successfully established a yoga culture, fostering physical fitness and mental well-being across its community.
- Grant of 6 lakh received for Organizing CME (6days) for Yoga Teachers from Department of AYUSH Ministry, New Delhi, India.

- DPU has received Rs.11lakh Grant from Central Council for Research in Yoga and Naturopathy (CCRYN) New Delhi on International Day of Yoga (IDY).
- DPU actively participates in yoga promotion, propagation, and community activities in collaboration with CCRYN and AYUSH Ministry
- 100 days yoga program was conducted by DPU as per the guidelines of AYUSH Ministry. The awareness program constituted guest lectures for community and stake holders, suryanamaskara competitions, yoga poster competition/ rallies/Yoga at Historic Place / morning sessions
- Within a year of its establishment in Year 2018, 'Yoga Center' number of patients have been treated: 79(2018), 1583(2019), 635 (2020) , 521(2021) 1425(2022), 599(2023) have undergone yoga therapy. The aim was to create a culture of fitness and promote a healthy lifestyle through the practice of Yogasana.
- Considering the importance of yoga, DPU has included yoga as a part of curriculum of 1st year of Bachelor of Physiotherapy (BPT) and implemented the guidelines laid down by National Medical Council (NMC) that has included yoga as a part of competency based medical curriculum (CBME) of 1st year medical graduates.
- Dr. Santosh Kamble received 'National Swasthavritta and Yoga Excellence Award' at National Conference organized by National Ayurveda Teacher's Association for propagation and developing yoga professionals in society.
- Dr. Urmila Shirke Received Best Teacher National award 'FUTURE OF AYURVEDA 2050' in the subject of Swastha Vrittha (PG) for the year 2023.



International Yoga Day Celebration 2024:

International Day of Yoga celebrated as per the letter of Ministry of AYUSH,
Government of India (D.O. No. M-16011/27/2024YN-Media Dated 11/06/2024),
June/2024/Ayu 2/6827 Dated 13/06/2024), NCISM (File No - BOA/20-28 /2023-

Regn. Dated 14/06/2024) and instructions given by Registrar, Dr. D.Y. Patil Vidyapeeth
(Deemed to be University), Pimpri, Pune as per letter Ref. No. DYPCARC/507/2024
Dated 15/06/2024.

Dr. D.Y. Patil College of Ayurved and Research Centre, Pimpri, Pune and all constituents
colleges of DPU have conducted various Yoga activities on 10th International Day of Yoga
2024.

1. Yoga Reels Competition for UG and PG Students

The Swasthavritta and Yoga Department of Dr. D.Y. Patil College of Ayurved and Research
Centre, Pimpri, Pune, organized a **Yoga Reels Competition** for UG and PG students on **June
19, 2024**, to commemorate the International Day of Yoga 2024. This event was an IQAC
initiative aligned with **Sustainable Development Goal (SDG) 3: Good Health and Well-
being**. A total of **16 entries** were received.

The competition was coordinated by **Dr. Jyotsna Yadav**, Associate Professor of the
Swasthavritta and Yoga Department. Renowned judges **Dr. Asmita Wele** and **Dr. Yogesh
Kutte** evaluated the rhythmic and artistic performances. Three winners were selected and
awarded trophies and certificates, while all participants received e-certificates.

Winners:

1. **Ishika Sabale** (B.A.M.S. II Year)
2. **Nandini Garg** (B.A.M.S. II Year)
3. **Mayur Pawar and Group** (B.A.M.S. I Year)

2. Yoga Rally

On **June 20, 2024**, a **Yoga Rally** was conducted as an IQAC initiative to promote **SDG 3: Good Health and Well-being** and **SDG 5: Gender Equality**. The event followed directives from the Ministry of AYUSH, Government of India.

Teaching staff and UG/PG students at the college actively participated, joined by the **Honorable Vice-Chancellor Dr. N.J. Pawar** and **Registrar Dr. Narendra Kadu**, who graced the occasion. The rally, which began at 11:00 a.m. from the college campus and proceeded to Mahesh Nagar, aimed to promote yoga and empower women.

The program was coordinated by **Dr. Santosh Kamble**, Associate Professor of the Swasthavritta and Yoga Department, with **130 participants** comprising teaching staff, UG, and PG students.

3. Mass Demonstration of Common Yoga Protocol

The **Yoga Morning Session** on **June 21, 2024**, commenced at 7:30 a.m. under the auspices of the **Vice-Chancellor Dr. N.J. Pawar**, **Registrar Dr. Narendra Kadu**, **Director Dr. A.N. Suryakar**, and **Principal Dr. G.H. Yeola**, as per the Ministry of AYUSH guidelines.

This year's theme, **“Yoga for Self and Society”**, was emphasized through a series of activities. Highlights included:

- **Musical Yoga Demonstrations by:**

1. **Ishika Sabale** (B.A.M.S. II Year)
2. **Dr. Shweta Langhe** (PG Student, Swasthavritta and Yoga Department)
3. **Dr. Arti Darvajkar** (PG Student, Swasthavritta and Yoga Department)

These performances showcased how yoga serves as a tool for women's empowerment. The session was coordinated by **Mrs. Shalinee Yede**, Yoga Instructor, Swasthavritta and Yoga Department.

4. Harmonious Mass Yoga Demonstration and Prize Distribution Ceremony

A **mass yoga demonstration** was held on **June 21, 2024**, from 7:30 a.m. to 8:15 a.m., led by **Mrs. Shalinee Yede**, Yoga Instructor. The 45-minute session concluded with a **Sankalpa** and

Shanti Path at the college campus. Demonstrators **Devika Rao** and **Nandini Garg** (B.A.M.S. II Year) captivated the audience.

The event saw participation from **250 individuals**, including students, faculty, patients, and members of the public from various constituent colleges of Dr. D.Y. Patil Vidyapeeth.

Following the demonstration, a **prize distribution ceremony** was held to honor winners of the Yoga Reels Competition and other yoga activities. The program was anchored by **Mrs. Shalinee Yede** and **Dr. Nidhi Khindri**, a final-year PG student.

Additional Highlights:

- A colorful rangoli at the entrance, crafted by **Pranjali Thawkar**, **Tejal Agrawal** (B.A.M.S. II Year), and **Dr. Surabhi Chaudhary** (PG Student).
- Esteemed dignitaries in attendance included the Vice-Chancellor, Registrar, Directors, Deans, Principals, and staff from various colleges of Dr. D.Y. Patil Vidyapeeth.

The program concluded with a **vote of thanks** and was organized under the guidance of **Principal Dr. Gunvant Yeola**, **Dy. Registrar Mr. Mohite**, and **HOD Dr. Urmila Shirke**, with assistance from **Dr. Santosh Kamble**, **Dr. Jyotsna Yadav**, **Dr. Manisha Thakare**, **Dr. Sarita Murade**, and PG students of the Swasthavritta and Yoga Department.

Total patients treated with Therapeutic Yoga from Aug-2023 to July-2024:

Month	Year	No: Of Patients
August	2023	68
September	2023	50
October	2023	20
November	2023	29
December	2023	89
January	2024	30
February	2024	35
March	2024	58
April	2024	32
May	2024	59
June	2024	41
July	2024	38
Total No. of Beneficiaries = 549		

Glimpses of Yoga Activity conducted at DPU: