

CME on Yoga for holistic health

Date: 21.6.2023

Venue: CME Hall, KIMS &RC

Total number of participants: 217

Total number of resource person: 4

Organized by: Department of Physiology

Objective: To develop interest among the students to practice yoga daily.

To increase awareness about good effects of regular yoga on body

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 largescale.

Events on Campus

A ten-day basic training for yoga was conducted for 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 with Batch 1 (2022-23 Girls), Batch 2 (2022-23 Boys).

Program on International Day of Yoga

“International yoga day” was celebrated in the CME hall. All the internal dignitaries, faculty, students attended and supported the event with spirited enthusiasm and active participation. Dr. Sufala sunil Vishwasrao, Principal gave inaugural address with stressing on importance of yoga in today’s busy life. Dr. Jaya Professor, Department of Physiology, shared that the students these days are tending towards the fast foods and students are not taking care of their health. So, she insisted to practice yoga daily.

The chief guest of the day Sri Partheeban secretary, Professor, World community service centre, has shared his vast knowledge on Neuro Linguistic Programing. Dr Dr. Ramachandran Viswanathan, Professor of Medicine, KIMS & Rc delivered session on positivity of doing yoga. 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 Sumitra Associate Professor, Department of Physiologyproposed the vote of thanks.



The poster features a central illustration of a person in a yoga pose, surrounded by decorative floral patterns. At the top, there are logos for Karpaga Vinayaga Educational Group, Sky Yoga, and the Karpaga Vinayaga Institute of Medical Sciences. The text is arranged in a hierarchical manner, starting with the institute's name and address, followed by the department and association, then the event title, venue, and date. The bottom section lists the patron, co-patron, and other key personnel.

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 Holistic Health

VENUE: CME HALL
DATE: 21.06.2023

**INTERNATIONAL
YOGA day celebration 2023**

PATRON
Dr. ANNAMALAI REGUPATHY
MANAGING DIRECTOR KIMS & RC
CO-PATRON

Dr. SUFALA SUNIL VISHWASRAO
PRINCIPAL

Dr. K. DURAI PANDIAN
VICE PRINCIPAL

Dr. M. KANNAKI
MEDICAL SUPERINTENDENT

Dr. S. SATHYANARAYANAN
MEDICAL DIRECTOR

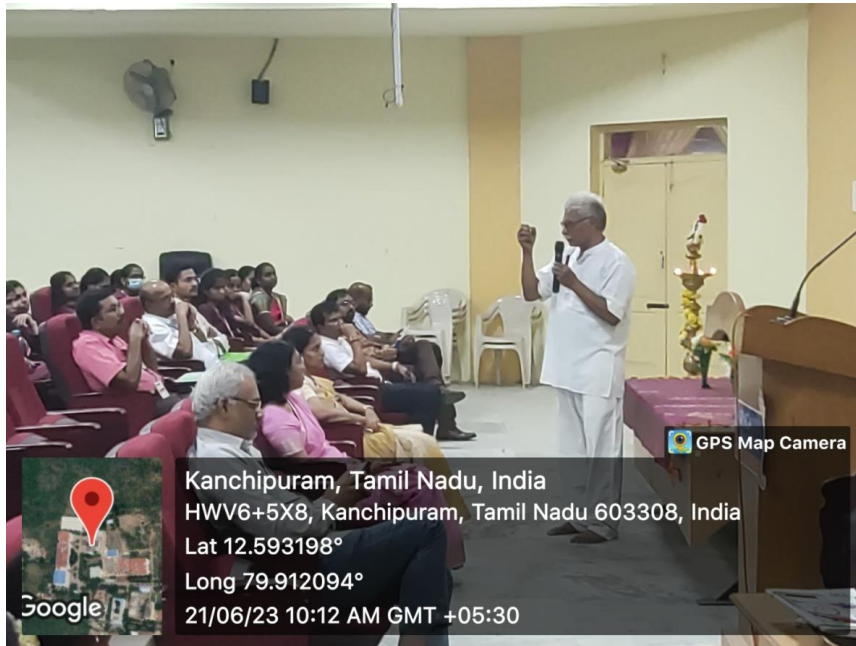
Lightening of Kuthuvallikku by Chief guest Sri Partheeban secretary,Professor, World community service centre, Principal Dr Sufala Sunil Vishwasrao and Dr Ramchandran, Prof. of Medicine



Dr B Jaya, Prof. delivering welcome address



**Inspirational talk on Mind-Body and Medicine by Dr K Parthiban, Secretary, World
Community Service Centre**



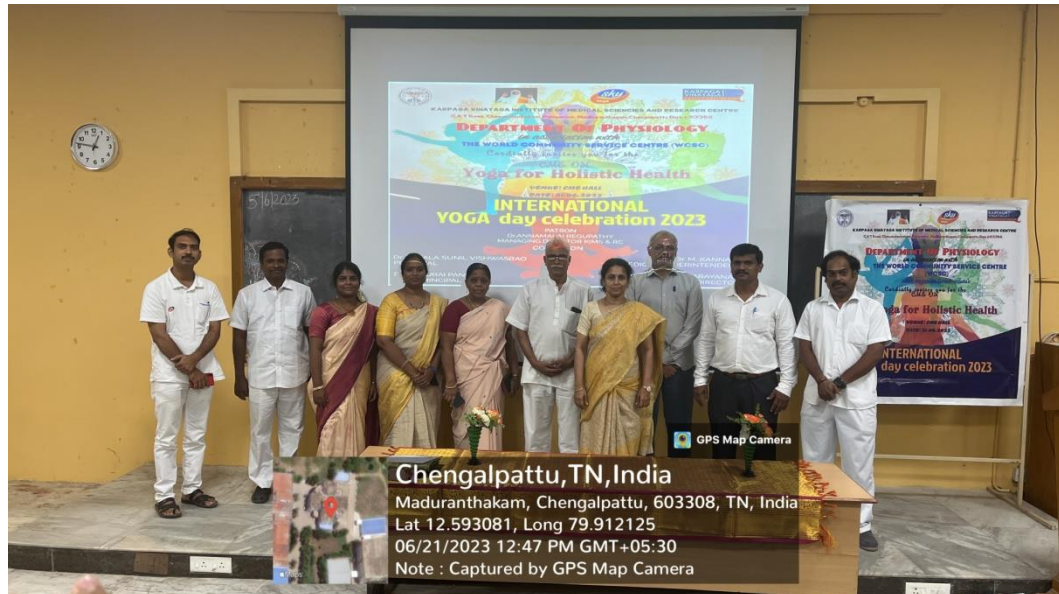
Dr Ramchandran discussed about neuroprotection in Yoga



**Students are doing Yoga under the guidance of Dr K Parthiban, Secretary, World
Community Service Centre**



Organizing Committee: CME on Yoga



Sisilwanas
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