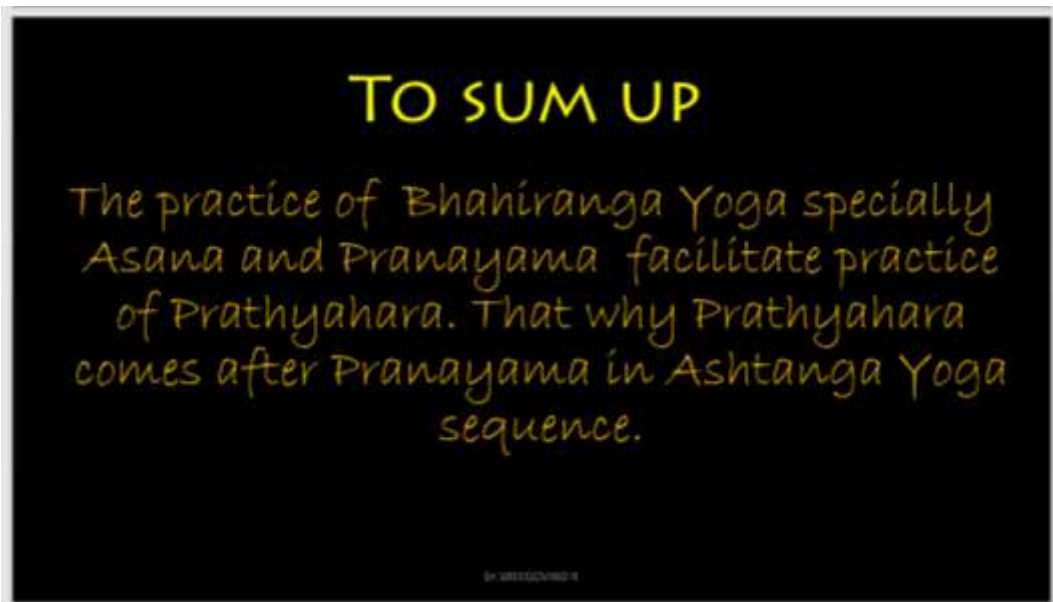


Report on 5th CME

Every week either Continued Medical Education (CME) or Continued Research Education (CRE) is conducted at the college to improve and refresh the clinical and academic knowledge of the doctors, interns and students. On 8th May 2021, CME was conducted virtually from 2:30 to 4:00 pm. Dr. Sreegovind, Assistant Professor and Medical Officer, Department of Yoga was the speaker of the session and he spoke on '**Pranayama before pratyahara**', a discussion on complete explanation on pratyahara, perception in yogic way comparing manas bypasses bhuddhi, dogmatism of senses and ways to enhance pratyahara concluded with pratyahara itself is termed as yoga, as it is the most important limb in yoga sadhana – Swami Sivananda. Faculty and interns attended the session physically. Doubts were clarified clearly by the speaker following the session.



Report prepared by

Dr. Padmasree. M

Lecturer cum Medical Officer