

YOGA

Yoga – Applied Perspectives!

Under the guidance of Dr. Subhodh Tiwari, Dr. Narendra Bhatt, Prof. Reinhard Bogle and Coordinated by Dr. Kirti Bhati.

A two day pre-conference workshop on Yoga was held on 2nd January 2016 at Kaivalyadham, Lonavala and on 3rd January 2016 at Hotel Orchid, Pune. The workshop was carried out under the guidance of Dr. Subhodh Tiwari, Dr. Narendra Bhatt, Prof. Reinhard Bogle and Coordinated by Dr. Kirti Bhati.

It included 85 delegates out of which 29 were from Yoga Forum, Germany. The workshop was aimed at experienced discourses on specific subjects of Yoga, training and learning of certain yogic exercises and update on newer advances and opportunities. Topics like Pranayam, Renaissance of Yoga, Recent Researches, Policies on Yoga, Concept of Yoga were discussed. This workshop was union of the traditional aspects and the modern perspective of yoga as a science.

The first day of the workshop was held at the Yoga Institute, Kaivalyadham Lonavala

- **Opening Remarks** were given by Principal Dr. B R Sharma and he welcomed the delegates.
- **Opening session** started by an enlightening lecture and demonstration on “Pranayam and Shuddhi Kriyas” by Dr. Sandya Dixit
- **Lively discussion** by Dr. Satish Pathak on the scientific approach of Shuddhikriyas and the various therapeutic modalities, anatomical and physiological interpretation of yoga useful in managing various disorders and the probable mechanisms involved in such therapy was well appreciated by delegates.
- **Session** by Dr. Sharad Bhalekar helped to understand the cultivation of psychological attitude and change in personality in psychosomatic diseases.

❖ **Special Visit** was arranged to the Samadhi of Swami Kuvalananda, treatment unit (Ayurvedic Panchkarma and Naturopathy) Research department and publication department.