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Yoga the Therapeutic Lifestyle Management

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Dr. Pooja Maddela, is Senior Tutor (Yoga Therapy) and Clinical Supervisor for students and the faculty of Yoga at New Zealand's prestigious Natural Therapies Institute, Wellpark College of Natural Therapies. She is a key-figure in Asia Pacific Yoga and Natural Health Community and awarded by "National Women Excellence Award 2009" for her contribution in the field of Yoga therapy. She is a pioneer in this ancient holistic health promoting art with graduate in Naturopathy and Yogic Sciences (BNYS) from NTR University of Health Sciences, AP and also holds a Diploma in Physiotherapy and a trained Pranik Healer. Her research profile includes active participation in research projects and actively involved as guide/supervisor for student research activities. Dr. Pooja also works for Ministry of Health, Ministry of Education and other community health education projects which is well received and much appreciated by both the ministries. Currently, Dr. Pooja holds a very rare honour of Experienced Registered Yoga Teacher E-RYT 500 and Registered Yoga Teacher RYT 500 with Yoga Alliance and sees her role as promoting Indian Traditional art of Yoga and Naturopathy to the western world.

Abstract:

Preventable through lifestyle, diabetes, cardiovascular risk factors, and diseases of multiple-aetiology such as cancer, the disease burden is on the rise across the globe, particularly in urban settings. This presentation is an account of application of Yoga as therapy and therapeutic Yoga in the potential it holds as primary and secondary prevention in diseases of urbanization with the example of Auckland, New Zealand. The presentation focuses on trends of disease burden, health seeking attitude of urban population, positionality of Yoga as a lifestyle practice in addressing lifestyle related conditions. Whilst there is a 'bottom up' approach of the general public seeking Yoga as therapy, there is potential for government initiated 'top down' approach to health care in the west. In New Zealand similar to other developed countries of the west, Green Prescription, a recommendation for physical activity is gaining momentum. This can be the meeting ground for Yoga as a lifestyle practice and therapy that the public can benefit from. The presentation will reflect on the lesson learnt through half a decade of training students and the general public in Yoga as a holistic system of self care. The opportunities, challenges and future direction in positioning Yoga as therapy will be discussed. In as much as the west can learn from Indian Yoga, the insight of Yoga experts in the west can add value to the prevention potential of Yoga in addressing ever increasing lifestyle diseases in urban Indian settings.

Key words: Yoga Therapy, holistic model of yoga, yoga and lifestyle related conditions

