

DETAILED REPORT OF YOGA THERAPY – SSSMCRI

Dr. Mani Kathapillai , Associate Professor of Anatomy organized the program on behalf of the Yoga Section, SSSMCRI. The programme is developed with an objective to sensitize the students about the various Asanas in Yoga. The programme consists of 16 modules which will be delivered over a period of 15 months. The program will cater to the MBBS students across all phases in order to seed the importance of a healthy lifestyle . About 30 -35 students who are interested in the program will be enrolled. The programme is structured such that, every month an asana would be introduced to the students and they would be encouraged to perform and practice the same for at least 3 times a week for a minimum of 30 minutes and to gradually increase the frequency and duration on gaining mastery over a particular asana.

Their performance is monitored by a monthly contact session of one hour duration , in order to provide suggestions to develop the accurate technique. The beneficiaries are provided a monthly manual containing the instructions for performing the various Asanas. A graphical presentation and photograph of an asana is also included in the same for guidance.

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This program on Yoga made the beneficiaries feel less stressed and more relaxed. The beneficiaries of this program noticed improved flexibility within weeks of its commencement. On the whole the programme was successful in imparting the importance of cultivating a healthy lifestyle in the minds of the students.