

# Post event report

## Mind–Brain Training: Yoga and breathing Techniques to Improve Memory and Focus

Add-on course

Dept of Physiology

Wed - 28/01/2026

The Department of Physiology conducted an add-on course for First Phase MBBS students on Wednesday, January 2026. The topic of the course was *Mind–Brain Training: Yoga and Breathing Techniques to Improve Memory and Focus*. A total of 78 first-year MBBS students attended the program.

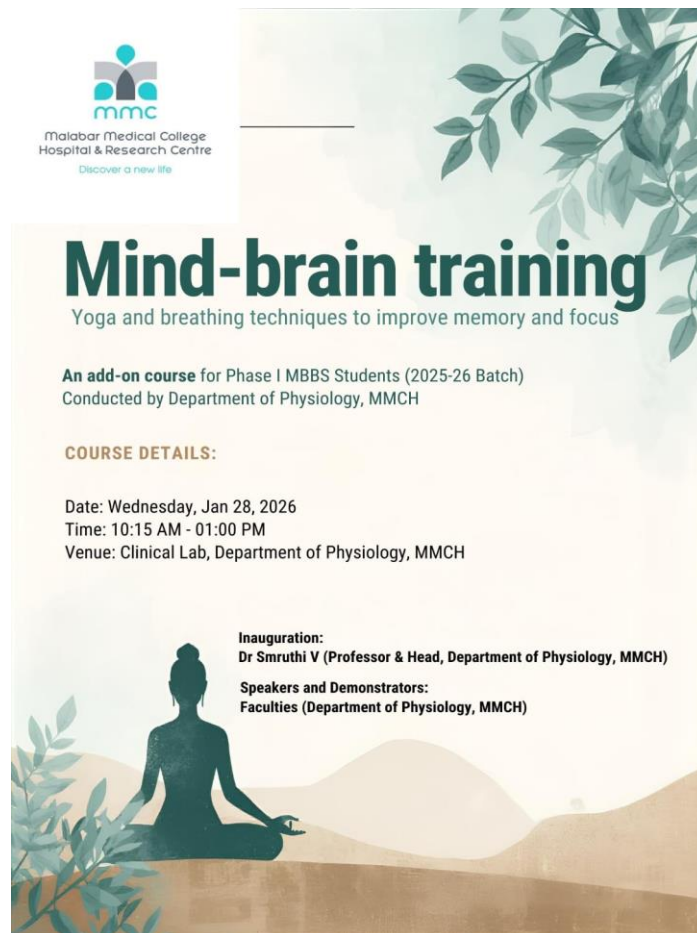
The inauguration was done by Dr. Smruthi V, Professor and Head of the Department of Physiology. Our senior professors, Dr. Jean Maliekkal and Dr. N. Geetha, delivered insightful talks. Dr. Jean Maliekkal spoke on the Neurophysiology of Memory, while Dr. N. Geetha discussed Yoga and its Benefits in Day-to-Day Life.

The demonstration was conducted by Dr. Mitha K. V, Associate Professor, Department of Physiology. The training session began with breathing exercises, starting with calming breath techniques such as slow breathing, fast breathing, abdominal breathing, and thoracic breathing. This was followed by balancing breath techniques, including alternate nostril breathing and box breathing. The session then progressed to energizing practices, culminating in Bhramari Pranayama. Following the breathing exercises, the session moved on to yoga asanas, which included the Mountain Pose, Raised Arm Pose, and Tree Pose. Before each demonstration, the benefits of the respective breathing techniques and yoga asanas were explained to the students, ensuring they understood both the practice and its relevance to enhancing memory, focus, and overall, well-being. The training session concluded with a meditation practice, allowing the students to integrate the benefits of the breathing exercises and yoga asanas into a state of calm focus and mindfulness.

Before starting the demonstration and after completing the training session, we conducted both a pre-test and a post-test, along with a word recall test to assess the students' memory and

focus. The session was jointly handled by all the faculty members of the Department of Physiology, ensuring active participation and guidance throughout the program.

The programme concluded with a wrap-up talk by the Head of the Department. Certificates were distributed by the senior professors, and the event ended with a group photo session.



The poster features the Malabar Medical College Hospital & Research Centre logo at the top left, with the tagline "Discover a new life". The main title "Mind-brain training" is prominently displayed in a large, bold, green font, with the subtitle "Yoga and breathing techniques to improve memory and focus" below it. The course is described as an "add-on course for Phase I MBBS Students (2025-26 Batch)" conducted by the Department of Physiology, MMCH. Under "COURSE DETAILS:", the date is Wednesday, Jan 28, 2026, from 10:15 AM to 01:00 PM, at the Clinical Lab, Department of Physiology, MMCH. The inauguration is by Dr. Smruthi V, Professor & Head, Department of Physiology, MMCH. Speakers and demonstrators are the faculties of the Department of Physiology, MMCH. The background includes a silhouette of a person in a yoga pose, a faint anatomical diagram of a brain, and green leafy branches.

**Malabar Medical College  
Hospital & Research Centre**  
Discover a new life

# Mind-brain training

Yoga and breathing techniques to improve memory and focus

**An add-on course** for Phase I MBBS Students (2025-26 Batch)  
Conducted by Department of Physiology, MMCH

**COURSE DETAILS:**

Date: Wednesday, Jan 28, 2026  
Time: 10:15 AM - 01:00 PM  
Venue: Clinical Lab, Department of Physiology, MMCH

**Inauguration:**  
Dr Smruthi V (Professor & Head, Department of Physiology, MMCH)

**Speakers and Demonstrators:**  
Faculties (Department of Physiology, MMCH)





