

# Yoga & Medical Practitioners

Wednesday 21<sup>st</sup> June, 2017



Organized by  
**King George's Medical University, Lucknow**

## Schedule

- Inaugural Ceremony** - 2:00 PM
- Chief Guest** - **Prof. K. K. Gupta**  
Director, General of Medical Education &  
Training, Uttar Pradesh, Lucknow
- Guest Lecture** - 2:30 PM - 3:30 PM
- **Sri. Tanuj Narain**, Art of Living
  - **Dr. Naval Chandra Pant**, Yogada Satsang  
Society of India
- Panel Discussion** - "Relevance of Yoga for Medical Practitioners"  
3:30 PM - 4:00 PM

## Address for correspondence

**Dr. Vani Gupta**  
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Dear colleagues,

Yoga is one of the most ancient traditional sciences which have its own scientific values. Since a long time it is known as the subject of philosophy and spirituality. With the passage of time and scientific understanding of yogic concepts the things have changed and yoga is well known and established globally. Yoga is variously referred to as a science, a journey, a lifestyle, a practice, and a path. It is not a religion yet it has deep scientific & therapeutic aspects. Yoga means to unite the body and soul. Hatha yoga is combination of physical asanas (poses) and breathing, meditation and cleansing techniques that promote strength, flexibility and balance, as well as relaxation, focus and good health. It is non-competitive, beginner-friendly and appropriate for everyone - no matter your age or physical condition. The aim of this program is to improve the understanding of common Yogic practices which are helpful in clinical practice for common disease and to create and enhance interest in the great traditional Indian science relevant for holistic approach of health, among the medical trainees as well as in common man. This will be a great opportunity to discuss several aspects of this traditional science with experts in the field.

- Vani Gupta

#### Objectives

To put the clinical value of traditional yoga practices among the medical students & practitioners.

#### Venue

#### Kalam Centre

King George's Medical University,  
Lucknow

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#### Organizing Committee

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**Prof. M. L. B. Bhatt**

(Hon. Vice Chancellor, King George's Medical University, Lucknow)

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##### Organizing Committee

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