



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org

---

**IHS/TAP1/ 2022**

**DATE-16/05/2022**


## **Circular**

### **Circular for a Value Added Course on Yoga and health promotion**

This is to inform all the students of BPT and BASLP that a Soft skill training Course on Yoga and health promotion will be held, from 17th -19th May 2022.

Principal  
I.H.S

CC to:  
Notice Board (College/All Hostels)  
HOD of all Department



Director  
Institute of Health Sciences  
Bhubaneswar



# INSTITUTE OF HEALTH SCIENCES

*(A Unit of Margdarsi)*

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org


---

**Course:** Yoga and health promotion

**Program Duration:** 12Hrs Course

**Objectives:**

- To foster a calmness of the mind
- To reduce symptoms of anxiety and stress
- To increase the flexibility & support to joints
- To bring awareness of the fundamentals of Yoga for wellness in the daily life
- To boost cardio health and respiratory system



Director  
Institute of Health Sciences  
Bhubaneswar




# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org

Lecture 1 General Health Promotion	1hour
Lecture 2 Yoga Philosophy	1hour
Lecture 3 Streams of Yoga	1hour
Lecture 4 Principles of Asana	1hour
Lecture 5 Classical Asana Techniques and modifications	1hour
Lecture 6 Principles & Practice of Pranayam	1hour
Lecture 7 Theory & Practice of Pranayam	1hour
Lecture 8 Yogic Principles of Meditation	1hour
Lecture 9 Mantras & Chanting	1hour
Lecture 10 Yoga & Mental Health	1hour
Lecture 11 Yogic Aahar	1hour

  
Director  
Institute of Health Sciences  
Bhubaneswar



IHS

# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

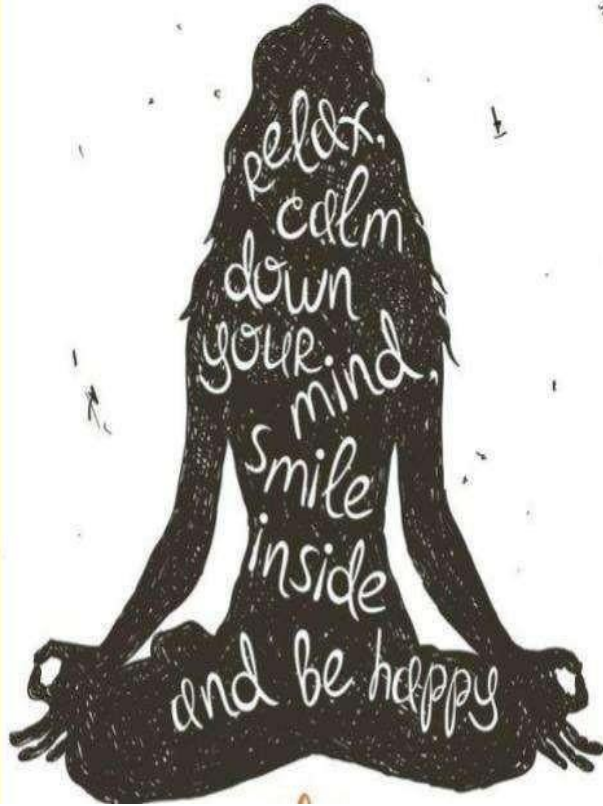
Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org

## YOGA AND HEALTH PROMOTION

Venue: Institute of Health Sciences

Lecture 1 General Health Promotion  
Lecture 2 Yoga Philosophy  
Lecture 3 Streams of Yoga  
Lecture 4 Principles of Asana  
Lecture 5 Classical Asana Techniques and modifications  
Lecture 6 Principles & Practice of Pranayam  
Lecture 7 Theory & Practice of Pranayam  
Lecture 8 Yogic Principles of Meditation  
Lecture 9 Mantras & Chanting  
Lecture 10 Yoga & Mental Health  
Lecture 11 Yogic Aahar



Director  
Institute of Health Sciences  
Bhubaneswar



# INSTITUTE OF HEALTH SCIENCES

*(A Unit of Margdarsi)*

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org

---

## Value added course :Yoga and Health Promotion

The program started with an introductory speech by the Principal of IHS and the dignitaries and a devotional song invoking the blessing of God.


The resource person gave an overview of Yoga and its importance in daily life.

### Aim and Objectives of the programme

- To foster a calmness of the mind
- To reduce symptoms of anxiety and stress
- To increase the flexibility & support to joints
- To bring awareness of the fundamentals of Yoga for wellness in the daily life
- To boost cardio health and respiratory system

### Topics covered:-

- Lecture 1 General Health Promotion
- Lecture 2 Yoga Philosophy
- Lecture 3 Streams of Yoga
- Lecture 4 Principles of Asana
- Lecture 5 Classical Asana Techniques and modifications
- Lecture 6 Principles & Practice of Pranayam
- Lecture 7 Theory & Practice of Pranayam
- Lecture 8 Yogic Principles of Meditation
- Lecture 9 Mantras & Chanting
- Lecture 10 Yoga & Mental Health
- Lecture 11 Yogic Aahar



Director  
Institute of Health Sciences  
Bhubaneswar



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org



Director  
Institute of Health Sciences  
Bhubaneswar

Pioneer institution imparting Bachelor & Master's degree in Audiology and Speech Language Pathology and Physiotherapy  
Modern Diagnostic & Complete Treatment center for Hearing Impairment, Multi Modal Therapy for CP, MR,  
Autism, Learning Disability, Therapy for speech defects, Musculo, Skeletal disorders and Neurological Problems.



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org

---

**IHS/TAP2/2022**


**Date: 14/08/2022**

## CIRCULAR

This is to inform all the students of BPT & BASLP that training programme for career advancement courses for Employability skill development will be held on 16th August 2022.

Principal  
I.H.S

CC to :  
Notice board (College /All hostels)  
HOD of all departments



Director  
Institute of Health Sciences  
Bhubaneswar



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org

## TRAINING AND PLACEMENT CELL

**Career Advanced Course:** Employability Skills Development in Healthcare Management

**Program Duration:** 9 Hrs


**Date:** 16/08/2022

**Number of Participants:** 90

### Objectives

- To make realistic employment choices
- To identify the steps necessary to achieve a targeted goal in professional setting

Topic	Duration
Lecture 1 Healthcare Management Introduction	1 hour
Lecture 2 Public Health System	2 hours
Lecture 3 Data Collection & Analysis	1 hour
Lecture 4 Strategic Planning	2 hours
Lecture 5 Healthcare industry Key Challenges and Management	3 hours

  
Director  
Institute of Health Sciences  
Bhubaneswar



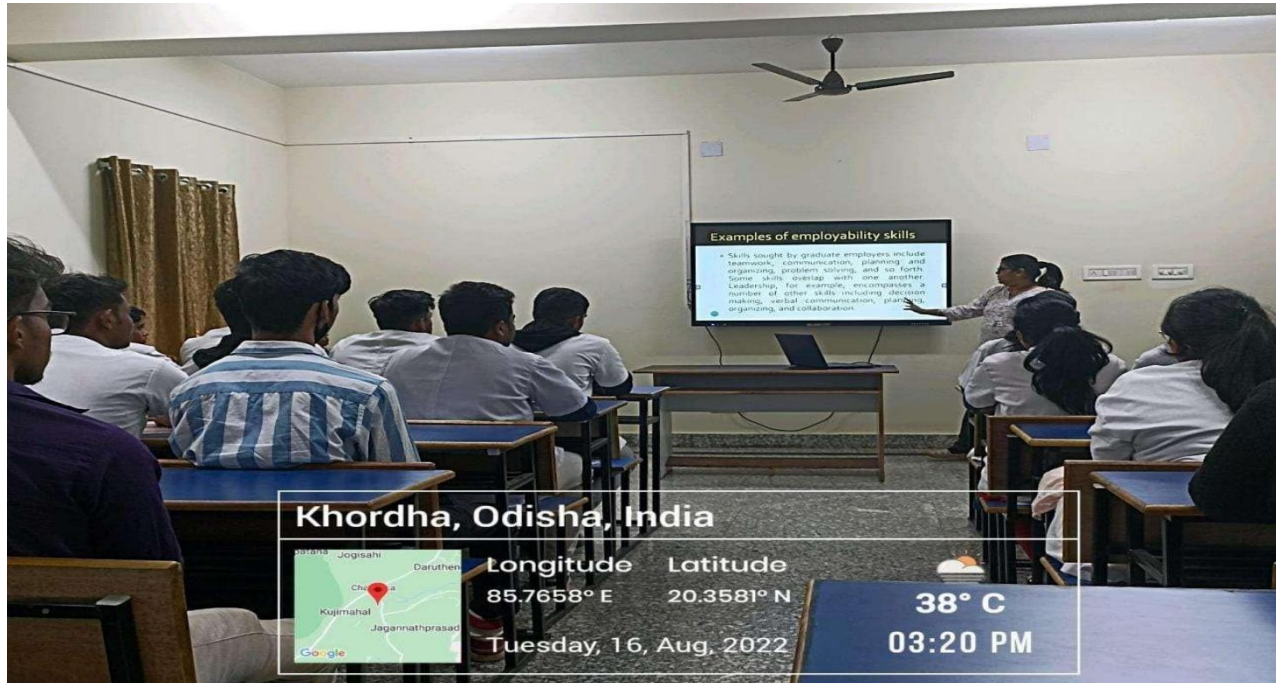
IHS

# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org



Director  
Institute of Health Sciences  
Bhubaneswar

Pioneer institution imparting Bachelor & Master's degree in Audiology and Speech Language Pathology and Physiotherapy  
Modern Diagnostic & Complete Treatment center for Hearing Impairment, Multi Modal Therapy for CP, MR, Autism, Learning Disability, Therapy for speech defects, Musculo, Skeletal disorders and Neurological Problems.