



## Vinayaka Mission's Kirupananda

Variyar Medical College & Hospitals, Salem – 636308.

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

Department of Physiology

CME on

**"YOGA and HEALTH"**

Date : 20.06.2022, Monday

Time : 10.00 am – 12.00 noon

### Programme Schedule

Prayer Song	: 10.00-10.03 am	Tamil Thai Vazhthu
Welcome Address	: 10.03-10.06 am	Dr. V. Suganthi, Professor & Head, Dept. of Physiology
Honouring the Dignitaries	: 10.06-10.09 am	
Dean's Address	: 10.09-10.11 am	Prof. Dr. K. Ezhil Vendhan Dean
Felicitations	: 10.11-10.12 am	Prof. Dr. S.R. Ranga Bashyam Medical Superintendent
	: 10.12-10.13 am	Prof. Dr. Deepti Shastri Deputy Dean
	: 10.13-10.14 am	Prof. Dr. E.M.J. Karthikeyan Deputy Medical Superintendent, Director, Hospital Development Committee
Prize Distribution	: 10.14-10.21 am	
Introduction of speaker	: 10.21-10.23 am	Dr. Pratima M. Bhutkar Assistant Professor, Dept. of Physiology
Talk on "YOGA and HEALTH" followed by Open house discussion	: 10.23-11.33 am : 11.33-11.52 am	Prof. Dr. B. R. Ramakrishna, Vice Chancellor, Swamy Vivekananda Yoga Anusandhana Samasthana (S-VYASA), (Deemed to be university) Bangalore.
Vote of thanks	: 11.52-11.55 am	Dr. P.P. Sheela Joice, Associate Professor, Dept. of Physiology
National Anthem		



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

**DEPARTMENT OF PHYSIOLOGY**

**Report on Yoga week & International Day of Yoga celebrations 2022**

Department of Physiology, Vinayaka Mission's Kirupananda Variyar Medical College, Salem had organized and conducted the "Yoga week celebrations 2022" and "International Day of Yoga 2022" (IDY) in the month of June 2022.

Yoga week celebrations were conducted from 13.6.22 to 17.6.22. The following competitions were organized for MBBS students of Phases I & II – Poster competition on 13.6.22, Short film competition on 14.6.22, Yoga performance competition on 16.6.22 & Debate on 17.6.22.

All the competitions were conducted between 3.30pm to 5pm. Faculty members from other departments were appointed as judges to evaluate the student's performances. There were 18 entries for poster competition, 5 teams for short film, 8 students participated in yoga performance competition and 2 teams of 4 students each, Team A – Exuberance of exercise and Team B for Perseverance of Yoga for Debate competition. Students of both Phase I & Phase II were the audience and also faculty members of Department of Physiology and other faculties were the audience.

As a part of International Day of Yoga 2022 celebrations, a CME on "Yoga and Health" was conducted on 20.6.22, 10am -- 12 noon in the Annapoorna auditorium.

Professor.Dr.B.R.Ramakrishna, Honourable Vice-chancellor of Swami Vivekananda Yoga Anusadhana Samasthana, Bangalore was the Guest speaker for the program.

The Dean, Professor. Dr.K. Ezhil Vendhan inaugurated the program and felicitated the gathering.

Welcome address was delivered by Dr.V.Suganthi, Professor & Head, Department of Physiology.

Deputy Dean Professor. Dr.Deepti Shastri and Director, Hospital Development Committee, Professor Dr. E. M. J. Karthikeyan felicitated the gathering.

The Prizes were given to the best performers of each category on 20.6.22 by the Guest speaker and saplings were given to the students by the Speaker and the Dean.

The following students won the awards; Best poster was awarded to Miss. Manju Parkavi of I MBBS, Best short film for Mr. Lakshman Ram and Team (I MBBS), Best yoga performer, for Miss. Abinaya. P (I MBBS) and best speaker in debate for Miss. Kashika, I MBBS.

The Guest speaker gave an informative talk about Yoga and its role in providing a holistic effect on mental and physical health. He also addressed the students regarding their role as health care worker in helping the sick and their role in the community as a doctor. The session was interactive where the students discussed with the speaker regarding their doubts about the possibility of doing yoga as a student along with their academic activities. The speaker advised them to do yoga in the mornings and to manage time accordingly. There were discussions regarding the asanas to be done on the IDY to be conducted on 21.6.22 in institutions.

On behalf of VMKVMCH the speaker was honored with a memento, gift & certificate by the Dean. The other VAB members were honored with a gift by Dr. V. Suganthi, Head of the department, Department of Physiology.

The program ended with Vote of thanks by Dr. P. P. Sheela Joice, Associate Professor of Department of Physiology.

The whole program was organized and conducted by the faculties of Department of Physiology *41 NSS Team* under the able guidance of our Dean Sir.

603 participants took part in the CME from various constituent colleges of VMRF (DU) and other institutions. Undergraduate, Postgraduate students and faculties from VMKVMCH and other colleges were the participants.

Participants were served refreshments following the program.

After the program, feedback was received from the participants through google forms and was analyzed.

*V. Suganthi*  
(Dr. V. SUGANTHI)  
25/6/22.  
**PROFESSOR AND HOD**  
Dept. of Physiology,  
VMKV Medical College & Hospitals,  
Seeragapadi, Salem - 636 308.

*25/6/22*  
*[Signature]*  
Prof. Dr. K. Ezhil Vendhan, M.S.,  
Dean  
Vinayaka Mission's Kirupananda  
Variyar Medical College & Hospitals  
Seeragapadi, Salem 636 308.

**Vinayaka Mission's  
Kirupananda Variyar Medical College & Hospitals, Salem - 636 308.**

**Name of the Event** : Yoga and Health  
**Date** : 20/06/2022  
**Venue** : VMKV Medical College & Hospitals, Salem.

**List of Students Participated & Attendance**

<b>S.No</b>	<b>Name of the Student</b>
1.	Abinaya J
2.	Abinaya P
3.	Agnes Alice Martin
4.	Aishwarya K Sanjeev
5.	Aiswarya S
6.	Akalya M
7.	Alka Sarah Ajai
8.	Amrutha Deleep
9.	Arul Anandhi S
10.	Dhakshadha S R
11.	Dhamini K
12.	Dhivya M
13.	Elangal M R
14.	Gayathri Devi K K
15.	Girisha Bharathi S G
16.	Gobika P
17.	Gopika M
18.	Inkitha Jubal M
19.	Iswarna Lakshmi A K
20.	Sanjana J
21.	Janani K S
22.	Janasruti K V
23.	Jayasree K
24.	Jeevitha S
25.	Jeniffer Jose
26.	Kamna Pandey
27.	Kanishka Kathir K
28.	Kashika Dharshini R
29.	Kavya Prakthiyanga S
30.	Keerthana R
31.	Keerthika J R
32.	Harini L R
33.	Latashree Nayak
34.	Ashraf Naazima M

35.	Medhaa T V
36.	Meenakshi Devi B S
37.	Misba Kowser S
38.	Nakshatra N S
39.	Nithisha G
40.	Pooja Bhadra N
41.	Poonguzhali S
42.	Prathyusha Prasad
43.	Priyadharshini S
44.	Kaviya R
45.	Thrishala R
46.	Ranitha N
47.	Renu Shree R
48.	Roja D
49.	Roseline Karen X
50.	Safiya Fathima R K
51.	Sangami R
52.	Saravanapriya V S
53.	Sariga R B
54.	Sarusre G
55.	Sathiya Varshini P
56.	Senthil Vinisha
57.	Sharanya S R
58.	Sharmi A
59.	Sharmila R
60.	Sharmili S
61.	Sharumathi S
62.	Shruthi A S
63.	Sindhu K
64.	Sobini D
65.	Sowmya N
66.	Sre Kayathri V
67.	Subithra S M
68.	Sunantita S
69.	Swedha Varshini M
70.	Tanushri V
71.	Tanvika M
72.	Vismitha Sathyan
73.	Yazhinidevi M
74.	Adithya J
75.	Agilan R
76.	Amudanandha Vignesh M
77.	Arunkaarthik V P
78.	Naveen Bala B

79.	Blair Jose Bando
80.	Chetan P Varma
81.	Deenesh C R
82.	Deepak Govind Uc
83.	Deepan Keshyap C T
84.	Logesh Kanna G A
85.	Gokul U
86.	Gowtham Raaj R
87.	Gurumoorthy K P
88.	Harwinden S M
89.	Jeyavasanth Vanaraj
90.	Kailash Nath K
91.	Kalaiselvan S
92.	Kannan G A
93.	Lakshman Raam K G
94.	Lakshmi Narayanan R P
95.	Lokesh N S
96.	John Basha M
97.	Mantu Ramachandra
98.	Mohanraja B
99.	Monish G
100.	Naresh Balaji K
101.	Navaneeth V S
102.	Neelakandan A T
103.	Niranjana Karthick Y L
104.	Nitheshvar G
105.	Pavan Parameshwar
106.	Pavin T K N
107.	Pradeep K
108.	Praveen K
109.	Praveen L
110.	Raja Thithan E S
111.	Rishikesh S Ram
112.	Sanjai S
113.	Sefin R Wensely
114.	Senthu C
115.	Sidharth S Malayil
116.	Sivaprakash M
117.	Sreerag S
118.	Sudhershana R
119.	Umair Habeebullah A
120.	Vasanth S
121.	Vaseikaran V
122.	Vengatesh S K

123.	Vignesh Srinivasan
124.	Vishal B
125.	Aadarsh Gokul B
126.	Aadhil Ahamed M
127.	Abi Ashlee A
128.	Abishek R
129.	Adhith Pranav B
130.	Akshaya A
131.	Allen Geo Johnson
132.	Anamika Kuruvath
133.	Anand V
134.	Ansha A
135.	Anup Krishnan K
136.	Arnold W
137.	Arthanari A R
138.	Arun Karthik T
139.	Asha Kalpana B
140.	Athi Pranesh A
141.	Athul Agnihothri M S
142.	Avinash Praveenkumar
143.	Balakkumaran S
144.	Bhavik Anandraj
145.	Bhuvaneeshvar K
146.	Celathar M S K
147.	Dheekshidhaa M
148.	Dheekshitha M S
149.	Dhiksha K
150.	Dinesh K
151.	Dushyant R
152.	Elavarasi T S
153.	Ezhilarasi K A
154.	Gayanirmalessvari S
155.	Gouri Nambudiripad
156.	Hari Krishna S
157.	Harihara Sudhan D
158.	Hariharan A
159.	Harish Siddartha M
160.	Heera Shrivarika V G
161.	Hemanth Pandian P
162.	Jacinth Kurinchi Malar J
163.	Jaivanthikaa S
164.	Jayakrishna K
165.	Jayant Raja Gopal R S
166.	Jeffry Jose A

167.	Jerlina Ida John
168.	Jeya Saraswathy S
169.	Kavin R B
170.	Kavya S
171.	Keerthana L
172.	Keerthana R
173.	Keerthi R
174.	Keshika D
175.	Kiran Rachael T
176.	Kishore K
177.	Krishnaja J R
178.	Manoj Kumar Anandan
179.	Mathew Bino
180.	Mathubalan Kailasam
181.	Megha Romeo
182.	Mithra S
183.	Mohamed Adil M
184.	Mohanavarshini
185.	Monika Sriramu Palanisamy
186.	Mounica P
187.	Murugesan S
188.	Muthukumaran P
189.	Muthukumaran T
190.	Nandana Thampi D S
191.	Nandika M
192.	Narmatha A G
193.	Navaneethakrishnan K
194.	Nikhil Vadamalayan P
195.	Nithin T
196.	Nivethini A
197.	Omm Viknesh A S
198.	Parvathi Jayachandran
199.	Pavethra J
200.	Pooja S
201.	Pradeep Kumar S S
202.	Pratheep P M
203.	Prithi Nivethitha
204.	Priyadharshini S
205.	Priyadharshini S
206.	Rachel Jacob
207.	Rajaprabu R
208.	Rashmika G
209.	Reema Krishna Kunnummal P V
210.	Reshma Devi G



211.	Rishika Datta N
212.	Rishwin Krishnaa B A
213.	Rithvik Anand
214.	Ritikaa S
215.	Sai Chashruth P
216.	Sanjay S
217.	Sanjuva A
218.	Sanmugapriya C K
219.	Santhiya T
220.	Santhya M
221.	Sarah Preethi E
222.	Saranraj R J
223.	Sarathi Kiruthick S
224.	Sasitha N
225.	Sasitharan S S
226.	Seiha Fathima
227.	Senthil V
228.	Sharon C
229.	Shibani S K
230.	Shineka K M
231.	Shree Shakthi M
232.	Shreya Guna
233.	Shushma S S
234.	Siddarthados Uthayasooriyan
235.	Siddharth J
236.	Sneha Rose Shaji
237.	Sneha S D
238.	Sreeraman R C
239.	Sri Vaishnavi T
240.	Srimangaiyarkarasi V
241.	Srinivasan S
242.	Srishthi R D
243.	Srivarun G
244.	Subanusri T
245.	Subasri K S
246.	Subasri S
247.	Subhaja K
248.	Sudharsan K
249.	Sujith Sarvesh V K
250.	Sunmathi M
251.	Surathi N
252.	Surya A
253.	Sushma D
254.	Suthir Karkki S

255.	Swarupa S S
256.	Swetha S
257.	Thamaraiselvi P
258.	Thirumozhi D
259.	Trisha S
260.	Vaishnavi J S
261.	Varsha K
262.	Varsha M
263.	Varunika Amirthavalli S
264.	Vasunthara T P
265.	Veena Samyuktha R
266.	Veera Subashini S
267.	Veeraswetha S
268.	Vetri Vikash V
269.	Vibinaya A
270.	Vignesh R
271.	Vijaya Kumar K R
272.	Vishal T
273.	Visvanth E
274.	Vithuwagini M
275.	Abhirami R
276.	Adwaith Bhadran
277.	Aiswarya J
278.	Aiswarya S
279.	Akshay L Shaji
280.	Amirtha Abirami A
281.	Amitha S
282.	Aneesa Nazreen
283.	Anitha M
284.	Ansiya A
285.	Anupriyanka E S
286.	Anushree H
287.	Arul Mani R
288.	Arunlal Jayakumar
289.	Arya R
290.	Ashiq Mohamed N
291.	Ashwin Balaji G
292.	Aswin Kumar A
293.	Bala M
294.	Baluarvinth B
295.	Barani S
296.	Bhargavi R T
297.	Bhavethra Shree K C
298.	Bhumika N Swamy

299.	Chandan Nataraj Dummenahally
300.	Chris Abishek S
301.	Debapriya Anilkumar
302.	Deepalakshmi S D
303.	Devayani C
304.	Dhanushiya V
305.	Dharshini V
306.	Durga Sri C
307.	Emaayaa E
308.	Gokul Kannan J
309.	Gopika P S
310.	Harini A
311.	Harini S
312.	Harish Kumaraa S
313.	Harish Ram Krishna C
314.	Jagan M J
315.	Jane Carolene T
316.	Jerin J
317.	Judith Nilmini S
318.	Kamale D M
319.	Kamali K
320.	Karthieswari K
321.	Keerthana K
322.	Kirthika S
323.	Lekhana Raj T
324.	Leksha Shibu
325.	Lekshmi U Subhash
326.	Madhumitha M
327.	Madhumitha N
328.	Mahavidhya P
329.	Manikkrishna M
330.	Manikandan G
331.	Megan Sarah Mathew
332.	Mekha Jayachandran
333.	Mohana Priya K
334.	Muskaan Fathima Wahab
335.	Nandhini S
336.	Nekha B A
337.	Nithesh Kumar E
338.	Patel Kevil Jitendrakumar
339.	Pavithra M
340.	Poorani P
341.	Poornimaa R
342.	Prajyot Behera

343.	Praveena B
344.	Priyadarshini Inkarsal
345.	Raj Madhavu Premkumar
346.	Rakesh Ramalingam M
347.	Ritesh S
348.	Rithika S
349.	Sahdiya Farook B F
350.	Sajin Ram R
351.	Saliha Abdul Muthalib
352.	Samyukktha D
353.	Sandhiya P
354.	Seenivasan G
355.	Shibani Sabira M
356.	Shini Preetha N
357.	Shriezhil J P
358.	Shubham Vedant
359.	Shunmuga Prakash M
360.	Shvasha S
361.	Sonal Singh
362.	Srimagilavan K
363.	Subasri T R
364.	Subhadeep Samanta
365.	Sumrhithi A
366.	Sundarlakshmi C
367.	Surya R
368.	Swetha S
369.	Thufail Ahmed V M
370.	Uma K P
371.	Vaishnav Sreekumar
372.	Varshini G
373.	Vishal S
374.	Yuvasri S P
375.	Abhiram S Saji
376.	Abhishek V
377.	Abinayaa K T
378.	Ahmad Fouzan Prem Nazar
379.	Amesh Chander R
380.	Aneeza Hidayath
381.	Anthonese Joe Joji
382.	Arshaad Ahamed N
383.	Arunachal J K
384.	Avanithan A
385.	Balaje V
386.	Bhanu M

387.	Bhoomika V B
388.	Bhuvanarani S
389.	Chaitanya Chandrashekhar Dhole
390.	Charumathy B
391.	Christof Jerome Paul
392.	Deepika S
393.	Giriprasath N
394.	Gnana Tharani N
395.	Gokulraj S
396.	Gopagoni Samyuktha
397.	Gowtham Raj
398.	Hari Krishna L
399.	Hariharan S
400.	Hariharavignesh S
401.	Haritha G
402.	Haswathy S
403.	Jashwin J
404.	Jeevan Babu S
405.	Jerome Akash J
406.	Kalaivani T
407.	Kamala Subramanian
408.	Karthik V
409.	Kavin S
410.	Keerthana P
411.	Keerthika S
412.	Kesavan K
413.	Kevin John
414.	Kolli Jawahar Reddy
415.	Krishna R
416.	Krithic Kumar P
417.	Kumaresan G
418.	Kunal Sahu
419.	Lakkam Krushitha
420.	Madhu Nilla M
421.	Madhu Varshni K
422.	Mani Bharathi K
423.	Manoj P
424.	Merlin Shelsia B
425.	Roshini V
426.	Ruttala Joseph
427.	Saikumar S
428.	Samiksha Choudhary
429.	Samriddhi Dubey
430.	Sarah Melita K

431.	Saran Kumar A
432.	Shankar S
433.	Shristi H Tiwari
434.	Sneha A S
435.	Soundarya R
436.	Sriaishvarya V M
437.	Srihari A
438.	Sukant R
439.	Surya Kumari
440.	Sushma S
441.	Susmitha K
442.	Swarnika Bajpai
443.	Swathy Santhosh
444.	Swekha R S
445.	Takshin C M
446.	Varsha A S
447.	Vignesh N
448.	Vishagan K
449.	Yuvajaniprabu
450.	Zainab Ajmal