

TRICHY SRM MEDICAL COLLEGE HOSPITAL& RESEARCH CENTRE
DEPARTMENT OF PHYSIOLOGY
REPORT ON INTERNATIONAL DAY OF YOGA 2020

Owing to the current COVID- 19 situation, the plan for commemorating the International Day of Yoga-2020 was changed from a conventional Yoga demonstration that usually involves the faculty and students of the institution. Based on the discussion and permission of our Respected Dean & Deputy Director Dr.N.Balasubramanian, it was planned to conduct on 20.06.2020, 10.00am to 11.00 am by Dr.Nachal Annamalai, Professor& Head, Department of Physiology to conduct the celebration of International Day of Yoga -2020 as an ONLINE WEBINAR for students with the theme “Yoga at home & yoga with family”. The International Yoga day 2020 was celebrated as an online webinar session for the undergraduate students due to COVID 19 Situations.

Dr.M.Muhil, Associate Professor of Physiology welcomed the Dean & Deputy Director Dr.N.Balasubramanian and the participants. She highlighted the benefits of yoga practice to relieve mental stress and to improve the energy level & concentration for the students

Dr.N.Balasubramanian, Dean &Deputy Director gave the presidential address to the students, by insisting the importance of Yoga, benefits of practicing Yoga to the students.

The session continued with online video demonstration of an achiever by name Ms.Abarnasree, who from a mediocre family has achieved in the field of Yoga to inspire the students to realize that nothing can be a barrier if determination is strong enough. Dr.N.Balasubramanian, also added a little about her, whom he personally knew. After the video demonstration one of I MBBS student Mr.Dinesh gave feedback about the importance of Yoga. Dr.M.Muhil, concluded the session with a vote of thanks.

The first online Webinar conducted by Department of Physiology was a successful one.