

BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)
Homoeopathic Medical College & Hospital
Pune Satara Road, Pune 411043

YOGA FOR HEALTH PROMOTION

- **Organized by** :BVDU HMC & RC
- **Duration:** 30 hours (From 1/4/2024 to 30/4/2024)
- **Time:** Practical-08:00 am to 09:00am, Theory- 3.45pm to 4.45pm
- **Faculty for Yoga--** Dr Kirti Bhati (Professor & HOD Swasthavritta & Yoga)
- **Students-** I B.H.M.S (2022-2023)
- **Number of students attended-** 99
- **About the event::**

The syllabus of Yoga for health promotion, Subject Code: HomUG-Yoga1 for the 1st BHMS students (Academic Year 2022-2023) include the basic concept of Yoga and its philosophy, with a clear idea of the different section of asana, pranayama, kriya and meditation. Total 30 hours of class were conducted including practical training. The students were trained for understanding the relationship between Yoga and Homoeopathy in a holistic approach, and the point of application of yoga in part of treatment.

Total 99 students of first year B.H.M.S. have completed YOGA.



IBHMS 2022-2023 Theory Yoga



IBHMS 2022-2023 Practical Yoga