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



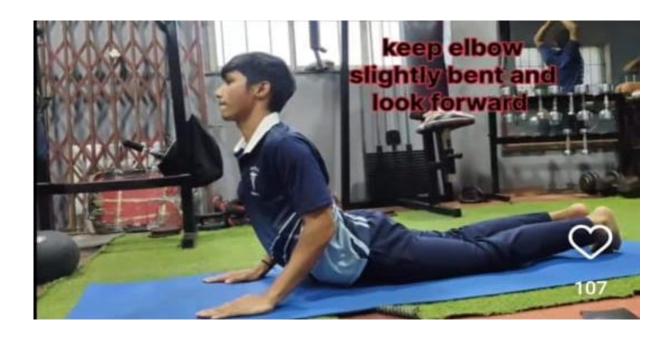


2.
Organised by Rachana Sharir Department
Date – 17/06/2025 to 20/06/2025

Occasion-International Yoga Day

Program - Online Yoga & Anatomy Social media Challenge

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





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



Also called as <u>half wheel pose</u> <u>ARDHA</u> - half <u>CHAKRA</u> - wheel



This is a mild backbend posture often practiced as a pre pose for deeper backbends like <u>Chakrasana</u>

ANATOMICAL ASPEC

SPINE [Cerivical , Thoracic , Lumbar] Improves spinal motility and flexibility Enhances postural alignment Stimulates the nervous system

ABDOMINAL MUSCLES

- rectus abdominus Stretches and to & <u>abliques</u>
- stive organs like [Liver Stomach Intestine]

LOWER LIMB

- Strengthens thigs, particularly <u>Ouadraceps</u>
 Supports <u>Knee joint</u> through activation
 Activates & strengthens <u>Gluteus Maximus</u> <u>gluteus medius</u>

SHOULDER GIRDLE

- Opens shoulder and improving fle
 Strengthens <u>Deltoids Rhomboids</u>

Ayurvedic Benifi

- 1 .Balances Tridoshas 2 .Boosts the Agni [Digestive fire 3 .Opens Pranavaha Strotas 4 .Nourishes Mams, Meda, & Astl 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





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.













