

Movement: In Health for Health!

Application of Human Movement Science: In Healthcare for Health & Wellness

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Friday, August 26, 2022 at 4 p.m.
YouTube Live Link: <https://youtu.be/LqgjzAyi8KA>



Impaired movement restricts physical activity and participation in personal, work and social life. Change in lifestyle has also brought about a change in the movement profile of daily life and ultimately physical activity.



Dr. Rajani Mullerpattan is a Human Movement Scientist and Physiotherapist, exploring movement forms of daily living, Yoga, sports and dance for evidence-based integration of these movement forms in developing culturally palatable, health-promotion strategies for attenuation of the burden of non-communicable diseases and collateral promotion of Indian heritage of movement forms among the younger generation.

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