

# Special session on yoga, multiple sclerosis held

**Multiple Sclerosis Day is observed on May 30**

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THE HINDU BUREAU

A special session on yoga and multiple sclerosis (MS) was organised in the city on Sunday. The Chennai chapter of the Multiple Sclerosis Society of India (MSSI) along with Yogavahini Foundation and the Radial Road branch of Kauvery Hospital, organised the special event to commemorate World Multiple Sclerosis Day, observed on May 30.

Experts at the hospital spoke on the condition and its diagnosis, medication, rehabilitation, and wellness beyond medication that could help improve the quality of life.

The participants also learned about yoga therapy for neurological conditions. They were taught tools and practices to manage symptoms to empower them to live with multiple sclerosis.

The initiative aimed to promote holistic approaches to managing MS and improve the quality of life for individuals with the condition, said . “The event provided a platform for persons with MS to connect with experts, learn new coping strategies, and find support,” Ann Gonsalvez, honorary secretary of MSSSI, Chennai chapter, said.

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