



INTERNATIONAL YOGA DAY 2022

“Yoga is like music, rhythm of the body, melody of the mind and harmony of the soul creates the symphony of life”. Firmly believing in this statement and to emphasize that the students should realize the importance and impact of yoga on their soul and body and to utilize their energy in the right path, our varsity set the grounds for celebrating international yoga day on a largescale.

Events on Campus

A ten day basic training for yoga was conducted for around 150 students in 2 batches, each batch consists of 75 students for the better personalization and involvement of the students. This training consisted 2 parts, in the first part the students were told about the importance and power of yoga in daily life and in the later part the professional trainers taught the students yoga asanas which made them familiar and well versed with the various asanas. This training went on for two hours each day.

Batch 1 (2021-22 Girls)

Venue: Reading room 4th floor

Batch 2 (2021-22 Boys)

Venue: Reading room 4th floor

Function on International Day of Yoga

“International yoga day” main function was celebrated in a grand manner at 8:30 am in the CME hall. All the internal dignitaries, faculty, students attended the function and played their role in making the event successful. Dr.Sufala sunil Vishwasrao, Principal in her opening address expressed that one’s health condition always remains in their own hands and that it depends on the food we take and exercise we do, yoga is the best way to maintain one’s health conditions and that if we want to have a healthy mind we should have a healthy body and the practice of yoga is one of the best method to maintain a clean body and mind as well.

Dr.Vadivel Professor & HOD Department of Physiology, shared that the students these days are tending towards the fast foods and that they are treating the stomach as a dustbin and are not taking care of their health. Finally, The chief guest of the day Sri Partheeban secretary, Professor, World community service centre, has shared his vast knowledge on Neuro Linguistic Programing and said that there are 5 points to remember while doing yoga which are 1.Satyam 2Ahimsa 3.Asseyam 4.Apreetavyaham 5.Brahmacharyam and explained briefly about them.

Later Dr. Sumithra Devi , Associate Professor, Department of Psychiatry, Shared about the positive Mental Health in an interactive way. Later, Shri .Shiva President ,Professor, World community service centre ,Yoga coach of the varsity conducted workshop and made the audience do some of the yoga Asanas which was very refreshing. Dr. Navin Rajaratnam Professor, Department of Physiology proposed the vote of thanks.



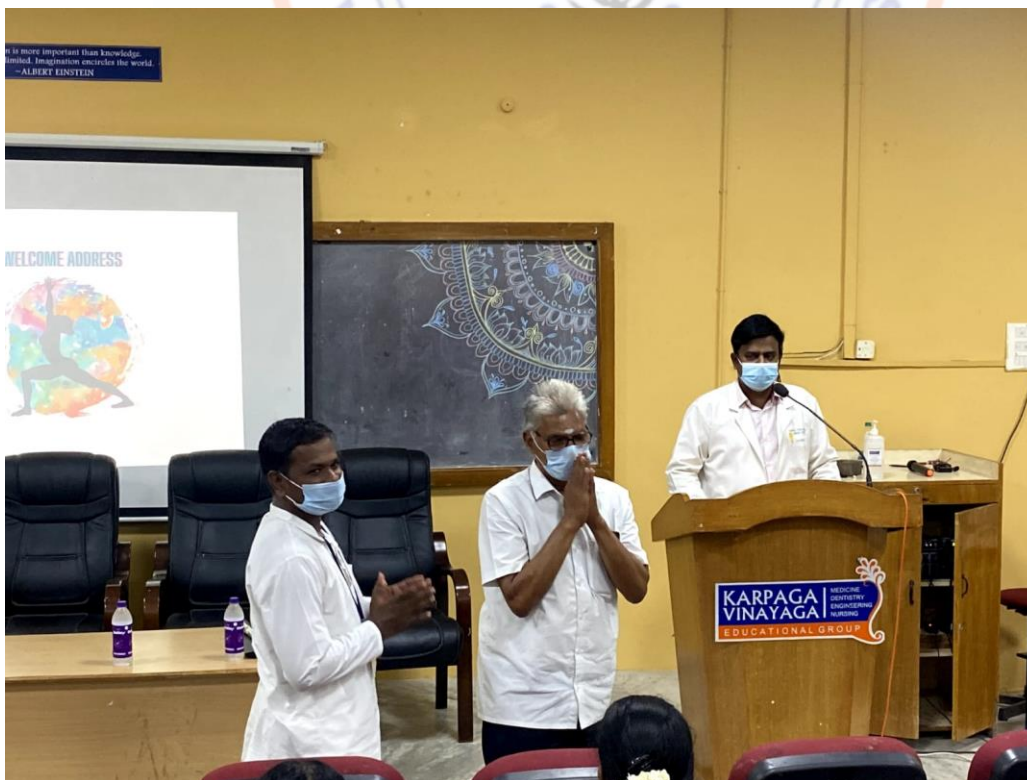
Karpaga Vinayaga Institute of Medical Sciences & Research Centre
GST Road, Chinnakolambakkam, Palayanoor (P.O)Madhuranthagam
(Tk.), Chengalpet– 603 308.

PHOTO GALLERY

Inauguration of international yoga day by Principal



Inaugural Address by Dr.S.Vadivel Professor & HOD
Department of Physiology





Karpaga Vinayaga Institute of Medical Sciences & Research Centre
GST Road, Chinnakolambakkam, Palayanoor (P.O)Madhuranthagam
(Tk.), Chengalpet– 603 308.

The chief guest of the day Sri Partheeban secretary,
Professor, World community service centre



Organizing committee members from department of
Physiology





Karpaga Vinayaga Institute of Medical Sciences & Research Centre
GST Road, Chinnakolambakkam, Palayanoor (P.O)Madhuranthagam
(Tk.), Chengalpet– 603 308.

The chief guest of the day Dr. Sumithra Devi , Associate
Professor, Department of Psychiatry





Karpaga Vinayaga Institute of Medical Sciences & Research Centre
GST Road, Chinnakolambakkam, Palayanoor (P.O)Madhuranthagam
(Tk.), Chengalpet– 603 308.

Workshop on Yoga Training

