

Yoga Day Event organised by Dr. Mohan's Diabetes Specialities Centre

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Need for Yoga and a healthy life stressed to combat Diabetes and its associated complications on International Yoga Day



On the occasion of International Yoga Day, Dr. Mohan's Diabetes Specialties Centre organized an hour-long Yoga Confluence to celebrate the ancient practice by joining hands with over more than 200 Chennaites.

Inaugurated by Minister for Tamil Official Language and Tamil Culture and Archaeology, Govt. of Tamil Nadu Ma Foi K. Pandiarajan, the confluence brought together best-of-the-best practitioners to educate and spread awareness about Yoga in combating diabetes and leading a healthy lifestyle. Chairman of Dr. Mohan's Diabetes Specialties Centre, Dr. V. Mohan also delivered a special address as part of the confluence highlighting the importance of Yoga in fighting Diabetes.

The one hour Yoga Confluence conducted in Gopalapuram Corporation ground showcased special Yoga demonstrations conducted by Yoga instructors that one can easily adopt for practice in day-to-day life. The confluence also reiterated the key messages of Let's Defeat Diabetes campaign with a strong emphasis on prevention of Diabetes for non-diabetics and control of Diabetes for Diabetics. The Yoga event had various flexible asanas, meditation, breathing exercises and other postures proven to help in combating and regulating diabetes as well as other lifestyle related complications.

"Inspired from ancient science, Yoga is the need of the hour for millions of people who are combating various health challenges owing to the modern lifestyle, eating habits and inadequate physical activities. Yoga is a holistic philosophy which helps in proper mind and body coordination which in turn enhances the quality of life for those who practice it regularly. I appreciate and laud the efforts taken by the Dr. Mohan's Diabetes Specialties Centre in spreading this great message on the need and significance of Yoga in improving health and Diabetes", added Ma Foi K. Pandiarajan

Addressing the gathering, Dr. V. Mohan expressed "Dr. Mohan's Diabetes Specialities Centre has always been in the forefront of spreading awareness about leading a healthy lifestyle in order to combat diabetes. Today on the occasion of International Yoga Day, we take a further step towards further spreading the awareness about bringing Yoga practices into our everyday life to control Diabetes effectively. Yoga is an ancient practice that helps one master physical, mental and spiritual well-being, which is a holistic practice that we urge our patients to adopt. Yoga is the best lifestyle strategy which facilitates in reducing physical inactivity, impaired sleep, depression, stress, dysfunctional habits, which are commonly seen

in type 2 diabetes and thereby helps in better management of diabetes.”

People were also advised and made aware of the dos and don'ts of Yoga for immediate adoption. Participants from various walks of life had gathered for the event which showcased some very important Yoga demonstrations which will help in fighting Diabetes in the long run.