Expert Talk on Holistic Wellness and Healthy Ageing Practices for Senior Citizens	
Date: 2nd April 2026	**Venue: Seminar Hall**
Time: 4:00 PM – 7:30 PM	**No. of Participants: 48**
Event Coordinators: Prof. Nagasubba Reddy, Dr. Jahnavi M., Prof. Pooja R Takalkar	
Resource Person	Ms. Madhura Chandrashekar Sahukar, Yoga Therapist, Yogic Counsellor, Nutritionist and Lifestyle Coach

Introduction :

As part of the 38th Batch Computer Literacy Programme (CLP) for Senior Citizens, the Centre for Wellbeing of Senior Citizens at RV Institute of Management organized a special wellness session titled **"Effective Daily Practices for Age-Related Ailments"** on 2nd April 2026. The session was conducted by **Ms. Madhura Chandrashekar Sahukar**, a renowned Yoga Therapist, Yogic Counsellor, Nutritionist, and Lifestyle Coach.

The programme was designed to educate senior citizens on practical and sustainable approaches to managing common age-related health concerns through yoga, nutrition, lifestyle modifications, and holistic wellness practices. The session received an enthusiastic response from the participants and provided valuable insights into maintaining physical, mental, and emotional well-being during the later stages of life.

Objectives of the Session

The primary objectives of the session were:

1. To create awareness about common age-related ailments and preventive healthcare practices.
2. To introduce simple yoga techniques and breathing exercises suitable for senior citizens.
3. To promote healthy lifestyle habits for improved physical and mental well-being.
4. To educate participants on the role of nutrition in healthy ageing.
5. To encourage self-care and holistic wellness among senior citizens.

Profile of the Resource Person

Ms. Madhura Chandrashekar Sahukar is a distinguished wellness professional with qualifications including **BE (CS&E), DCS, MSc (Yoga), CAHS, and DNHE**. Since 2011, she has been helping individuals across the world improve their health and quality of life through personalized yoga therapy, yogic counselling, nutrition guidance, and lifestyle coaching.

She is widely recognized for her result-oriented and holistic approach towards wellness. Her areas of expertise include Yoga Therapy, Pranayama, Meditation, Yogic Counselling, Nutrition Therapy, Tongue Diagnosis, Lifestyle Corrections, and Holistic Health Management. She has trained several counsellors and yoga therapists and has contributed significantly to promoting holistic health practices.

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Prior to her wellness career, she worked in the software industry for over twelve years in leadership roles such as Program Manager, Project Manager, and Team Leader with reputed organizations including Siemens, Nokia, Symbian, Accenture, Microsoft, and Bosch. Her unique blend of corporate experience and holistic wellness expertise enables her to provide practical and effective solutions for modern lifestyle challenges.

Key Topics Covered

The session focused on common health concerns experienced by senior citizens, including:

- Morning Stiffness
- Body Pain
- Low Energy Levels
- Gastritis and Digestive Issues
- Sleeplessness and Stress

The resource person explained the underlying causes of these conditions and shared practical methods to manage them effectively through:

- Daily yoga practices
- Stretching exercises
- Pranayama (breathing techniques)
- Meditation and relaxation exercises
- Nutrition and dietary recommendations
- Lifestyle and ergonomic corrections
- Positive thinking and stress management techniques

Methodology

The programme adopted an interactive and experiential learning approach. The session included:

- Expert lecture on age-related ailments and wellness practices.
- Demonstration of simple yoga postures suitable for senior citizens.
- Guided breathing exercises and meditation techniques.
- Discussion on healthy food habits and nutrition.
- Interactive question-and-answer session addressing individual health concerns.
- Practical tips for integrating wellness practices into daily routines.

The participants actively engaged in the activities and demonstrated keen interest throughout the session.

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Participants list

S.No	Name	S.No	Name
1	A S Sathyanarayana	27	Mahadeva Swamy
2	Ashok P Bhoopalam	28	Makam Chandra Prakash
3	B A Umesh	29	Mohan Ram K S
4	B N Rathna Raj	30	Nagappa
5	B R Nagaraj Guptha	31	R Govardhan
6	B S Seetharam Guptha	32	R Rajalakshmi
7	B Sabitha Venkat	33	R Venkatesh
8	B Venkata Ranga	34	Ravishankar Setty H S
9	B Visweswara	35	S Aruna Bhat
10	Balaraj P C	36	S L Keshava Murthy
11	C Nalina	37	S N Bharath Kumar
12	D V Rama Mohan	38	S Narendra Kumar
13	Dr. Kasula Nagaraju	39	Siva Prasad Yadalam
14	Dr. M Sathesha	40	Sridhar K S
15	Dr. S V Sathya Prakash	41	Subash S Pathalam
16	H M Jagadeesha	42	Sunder Raj Guptha
17	H Rekha Kini	43	Umakant S Holikatti
18	H S Kumar	44	V Anuradha
19	K A Madhusudhan	45	V RamaChandra Shetty
20	K C Murali Krishna	46	Vani Muralidhar
21	K M Shubha Devi	47	Venkatesh K
22	K V Prasad	48	Venkatesh Prasad K S
23	Kanchepalli Seshadri		
24	Krishna Murthy		
25	Krishna Reddy		
26	M Sudhakar		

Benefits for Senior Citizens

The session provided several benefits to the participants:

1. Improved awareness regarding healthy ageing and preventive healthcare.
2. Better understanding of yoga-based wellness practices.
3. Enhanced knowledge of nutrition and healthy lifestyle habits.
4. Increased confidence in managing common age-related ailments naturally.
5. Improved understanding of stress management and relaxation techniques.
6. Motivation to adopt healthier daily routines for long-term well-being.

Participant Feedback



The participants expressed their appreciation for the informative and practical nature of the session. Key highlights from the feedback included:

- The yoga practices demonstrated were simple, effective, and easy to follow.
- The session provided useful solutions for common health issues faced by senior citizens.
- Participants appreciated the holistic approach that combined yoga, nutrition, and lifestyle management.
- Many participants expressed interest in attending additional wellness and yoga programmes.
- The interactive format and personalized guidance made the session highly engaging and beneficial.

Outcomes Attained

The following outcomes were observed from the programme:

- Enhanced awareness of healthy ageing practices.
- Improved understanding of yoga and holistic wellness techniques.
- Greater confidence in managing minor health concerns through natural methods.
- Increased motivation towards maintaining physical fitness and mental well-being.
- Better knowledge of nutrition and lifestyle modifications.
- Encouragement towards adopting preventive healthcare practices.

Conclusion

The session on **"Effective Daily Practices for Age-Related Ailments"** was highly successful in promoting health awareness and holistic well-being among senior citizens. Through her expertise and engaging delivery, Ms. Madhura Chandrashekar Sahukar provided valuable guidance on managing common age-related ailments using yoga, nutrition, and healthy lifestyle practices.

The programme significantly contributed to enhancing participants' understanding of preventive healthcare and empowered them to take proactive steps towards improving their quality of life. The session concluded with an interactive discussion, followed by a vote of thanks to the resource person for her valuable contribution towards promoting health, wellness, and active ageing among senior citizens.

Photo Gallery

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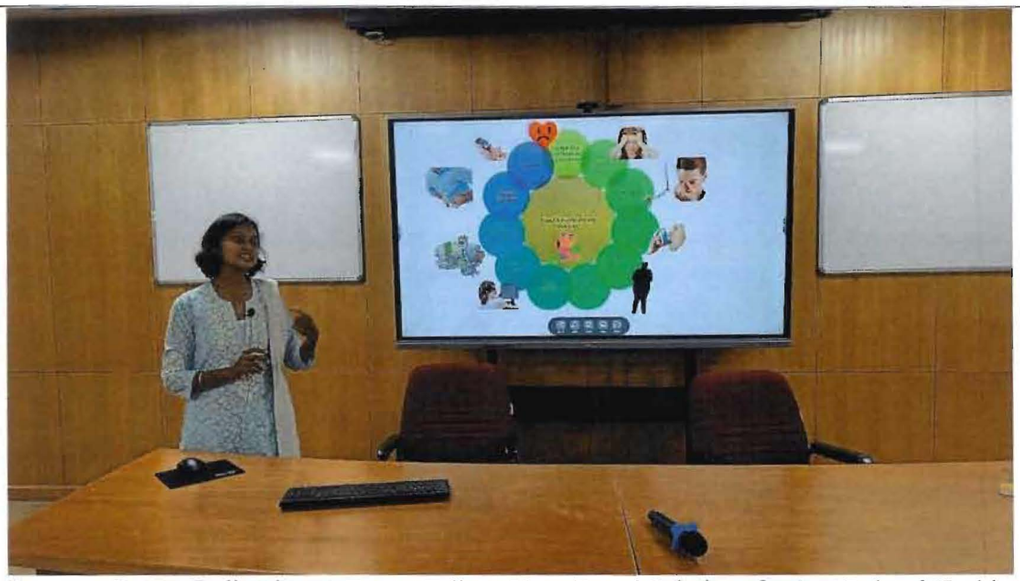


Senior Citizens Practicing Guided Meditation and Relaxation Techniques During the Wellness Session



Interactive Wellness Session on Healthy Ageing Conducted by Ms. Madhura Chandrashekar Sahukar

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Resource Person Delivering an Expert Talk on Yoga-Based Solutions for Age-Related Health Concerns



Senior Citizens Exploring Yoga for Self-Transformation and Healthy Living

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Memento Presentation to the Resource Person in Recognition of Her Valuable Contribution

Co-Ordinator

Director

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