

Programme on “Women’s Health Through Yoga” finds new followers for yoga in Mumbai

The workshop on “Women’s Health Through Yoga” held in Mumbai on 13th March, 2018 demonstrated to the participants and other stakeholders that yoga can offer specific and scientific solutions to manage various health challenges faced by women.

The workshop was organized by the Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH in collaboration with Kaivalyadhama and Indian Menopause Society on 13th March’2018. It was timed to mark the 100th day in the countdown to the International Day of Yoga-2018.

The workshop started with the participants undergoing the Body Composition Test which was organized to gauge different parameters that would indicate the physiological condition. Many participants eventually get motivated towards adopting yoga practices to take care of themselves in areas of concern at physiological level. The inauguration was marked by the lighting of the lamp and reciting of Shanti Path. Shri Subodh Tiwari , CEO of Kaivalyadhama gave the welcome address, which was followed by a speech from Dr. Sulochana Bhat, Assistant Director Ayurveda Research Institute who represented the Ministry of AYUSH at the event.

Dr. Nita Dalal, OBG and President of the Mumbai Menopause Society gave a lecture and held an interactive session. She gave a medial perspective of the changes that women can expect and how can they deal with it and what they need to be aware of. In her session, Ms. Niti Desai, Dietician and Nutritionist threw light on taking care of the diet and nutrition aspect during the phase of menopause. She held an interactive session in which many questions were answered.

The last speaker was Dr. Ulka Gedam OBG and Yoga Expert. She presented the scientific basis of Yoga’s approach to women’s health, keeping in mind the modern medical perspective.

The workshop concluded with the participants going through the practice sessions of Yoga specially designed for their age group. Ms.Shilpa Ghone led the session. All of the participants involved themselves fully in the session, and took away with them the conviction that all stand to gain by making yoga a regular fixture in their lives.