

BEST PRACTICE - 2

1. TITLE OF THE PRACTICE - THERAPEUTIC YOGA

2. Objectives of the practice:

Yoga is an ancient system of physical, mental and spiritual practices that have been passed down through the generations from teacher to student. Yogic practices include breathing techniques, postures, relaxation, chanting, and other meditation methods. There are many different styles of yoga, each with their own unique focus and approach to creating a unitive state. The objectives for practicing yoga at DPU are to:

- Sensitize the students, faculty and administrative staff for regular Yoga practices.
- Provide cost free classical and scientific yoga treatments for prevention and cure of diseases in patients.
- Improve quality of life by providing counseling services to all the stake holders and community.
- Develop knowledge, skills and attitude regarding Yoga practices among students and Health professionals through education and training.
- Share Yoga experience with other States/National and International academic community.

3. The Context:

Yoga is a part of the Indian heritage and knowledge system. India is pioneer in introducing 'International Yoga Day'(21st June), for propagating yoga across the world. DPU being Health Science University is offering Therapeutic yoga postures and practices for treatment of health conditions to prevent structural, physiological, emotional, pain and suffering. Yoga practices like asanas, pranayams, kriyas, bandhas, meditation and gentle stretching are practiced to strengthen the

muscles and mind. Training helps in improving mobility, flexibility, respiration, circulation, digestion and elimination. The regular practice of yoga has helped in promoting general sense of wellbeing and good health. Various science-based, evidence-based and classical yoga therapies have been effectively utilized in different cases to ensure maximum recovery of the patients, with the help of trained faculty from DPU. The scientific advice and implementation of therapeutic yoga practices have been effectively adopted through ‘Swasthavritta and Yoga’ OPD in Ayurveda College. This context has generated the initiation of Therapeutic Yoga for Patients in DPU.

At DPU higher recovery rates have been achieved in several patients by following combination of ayurveda, panchakarma/ yoga therapy and emergency intervention through allopathy. Yoga therapy is found to be effective in pain relief and prevention of further damage and recurrence in challenging chronic diseases and rehabilitation.

4. The Practice:

In order to develop and create Yoga Culture amongst students, faculty and society, systematic steps were taken to establish ‘Yoga Centre and Department’ and committees, to evolve strategy for promoting Yoga. This includes:

- Well-equipped Yoga Centre serving the patients for quality care.
- IPD Patients are referred to yoga center everyday morning by consulting physicians along with diagnosis.
- As per patient’s diagnosis yoga instructor of yoga department advises and guides about yoga therapy.
- Patients practice and perform yoga under supervision.
- Daily feedback is taken from the patients.
- The therapeutic yoga activity is totally free of cost for the patients.
- The evidence-based scientific Yoga protocols are personalized for each patient according to their disease, body type and relevant clinical history.
- The value-added course across all faculties have been introduced at DPU for students and faculty.

- The faculty members who have been trained are given the responsibilities to conduct regular sessions both for patients and stake holders of DPU.

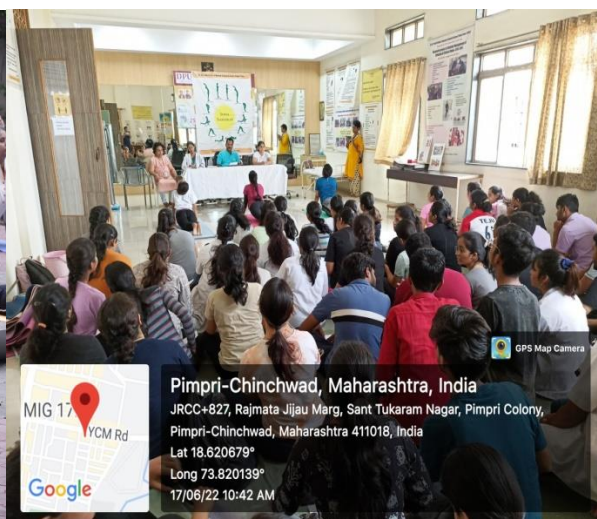
5. Evidence of Success:

With the aim to create a culture of fitness and promote a healthy lifestyle through the practice of Yogasana, the Ministry of AYUSH launched the 75 crore Suryanamaskar Initiative for 21 days (between 10/01/2022 to 02/02/2022). The programme was launched in line with the tribute to 75 years of India's independence "Azadi ka Amrit Mahotsav". DPU and its constituent units have also participated actively in this national initiative. In order to leverage a proper health care legacy, the National Health Policy 2017 recommended introduction of Yoga in school and at workplaces as part of promotion of good health. As a result:

- Grant of 6 lakh received for Organizing CME (6days) for Yoga Teachers from Department of AYUSH Ministry, New Delhi, India.
- DPU has received Rs. 1 lakh Grant from Central Council for Research in Yoga and Naturopathy (CCRYN) New Delhi on the occasion of 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) and 1425 (2022) 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 Association for propagation and developing yoga professionals in society.

Glimpses of Yoga Activity conducted at DPU:





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6. Problems encountered:

Though Yoga is well established traditional treatment therapy some people have witnessed common adverse effects as below:

- (i) Pain and soreness
- (ii) Muscle injuries
- (iii) Fatigue.

The other common barriers of practicing yoga include:

- Lack of time and knowledge about yoga benefits.
- People feel that there is no need of doing yoga as they are doing other exercises.
- Online Yoga Therapy class is not effective as physical classes.



Dr. D. Y. Patil Vidyapeeth, Pune
(Deemed to be University)

Accredited (3rd Cycle) by NAAC with a CGPA of 3.64 on a four point scale at A++ Grade)
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These problems can be overcome by proper counseling of the patients and explaining the benefits of practicing yoga at the time of consultation. Awareness camps are organized to bring forward the benefits of yoga and its role in chronic illnesses.

This is to certify that the above document has been verified.

Dr. A.N. Suryakar

Registrar