

Department Of Rachana Sharir

R. A. Podar Medical College (Ayu), Worli, Mumbai-18.

Programs of 2025

1.

Organised by **Rachana Sharir Department**

Date - **05/01/2025-**

Occasion- **Desh ka Prakruti Parikshan Abhiyan**

Program- **Prakruti Parikshan Camp**

Venue- **Keshav Shrushti**

Beneficiaries- **80**





2.

Organised by **Rachana Sharir Department**

Date – **17/06/2025 to 20/06/2025**

Occasion- **International Yoga Day**

Program - **Online Yoga & Anatomy Social media Challenge**

Venue- **R. A. Podar Medical College (Ayu), Worli, Mumbai-18.**

Beneficiaries- **942**





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R.A PODAR MEDICAL COLLEGE
ANATOMY DEPARTMENT
YOGA AND ANATOMY SOCIAL
MEDIA CHALLENGE

ARDHACHAKRASANA



Also called as half wheel pose
ARDHA - half
CHAKRA - wheel

This is a mild backbend posture often practiced as a prep pose for deeper backbends like Chakrasana



ANATOMICAL ASPECT

SPINE [Cervical, Thoracic, Lumbar]

- Improves spinal motility and flexibility
- Enhances postural alignment
- Stimulates the nervous system

ABDOMINAL MUSCLES

- Stretches and tones muscles like rectus abdominus & obliques

- Also stimulate digestive organs like [Liver, Stomach, Intestine]

LOWER LIMB

- Strengthens thighs, particularly Quadriceps
- Supports Knee joint through activation
- Activates & strengthens Gluteus Maximus, gluteus medius



SHOULDER GIRDLE

- Opens shoulder and improving flex
- Strengthens Deltoids, Rhomboids

Ayurvedic Benifi

1. Balances Tridoshas
2. Boosts the Agni [Digestive fire]
3. Opens Pranavaha Strotas
4. Nourishes Mams, Meda, & Asthi
5. Enhances Mental clarity



धीरः स्थिरबुद्धिर्मनसि स्थितो योगयुक्तः सदा स्यात्। ch.su.1.58



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3.

Organised by **Rachana Sharir Department**

Date – **08/07/2025**

Occasion- **National Organ Donation Day**

Program – **Awareness about organ donation**

Venue- **Pandharpur**

Beneficiaries- **280**





4.

Organised by **Rachana Sharir Department**

Date – **04/08/2025**

Occasion- **National Organ Donation Day**

Program – **Guest lecture for awareness about organ donation**

Guest – **Dr Sampada Sant (Dean) , Dr Sumedh Sonavane**

Speaker- **Dr Sumedh Sonavane**

Venue- **R. A. Podar Medical College (Ayu), Worli, Mumbai-18.**

Beneficiaries- **117**









Why is organ donation a necessity?

- Saves lives which are the most precious gift in the world
- Great service
- Makes life after death possible
- Breaks away all kinds of discrimination
- Demand for organs is growing day by day



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