



KMCT AYURVEDA MEDICAL COLLEGE

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TO WHOM SO EVERIT MAY CONCERN

This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge.

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YEARLY DATA OF ATTENDANCE OF COMMON PUBLIC AND PATIENTS ATTENDING COMMON YOGA AND THERAPEUTIC YOGA

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YEARLY DATA OF COMMON PUBLIC AND PATIENTS ATTENDING COMMON YOGA AND THERAPEUTIC YOGA FOR OPD AND IPD PATIENTS

YEAR	Number of patients OPD & IPD
2019-2020	98
2020-2021	246
2021-2022	96
2022-2023	389
2023-2024	250

HOD & PROFESSOR

Department of Swastavritha


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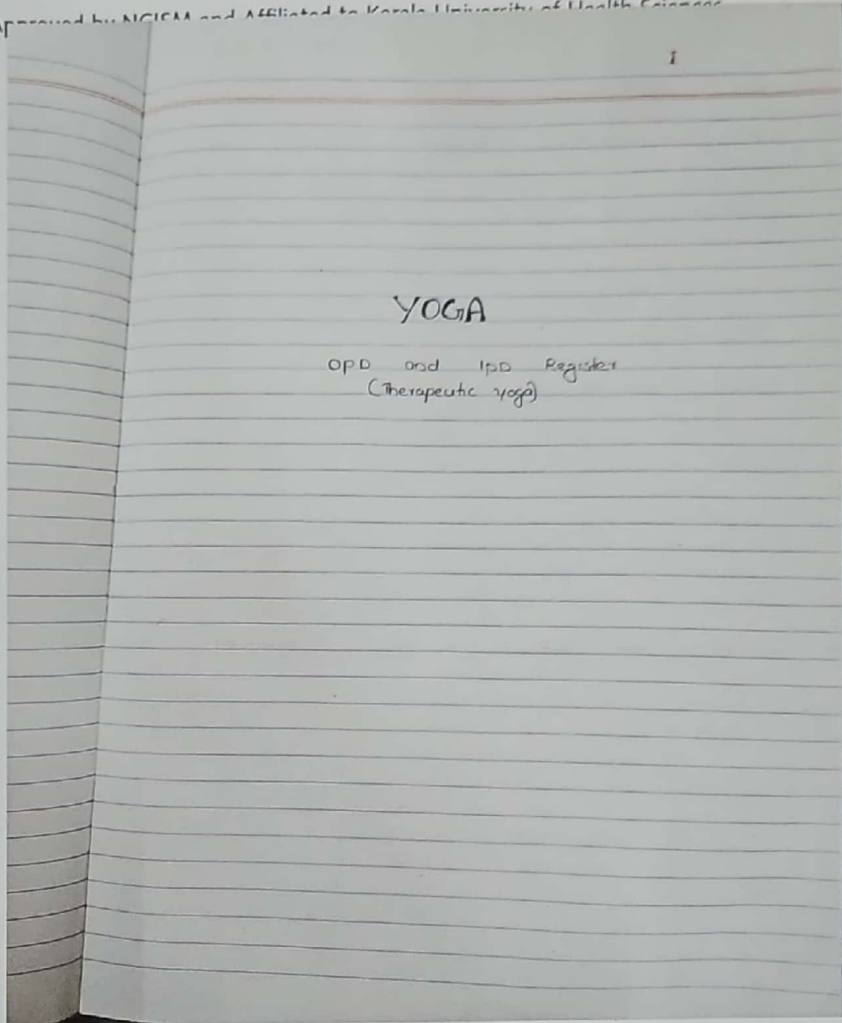
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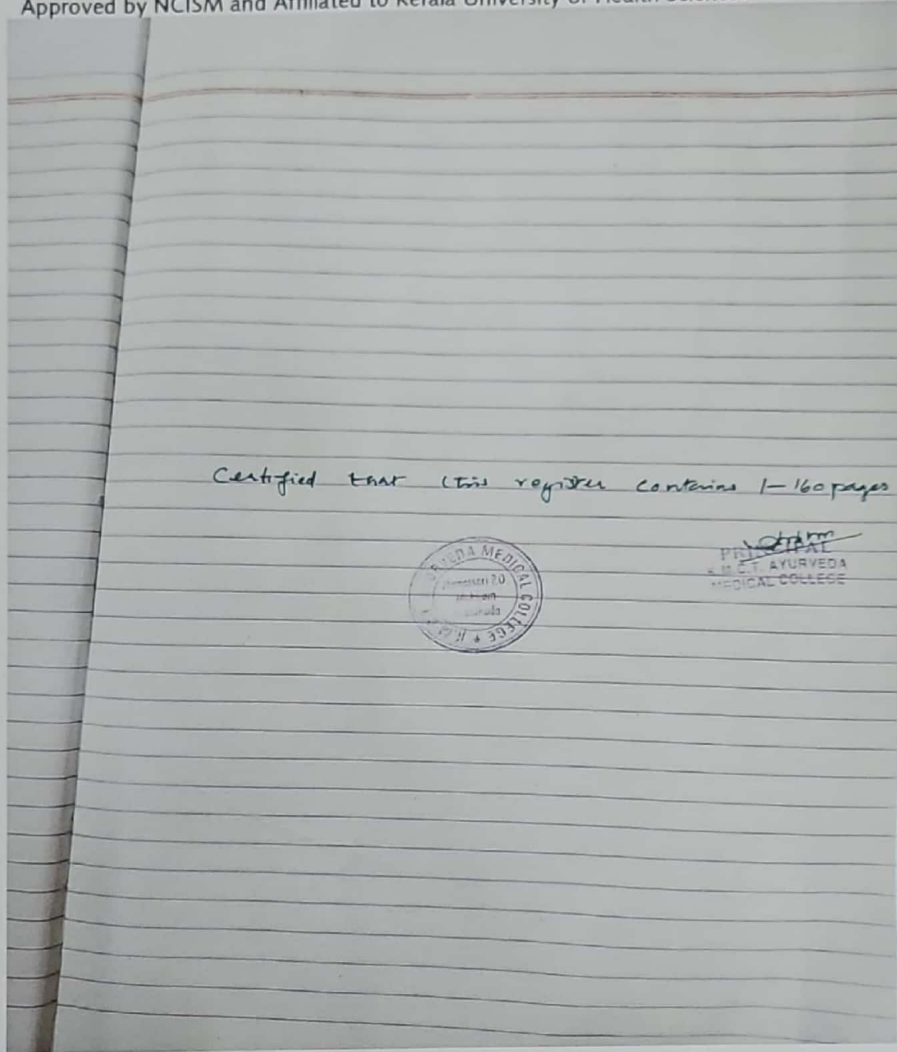
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Certified that this register contains 1-160 pages



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Sl. No.	Date	Age	Name	Address	Medicines	Diagnosis	Treatment
14	08.08.2022	47	Abdul Wahid	Thiruvadyoor	65/m	obesity	Loosening Exercise (Head to toe) Breathing Exercises Gymnastics: Stairs, forward and backward bending Alternate to standing, characholana Suryanamaskara Asanas: Ardha Bhujangasana, Padmasana Cathirapadasana, Pawanmuktasana Bhujangasana, Shalabhasana, Shobharasana Natarasana, Ushtrasana Pranayama: Nadichudhi & Bhramari Relaxation: DRP
15	10/08/22	40	Aju	Kottayam	38/m	Backache	Loosening Exercises Breathing Exercise: Hands in front Hand stretch Pranayama: Nadichudhi Bhramari Relaxation: DRP
16	11/08/22	39	Raji	Erumala	48/f	Skin diseases	Breathing exercise: Hands in front Hand stretch Pranayama: Nadichudhi Bhramari Relaxation: DRP
17	11/08/22	40	Aju	Kottayam	38/m	Backache	Loosening Exercises (Head to toe) Back exercises Breathing Exercise: Hands in front Hand stretch Pranayama: Nadichudhi Bhramari Suryanamaskara Relaxation: DRP



Abdul Wahid

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Date	Register No.	Name	Address	Mobile	Diagnosis	Treatment
64 28/09/22	090050037	Pradeep	Velliparamba	5010	DM	<ul style="list-style-type: none"> - Loosening Exercises: Head to toe - Breathing Exercise: Hands in & out - Hand holds breathing - Shavasana - Bhujangasana - Tiger breathing - Cycle meditation - Pranayama: Nadishudhi, Bhramari - Relaxation: Savasana
65 23/09/22	090050037	Ali	Prayaguruzhi	4010	DM	<ul style="list-style-type: none"> - Loosening Exercises (Head to toe) - Breathing Exercises - Dynamics: situps, Alternate toe touching, Chakrichalana, twisting, Forward and backward bending - Cycle meditation - pranayama: Nadishudhi, Bhramari - Relaxation
66 24/09/22	090050030	Nagaji	Agasthyamuzhi	4010	DM	<ul style="list-style-type: none"> - Loosening Exercise (head to toe) - Breathing Exercise - Dynamics: situps, twisting, Forward & backward bending, alternate toe touching - Siret - pranayama: Nadishudhi, Bhramari - Kapalabhati - Relaxation
67 24/09/22	090050060	George	pothupara	6010	DM	<ul style="list-style-type: none"> - Loosening Exercise (head to toe) - Breathing Exercise: hands in & out breathing, Hand holds breathing - Pranayama: Nadishudhi, Suryanamaskar - Bhramari - Relaxation: PRT



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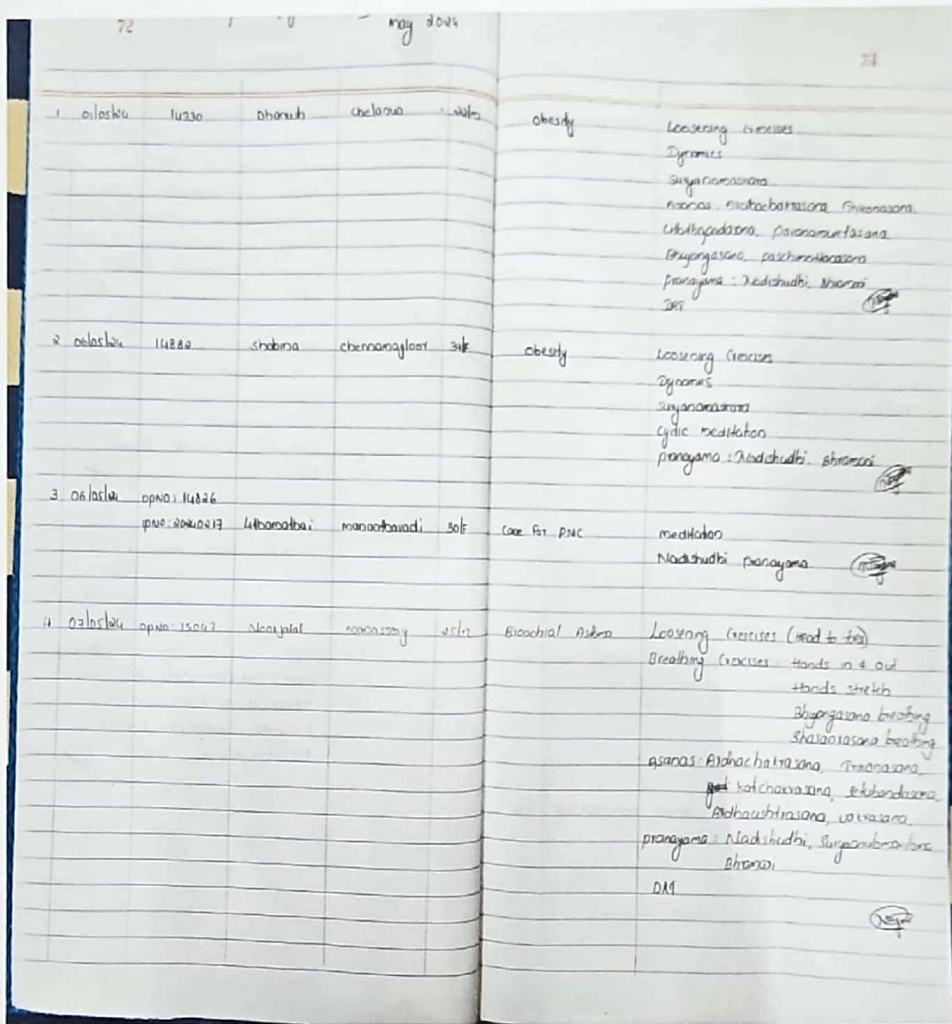
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14	16136	15.771	Atthava	kmct student	20/10	Hypothyroidism	Loosening exercises (Head to toe) Saras: Anahatacharyana, padahasthasana, padahasthasana, Simhasana, pawanmuktasana, sekubandhasana, mahayoga, bhujangasana, bhujangasana, paschimottasana, ushtrasana, nishkhaljantisana Pranayama: Nadishudhi, ujjayi, bhramari DAS
15	16136	1601	Anthu	chamburadav	4/11	DM	Loosening exercises (head to toe) Saras Saras: Anahatacharyana, Simhasana, pawanmuktasana, sekubandhasana, Bhujangasana, paschimottasana, Varasana Pranayama: Nadishudhi, bhramari DAS
16	16136	16118	Prati	Manassery	20/10	obesity	Loosening Exercises (Head to toe) Breathing Exercises: Hands in front Hands stretch Pranayama: Nadishudhi, bhramari DAS
17	16136	15.771	Atthava	kmct student	20/10	Hypothyroidism	Loosening exercises (Head to toe) Saras: Anahatacharyana, padahasthasana, Anahatacharyana, padahasthasana, pawanmuktasana, sekubandhasana, mahayoga, Bhujangasana, bhujangasana, paschimottasana, ushtrasana, nishkhaljantisana Pranayama: Nadishudhi, ujjayi, bhramari DAS



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Sl. No.	Age	Sex	Address	Height	Weight	Diagnosis	Plan
22	16.9.77	Male	Periyapalam	5'6"	160 lbs	Obesity	Loosening Exercises (Head to toe) Dynamics Suryanamaskara Gedic. Muktachara Pranayama: Nadichudhi, Shwasa
23	16.6.79	Female	Vallipattanam	5'6"	160 lbs	Lumbago (Disc bulge)	Loosening Exercises (Head to toe) Strengthening exercises: hands in & out Hands: Shakti Pranayama: Nadichudhi, Suryanamaskara Shwasa
24	1.3.50	Subada	Onassis	5'11"	160 lbs	Obesity	Loosening Exercises (Head to toe) Dynamics Shwasa: Triconasana, Padabhasana, Uththapadasana, Pawanmuktasana Bhujangasana, Paschimottasana, Vakrasana Pranayama: Nadichudhi, Shwasa
25	1.3.94	Suhana	Periyapalam	5'6"	160 lbs	Obesity	Loosening Exercises (Head to toe) Dynamics Shwasa: Triconasana, Padabhasana, Uththapadasana, Pawanmuktasana, Bhujangasana, Paschimottasana, Vakrasana, Nadichudhi Pranayama: Nadichudhi, Suryanamaskara, Shwasa



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