

International Day of Yoga 2026 Countdown Continues in Kerala with Holistic Wellness Programme for Women

Kottayam Hosts Special Session on Menopause Wellness through Yoga and Ayurveda

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As part of the 32-day countdown to the International Day of Yoga (IDY) 2026, a special programme focusing on “Yoga for Menopause – A Holistic Wellness Module” was organised by the Young Women's Christian Association (YWCA) Kalathipady in association with the Morarji Desai National Institute of Yoga under the Ministry of Ayush, Government of India.

The programme highlighted the role of yoga and Ayurveda in supporting women's health and promoting holistic well-being during menopause. The event witnessed enthusiastic participation from members of the community, yoga practitioners, and wellness experts.

The programme featured thematic sessions on integrating Ayurvedic principles, classical yogic practices, pranayama, relaxation techniques, and mindfulness-based interventions for menopause wellness.

The session highlighted menopause as a natural phase involving hormonal, emotional, and metabolic changes, and explained how yoga can support physical comfort, emotional balance, stress reduction, improved sleep, and enhanced quality of life.

Participants were introduced to gentle yogic practices including Tadasana, Baddha Konasana, Balasana, Setu Bandhasana, Viparita Karani, and Shavasana, along with pranayama techniques such as Nadi Shodhana and Bhramari, which are known to aid nervous system balance and mental well-being.

The programme also incorporated Ayurvedic perspectives on Vata imbalance and dhatu kshaya, emphasizing supportive dietary and lifestyle practices for holistic wellness.

The programme was inaugurated by Rt. Rev. Dr. Malayil Sabu Koshy. Other distinguished guests and speakers from YWCA of India, CMS College, and the Kottayam Municipal administration were also present during the programme.

The event reinforced the role of yoga as a preventive, promotive, and therapeutic tool in women's health, aligning with India's broader vision of integrating traditional wellness systems into community health and lifestyle practices.



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