

## Report On “International Yoga Day” Celebrations

Meenakshi Medical College Hospital & Research Institute, Kanchipuram celebrated ‘International Yoga Day’ on 21<sup>st</sup> June 2017 between 10.00 am and 12.30 pm at 250 Lecture Hall , MMCH & RI, Kanchipuram.

With the well wishes of our Honorable Chancellor, of MAHER Thiru A.N. Radhakrishnan, in the presence of Dean and Vice principal of our College, before the august gathering of faculty and students (total number of about 200), the function was organized by The Department of Radio diagnosis and Imaging sciences.

It was conducted in a grand manner and the celebrations were a huge success. The students and Faculty of our college showed keen interest in the Yogasanas session and participated whole heartedly to enjoy a Happy physical, mental, emotional and spiritual life along with their routine academic activities.

Our Dean impressed the impact of Yogasanas on their holistic well being and also on their academic performance. The Vice principal stated that the spiritual activities and health consciousness for them will prove to contribute much to the their social well-being and discipline of the College. Prof Dr. K.V.Rajasekhar, Yogasana instructor and senior faculty of our College, briefed the audience about Common Yoga Protocol and delivered a talk on principals of Yoga and Role of Yoga for Holistic Well being.

Tea and snacks were served in the auditorium after the programme.

### PROGRAMME

<b>10.00 to 10.30 AM</b>	<b>:</b>	<b>Inauguration</b>
<b>10.00 AM</b>	<b>:</b>	<b>Prayer</b>
<b>10.05 AM</b>	<b>:</b>	<b>Welcome Address by Prof. Dr. M. Chandrasekar, Vice Principal, MMCH &amp; RI</b>
<b>10.15 AM</b>	<b>:</b>	<b>Lighting of ‘Kuthuvilaku’ by Thiru. A. N. Radhakrishnan, Chancellor, MAHER</b>
<b>10.20 AM</b>	<b>:</b>	<b>Inaugural Address by Prof. Dr. S. Rajasekaran, Dean, MMCH &amp; RI</b>
<b>10.30 to 11.00 AM</b>	<b>:</b>	<b>Common Yoga Protocol - by Prof. Dr. K. V. Rajasekhar, Prof of Radiology, MMCH &amp; RI.</b>
<b>11.00 to 11.20 AM</b>	<b>:</b>	<b>Yogaasanas demonstration by students, staff &amp; faculty of Department of Radiology.</b>
<b>11.20 to 11.45 AM</b>	<b>:</b>	<b>Yogaasanas performance by students, staff &amp; faculty of MMCH &amp;RI.</b>
<b>11.45 to 12.00 NOON</b>	<b>:</b>	<b>Interactions with students, staff &amp; faculty of Department of Radiology regarding Usefulness of performing Yogasanas for past two years.</b>
<b>12.00 to 12.30 AM</b>	<b>:</b>	<b>Yoga for Holistic Well being - by Prof. Dr. K. V. Rajasekhar, Prof of Radiology, MMCH &amp;RI.</b>
<b>12.30 PM</b>	<b>:</b>	<b>National Anthem followed by Tea.</b>



Dean – Inaugurating the function....



Vice Principal welcoming the gathering...



Prof. Dr. K. V. Rajasekhar delivering the lecture on Common Yoga Protocols and its usefulness....



Yoga asanas being demonstrated by CRRJ Student of our college Mr. Shyam Karthick



Demonstration of Yogasanas by Radiology Dept staff .....



Yoga Practice by MMCH&RI Faculty & Students .....



Yoga practitioners of the Radiology department clarifying the queries raised by the audience regarding benefits of YOGA.



Prof. Dr. K. V. Rajasekhar delivering the talk on Principals of Yoga and its role in **Holistic Well being.**