

## 16<sup>th</sup> CME Report

Date: 29<sup>th</sup> August 2020

Time: 2:00 pm – 3:00 pm

Speaker: Dr. Rathna P, Lecturer cum MO, JSSINYS.

Title: Yogic Aspects of Disease

Participants: Principal, all teaching faculty, interns, and final year students.

Session Type: Virtual through ZOOM platform

The session covered the introduction to Yoga philosophies. Then speaker Dr. Rathna emphasized on the importance of understanding these philosophies and directed this understanding to know the aspects of types of suffering. The speaker also explained the reason for those suffering according to yoga philosophy insights. The session concluded with a question-answer session which made the participants understand the concept even clear.



Report prepared by

Dr. Preethi KS,

Lecturer cum MO.