

First 'AIIMS Introductory Workshop on Yogic Exercises'

6th to 10th May 2014, AIIMS-Raipur

Brief Report

First 'AIIMS Introductory Workshop on Yogic Exercises' for faculty and students of AIIMS-Raipur was held from 6th to 10th May 2014. This workshop was conducted by AIIMS Raipur in collaboration with School Of Studies in Physical Education Pandit Ravishankar Shukla University, Raipur.

The workshop was inaugurated by Prof. (Dr) S. P. Dhaneria, Dean, AIIMS, Raipur. In his inaugural remark he emphasized the importance of learning and practicing the yogic techniques. Further he emphasized that AIIMS, Raipur is committed to conduct and promote these kinds of exercise workshops for the benefit of students, faculties and common people. The inaugural session was compared by Dr Soumitra Trivedi.

The workshop was attended by 38 participants comprising of faculties and students of AIIMS Raipur which was held at AIIMS-Raipur from 4:30 PM to 6:00 PM for five days. The workshop was conducted by master trainer and yoga expert Dr Rajeev Choudhary, Prof. Deptt. of Physical Education Pt. RSU Raipur, whereas the demonstrations were given by Dr Avinash Ingle, Associate Prof. Deptt. of Physiology, AIIMS-Raipur.

The closing ceremony was attended by Prof (Dr) Nitin Nagarkar, Director AIIMS-Raipur. On this occasion he appreciated the initiative taken by organising committee to organize such kinds of workshops and assured that the proper place will be provided in the premises exclusively for conducting Yoga and exercise activities on daily basis.

Prof. (Dr) Nitin Nagarkar, Director AIIMS-Raipur thanked and felicitated Prof. (Dr) Rajeev Choudhary for teaching the perfect, scientific and systematic way of exercise to the participants. The organising secretary, Dr Avinash Ingle, Associate Professor Deptt of Physiology, thanked Dean, Deputy Director admin, Financial adviser AIIMS-Raipur for their kind support for smooth conduction of the workshop.

Along with Dr Avinash Ingle, Dr Tej Prakash Sinha, Asst Prof. Deptt. of Trauma & Emergency Medicine, Dr Ripudaman Arora, Asst Prof. Deptt. Of ENT, Dr Soumitra Trivedi Asst Prof. Deptt. Of Anatomy, Dr Amit Bughaliya Asst Prof. Deptt. Of Pathology co ordinate the workshop.

At the end of the workshop the participants gave their valuable feedback, most of them felt that this introductory workshop was very helpful and such kind of workshops on Yogic exercises should be conducted on regular basis.