

## **NCDC Celebrates 3<sup>rd</sup> International Day of Yoga**

Centre for Non-communicable Diseases, National Centre for Disease Control (NCDC), Directorate General of Health Services organized a Lecture-Demonstration session as a curtain raiser to celebrate the Third International Day of Yoga on 20<sup>th</sup> June, 2016 for all its faculty and staff, CDC team stationed at NCDC, Epidemic Intelligence Service (EIS) officers and students, along with their families.

Director NCDC, Dr A.C. Dhariwal, welcomed the guest speakers and the audience. In his welcome address he highlighted that yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body and is a holistic approach to health and well-being

Prof. (Dr) Raj Kumar Yadav, Faculty in charge of Integral Health clinic, Dept. of Physiology at AIIMS, Delhi gave a lecture on “I Pledge to make YOGA an Integral Part of my Daily Life”. He also discussed the multi-centric trial on heart patients and highlighted that yoga has shown positive effects in group of patients with hypertension, coronary artery disease and diabetes mellitus type 2. The studies have shown that the intervention of Yoga has so far been found to have favorable impact on fasting plasma glucose, lipoprotein profile, oxidative stress, autonomic balance, anxiety levels and subjective well being.

This was followed by a lecture on ‘How Yoga can contribute to our positive mental health’ by Dr Uday K. Sinha, Additional Professor & Head Department of Clinical Psychology from Institute of Human Behavior and Allied Sciences (IHBAS). He informed that regular yoga practice has shown to have a positive effect on people with mental health problems such as depression, anxiety, ADHD and schizophrenia. He stressed that there is a need to promote and popularize yoga at global level as a science and way of life among all sections of society.

Yoga Expert, Shri Amresh Kumar Jha and Kumari Bhavna Kalra, Yoga Instructor from Morarji Desai National Institute of Yoga gave a lecture demonstration on Yoga and Health. Shri Jha explained the interventions in lifestyle based on principals of Ashtang yoga and demonstrated certain yogasanas. The yoga experts also involved the audience by making them perform yogasanas.

### **Director Giving Welcome Address**



**Lecture-Demonstration of Yoga Asanas by Faculty of MDNIY**

