

International Yoga Day Celebration

Date: 21.06.2024

Venue: CME Hall

Total No. of Participants: 220

Total No. of Resource Persons: 03

Organized by: Department of Physiology, KIMS & RC

Event report:

“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 large scale.

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 (2023-24 Girls)

Venue: Reading room 4th floor

Batch 2 (2023-24 Boys)

Venue: Reading room 4th floor

International Day of Yoga for women empowerment

“International yoga day” 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. Jaya Professor & Head, Department of Physiology, delivered welcome address on the occasion. The chief guest of the day Sri Partheeban secretary, Professor, World community service

centre, shared self-realization and mindfulness about yoga and said there are 5 points to remember while doing yoga which are 1. Satyam 2.Ahimsa 3.Asseyam 4.Apreetavyaham 5.Brahmacharyam and explained briefly about them. Later Chief guest Dr. Roselin Fathima Williams, Professor of Community Medicine, KIMS &RC (Rtd) delivered positivity of doing yoga for women empowerment. Later, Shri. Shiva President, Professor, World community service centre, Yoga coach of the varsity conducted workshop and made the audience do some of yoga Asanas which was very refreshing. Dr R Yuvaraj Associate Professor, Department of Physiology delivered vote of thanks.

Inauguration of Yoga CME



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



Dr. Roseline Fatima Willium discussing about importance Yoga



Organizing committee members from department of Physiology



Yoga training to the students



Felicitation of Guest



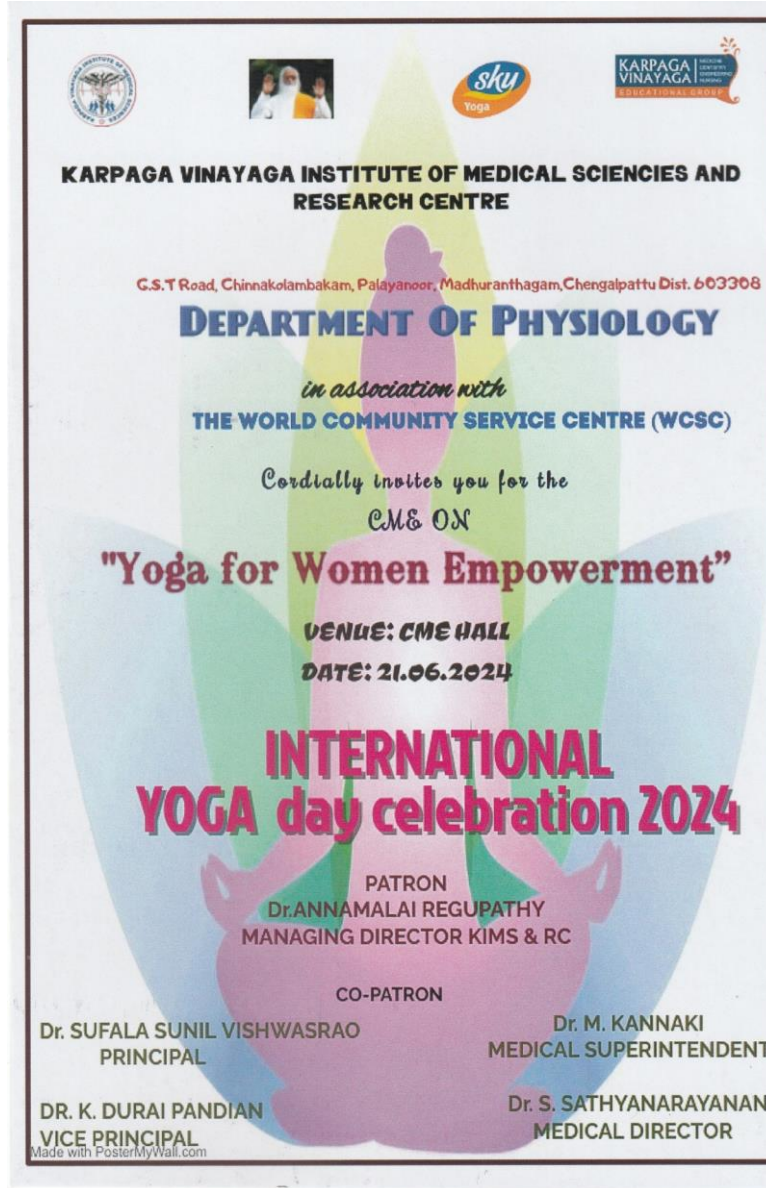
Continuing Medical Education Certificate

This is to certify that Dr/Mr/Mrs. _____ has participated as Speaker / Delegate in the Continuing Medical Education Program on **Yoga for Women Empowerment** conducted by Department of Physiology, KIMS, on 21st June 2024 at Karpaga Vinayaga Institute of Medical Sciences & Research Centre Madhuranthagam.


Dr. Sufala Sunil Vishwasrao
Principal


Dr. Durai Pandian K
Vice Principal


Dr. B. Jaya
Organizing Chairman



The poster features a central illustration of a woman in a pink yoga pose, surrounded by a large, stylized lotus flower in shades of green and blue. At the top, there are logos for Karpaga Vinayaga Educational Group, SKY Yoga, and the Department of Physiology. The text is centered and reads: 'KARPAGA VINAYAGA INSTITUTE OF MEDICAL SCIENCES AND RESEARCH CENTRE', 'G.S.T Road, Chinnakolambakkam, Palayanoor, Madhuranthagam, Chengalpattu Dist. 603308', 'DEPARTMENT OF PHYSIOLOGY', 'in association with THE WORLD COMMUNITY SERVICE CENTRE (WCSC)', 'Cordially invites you for the CME ON "Yoga for Women Empowerment"', 'VENUE: CME HALL', 'DATE: 21.06.2024', 'INTERNATIONAL YOGA day celebration 2024', 'PATRON Dr. ANNAMALAI REGUPATHY MANAGING DIRECTOR KIMS & RC', 'CO-PATRON', 'Dr. SUFALA SUNIL VISHWASRAO PRINCIPAL', 'Dr. M. KANNAKI MEDICAL SUPERINTENDENT', 'DR. K. DURAI PANDIAN VICE PRINCIPAL', 'Dr. S. SATHYANARAYANAN MEDICAL DIRECTOR'. At the bottom left, it says 'Made with PosterMyWall.com'.

KARPAGA VINAYAGA INSTITUTE OF MEDICAL SCIENCES AND RESEARCH CENTRE

G.S.T Road, Chinnakolambakkam, Palayanoor, Madhuranthagam, Chengalpattu Dist. 603308

DEPARTMENT OF PHYSIOLOGY

in association with
THE WORLD COMMUNITY SERVICE CENTRE (WCSC)

Cordially invites you for the
CME ON
"Yoga for Women Empowerment"

VENUE: CME HALL
DATE: 21.06.2024

**INTERNATIONAL
YOGA day celebration 2024**

PATRON
Dr. ANNAMALAI REGUPATHY
MANAGING DIRECTOR KIMS & RC

CO-PATRON

Dr. SUFALA SUNIL VISHWASRAO
PRINCIPAL

Dr. M. KANNAKI
MEDICAL SUPERINTENDENT

DR. K. DURAI PANDIAN
VICE PRINCIPAL

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MEDICAL DIRECTOR

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