

## **REPORT ON FACULTY DEVELOPMENT PROGRAMME ON YOGA FOR WOMEN'S HEALTH AND WELL BEING - 18 .09.2019**

The faculty development programme was organized by department of Obstetrics and Gynaecological Nursing and Centre for Yogic Sciences in collaboration with Internal Quality Assurance Cell (IQAC) on Yoga for Women's Health and Wellbeing - 18.09.2019 at 10 am to 3.30pm.

The programme was started with invocation song. Welcome address was given by **Mrs.Sarojini.S**, Associate Professor, Dept. of OBG, VMCON, Puducherry.

The organizing chair person, **Dr.G.Muthamilselvi**, Principal, VMCON, Honored the guest speakers **Dr.MadanmohanTrakrou**, Director, Centre for Yogic Sciences AVMC & H, Puducherry and **Dr. Deepa**, MD, Professor, Dept. of OBG, AVMC &H. **Dr. Balaji**, Assistant Professor, Centre for Yogic Sciences AVMC & H, Puducherry was honored by **Mrs.A.Rajarajeswari**, HOD, Dept of OBG, VMCON. **Mr. S. Atchoudane**, Yoga therapist, Centre for Yogic Sciences AVMC & H honored by **Mrs. BerttlePriya. D**, Assistant Professor, VMCON, Dept of OBG, VMCON.

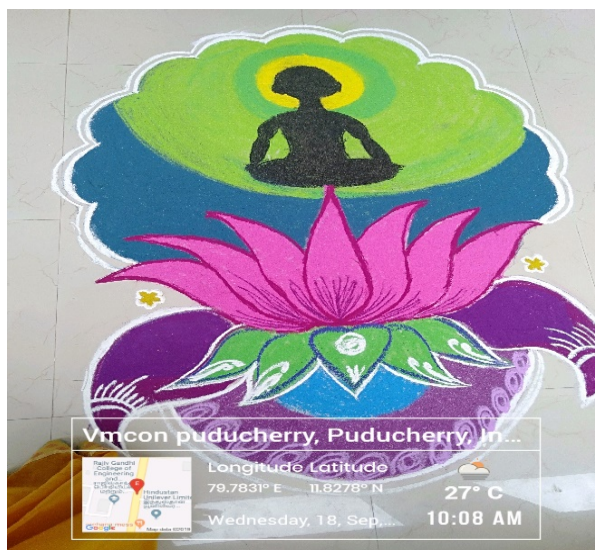
**Dr. G. Muthamilselvi**, Principal, VMCON, Puducherry was honored by **Ms. M. Sugandary**, Lecturer Dept of OBG, VMCON.

The first session was started by Dr.MadanmohanTrakrou, Director, Centre for Yogic Sciences, AVMC &H, Puducherry, focused on Physiological changes in pregnancy and menopause.

The second session was started by Dr. Deepa, MD, Professor, Dept of OBG, AVMC &H, Puducherry. In that session she discussed regarding Common health problems of women, prevention, treatment aspects and follow up. She also emphasized about the importance of early identification and treatment of common health problems of women.

Practical session on Yoga practices in regard to promote health of the women were taken by Dr. Balaji, Assistant Professor and Mr.S.Arthoudane, Yoga therapist, Center for Yogic Sciences AVMC & H, Puducherry. They started their practice session on yogic practice to enhance women's health and wellbeing and made this session more viable.

Vote of thanks was proposed by **Mrs. BerttlePriya. D**, Assistant Professor, VMCON, Dept of OBG, VMCON. The program was ended with national anthem at 3.30pm.



**Inauguration for the Faculty Development Programme**





**Honoring the guest speakers and Principal**



**Session by Dr. MadanmohanTrakrou, Director of Yogic Sciences &Dr. Deepa, MD, Dept of OBG, AVMC&H**





**Practical Session on Yoga**