



VINAYAKA MISSION'S  
**KIRUPANANDA VARIYAR  
MEDICAL COLLEGE & HOSPITALS**

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**REPORT**  
**on**  
**International Yoga Day**  
**Celebration – 2020**



VINAYAKA MISSION'S  
**RESEARCH FOUNDATION**  
DEEMED TO BE UNIVERSITY

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## **Report on International Yoga Day 2020 Celebration**

International Yoga Day 2020 with theme “Yoga for Health - Yoga at Home” was celebrated by Vinayaka Mission’s Kirupananda Variyar Medical College & Hospitals, Salem.

On 21.06.2020 an online Yoga session was conducted by Mrs. K. DEEPA, Yoga Instructor at 09.00 am, MBBS students participated in this programme. Students performed yoga in their homes. The instructor conducted a live yoga session online.

On 22.06.2020, Yoga session was conducted by Mrs. Pratima M. Bhutkar, Assistant Professor of Physiology, who is an accomplished Yoga practitioner, for Teaching & Non-Teaching faculty.

The Dean Dr. Milind V. Bhutkar welcomed the participants and inaugurated the programme. The Dean in his address reiterated the benefits of yoga for prevention of chronic and physical illnesses. He urged the participants to continue with practice of yoga as a part of daily activity.

Dr. Deepti Shastri, Deputy Dean felicitated the gathering. Dr. B. Senthil Kumar, Assistant Professor of Anatomy, delivered the vote of thanks.



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VINAYAKA MISSION'S  
KIRUPANANDA VARIYAR  
MEDICAL COLLEGE & HOSPITALS

**Vinayaka Mission's Kirupananda  
Variyar Medical College & Hospitals,  
Salem – 636308.**

**Vinayaka Mission's Research Foundation (Deemed to be University)**

**International Yoga Day (21<sup>st</sup> June 2020)**

**Celebration**

**For M.B.B.S students**



Yoga for Harmony & Peace

**Yoga Instructor : Mrs. K.DEEPA,**  
Dy.Ed, Dcy.Ed, Bsc(yoga), M.acu

**Venue : Online**  
**Date : 21.06.2020**  
**Time : 9.00 am**

9:20 50 81.0 Vo LTE 4G

Recording

ASWIN KUMAR

வினாயகா நிஷ்டை & கரிபாணம்  
**Variyar Medical College & Hospitals,**  
 Salem - 636308.  
 Vinayaka Mission's Research Foundation (Deemed to be University)

**International [21st June 2020]**

Students

Yoga Instructor : Mrs. K.DEEPA,  
 Dy.Ed, Dcy.Ed, Bsc(yoga), M.Am

Venue : Online  
 : 21.06.2020

mythili ashokan

Samyukktha Devakumar

Sundarlakshmi Krishnan

9:04 50 117 Vo LTE 4G

Recording

Sundarlakshmi Krishnan

Abhirami R

Sahdiya farook

Debapriya Anilkumar

9:03 60 144 VoIP 4G LTE

ASWIN KUMAR

Vinayaka Mission's Kirupanjanda  
Variyar Medical College & Hospitals,  
- 636,308.  
Vinayaka Mission's Research Foundation (Deemed to be University)

International Yoga Day (21<sup>st</sup> June 2020)  
Celebration  
for B.B.S students  
Yoga Instructor Mrs. K.DEEPA,  
Dy.Ed, Dry.Ed, Bsc(yoga), M.acu

mythili ashokan

Adwaith Bhadran

Samyukktha Devakumar

Recording

9:11 60 102 VoIP 4G LTE

Rithika Subramanian

Shunmuga Prakash

vishal S

Mohana Priya

Recording
























































9:30




















































115 MB 5G









































































Close



























Participants (83)

Search

-  ASWIN KUMAR (me)   >
-  mythili ashokan (host)    >
-  52. Madhumitha M   >
-  56. Manik Krishna M   >
-  Abhirami R   >
-  Adwaith Bhadran   >
-  Aiswarya J   >
-  Aiswarya S   >
-  Amirtha Abirami   >
-  Amitha Sivakumar   >
-  Aneesa Nazreen   >
-  Ansiya A   >
-  Anu priyanka   >
-  Anu Shree   >
-  Arunlal Jayakumar   >
-  Arya R   >
-  Ashiq Mohamed   >
-  Ashwin Balaji   >

-  Bala M   >
-  BALU ARVINTH B   >
-  Barani   >
-  Bhargavi Ravi PJ   >
-  Bhavethrashree K.C   >
-  Bhumika N Swamy   >
-  Chris Abishek   >
-  Debapriya Anilkumar   >
-  Deepalakshmi S D   >
-  Devyani Prakash   >
-  Dhanushiya V   >
-  Dharshini Vijayakumar   >
-  Emaayaa Ezhil   >
-  Gokul Kannan   >
-  Harini Anbuvasanthan   >
-  Harini Selva Kumar   >
-  harishramkrishna chandrasekar   >

 Jagan M J	 >	 P Pavithra	 >
 JC Jane Carolene	 >	 Poorani P	 >
 Jerin J	 >	 PR Poornimaa R	 >
 Judith Nilmini	 >	 Prajyot Behera	 >
 Kamale D M	 >	 Praveena Balraj	 >
 Kamali Kumar	 >	 Priyadarshini Inkarsal	 >
 Karthieswari.k	 >	 Rajmadhavu Premkumar	 >
 K KEVIL PATEL	 >	 RS Ritesh S	 >
 Kirthika Subbiah	 >	 RS Rithika Subramanian	 >
 LR LEKHANA RAJ T	 >	 SF Sahdiya farook	 >
 LS Leksha Shibu	 >	 Sajin Ram R	 >
 LU Lekshmi U Subhash	 >	 Saliha Abdul Muthalib	 >
 MA M. Anitha	 >	 Samyukktha Devakumar	 >
 G Manikandan Gajendiran	 >	 SG SEENIVASASN GANABATHY	 >
 Mekha Jaychandran	 >	 Shibani Sabira	 >
 Mohana Priya	 >	 Shini Preetha Nirmalson	 >
 NEKHA B.A	 >	 SJ Shriezhil JP	 >
 Nithesh Kumar	 >	 Shunmuga Prakash	 >

-  Shunmuga Prakash 
  -  Shvasha Sakthi Shanmugam 
  -  Sonal Singh 
  -  Srimagilavan.k 
  -  subasri 89 
  -  Subhadeep Samanta 
  -  Sumrithi Arunprathap 
  -  Sundarlakshmi Krishnan 
  -  Surya Ramachandran 
  -  swetha sridhar 
  -  Thufail Ahmed 
  -  vishal S 
  -  013. Arulmani R 
- [Invite](#)