



KARPAGA VINAYAGA INSTITUTE OF MEDICAL SCIENCES & RESEARCH CENTRE

G.S.T. ROAD, CHINNA KOLAMBAKKAM, MADHURANTHAGAM (TK), TAMIL NADU – 603 308
Ph.No. 044 7156 5100 – 299; E-mail: principal@kims.edu.in; Website: www.kims.edu.in

CME on “STRESS” – Enlightenment towards wellness”

Date: 14.12.2022 (8.30 AM to 12.45 PM)

Venue: KIMS CME HALL & KIMS SKILL LAB

Total number of Participants: 286

Total number of Resource Persons: 03

Organized by: Department of Physiology, KIMS&RC

Event Report:

In today's computerized era, stress is very common factor causing emotional and physical trauma on our body. It is important to keep ourselves stress-free in order to enjoy happy and healthy life. The department of Physiology organized CME on Stress to enlighten the importance of healthy life style and yoga.

The program initiated with inaugural address by Principal Dr Sufala Sunil Vishwasrao. In her inaugural speech she expressed that one's health condition always remains in their own hands and it depends on the diet we take and exercise we do, yoga is the best way to maintain one's health conditions. If someone want to have a healthy mind, they should practice of yoga which is one of the best method to maintain a our body and mind fit in all respects.

Lightening of Kuthuvallikku





KARPAGA VINAYAGA INSTITUTE OF MEDICAL SCIENCES & RESEARCH CENTRE

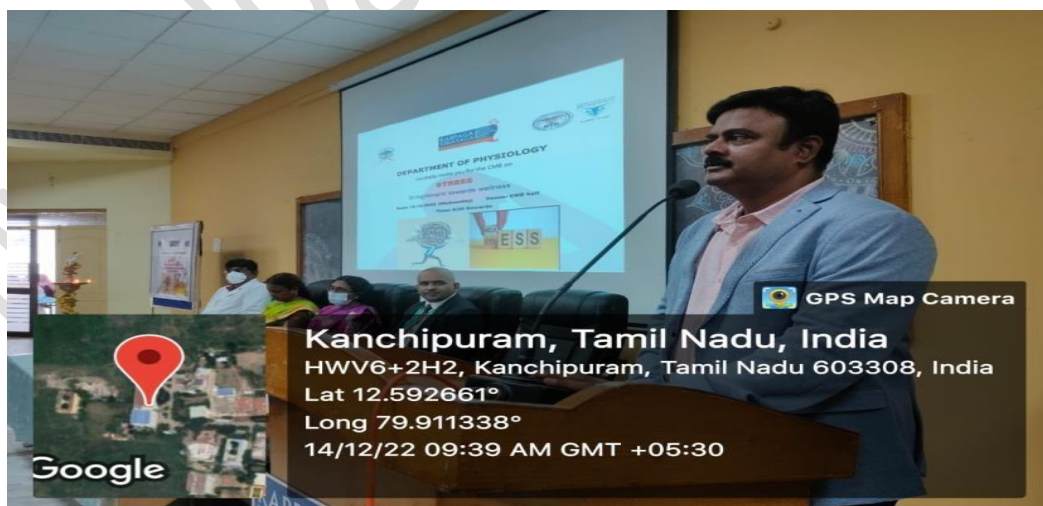
G.S.T. ROAD, CHINNA KOLAMBAKKAM, MADHURANTHAGAM (TK), TAMIL NADU – 603 308
Ph.No. 044 7156 5100 – 299; E-mail: principal@kims.edu.in; Website: www.kims.edu.in



Dignitaries on the Dias from right, Dr S Vadivel (Prof. and HOD, Dept. of Physiology), Chief guest Mr. Joseph Julian (Wellness Consultant, SRM University), Principal Dr Sufala Sunil Vishwasrao, Dr Celin, (Professor of Physiology, Chengalpattu Medical College) Dr Naveen Rajarathnam (Prof, Physiology, KIMS & RC)

Guest speaker, Dr Celin, Professor of Physiology, Chengalpattu Medical College, has shared her knowledge on Physiology of Stress and important point about stress responses and Chief guest Mr. Joseph Julian, Wellness Consultant, SRM University Wellness delivered a speech on positivity of doing Exercise, Meditation to overcome from Stress. Program ended with vote of thanks.

Dr S Vadivel delivering welcome address

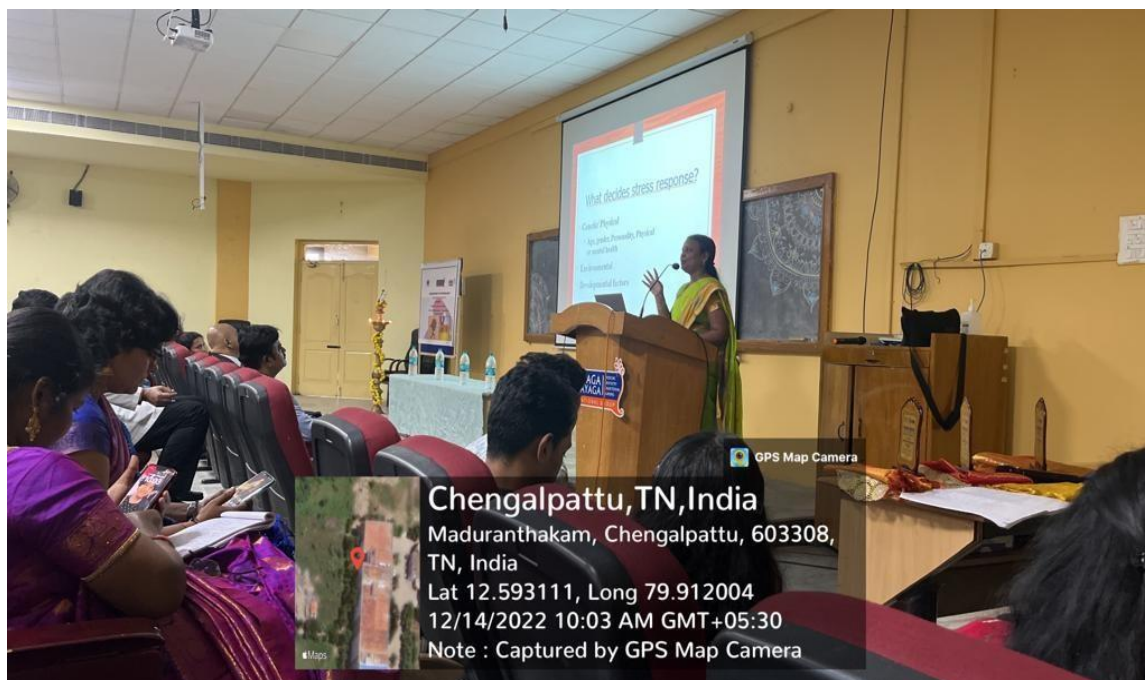




KARPAGA VINAYAGA INSTITUTE OF MEDICAL SCIENCES & RESEARCH CENTRE

G.S.T. ROAD, CHINNA KOLAMBAKKAM, MADHURANTHAGAM (TK), TAMIL NADU – 603 308
Ph.No. 044 7156 5100 – 299; E-mail: principal@kims.edu.in; Website: www.kims.edu.in

The chief guest of the day Dr. Celin Professor Chengalpattu Medical college delivering welcome address on-Physiology of Stress



Lecture on Stress Management delivered by Dr Padmavathy, Associate Dean – Post graduate studies (Basic Science), SRMC





KARPAGA VINAYAGA INSTITUTE OF MEDICAL SCIENCES & RESEARCH CENTRE

G.S.T. ROAD, CHINNA KOLAMBAKKAM, MADHURANTHAGAM (TK), TAMIL NADU – 603 308
Ph.No. 044 7156 5100 – 299; E-mail: principal@kims.edu.in; Website: www.kims.edu.in

Students listening to the speakers



Suishwanas
Principal
Karpaga Vinayaga Institute of
Medical Sciences
G.S.T. Road, Chinna Kolambakkam,
Palayanoor Post,
Maduranthagam – 603 308

Physiology CME on Stress