



Eklavya A. B. V. J. J. Va. M. Sevabhavi Sanstha's Sanchalit

ASHVIN RURAL AYURVED COLLEGE & HOSPITAL

Sadvi Preetisudhaji Maharaj Nagar, Manchi Hill, Ashvi Bk., Tal. Sangamner,
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Report on Lecture

The Effect of Yoga and Asanas in Non-Communicable Diseases by
Dr. Bhavana Gangurde

Date:10 April 2024

Speaker: Dr. Bhavana Gangurde, Professor of Swasthavritta and Yoga & Head of Siddhakala Ayurved College, Sangmaner.

Organised by- Dr. Deepa Bhanage Mam (HOD Swasthavritta Dept.) & Dr. Jyoti Choure. (Swasthavritta Department of Ashwin Rural Ayurved College, Manchi Hill, Sangamner).

Participants- 70 BAMS Students and total 19 teachers.

Introduction:

Dr. Bhavana Gangurde, an esteemed expert in Swasthavritta and Yoga, delivered an insightful lecture on the impact of Yoga and Asanas on non-communicable diseases (NCDs). The session focused on how regular practice of Yoga can contribute to the management and prevention of NCDs, which are increasingly prevalent in contemporary society.

Key Points Covered:

1. Understanding Non-Communicable Diseases:

- NCDs include chronic conditions such as cardiovascular diseases, diabetes, chronic respiratory diseases, and cancer.
- These diseases are often linked to lifestyle factors and can be exacerbated by physical inactivity, poor diet, and high stress levels.

2. Yoga as a Holistic Approach:

- Yoga is presented as a holistic practice integrating physical postures (asanas), breath control (pranayama), meditation, and ethical principles.
- The lecture emphasized the role of Yoga in promoting overall well-being, improving mental health, and enhancing physical fitness.



3. Benefits of Yoga and Asanas:

- Cardiovascular Health: Yoga helps in lowering blood pressure, improving circulation, and reducing the risk of heart disease through relaxation techniques and improved physical conditioning.
- Diabetes Management: Specific asanas can aid in regulating blood sugar levels and improving insulin sensitivity.
- Respiratory Health: Pranayama exercises enhance lung capacity and improve respiratory function.
- Mental Health: Yoga practices help in reducing stress, anxiety, and depression, which are often associated with chronic diseases.

4. Scientific Evidence:

- Dr. Gangurde presented various studies and clinical trials demonstrating the positive effects of Yoga on NCDs.
- Evidence includes improvements in biomarkers such as blood pressure, blood glucose levels, and cholesterol profiles, as well as qualitative improvements in patients' quality of life.

5. Practical Applications:

- The lecture included practical tips for incorporating Yoga into daily routines, emphasizing the importance of consistency and gradual progression.
- Specific asanas and practices were recommended for different health conditions, along with guidelines for beginners.

6. Case Studies and Success Stories:

- Real-life case studies highlighted successful management and improvement in patients with NCDs through Yoga practice.
- Dr. Gangurde shared testimonials from individuals who experienced significant health benefits.

Conclusion:

Dr. Bhavana Gangurde's lecture underscored the importance of integrating Yoga and asanas into lifestyle management strategies for non-communicable diseases. By emphasizing a holistic approach to health, Yoga offers a complementary method to conventional medical treatments, potentially enhancing overall outcomes and quality of life.

Recommendations:

- Incorporation into Healthcare Plans: Healthcare professionals should consider recommending Yoga as part of a comprehensive treatment plan for patients with NCDs.



- Further Research: Continued research and clinical trials are encouraged to further validate the benefits of Yoga and refine specific practices for different health conditions.

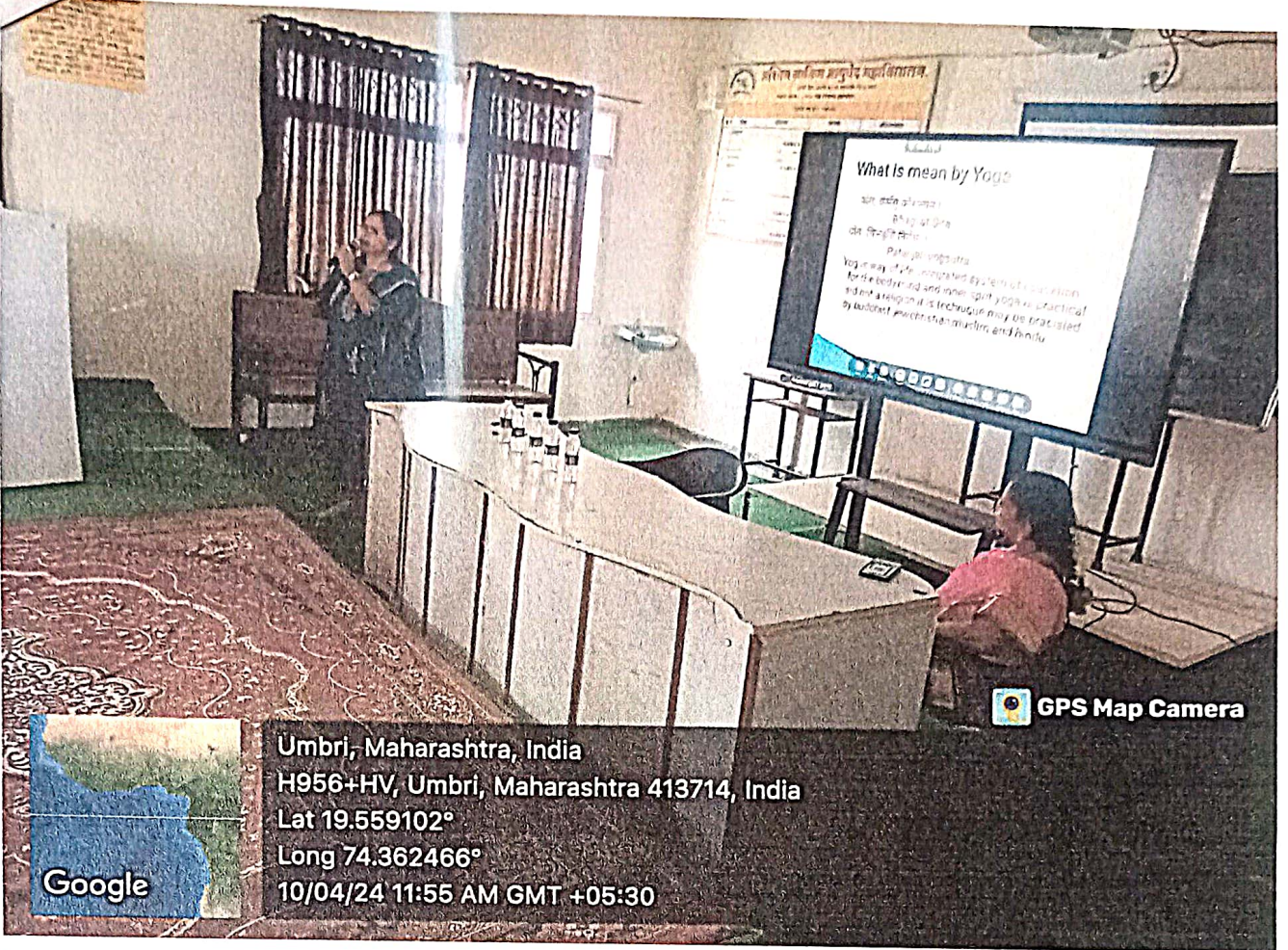
- Public Awareness: Increasing awareness about the benefits of Yoga for NCD management can help in promoting healthier lifestyles and preventive care.

The lecture provided valuable insights into how Yoga can serve as a beneficial adjunct to traditional medical practices in managing non-communicable diseases.




Principal

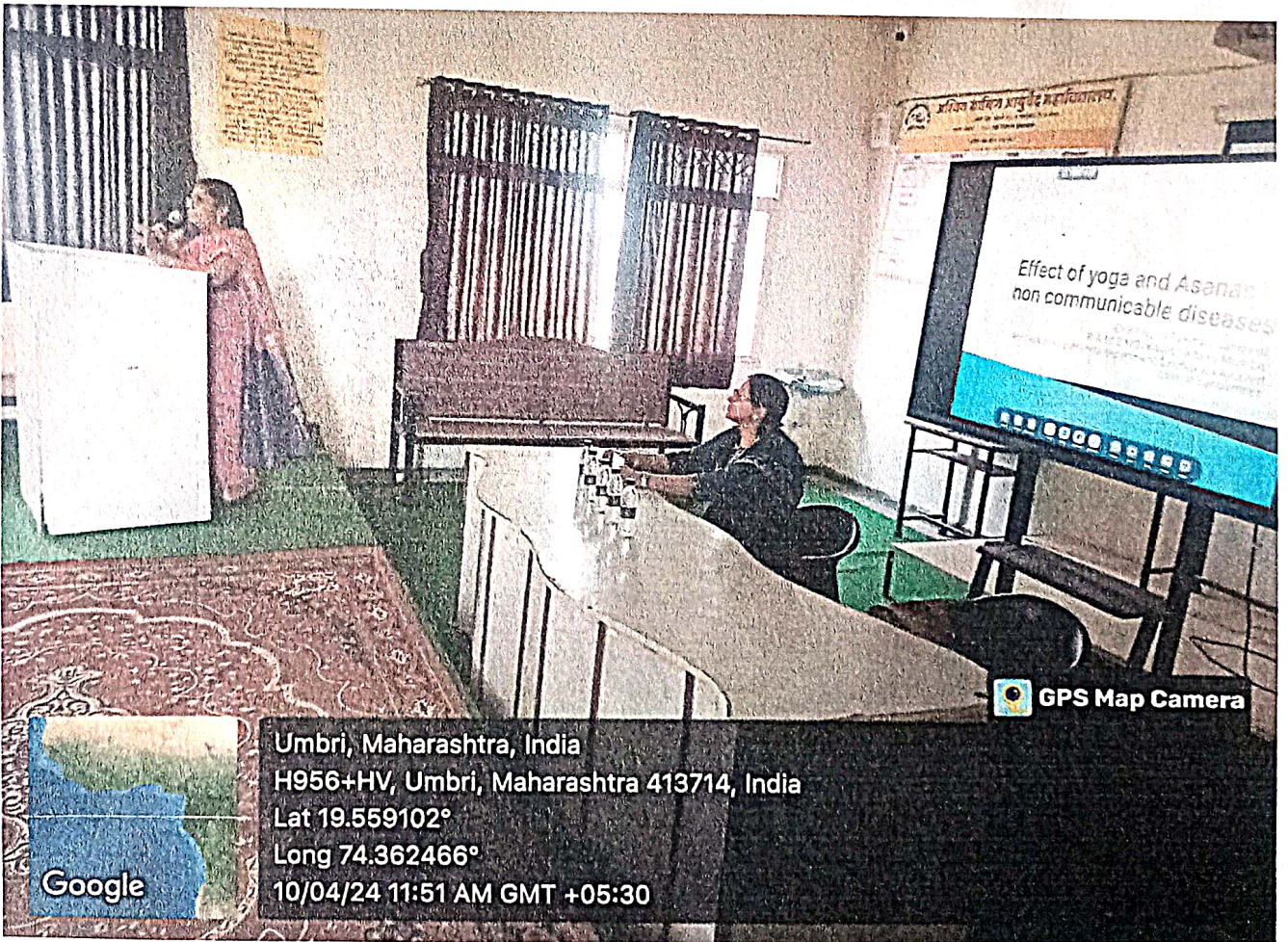
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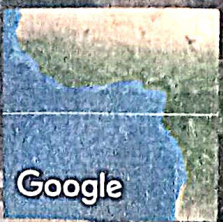


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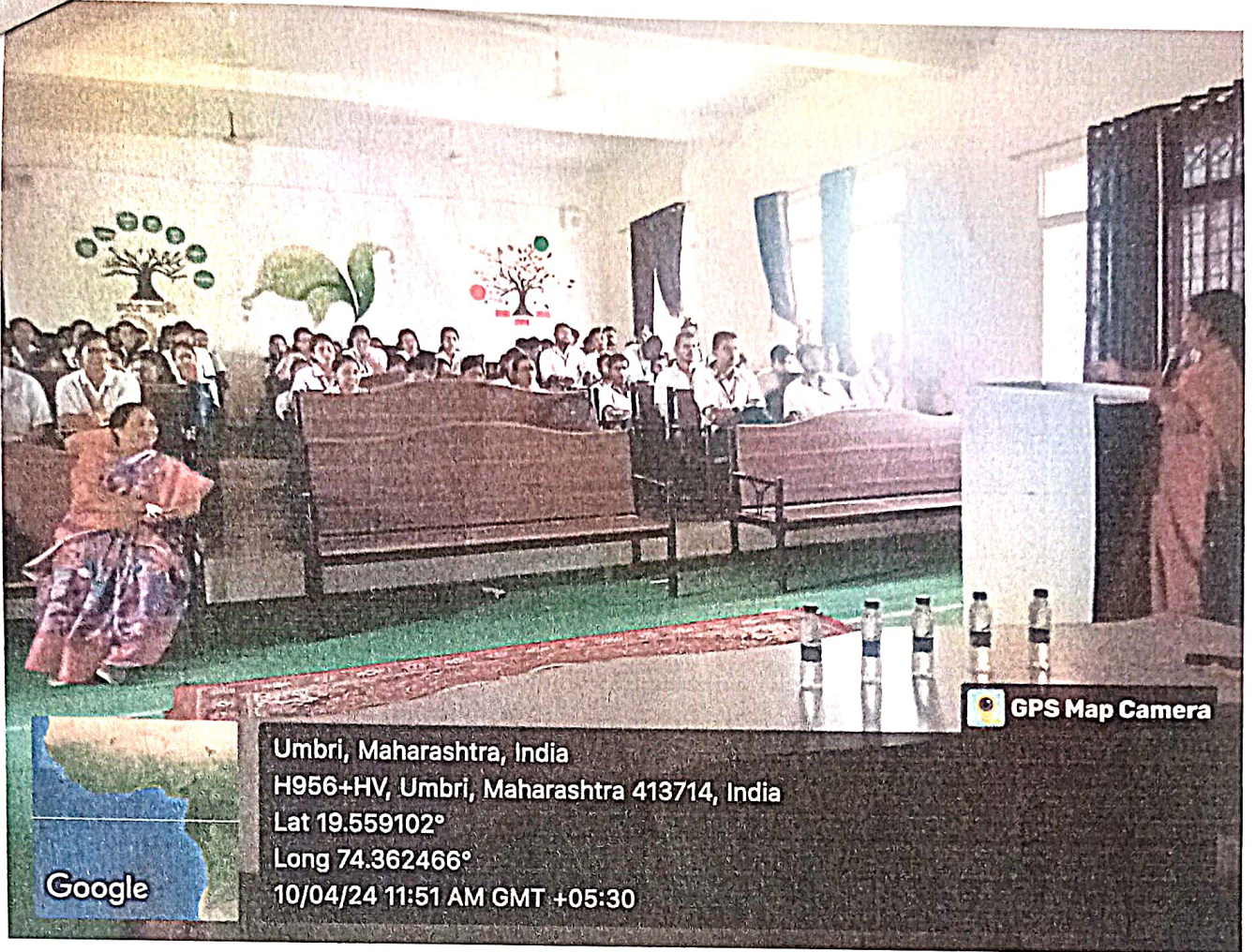


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Attendance of Participants

Name of Activity: National Seminar on The effect of yoga & Ayurved in Non communicable diseases by Dr. Bhavana Gangrade.

Date and Time: 10/Apr/2016 - 10:00am

Venue: Ashvin rural Ayurved college, Sangamner.

Name of Department: Swasthakarita department

Class and Year :- IInd yr

Sr. No	Name of Students	Sign
1	Ahire Ajinkya Vilas	Ahira
2	Aldar Mayuri bira	Mayuri
3	Bagul dipali ashok	Dipali
4	Bamne pradnya sandip	Pradnya
5	Bhalke sneha santosh	Sneha
6	Biradar vishaksha madhukar	Vishaksha
7	Bodkhe shubhangi Ramesh	Shubhangi
8	Bondre namrata rajendra	Namrata
9	Borkar hritik appasaheb	Hritik
10	Chaure harshali yashwant	Harshali
11	Chavan pallavi sunil	Pallavi
12	Chavan sayali kavarsingh	Sayali
13	Dabhade jagruti digambar	Jagruti
14	Dandage sagar arun	S. Dandage
15	Dandawate vaishnavi ambadas	Vaishnavi
16	Dhaybar siddhi ashok	Siddhi
17	Dhimdime shraddha dnyaneshwar	S.D. Dhimdime
18	Ejgar pranita vijaysinh	Pranita

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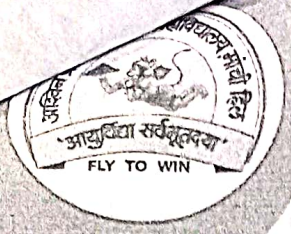
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20	Funde shantanu shivaji	B
21	Gagare shamal dinkar	Gagare
22	Gaikwad neha girish	Gul
23	Gaikwad madhuri subhash	Gaikwad.
24	Gajhans apurva dilip	Gaikwad
25	Gamre pradnya buddhagosh	-
26	Gawate sandhya pandurang	Gawate
27	Gondil aishwarya santosh	A.S. Gondil.
28	Gorde manoj arjun	Gorde
29	Gugwad piali sanjaykumar	Gugwad
30	Gupta anchal arvind	Gupta
31	Harde ruchita rajendra	Ruchita
32	Harimkar saurabh ramchandra	Harimkar
33	Ilag avantika rajendra	Ilag
34	jadhav mrunal raman	Jadhav
35	Jagdale ishwari kalyan	Jagdale
36	Kadam utkarsha babu	Kadam
37	Kale anannya sanjay	Kale
38	Kanwade samirabanu firojkan	Kanwade
39	Kendre poonam balasaheb	Kendre
40	Kolhal shivkanya shivaji	Kolhal
41	Londhe dipti khushal	Londhe
42	Mane chetan datta	Mane
43	Mathanikar sakshi sanjay	
44	Modak shubham suresh	Smodak.
45	More rashmi manoj	
46	More shital bhimrao	



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47	Muntode rachana ravindra	
48	Nakate sakshi nawnath	
49	Pagare anjali vilas	
50	Palve surekha vitthal	
51	Pathak vedant tushar	
52	Patil ganesh jagannath	
53	Patil suraj mangal	
54	Patil vaibhav sanjay	
55	Rahinj rohan bhagwan	
56	Rudrawar divya deepak	
57	Salve rutuja santosh	
58	Sanghani jay dhirubhai	
59	Sawant shweta tukaram	
60	Shah juiekumari rambharos	
61	Shaik mehak rajjak	
62	Shaikh sahil hasan	
63	Shelar pranav raosaheb	
64	Shinde suraj kamleshkumar	
65	Shirole himanshu chandrakant	
66	Shisal swapnil shankar	
67	Shriwastao vivek dinesh	
68	Talekar adarsh manish	
69	Tambe priti santosh	
70	Temgire shantanu ramesh	
71	Thakare vaibhav shalik	
72	Toche nikita balu	
73	Toke devesh bhaskar	
74	Umap sakshi shahaji	

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75	Valvi ramesh veeta	<u>Ramesh</u>
76	Verulkar rutvik vijay	<u>Rutvik</u>
77	Vidye apurva prashant	<u>Ridya</u>
78	Wankhede vaishnavi shankar	<u>Shankar</u>
79	Yadav bandana awadhinarayan	<u>Bandana</u>
80	Yadav sujita narendra	<u>Sujita</u>
81	Bahad mayur dattatray	<u>Mayur</u>
82	Chavan hari achit	<u>Chavan</u>
83	Gupta waqish radheshyam	<u>Waqish</u>
84	Hake yogesh bhujangrao	<u>Hake</u>
85	Lavhate chetana devidas	<u>Chetana</u>
86	Ptil gaurav arvind	
87	Takalkar shrikant ashok	<u>Takalkar</u>
88	Tandale shivanand sudam	
89	Wakchaure abhishek haridas	<u>Abhishek</u>
90	Yadav vinay pyarelal	<u>Yadav</u>