

Yoga Programme Organized by the Department of Physical Education

S.No	Programme name / date	College name	POSSITION
1.	International yoga day 21/05/2015	Chennai Medical College Hospital and Research Centre, trichy	Organizing secretary
2.	International yoga day 21/05/2016	Chennai Medical College Hospital and Research Centre, trichy	Organizing secretary
3.	International yoga day 22/05/2017	Chennai Medical College Hospital and Research Centre, trichy.	Organizing secretary

Chennai Medical College Hospital and Research Centre, (SRM Group) Tiruchirapalli

REPORT OF 1st INTERNATIONAL DAY OF YOGA 2015

Programme – an overview

Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. The international day of yoga celebrated 21st June to bring peace. Harmony, happiness, and successes to every soul in the world. This is a great opportunity to imbibe the value of discipline and it is a mental, physical and spiritual practice that needs to be carried every day.

First International Day of Yoga was held on 21.06.2015 at Chennai Medical College Hospital and Research Centre, (SRM Group) Trichirapalli in Easvari auditorium to conducted the programme in morning 11.00 to 12.30pm. The event was organized by department of Community Medicine and Physical Education. The programme was presided by Honorable Chancellor Dr. T. R. Paarivendhar, SRM University, and Chairman Dr. R. Shivakumar, trichy and Ramapuram campus, Dr. N. Sethuraman Registrar SRM University to felicitated the function.



[Presidential Address by Honorable Chancellor Dr. T. R. Paarivendhar, SRM University]



[Felicitated by Dr. R. Shivakumar, Chairman Trichy and Ramapuram campus,.]



[Vote of thanks by Dr S.Elango Professor and Head community medicine,.]



[Yoga demonstration by by Dr. L. Manivannan, Head of Physical Education.]



[Yoga demonstration by by Dr. M. Rajajeyakumar, Assistant professor in Physiology.]



[International yoga day participant's for the students]



[Yogic warm-up exercises]



[Performance Yogi Relaxation for Savasana]

Yoga practitioners, Dr. L. Manivannan, Dr. M. Rajajeyakumar both of them to demonstrate various Yoga postures and explain correct way of doing ,asanas'. Yoga session was started with yoga warm up exercises, followed by Vajrasana, Bhujangasana, Anlom Vilom, Nadi Shodhan Pranayama and Bhramaree Pranayama. Practice of regular yoga helps various parts of the body to perform their functions smoothly and in proper coordination. It also strengthens International Yoga Day at CMCH & RC 21.6.2016 the immune system and does internal cleansing of blood, body parts, body systems, organs, veins & arteries. It brings a one, in harmony and peace.

Members present in the session expressed their experiences and stated that they were feeling relaxed, refreshed and calm after the session.

Chennai Medical College Hospital and Research Centre, (SRM Group) Tiruchirapalli

REPORT OF 2nd INTERNATIONAL DAY OF YOGA 2016

Programme – an overview

Yoga is known to usher in the union of individual with the universal consciousness leading to perfect harmony between mind and body as well as that of Man and Nature. Considered to be one of the oldest sciences that took its roots in India, Yoga is considered to be a great avenue for comprehensive health - both for its promotion and maintenance.

Second International Day of Yoga was held on 21.06.2016 at Chennai Medical College Hospital and Research Centre, (SRM Group) Trichirapalli in new yoga lab inaugurate and conducted the programme in morning 10.30 to 12.pm. The event was organized by Centre for Yoga Therapy Education and Research (CYTER) with the blessings and guidance of Honorable Chairman Dr. R. Shivakumar, Director General Dr. T. Sridhar. The programme was presided and opened new yoga lab by Dr. Sukumaran Annamalai, Dean and Medical Superintendent Dr. P. Jesudass, Professor and Head of Physiology Dr. Nachal Annamalai felicitated.



Dignitaries on the dais: Left to Right:
Dr. Gurutatta S. Pawar, Vice principal
Dr. Sukumaran Annamalai, Dean,
Dr. P. Jesudass, Prof. & Head, ENT
Dr. Nachal Annamalai, Prof. & Head, Physiology



Dr. L. Manivannan, Head of Physical Education and organizing secretary for CYTER to delivered welcome address and expressed that new yoga lab function.



[Lighting the Kuthuvilakku by Dean and Vice Principal]



[Inauguration of new yoga lab & Presidential Address by Dr. Sukumaran Annamalai, the Dean]

The Heads of various departments and higher officials, faculty members, non teaching staff and medical students were participated. Nearly 250 participants attended to celebrate the third International Day of Yoga.



[Inauguration of new yoga lab & felicitate by Dr. Gurudatta S. Pawar and Dr. Nachal Annamalai, Prof. & Head of Physiology]

Dr. S.Jesudass, Medical Superintendent wished emphasized the participants about the connection of wellbeing and Yoga for all.



[Felicitation by Dr. S.Jesudass, Medical Superintendent]

The vote of thanks was proposed by Dr. M. Rajajeyakumr



Initiation of Yoga practice session







Chennai Medical College Hospital and Research Centre, (SRM Group) Tiruchirapalli

REPORT OF 3rd INTERNATIONAL DAY OF YOGA 2017

Programme – an overview

Third International Day of Yoga was held on 21.06.2017 at Chennai Medical College Hospital and Research Centre, (SRM Group) Trichirapalli in front of Hospital Green lane evening 05.45 to 07.00pm. The event was organized by Centre for Yoga Therapy Education and Research (CYTER) with the blessings and guidance of Honorable Chairman Dr. R. Shivakumar, Director General Dr. T. Sridhar and Director Health Science Trichy campus Dr. S. Asohan. The programme was presided by Dr. Sukumaran Annamalai, Dean and Medical Superintendent Dr. P. Anusuya, Professor and Head of Community Medicine Dr. S. Elango, Professor and Head of Physiology Dr. Nachal Annamalai felicitated.



The Programme Banner (Display)



Dignitaries on the diers: Left to Right:
Dr. P. Anusuya, Medical Superintendent;
Dr. Sukumaran Annamalai, the Dean,
Dr. S. Elango, Prof. & Head, Community Medicine
Dr. Nachal Annamalai, Prof. & Head, Physiology

The event of mass yoga session on the theme Yoga for Holistic Health, Physical, mental well-being and balance between body and Mind was organized. The purpose of the event is to go together towards tomorrow.



[Participants performing relaxation before performing yoga]

The Heads of various departments and higher officials, faculty members, non teaching staff and medical students were participated. Nearly 200 participants attended to celebrate the third International Day of Yoga.



[A part of Faculty members]



[Gallery of postgraduates]

Dr. Nachal Annamalai, Professor and Head of Physiology delivered welcome address and expressed that by practicing yoga asana and pranayama one can create good thought to influence

the mind that will affect the body, the surroundings in which being lives and environment or universe.



[Welcome Address by Dr. Nachal Annamalai, Prof. & Head of Physiology]

The Dean Dr. Sukumaran Annamalai, in his presidential address expressed his excitement in joining the yoga session and was thankful to the organizer for giving him the opportunity to experience a new type of exercise.



[Presidential Address by Dr. Sukumaran Annamalai, the Dean]

Dr. P. Anusuya, Medical Superintendent wished the mass on the auspicious occasion and emphasized the participants about the connection of wellbeing and Yoga to have balanced mental, physical and spiritual thoughts. She also emphasized to improve the yoga research among young medical students.



[Felicitation by Dr. P. Anusuya, Medical Superintendent]

Dr. S. Elango, Professor and Head of Community Medicine wished the participants a healthy life and encouraged to practice yoga regularly.



[Felicitation by Dr. S. Elango, Professor and Head of Community Medicine]

The vote of thanks was proposed by Dr. L. Manivannan, Organizing Secretary, CYTER and Head of Physical Education. Further the programme events were conducted by Dr. L. Manivannan.



Initiation of Yoga practice



Yoga – Warming up



Yoga – Vrikshasana



Performance of Yoga – Mahamudra



Deliberation of Yoga – Badmasana



Performance of Yoga – Badmasana



Deliberation of Yoga – Nadisudhi Pranayama



Performance of Yoga – Nadisudhi Pranayama



Performance of Yoga – Breathing meditation



Performance of Yoga – Breathing meditation