

Department of Yoga for Health Promotion

FACULTY FOR THE DEPARTMENT

NAME	DESIGNATION	QUALIFICATION
Mr. Dipak Patni	Yoga Instructor Male	M.A.(Yoga)
Ms. Manisha Jaju	Yoga Instructor Female	M.A.(Yoga)

The Department of Yoga for Health Promotion focuses on promoting physical, mental, and preventive health through yogic practices. It helps students and patients understand the role of yoga in lifestyle management, stress reduction, and supportive care along with homoeopathic treatment.



Facilities

- Yoga practice hall/space
- Yoga charts and teaching materials
- Mats and basic yoga equipment
- Demonstration and training facility

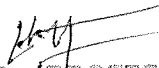
Academic Activities


- Regular yoga practice sessions
- Demonstrations of asanas, pranayama, and meditation
- Health awareness and lifestyle guidance programs
- Student participation and practical assessment



DEPARTMENT OF YOGA FOR HEALTH PROMOTION

Details of items of Equipment etc available as per MES Regulations			
Equipment required in Department of Yoga for Health Promotion			
1.	S. No	Items	Required Available
	1.1.	Weighing machine	1 1
	1.2.	Height chart	1 1
	1.3.	Blood pressure instrument	1 1
	1.4.	Stethoscope	1 1
	1.5.	Torch	1 1
	1.6.	Hammer	1 1
	1.7.	Patient record register	1 1
	1.8.	Case taking Performa	As required Available
	1.9.	Diet chart pad	As required Available
	1.10.	Yoga mat	35 35
	1.11.	Yoga stretching belt	10 10
	1.12.	Yoga exercise ball	05 05
	1.13.	Belly twister	02 02
	1.14.	Fitness cycle	01 01
	1.15.	Palm ball	05 05


H.O.D. / PROFESSOR
Shri Bhagwan Homeopathic
Medical College, Dr. Y.S. Khedkar Marg
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Principal
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