

# Yoga *se* Hoga



Mahatma Gandhi Hospital, Jaipur

Yoga Instructor – Urvashi

Certified Trainer by Ministry of AYUSH

Join Zoom Meeting

Date

June 21 – 27, 2021

Time

06:45 – 08:00 am

<https://zoom.us/j/99674376344?pwd=WDdVek1PTFJWcnNCUFVMMHN4YjVhQT09>

Meeting ID: 996 7437 6344; Passcode: 829251



# beating stress together



**Dr. Vikas Swarankar**  
Chairman



**Dr. M.L. Swarankar**  
Emeritus Chairman



**Mr. R.R. Soni**  
Managing Trustee



**Dr. Shobhit Swarankar**  
Director Hospital Administration



**Dr. Sudhir Sachdev**  
Vice-Chancellor



**Dr. G.N. Saxena**  
Pro-Vice-Chancellor



**Dr. A.K. Sharma**  
Registrar



**Dr. Swati Garg**  
Principal & Controller



**Dr. Lalit Mohan Sharma**  
Program Coordinator

## Know Your Trainer

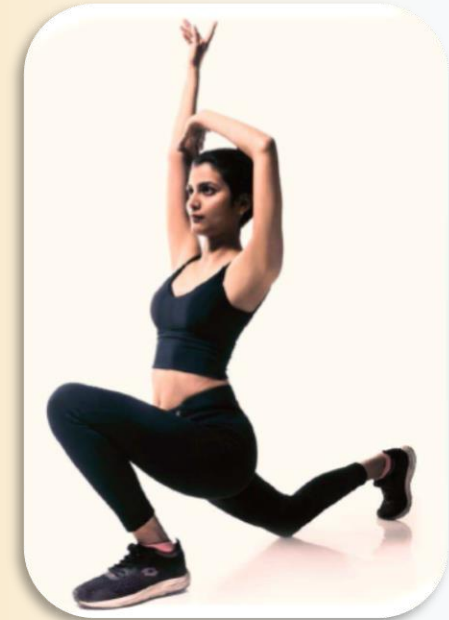


- Urvashi has a rich experience in conducting Wellness Services to various healthcare organizations.
- Learn about Workplace Wellness, Desk Yoga, Rapid Yoga, Computer Ergonomics & Chair Yoga, Power Yoga, Yoga OPD, Therapeutic Yoga, Meditation & Stress Management, Mindfulness Sessions, Yogic Diet Management, Weight Management etc
- Urvashi has received various Awards. She is a certified instructor from the Ministry of Ayush, Govt. of India .She conducted many workshops and sessions for several corporate and Hospitals.

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## General Instructions

- Participants are advised to wear loose, comfortable clothing for session.
- We recommend to stay empty stomach (no eating) 2 ½ to 3 hours prior to sessions.
- Participants with physical or health complications should seek medical advice before beginning the sessions.
- Yoga is safe and beneficial but like any other health program it needs to be practiced judiciously, correctly and cautiously.



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Day	Program	Details
<b>June 21</b> (Can be done on Chair or Standing)  <b>6:45 – 8:00 am</b>	Health Awareness & Motivation	Introduction to Yoga
	Health & Lifestyle	Understanding components of Health, check your health in 10 seconds, Integration of health in lifestyle
	Ergonomics & Chair Yoga	Exercises for eyes, neck, shoulders and back sitting on chair
	One Minute to Fitness	Learning short exercises of 1-5 minutes for good health
	Laughter	To increase immunity, reduce stress, weight loss
Question & Answer		
<b>June 22</b> (Require Yoga Mat)  <b>7:00 – 8:00 am</b>	Avoiding and handling Cervical Spondylosis	Exercises for neck shoulders and upper back
	Back Pain	Exercises for lower back pain, increasing flexibility & strength of back
	Breathing	Importance of breathing in Yoga, correct way of breathing
Question & Answer		
<b>June 23</b> (Require Yoga Mat)  <b>7:00 – 8:00 am</b>	Stomach Ailments	Therapeutic Asanas to control and avoid constipation, indigestion & gastric issues
	Reducing Tummy	Asanas for reduction of tummy fat
Question & Answer		

# Yoga se Hoga



Day	Program	Details
<b>June 24</b> (Require Yoga Mat)  <b>7:00 – 8:00 am</b>	Surya Namaskar	Introduction Precautions and correct procedure
	Bandhas	Introduction to different Bandhas like Uddyan, Jalandhar and Mool
	Pranayam	Understanding Pranayam – technique and procedure
	Question & Answer	
<b>June 25</b> (Require Yoga Mat)  <b>7:00 – 8:00 am</b>	Stress management	Understanding stress and reasons
	Relaxation	Learning simple techniques of meditation
	Yoga Nidra	Yogic sleep, a state of conscious deep sleep for extreme relaxation
Question & Answer		
<b>June 26</b> (Require Yoga Mat)  <b>7:00 – 8:00 am</b>	Weight Loss	Understand reasons for gain and how to lose it by simple principles, integrating weight loss activities in daily life
	Practice	Practice weight loss exercises with emphasis on breathing & cardio exercises
	Diet Management	Diet according to Ancient Principles ( Satvik, Rajsik and Tamsik)
Question & Answer		
<b>June 27</b> (Require Yoga Mat)  <b>7:00 – 8:00 am</b>	Laughter Yoga	Practice different laughter, benefits of laughter
	Revise	Briefly revise all exercises
	Follow Up	Conclusion (continuing practice)
	Open discussion	