

Report on Asana Darshana -2023

Yenepoya Naturopathy and Yogic Sciences College and Hospital organised the “Asana Darshana” - An Interdisciplinary Training Program by the Department of Yoga. Which was an innovative and Integrated training session conducted on 07-10-23 in the AYUSH campus auditorium. The event was presided by Dr. Puneeth R I/c Principal Yenepoya Naturopathy and Yogic Sciences College. Dr. Prabha Adhikari Head of Geriatric Medicine Department Yenepoya Medical College, was chief guest for the inaugural program She spoke on the importance of yoga in daily life. welcoming to guests was done by Mr. Ajith, Assistant Professor and Dr. Sunita Dsouza introduced the guest, vote of thanks was extended by Dr. Vidya Hiremath Organizing secretary Department of Yoga, Yenepoya Naturopathy and Yogic Sciences College for the inaugural session. Later it continued with the technical session Philosophical Background of Yogasanas was delivered by Dr. Puneeth R I/c Principal, Yenepoya Naturopathy and Yogic Sciences College. Followed by Anatomical Correlations of Yog asanas delivered by Dr Kumaraswamy Assistant professor, Department of Anatomy Yenepoya Medical College. Instructions and Demonstration of yogasana by teaching the Techniques of Advanced Yogasanas was conducted by Dr. Ashwath Hegde, My Yoga My Life Winner, Somyoga Nature Cure Clinic Sirsi. Neuromuscular Changes During Yog asanas was dealt by Dr. Ahrsia Assistant Professor Department of Physiology Yenepoya Medical College. Biochemical Adaptations in Muscle During Yogasanas was dealt by Dr Nithin U Associate Professor Department of Biochemistry Yenepoya Medical College. Shaizana Sheik hosted the program. Three batches of Yenepoya Naturopathy and Yogic Sciences College as witnessed the program

