

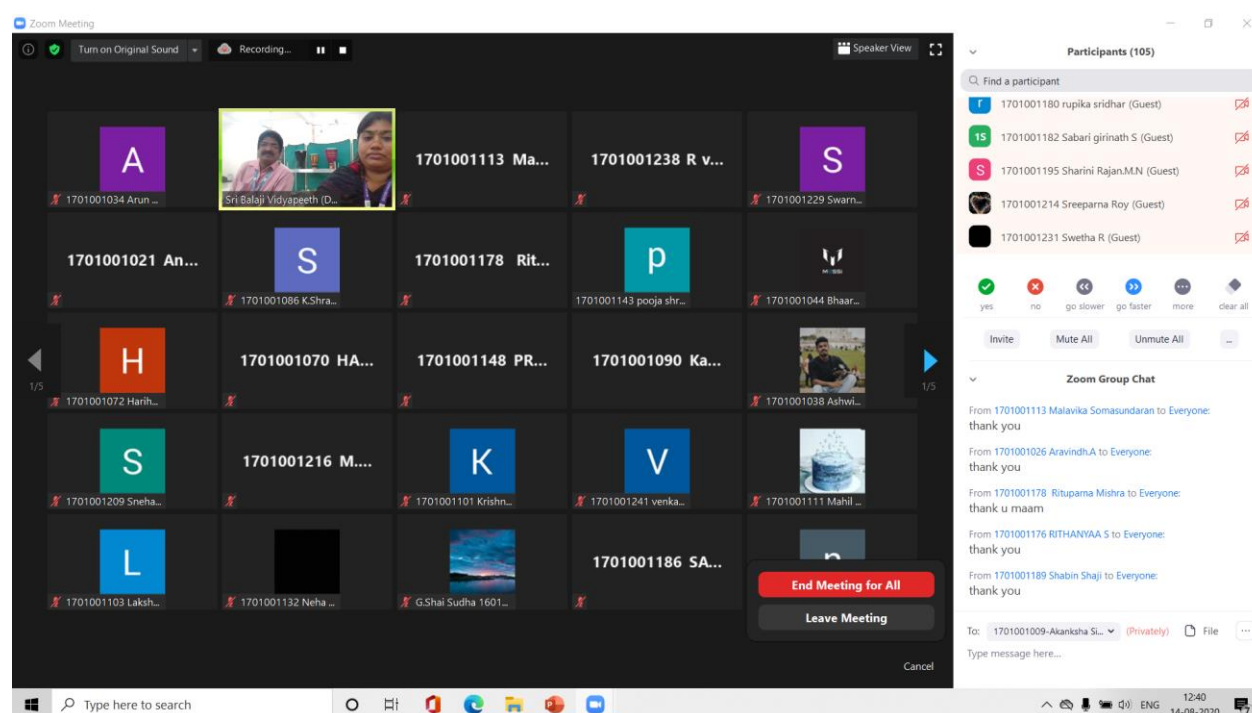
Yoga and wellness

– IGIDS 2020

DAY 1 & 2

DATE: 28/07/2020, 29/07/2020

The 5 day, webinar series for student enhancement program were organized between 28th of July to 1st of August in for overall health and wellness by the Principal of IGIDS, Dr R. Saravana Kumar (Organizing chairman) and respected Vice principals Dr R. Sathyanarayanan and Dr A. Santha Devy (Organizing secretaries).



The first two days were for music therapy. The faculty of Center for music therapy education and research (CMTER) SBV; Vikram Kannan, a music therapist from TTK addiction Center in Chennai; Mr. Stephen Sathiamoorthy, the music therapist (CMTER) conducted introduction to music therapy for health, and experiential sessions with music therapy techniques.

The Third day was on yoga therapy conducted by Prof. Ananda Balayogi Bhavanani, Director CYTER, SBV; Dr Meena Ramanathan, Deputy Director CYTER, SBV had sessions on introduction and insight into how yoga therapy can be useful for overall wellbeing.

The fourth day was taken by the student counsellors, Ms. Josephine and sS. Priya, who spoke about the stress management and how to manage it by focussing on themselves, video sessions and hands on tasks. There were talks on building confidence and staying calm during the pandemic.

The last day was taken by Dr. Rajarathinam, Director Homeoclinic, Pondicherry. He gave an insight into homeopathy, had a session for question and answer (interactive session), session on how the meds were formulated in homeopathy, its applications, use of homeopathy as an interdisciplinary treatment

There were pre- and post-tests taken to evaluate the understanding of the sessions to the students.