

International Yoga Day Celebration-2018

Date: 21.06.2018

Venue: CHRI

Theme: Health

One day Seminar on Yoga Therapy in Non-Communicable Diseases with Yoga practical's (According to International Yoga Day (IYD) protocol 2018)

Summary: International Yoga Day was celebrated by FAHS, Chettinad Hospital and Research Institute, involving students and NSS volunteers. Inaugural Function was held at mini auditorium with Tamil Thai Vazhthu, followed by lightening the lamp from Prof Dr. K. Ravindran (Hon'ble Vice Chancellor, CARE), Dr Shantha Kumar (Dean, CHRI), Dr. Sripathi Kandula (Principal, AHS), Dr. L Lakshmi (Principal, CCN), Dr. Shiva Bhushan Sharma (Professor, Department of Physiology, CHRI), Dr Naveen G H, Assistant Professor-senior scale (Health and Yoga) and Dr. Koyeli Girigoswami (NSS Programme Officer, CARE). Welcome address was given by Dr. Naveen G H, who explained briefly main objectives and overview of the program. Subsequently, Prof. Dr Shantha Kumar had highlighted the importance of yoga in present day life. Inaugural address was given by Prof Dr. K. Ravindran and finally vote of thanks was rendered by Mrs Princy AS, Assistant Professor, FAHS, CARE. A lecture on "Prevention and management of life style related Non-Communicable diseases with Yoga and Naturopathic Medicine" was delivered by Dr Naveen G H. The afternoon session started with a video demonstration on Yoga prepared by Ministry of AYUSH, Government of India through MDNIY (Morarji Desai National Institute of Yoga) and CCRYN (Central Council for Research in Yoga and Naturopathy), New Delhi. Finally special lecture on Yoga (Overview of Patanjali Yoga sutras and Akhand Yoga) was delivered by Dr. Shiva Bhushan Sharma, Professor, Department of Physiology, CHRI. Approximately 220 faculties and students from Allied Health Sciences, Medical, Chettinad Dental College and HResearch Institute and Chettinad College of Nursing had participated in this one day seminar



Clinically oriented Yoga classes between 21st June and July 3rd, 2018.

Two weeks clinically oriented general Yoga class to the students and faculty was held between 22.06.18 and 03.07.18 from Monday to Friday at Banquet Hall, Sigapi Achi Auditorium, Chettinad Health city. The classes were handled by Dr. Naveen G H free of cost. Twenty five students and faculties (CARE) attended the program and experienced health benefits of Yoga.

