

Shri Dhanwantry Ayurvedic College and Hospital & Hospital, Sector 46-B, Chandigarh

1. Title

Standard Operating Procedure for the Yoga Committee

2. Purpose

The purpose of the Yoga Committee is to **promote the practice of Yoga for preventive, promotive, and therapeutic health benefits** among students, faculty, staff, and the community in accordance with the initiatives of the **Ministry of AYUSH**.

The committee will organize structured yoga activities following standardized practices such as the **Common Yoga Protocol**.

3. Scope

This SOP applies to:

- Students
- Faculty members
- Yoga instructors
- Community participants

It covers **planning, organization, implementation, monitoring, and documentation of Yoga activities**.

4. Objectives

The Yoga Committee aims to:

1. Promote **Yoga as a lifestyle for health promotion and disease prevention**.
2. Encourage **regular practice of Yoga among students**
3. Conduct yoga programs according to **national guidelines issued by the Ministry of AYUSH**.
4. Organize events related to yoga awareness including **International Day of Yoga (21 June)**.
5. Integrate **Yoga with Ayurveda principles of Swasthavritta** for holistic health.
6. Create awareness about **mental well-being, stress management, and healthy lifestyle practices**.

5. Constitution of Yoga Committee

The committee shall be constituted by the Head of the Institution.

1.	Chairperson	Dr. Neerja R Sharma
2.	Coordinator	Dr. Ravinder Kaur
3.	Member	Dr. Priyanka Choudhary
4.	Member	Ms. Chandra
5.	Member	Mr. Utpal

6. Roles and Responsibilities

Chairperson

- Provides **overall supervision and approval** of yoga activities.

Coordinator

- Plans and coordinates all yoga activities.
- Conducts committee meetings.
- Ensures implementation of the **Common Yoga Protocol** where applicable.

Yoga Instructor

- Conducts Yoga training sessions including:
 - Asanas
 - Pranayama
 - Meditation
 - Relaxation techniques
- Ensures **correct technique and participant safety**.

Members

- Assist in organizing yoga programs.
- Encourage student participation.
- Help in mobilizing student participation.
- Assist in organizing events.
- Maintains records and documentation.
- Coordinates venue and logistics.

7. Activities of the Yoga Committee

The committee shall organize the following activities:

Regular Activities

- Daily / weekly Yoga sessions
- Meditation sessions
- Demonstration sessions

Special Events

- Celebration of **International Day of Yoga**
- Yoga competitions
- Conduct seminars and academic discussions

8. Standard Procedure for Yoga Session- IDY

Step 1: Planning

- Prepare a **monthly yoga activity plan**.
- Decide venue, date, and instructor.

Step 2: Communication

- Inform participants through:
 - Notice boards
 - Institutional social media
 - WhatsApp groups

Step 3: Preparation

Arrange:

- Yoga mats
- Sound system
- Drinking water
- Clean and ventilated venue

Step 4: Conduct of Yoga Session

Sessions should follow a structured format similar to the **Common Yoga Protocol**, including:

1. Opening prayer or mindfulness
2. Loosening exercises
3. Yogasanas
4. Pranayama
5. Meditation / relaxation

6. Closing prayer

9. Safety and Ethical Guidelines

- Yoga sessions must be conducted **under the supervision of a trained instructor.**
- Participants should avoid yoga **immediately after meals.**
- Individuals with medical conditions should inform the instructor before practice.
- Special care should be taken for **elderly participants or those with health conditions.**

10. Documentation

The Yoga Committee must maintain:

- Attendance registers
- Activity reports
- Photographs of events
- Reports of International Day of Yoga celebrations

11. Monitoring and Evaluation

The committee will:

- Conduct **review meetings (at least once in 3 months).**
- Evaluate participation and effectiveness of activities.