Fortis Malar Hospital recommends yoga for a healthy mind

21ˢᵗ June 2019: This International Yoga Day, Fortis Malar Hospital in association with GTA Vidhya Mandir conducted an exclusive session on '**Yoga and Mental Health**' with 200 school students performing yoga at GTA Vidhya Mandir School, Neelankarai. The session was presided by **Ms. Sneha George, Counselling Psychologist, Fortis Malar Hospital**and**Mr. A Murugan, MallarKambam Association Coach, Tamilnadu, GTA Vidhya Mandir School, Neelankarai.** Ms. Sneha enlightened the students (between the ages of 8 to 12 years) on the numerous benefits of yoga for a healthy mind. Mr. A Murugan taught the school children various yoga poses, breathing and meditation exercises for improved mental wellbeing.

Commenting on the occasion, Ms. Sneha George said "Yoga has innumerable benefits for one's mental health. Yoga not only aids in concentration but also gives one a sense of calmness and clarity of thought. The deep breathing exercises involved in yoga help improve brain functions, it also aids in better cognitive functions. Including yoga as part of your child's schedule will help equip them face stressful situations with ease and composure."

The event also saw students performing Floor yoga, Aerial Skilled yoga and Pole yoga under the mentorship of Mr. A Murugan.

About Fortis Healthcare Limited:
Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai and Sri Lanka with 43 healthcare facilities (including projects under development), approximately 9,000 potential beds and over 400 diagnostics centres.

About Fortis Malar Hospital:
Fortis Malar Hospital was acquired by Fortis Healthcare (India) Limited in early 2008. The hospital founded in 1992, is established as one of the largest corporate hospitals in Chennai providing quality super specialty and multi-specialty healthcare services. Fortis Malar Hospitals, with 180 beds, focuses on providing comprehensive medical care in the areas of Cardiology and Cardiac Surgery, Neuro Surgery, Gynaecology, Orthopaedics, Gastroenterology, Neurology, Paediatrics, Diabetics, Nephrology and Internal Medicine. Fortis Malar Hospital has a state of the art Cath Lab and multiple dedicated cardiac operation theatres and intensive coronary care units. Several rare and complex Adult and Paediatric Cardiac surgeries, Orthopaedic and Joint replacements, Neurosurgeries and Plastic reconstruction surgeries have been performed at this hospital. The hospital' Obstetrics and Gynaecology services are among the busiest in the city, successfully performing many complicated deliveries and surgeries. They are supported by a dedicated Neonatology unit.

For more information, please contact:

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