

# **Yoga and Wellness**



**SRI RAMACHANDRA**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
(Deemed to be University)

Sri Ramachandra Faculty of Management Sciences



**SRI RAMACHANDRA**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
(Category - I Deemed to be University) Porur, Chennai



FACULTY OF MANAGEMENT SCIENCES  
ORGANIZES

Beating the Grody days



**Ms.Devimeena Sundaram**  
Strength & Conditioning Coach  
Celebrity Fitness Specialist

Date: 26.05.2021

Time: 2 PM - 4 PM IST

[Google meet: meet.google.com/yek-qrnh-pdn](https://meet.google.com/yek-qrnh-pdn)

Organizer: Faculty of Management and sciences.

Topic: Beating the Grody days

Date: 26.05.2021

Time: 02:00 PM to 04:00 PM IST.

Guest speaker: Ms. Devimeena Sundaram

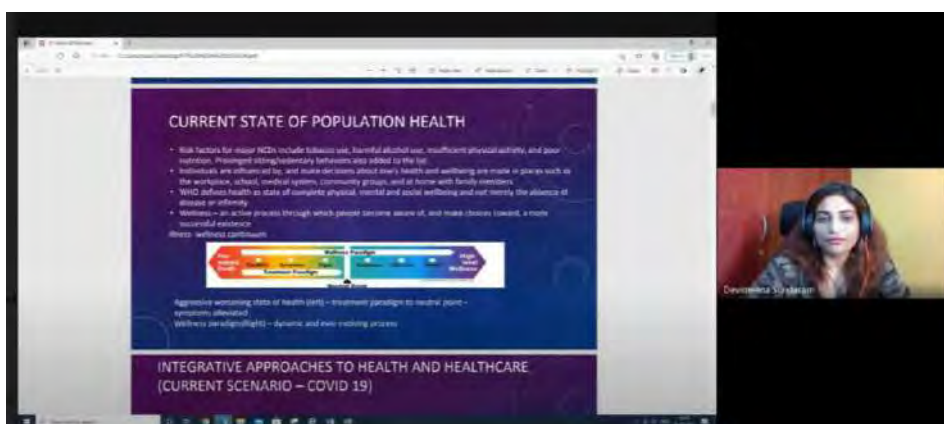
Platform: Google meet.

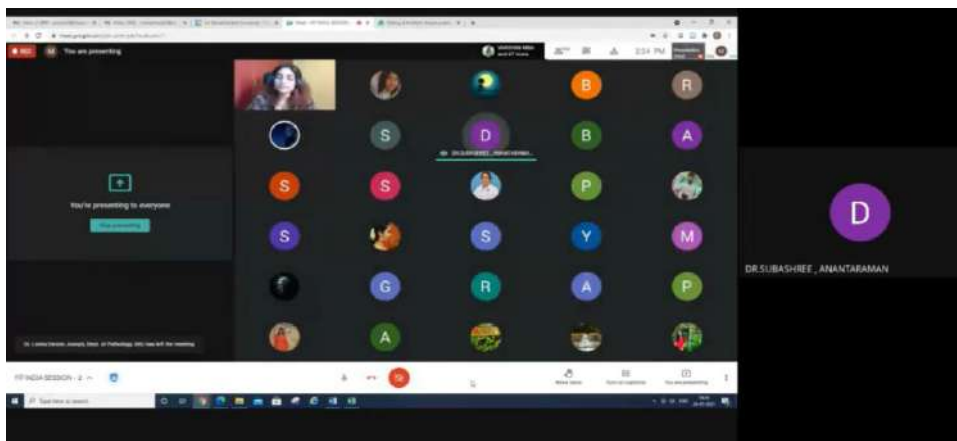
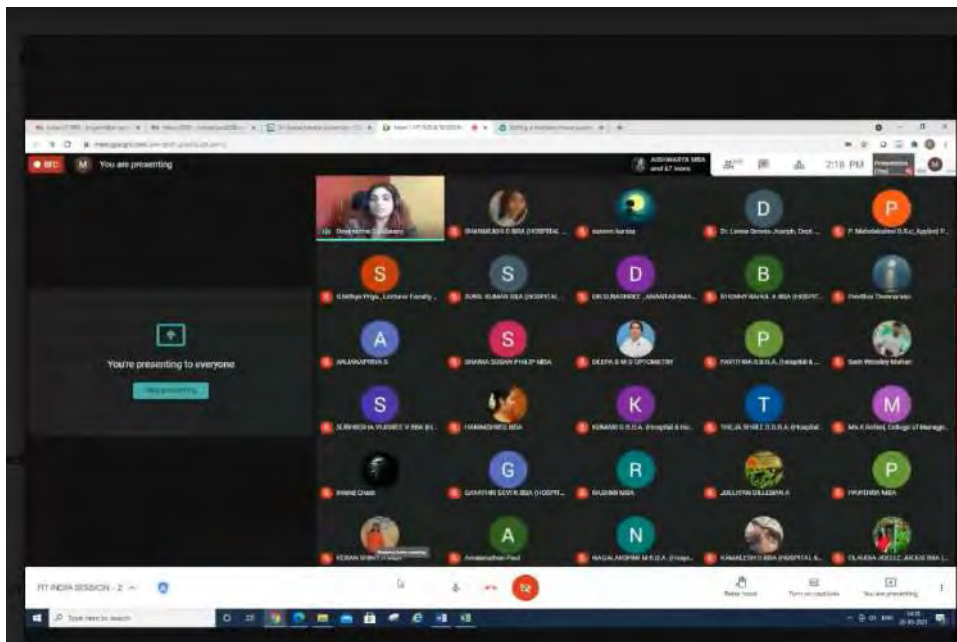
No. of Participants: 107

Ms. Devimeena Sundaram, Strength and Conditioning Coach & Celebrity Fitness Specialist addressed our students on “Beating the grody days“. The session started with welcome address by Ms. Shanmukhi, BBA I Year student. The Guest Speaker explained the health condition of individuals during Pre and Post COVID-19, somatic health, chronic stress, nutrition for health and well-being, power of physical exercises, importance of sleep etc. She suggested sample plans of exercise with our students that can be followed on daily basis. The participants obtained new insights on aerobic and anaerobic exercise and its benefits on overall health of an individual through simple narration by the speaker.

Our guest answered the questions raised by the participants and the session was highly intense focusing on health and fitness. Overall the content was well received by the participants and the session ended with vote of thanks.

#### Glimpses of Session





## POWER OF PHYSICAL EXERCISE

A sample exercise plan

Plan 1

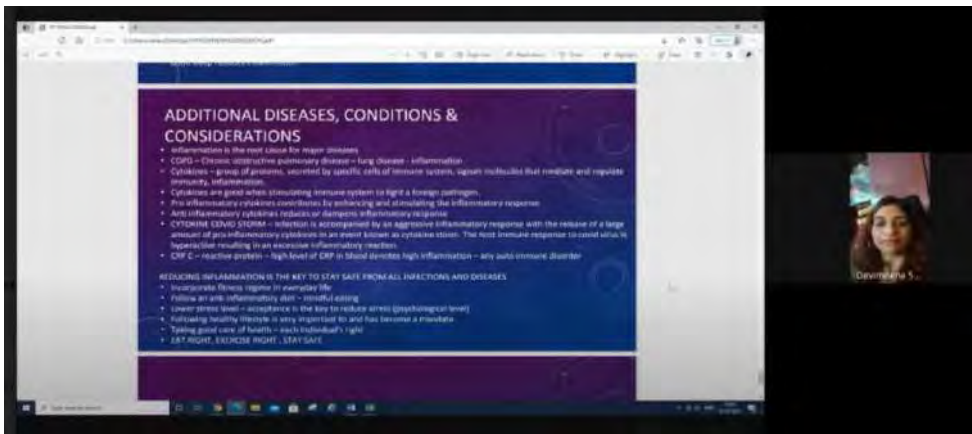
Begin with 15 reps per set and gradually increase to 20 and last set to 25 to increase the intensity  
Total 3 sets

1. Jumping jacks – modified form is side step instead of jumping
2. Basic squat – to knee level – modified for those with knee issue – demi squat, 45 to 60 degrees only
3. Knee pushup / full pushup(advanced) – modified wall pushup
4. Step up – use a sturdy chair. Each leg 15 reps . Height of the chair depends on the person's desired intensity level. Higher the chair, greater the intensity
5. Skipping (rope is ideal ) – modified – mimic skipping movements
6. Lunges

Plan 2

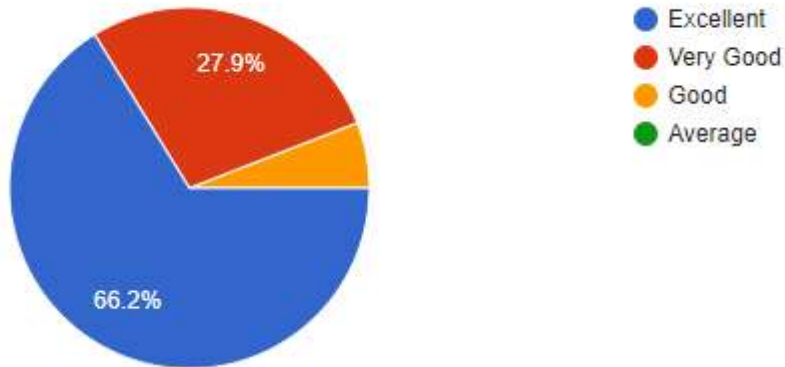
Have a timer. Download any HIIT timer from apple store or play store. Set timer to 30 secs work and rest to 15 secs initially, as an individual gets advanced, increase work time to 45 secs and rest 15 secs x 3 to 4 sets

1. Walking lunges , walk and lunge simultaneously
2. Squat jumps, go to squat position and jump
3. Plank hold
4. Lying leg raises, lay on your back, both legs lifted to 90 degrees and dropped slowly down, not touching floor during repetitions
5. Jog on the spot
6. Inchworm , from standing , walk with your hands to go to plank and walk back and stand tall

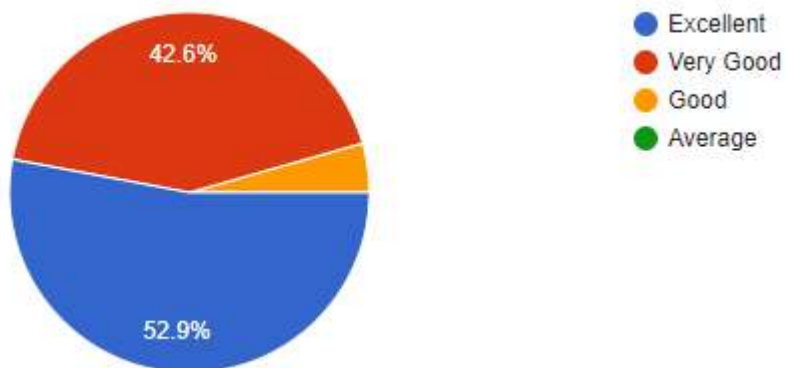


Feedback of the session

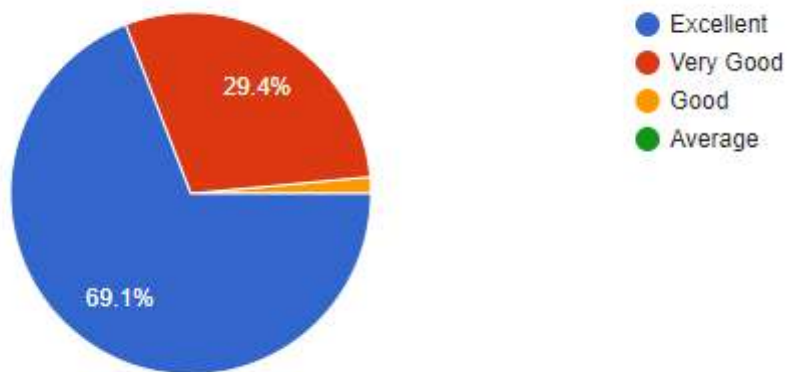
Content



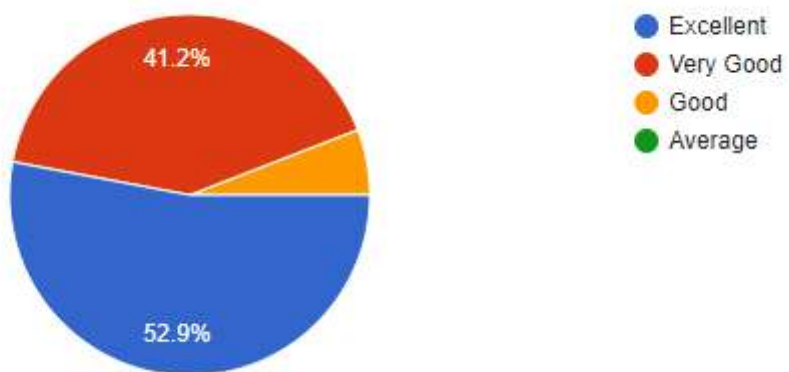
Mode of delivery



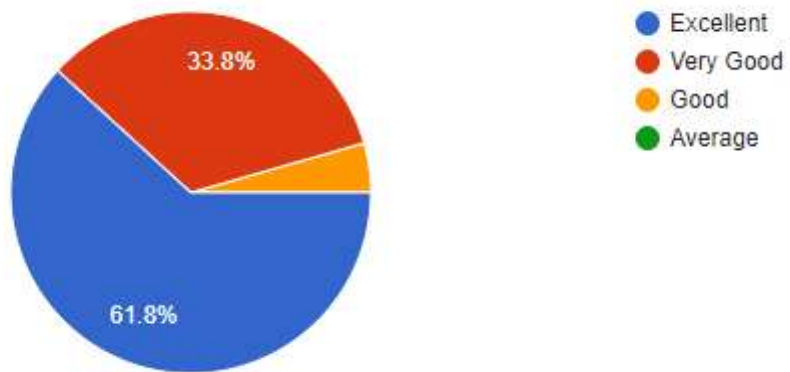
Usage of topic



Query handling



Overall rating



S u g g e s t i o n s

Interest issues

The way she conveyed the thing was really great.Got so much of benefits through this session.

No more suggestions

No suggestions. Everything was Very Excellent.

It's all good content

Good

This session was very intresting.

Very useful to us

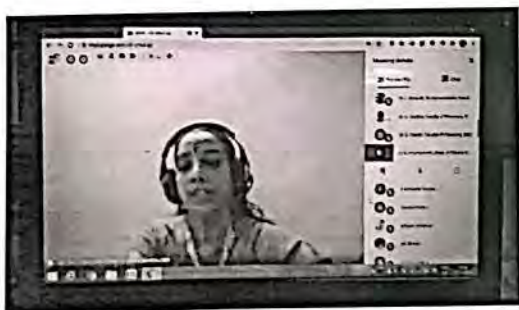
No suggestions the speaker has explained very well thankyou.

A handwritten signature in black ink, appearing to read 'Selvam Jesiah', with a long horizontal stroke extending to the right from the bottom of the signature.

**DR. SELVAM JESIAH**  
**PRINCIPAL**

**SRI RAMACHANDRA FACULTY OF PHARMACY**  
**WEBINAR ON 'NUTRITIONAL AWARENESS'**

Name of the Program : Undergraduate Freshers Induction Program  
Date (s) : 7/11/2020  
Venue : Sri Ramachandra Faculty of Pharmacy, SRIHER (DU)  
No. of Delegates : 130  
Chief Guest / external only : Nil  
Resource Persons: :  
Dr. A. J. Hemamalini, Professor & Head, Department of Clinical Psychology, SRIHER (DU)



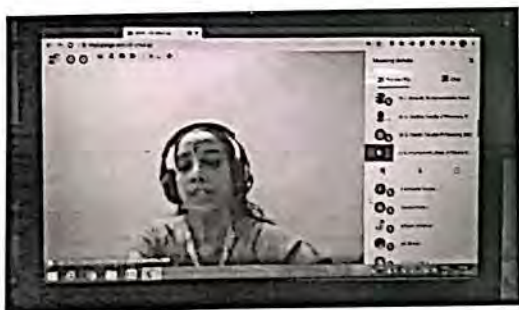
*Chitra*

**PRINCIPAL**  
Faculty of Pharmacy  
**SRI RAMACHANDRA**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
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*Chitra*


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Faculty of Pharmacy  
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Porur, Chennai - 600 116.

# Breath Work and Yoga to Enhance your Lung Capacity and Boost Immunity

15.05. 2021



**SRI RAMACHANDRA**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
(Category - I Deemed to be University) Porur, Chennai




Let's fight the second wave of COVID 19

**SRIHER STUDENT COUNCIL**

Welcomes all students of SRIHER to  
participate in a one hour practical  
take home session on

**“Breath work and Yoga to enhance your lung  
capacity and boost immunity”**



Presented By: Dr. Archana B,  
Faculty, Department of Pathology, SRIHER

All can participate (those with mild COVID infection,  
post Covid recovered and healthy individuals).

15.05.2021 (Saturday) - 11 am to 12 noon  
16.05.2021 (Sunday) - 11 am to 12 noon

**The Student Council organized a capability enhancement and wellness program titled “Breath Work and Yoga to Enhance your Lung Capacity and Boost Immunity” on 15.05. 2021**

The resource person for the session was Dr. B Archana, Faculty, Department of Pathology who is also an “Art of Living” teacher for 10 years. She has taught the Meditation and Breath workshop to more than 500 people across India. She teaches yoga, meditation and Sudarshan kriya. She has been invited as a guest speaker in many institutions on the topic of mind-body medicine.

**A total of 126 participants attended the workshop on 15.05.2021 (Saturday).**

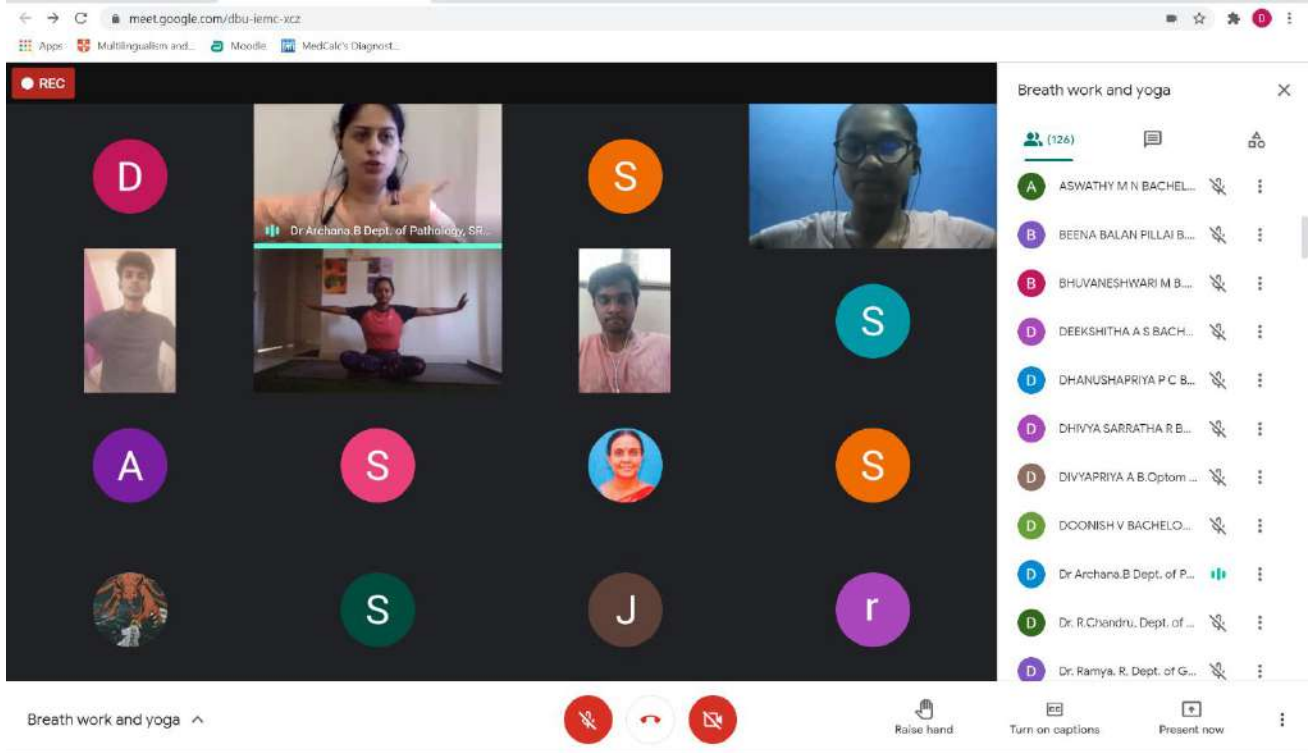
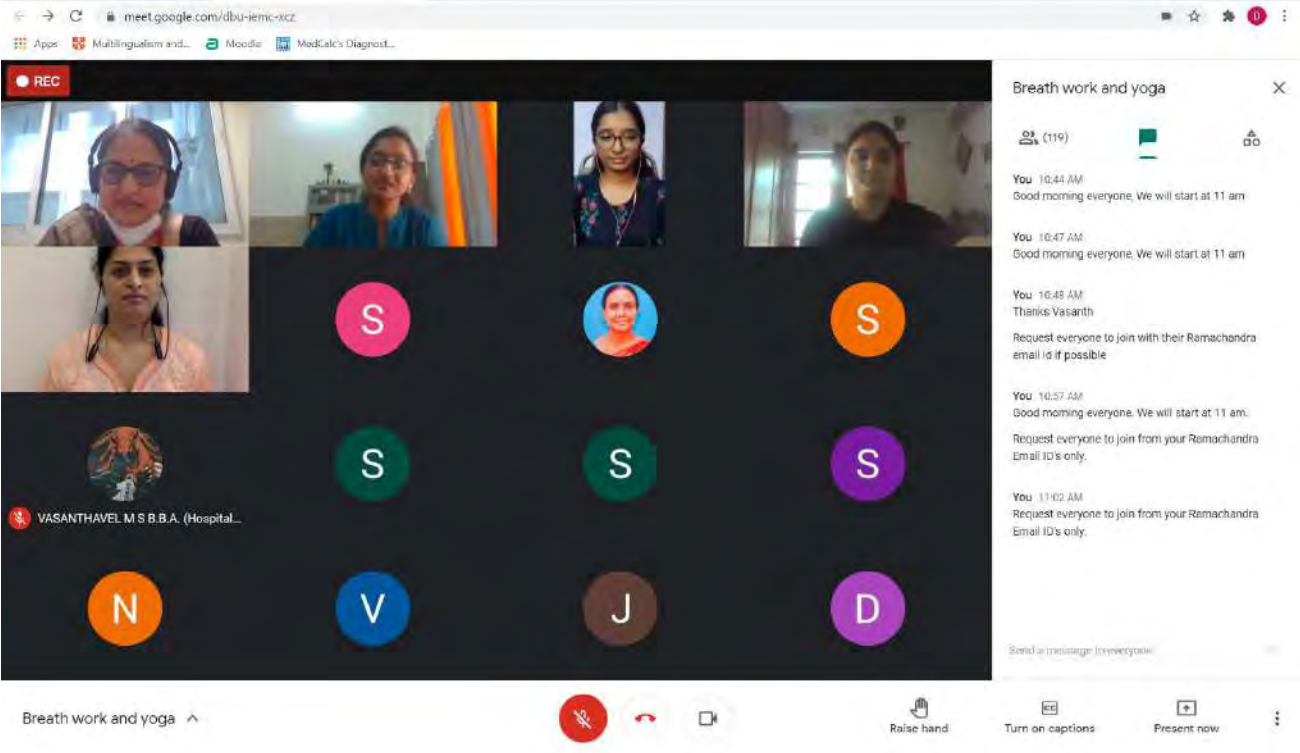
The session was hosted by student council members - Ms. R. B. Akshaya, BBA and Ms. Sukhshum Saproo, BSc, Clinical Nutrition.

Dr. Leena Dennis Joseph, Associate Dean of Students welcomed the students and the resource person. She emphasized the need to remain positive during the pandemic period and use the time to develop ourselves in all ways that we can.

The one-hour session was a practical session with several take home messages and tips on breathing exercises and yoga to help improve one’s lung capacity and boost immunity. Dr. Archana explained the importance of breath and demonstrated pranayama and breathing exercises that could be done in any comfortable position including abdominal breathing, thoracic breathing, side breathing, pursed breathing and blowing. This was followed by a systematic series of stretching exercises and yoga asanas which will help in improving mobility and lung capacity. Dr Archana explained carefully about which of the yogasanas can be done by persons recovering from Covid-19.

She was joined by several enthusiastic student volunteers who followed her instructions and demonstrated the exercises to the participants. After the session was over, Dr. Archana discussed a few tips on general health and eating habits to improve immunity. Dr. Archana also answered questions and clarified the doubts of the participants.

Students completed the feedback form at the end of the session. The summary of feedback is provided at the end of the report. Dr. Lakshmi and the student council members expressed their gratitude to Dr Archana for conducting the session.



meet.google.com/dbu-iemc-xcz

REC

BHUVANESHWARI M ... and 118 more

11:30 AM

Dr Archana B Dept. of Pathology, SRIHER

Breath work and yoga

OneDrive

Screenshot saved  
The screenshot was added to your OneDrive

meet.google.com/dbu-iemc-xcz

REC

JANANI KRISHNAN R B.ASLP has left the meeting

Dr Archana B Dept. of Pathology, SRIHER

Breath work and yoga

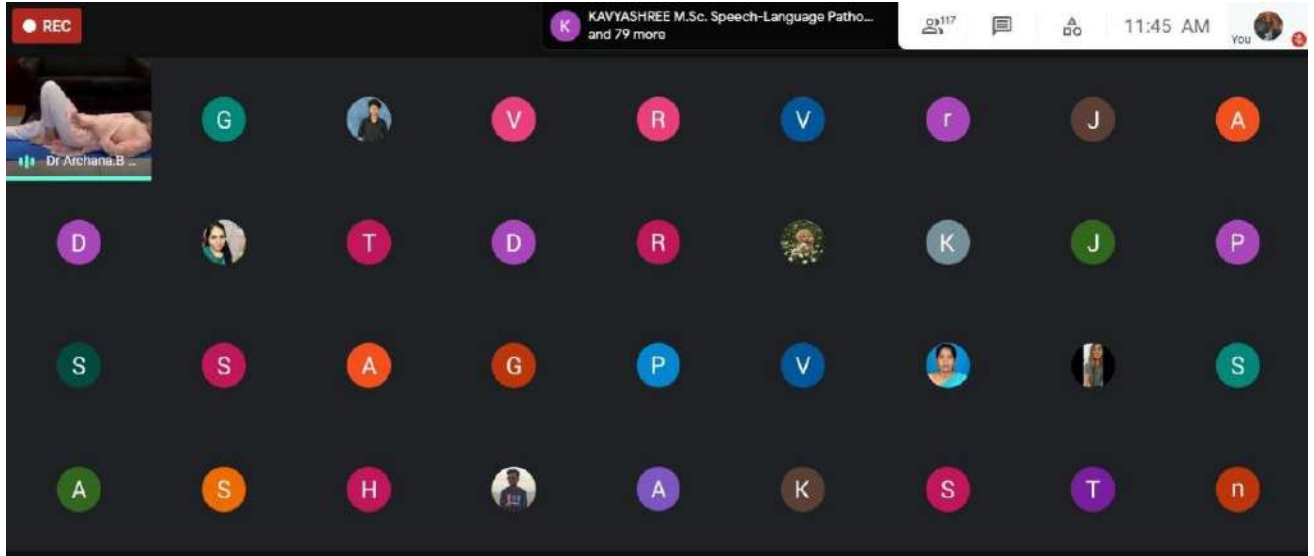
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- Ashika Rachel BASLP
- ASWATHY M N BACHEL...
- BEENA BALAN PILLAI B...
- BHUVANESHWARI M B...
- DEEKSHITHA A S BACH...
- DHANUSHAPRIYA P C B...
- DHIVYA SARRATHA R B...
- DIVYAPRIYA A B.Optom...
- Dr Archana B Dept. of P...
- Dr. R.Chandru, Dept. of ...

Raise hand

Turn on captions

Present now



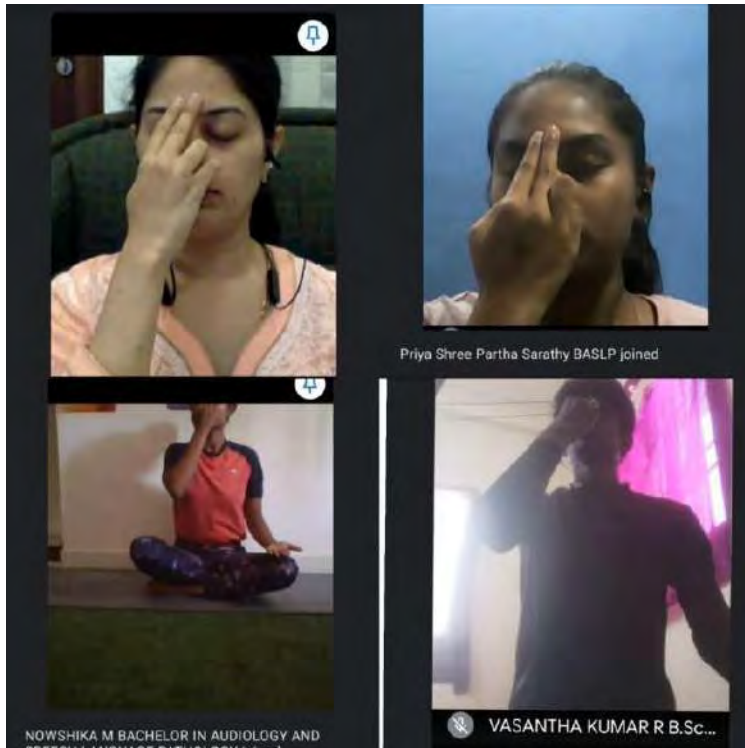
Meeting details ^



Raise hand

Turn on captions

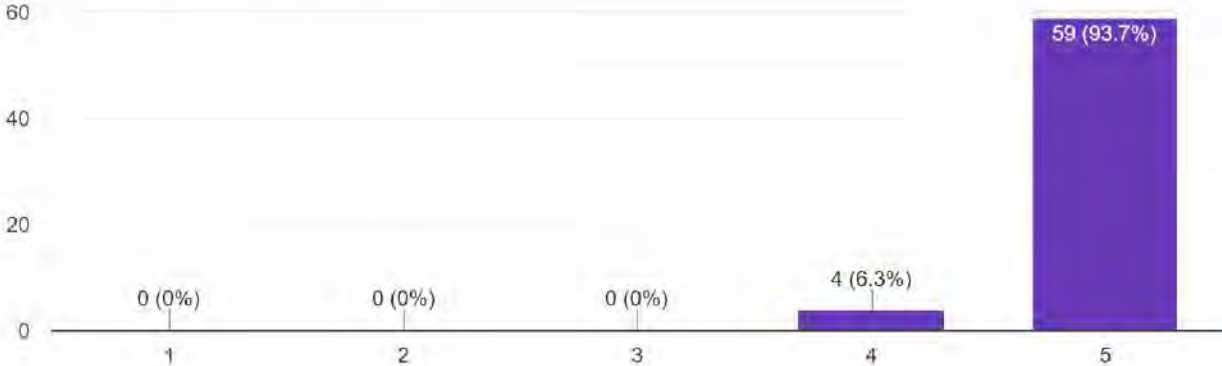
Present now



# Feedback from participants

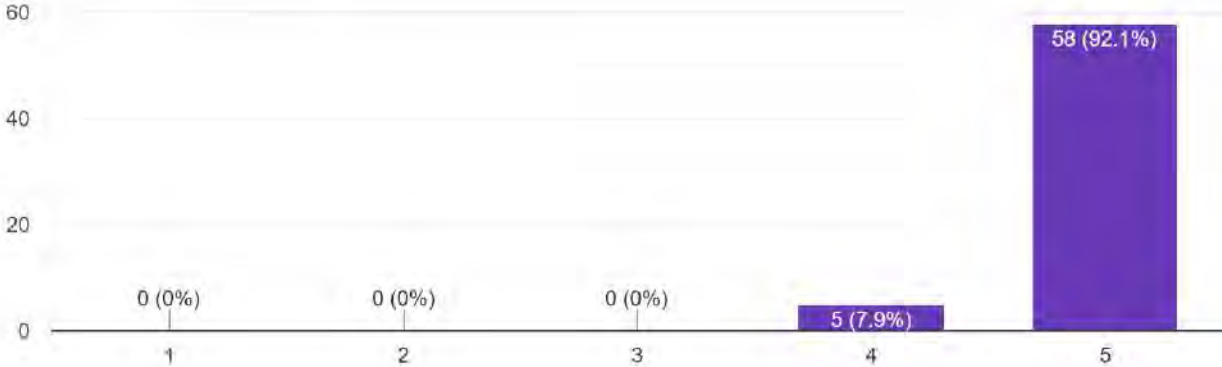
Overall the programme was useful.

63 responses



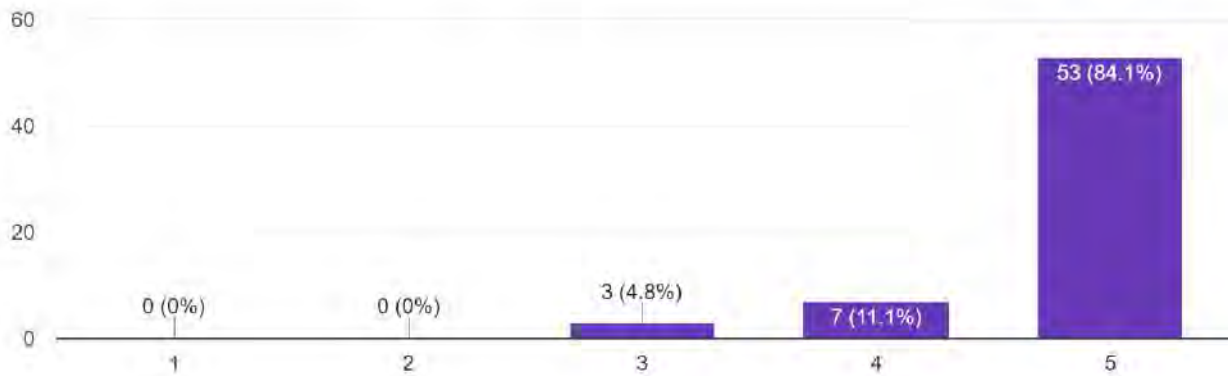
The speaker's instructions were clear.

63 responses



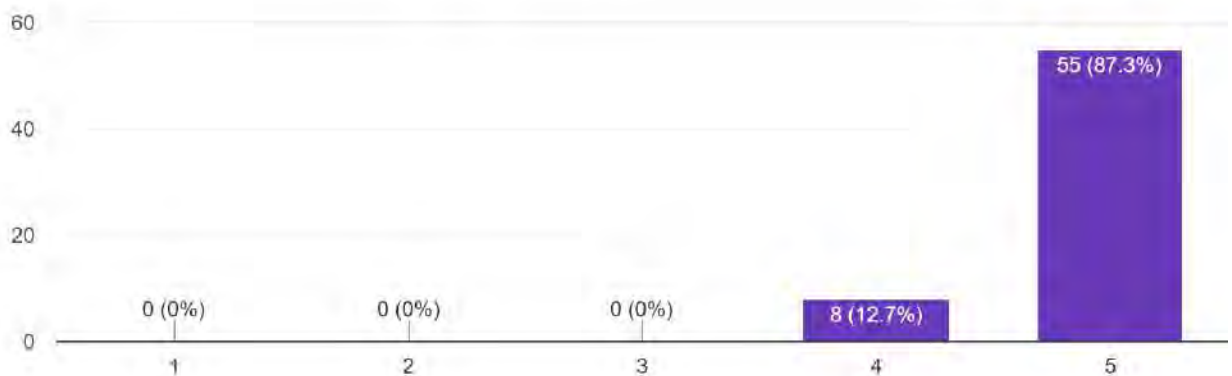
I picked up some practical, take home exercises that I can do everyday.

63 responses



I wish to attend more sessions like this in the future.

63 responses



Any other comments or suggestions regarding the session. 63 responses

Excellent session.

nil

Longer duration to learn more asanas

Very beautiful session

no, it was amazingggg

It was a great session. Thank you organizers and initiators

Lovely session. Will definitely pass it on to friends and relatives.

Relaxing

Good

Feeling fresh and relaxed

NIL



Was very helpful

very much useful and need of the hour

no comments really relaxed

Can you please share the recorded video of this session in mail?

very relaxing session. encouraged me to think of practising these every day!

Thank you so much ma'am, it was much needed session at this particular time.

Thank you, mam, for this wonderful session

Can u do this session daily

It is very useful and she made clear understanding...

Camera coverage can have an even wider focus!!

Loved the session, felt like respiratory tract cleared completely.

Thanks for your Time and effort

It was a great practical session. Had a very relaxing experience.

This was very useful. Thank you

the recording of the session if possible so that we can watch and do them everyday. Thank you.

Thank you so much ma'am for the more useful session. Please conduct more classes in future ma'am.

Thanks for your session

.

It was very informative and useful during the situation of pandemic want more like this inspirational video's

thank you mam

felt fresh

Nice Session..Feel Refreshed

Mind is so calm and relaxing ..hope to have session like this frequently

It was relaxation for our mind.

The session is really great .

It was useful

It was great and relaxing

**VERY USEFUL AND RELAXING**

it was really relaxing and refreshing

can give this session for once in month.so that it can help us to do more

It was really useful. Thank you for this session.

it was very useful, expecting more sessions like this

Great session, very relaxing and helpful. Hoping to incorporate these techniques into my daly routine.

No suggestion

excellent

The session was very helpful and useful.

none

It was helpful

Is was a very informative session. Very well explained and demonstrated.

Nil

very useful maam this will prevent us from covid and helps us to stay calm and feels so relaxed maam thank

you so much for teaching us to feel inner peace which is sooo much vauable and priceless maam.

It was a wonderful, informative session. I started loving meditation after this session.

It was very useful and we really felt thankful.

The sessions was so intresting and useful for us to improve our immune system and the breathing pattern..

Thank you so much mam

It is very useful and relaxing. Ma'am taught very clearly and I'm able to follow it better.

It's was really useful and innovative

Nothing else

Wonderful session

None

-

Session seems to be very useful and we shall have this type of sessions frequently.

Good initiative


Perfect and clear session




**Dr. P.V. VIJAYARAGHAVAN**  
Vice - Chancellor  
SRI RAMACHANDRA  
INSTITUTE OF HIGHER EDUCATION & RESEARCH  
(Deemed to be University)  
Porur, Chennai - 600 116

# Breath Work and Yoga to Enhance your Lung Capacity and Boost Immunity

16.05. 2021



**SRI RAMACHANDRA**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
(Category - I Deemed to be University) Porur, Chennai




Let's fight the second wave of COVID 19

**SRIHER STUDENT COUNCIL**

Welcomes all students of SRIHER to  
participate in a one hour practical  
take home session on

**“Breath work and Yoga to enhance your lung  
capacity and boost immunity”**



Presented By: Dr. Archana B,  
Faculty, Department of Pathology, SRIHER

All can participate (those with mild COVID infection,  
post Covid recovered and healthy individuals).

15.05.2021 (Saturday) - 11 am to 12 noon  
16.05.2021 (Sunday) - 11 am to 12 noon

The Student Council organized a capability enhancement and wellness program titled “Breath Work and Yoga to Enhance your Lung Capacity and Boost Immunity” on 16.05.2021

The resource person for the session was Dr. B Archana, Faculty, Department of Pathology who is also an “Art of Living” teacher for 10 years. She has taught the Meditation and Breath workshop to more than 500 people across India. She teaches yoga, meditation and Sudarshan kriya. She has been invited as a guest speaker in many institutions on the topic of mind-body medicine.

The session was organized on 15.05.2021 (Saturday) and 16.05.2021 (Sunday) to provide opportunity for students to join in any one of the sessions as per the class and clinic schedules.

The session was hosted by student council members - Ms. R. B. Akshaya, BBA and Ms. Sukhshum Saproo, BSc, Clinical Nutrition.

Dr. Lakshmi Venkatesh, Assistant Dean of Students (SRFAHS) welcomed the students and the resource person.

The one-hour session was a practical session with several take home messages and tips on breathing exercises and yoga to help improve one’s lung capacity and boost immunity.

Dr. Archana explained the importance of breath and demonstrated pranayama and breathing exercises that could be done in any comfortable position including abdominal breathing, thoracic breathing, side breathing, pursed breathing and blowing. This was followed a systematic series of stretching exercises and yoga asanas which will help in improving mobility and lung capacity. Dr Archana explained carefully about which of the yogasanas can be done by persons recovering from Covid-19.

She was joined by several enthusiastic student volunteers who followed her instructions and demonstrated the exercises to the participants. After the session was over, Dr. Archana discussed few tips on general health and eating habits to improve immunity. Dr. Archana also answered questions and clarified the doubts of the participants.

Students completed the feedback form at the end of the session. The summary of feedback is provided at the end of the report. Dr. Lakshmi and the student council members expressed their gratitude to Dr Archana for conducting the session.

The program was well received by the students of SRIHER. As many as 136 students registered for the sessions and a total of 134 participants attended the workshop on 16.05.2021 (Sunday).

meet.google.com/gah-gncc-emw

REC

Breath and yoga event

131

DHANVANTH RAJ B.D.S.

Dhanashree Revil

DHARUNKUMAR S B.PH...

DHEEKSHAA A B.Sc. (H...

DHINAKARAN J B.P.T.

DINESH KUMAR G R B.P...

DIVYADHARSHINI K B.S...

Dr Archana B Dept. of P...

ERAM PRASATH A B.Sc...

EZHILVENDAN S B.Sc.L...

GANESH A B.Sc.(NURSL...

GAYATHRI S B.Sc. (Hone...

You

Dr Archana B Dept. of Pathology, SR...

AKSHAYA R B B.B.A. (Hospital & He...

VASANTHA KUMAR R B.Sc. (Hons) ...

VIJAYA DHARSHINI M Bachelor in O...

SUKHSHUM SAPROO B.Sc. (Hons) ...

Student Council, SRMC

VASANTHAVEL M S B.B.A. (Hospital...

NEEJA PRIYADHARSHINI S B.B.A. (...

SUSHMITHA MURALI M.Sc. Speech...

YOGALAKSHMI S B.Sc. (Hons) Card...

DHANUSH PRASANTH J B.SC.NURS...

MUKESH J B.Sc. (NURSING) (Basic) has left the meeting

JAYANI HI P B.Sc. (NURSING) (Basic)

SINI HIYA A B.Sc.(NURSING) (Basic)

ABDUL AGIS A B.Sc.(NURSING) (Ba...

YOUNVARAJ C B.Sc. (Hons) Allied He...

Microphone icon

Video icon

Raise hand

Turn on captions

Present now

REC

ATHIRA C V MB... and 96 more

134

11:18 AM

You

Dr Archana B ...

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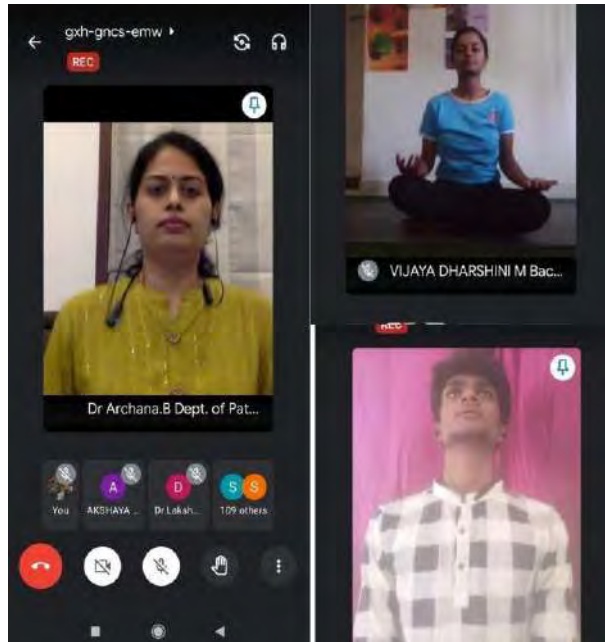
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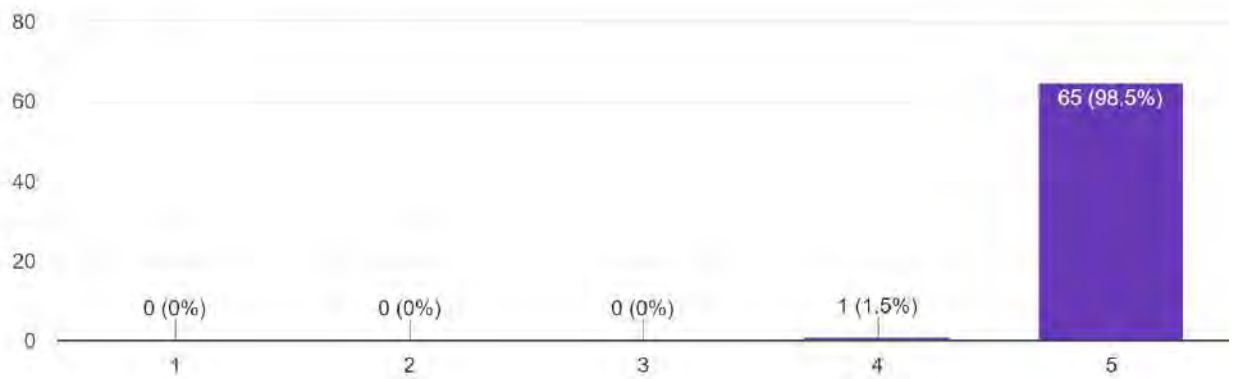
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## Feedback from participants

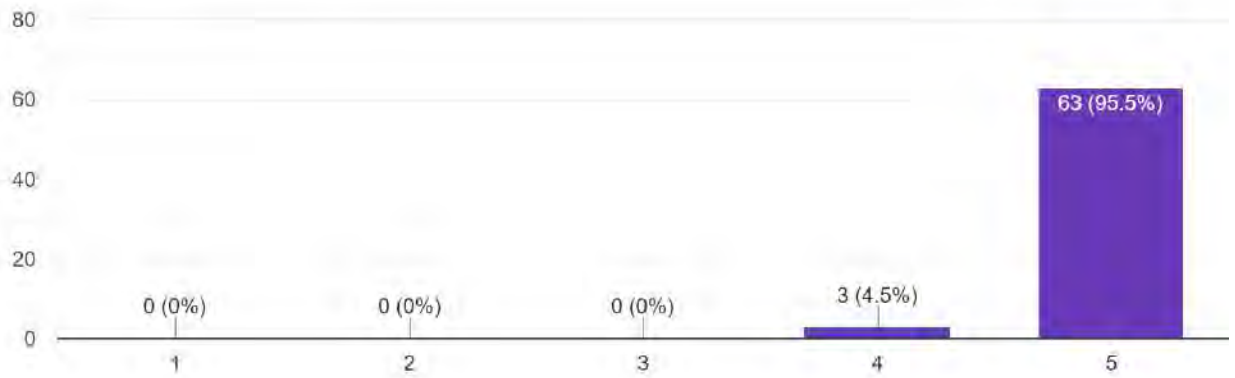
Overall the programme was useful.

66 responses



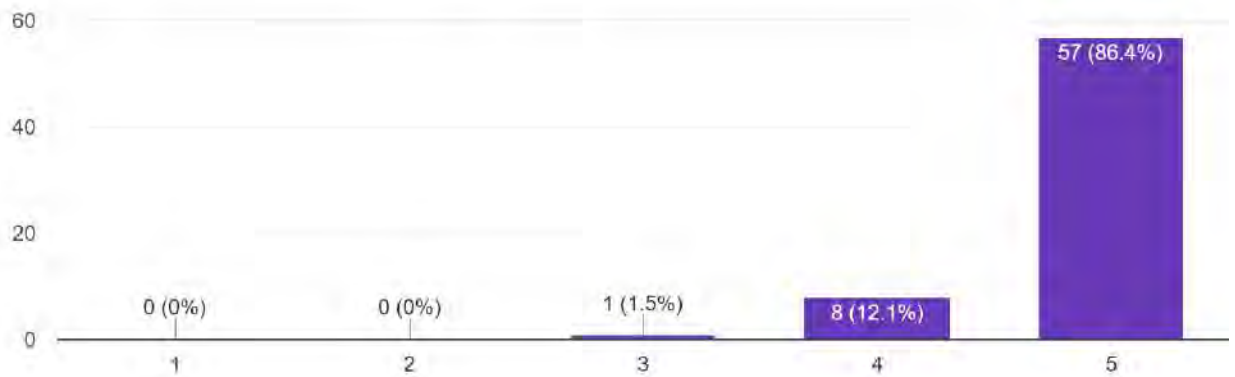
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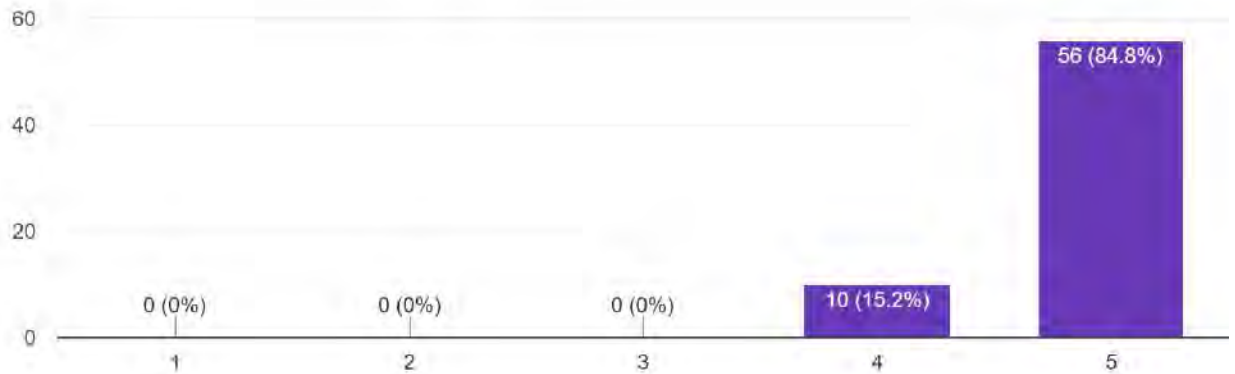
I picked up some practical, take home exercises that I can do everyday.

66 responses



I wish to attend more sessions like this in the future.

66 responses



Any other comments or suggestions regarding the session. 66 responses

Nil

No

Informative and effective

very refreshing but doing it for the first time i feel quite difficult but i think i ll get used to it  
REALLY A AWESOME SESSION MA'AM.

Very much relaxing.

This session can be conducted regularly

The session was very useful .

The session was very effective.

It was an amazing session, felt very relaxed and refreshing. Thank you so much maam

Ya it's very use full mam Need more sessions like this And for exercise also

Calm and Relaxed

Very good

Great session feels refreshing

Session was very usefull.

No mam it's really very useful

Nice session . I like the session it is highly useful to me .

Thank you for such an excellent guidance.

Please include more yoga sessions

It was good and relaxing.

No comments

Wishing to have more sessions like this.Thankyou so much for the wonderful advice & the session

This session was useful, effective and great. Thank you!

It was really effective

This is the best ever practical session I have attended.. this makes me feel so great and live

it was really useful ,good session

it was very helpful

Thank you so much to give us such a wonderfull health program, it is really help full to us mam. Thank you so much.

all exercises and yoga compiled in a one hour session was really useful

Very nice session

Was super great practical session and very useful

Need of the hour! Really refreshing! Thank you so much for organizing this!

The session was really good,interactive. i would like to attend more sessions like this.

This session was Excellent and concisely made

Such a wonderful session and useful session for us... Thank you and expecting more and more useful sessions in the upcoming days... And once again thank you all.

amazing session

It was really useful

The session was very informative.

this session is sooo useful maam thank you maam expecting for few more sessions maam

all are good

None



This session was very useful, refreshing, and a very need of the hour session for all of us not just for improving immunity and breathing but also to take our minds off things going around. So thank you all for this wonderful session.

This session was very useful and I hope for more such sessions

—

Want more sessions like this

Thank you ma'am . The session was very grateful And soulful.

very usefull and more important in this session . and i learn more usefull thinks in this session thankyou archana mam for woundrefull session thankyou

More classes

very informative very much useful

A good practical session

That was a relaxing feel good session and a much needed one

Super session mam now I feel good

kindly conduct more sessions like this to reduce some stress among students

Tqsm ma'am fr a Great session!. 🌸

Thank you so much Archana mam for explaining so clearly and in simple way. Much more needed session like this nowadays to keep ourselves healthy as we were staying home.

It was a fun and interactive session

The session was really good and useful

Regular classes on yoga for us would definitely be helpful.

She approached us in a well manner and we could able to cope up doing exercise with her and really felt good refreshment



Dr. P.V. VIJAYARAGHAVAN  
Vice-Chancellor  
SRI RAMACHANDRA  
INSTITUTE OF HIGHER EDUCATION & RESEARCH  
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Porur, Chennai-600 116

**SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
(DEEMED TO BE UNIVERSITY)**

**FACULTY OF PHYSIOTHERAPY**

Faculty of physiotherapy organized webinar on Menopause and Exercise-An update on 10.8.20 at 5 pm.

**Evolution of the Webinar** - During menopausal transition women experience symptoms such as vasomotor symptoms, increases in weight and body fat, decreases in bone density, and changes in mood and somatic symptoms. Few recent studies concluded that women with the recommended level of physical activity had a higher self-perceived health level and better quality of life in relation to other women of their age. Unfortunately adherence to physical activity is lower among women ages 40 to 60. Health professionals need to continue and enhance their ongoing efforts to promote physical activity among midlife women which will ensure both a healthy menopausal transition and healthy aging. This webinar focused the changes during menopausal transition, coping strategies and the FAQ (Frequently asked Questions) session.

Prof.N.Venkatesh , Chairman, Faculty of physiotherapy,SRIHER delivered the welcome address. FAQ session addressed questions from our faculties and post graduates and the session chaired by Dr.Jaya Vijaya Raghavan, Professor ,Dept of Obstetrics and Gynaecology , SRIHER. Dr.Sathya prabha, Associate Professor, Faculty of physiotherapy, SRIHER delivered lecture on Menopause and Exercise-An update. Mrs.Ponmathi, Assistant Professor, Faculty of physiotherapy, SRIHER presented Relaxation Techniques in Menopause. 315 delegates across India attended. The session ended by 7 pm.



*R. Sivakumar*

**R. SIVAKUMAR**  
Professor & Principal  
Faculty of Physiotherapy  
SRI RAMACHANDRA  
Institute of Higher Education & Research  
(Deemed to be University)  
Porur, Chennai - 600 118.



**SRI RAMACHANDRA**

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Deemed to be University) Porur, Chennai

**FACULTY OF PHYSIOTHERAPY**

**"MENOPAUSE AND EXERCISE-AN UPDATE"**

**DATE : 10<sup>th</sup> AUGUST 2020 MONDAY | TIME : 05.00 PM IST**



**Dr. Jaya Vijayaraghavan, MD, DGO**

Professor in Obstetrics and Gynaecology  
SRIHER (DU)

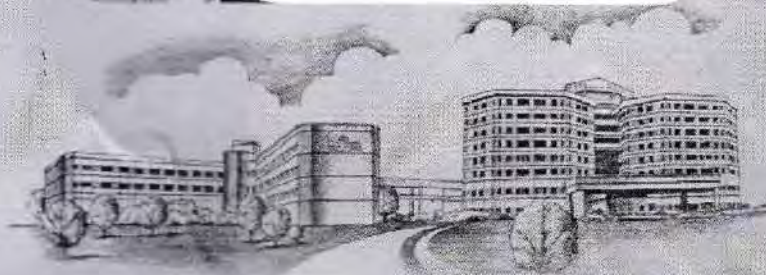
**SATHYAPRABHA .B**

Associate Professor  
Faculty of physiotherapy  
SRIHER (DU)



**PONMATHI .P**

Assistant professor  
Faculty of Physiotherapy  
SRIHER (DU)



Click here to register : <https://bit.ly/3fpNkgA>

*R. Sivakumar*

**R. SIVAKUMAR**

Professor & Principal  
Faculty of Physiotherapy  
SRI RAMACHANDRA

Institute of Higher Education & Research  
(Deemed to be University)  
Porur, Chennai - 600 116.

#### YOGA & MEDITATION

- The department organised a webinar on "The benefits of Yoga and Meditation for self improvement" as a part of International Yoga Day Celebrations on 21.06.2020. Live meditation session was conducted for the participants after the session by Ms.Archana, Healthiness Meditation. A total of about 175 participants attended the program which included faculty members from other departments, students and PhD Scholars.



  
**DR. AJITHHARISHAN V.V. M.L.A.S.P.**  
Assistant Prof. Health  
Department of Health Sciences,  
SRM Institute of  
Technology, Kattankulathur - 603103

**WEBINAR ON "DECODING THE LOCKDOWN STRESS THROUGH MIND BODY MEDICINE"**

(13<sup>TH</sup> June 2020 (6.30 pm-9.00 pm))

The Department of Mind-Body Medicine and Lifestyle sciences, Faculty of Allied Health Sciences, SRIHER organized a webinar on "Decoding the Lockdown Stress through Mind Body Medicine" on 13<sup>th</sup> June 2020 between 6.30 pm to 9.00 pm, and 480 registered participants.

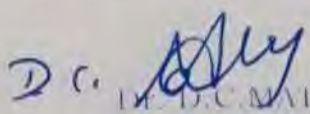
The program initiated with the welcome address by **Dr.Senthilkumar**, Principal, Faculty of Allied Health Sciences and need for the program briefed by the organizer, Dr.Mathangi, Prof & Head, Dept of MBM and LS.

**Dr. S.P.Thyagarajan**, Dean Research, SRIHER delivered the Inaugural address by highlighting the increase in stress, anxiety and substance abuse during lockdown and role of Integrative Medicine (IM) in managing the same. He stressed on the need for an integrative approach with a paradigm shift from disease centered approach to holistic wellness approach. He concluded his address with the Integrative medicine as merging of arts and health science and congratulated the department for a relevant topic to meet the needs during the lockdown.

**Dr.Rama Jayasundar**, HOD NMR & MRI, AIIMS New Delhi, delivered an erudite lecture on 'How can Indian knowledge system be leveraged for COVID-19'. Being a doctorate in physics, who graduated subsequently as an Ayurvedic physician, has used the scientific approach to emphasise the mechanism of Ayurvedic medicines. She focused and highlighted the use of Ayurveda as a preventive, curative and promotive method for healthy living. She explained that human body is a mixture of pancha boothas and the interaction between mind, body and soul.

**Dr.Carol Clarke**, HOD of Rehabilitation and sport sciences, Bournemouth university gave a lively session interspersed with activities through her talk on "How much activity should we be doing during this pandemic"?. She enumerated the relationship between stress, loss of physical activity with weight gain and their ill effects. She prescribed simple home based exercises such as chair exercises, walking and limb movements which she made the participants also do these activities.

**Dr.Sridevi Krishnan**, Nutritionist, UC Davis, spoke on "Prevention better than cure: Nutrition and Metabolic diseases in light of a pandemic". She explained the role of lockdown in inducing and role of stress in causing chronic low grade inflammation. She highlighted the role of chronic

  
D.C. MATHANGI  
Professor and Head  
Department of Mind Body Medicine and Lifestyle Sciences  
Faculty of Allied Health Sciences  
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low grade inflammation in causing insulin resistance and lack of immunity through her research publication. She highlighted the importance of good diet and exercise in maintaining health.

The final speaker of the webinar was *Dr.Darshan Mehta*, Medical director, Benson Henry institute, USA, who highlighted on “Stress and Mind Body Medicine”. Through his lucid presentation he brought out the effect of stress and allostatic load. He explained the benefits of relaxation response and simple breathing techniques to alleviate stress and its harmful impact.

Success of any programs are determined more by the interactions and we felt the webinar triggered lot of inquisitiveness by the participants as evidenced by several interesting questions which they asked the experts. The question and answer session was moderated by *Dr.Mathangi* with clear answering by the experts.

Feedback obtained by the participants were very encouraging with many sharing that this was one of the webinar during the lockdown which had so much relevance to make lifestyle modifications at personal level. Choice of speakers both for their content and clarity was highly appreciated by the participants.

We from the department wish to thank the management and administration of SRIHER for giving us the online platform to conduct this program will all the logistic support by the IQAC and IT department and Vice Principal and Principal of Faculty of Allied Health Sciences for all the guidance and support.

**Participants : Faculty (80 SRIHER + 200 Outside SRIHER)**



Dr. D.C.MATHANGI  
Professor and Head  
Department of Mind Body Medicine and Lifestyle Sciences  
Faculty of Allied Health Sciences  
SRI RAMACHANDRA  
Institute of Higher Education and Research  
Pozar, Chennai - 600116





**SRI RAMACHANDRA**

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Category - I Deemed to be University) Porur, Chennai



Faculty of Management Sciences  
Organizes

An Interactive Practical Session on  
Mind and Body Management in the  
wake of COVID-19



Dr.Archana.B  
Faculty  
Department of Pathology  
SRIHER (DU)

**Date: 20.04.2021**  
**Time 9 AM - 10 AM IST**  
**[meet.google.com/ttm-xgts-xho](https://meet.google.com/ttm-xgts-xho)**

**Organizer:** Faculty of Management and sciences.

**Topic:** An interactive practical session on Mind and Body Management in the wake of COVID-19

**Date:** 20.04.2021

**Time:** 09:00AM to 10:00AM IST.

**Guest speaker:** Dr.B.Archana, Faculty, Department of Pathology, SRIHER (DU).

**Platform:** Google meet.

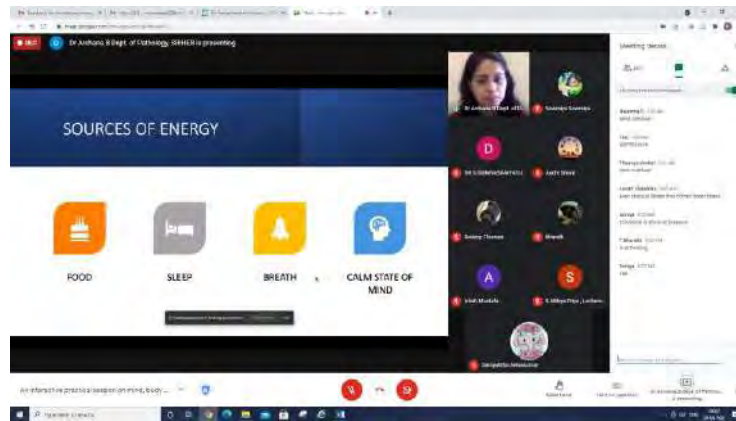
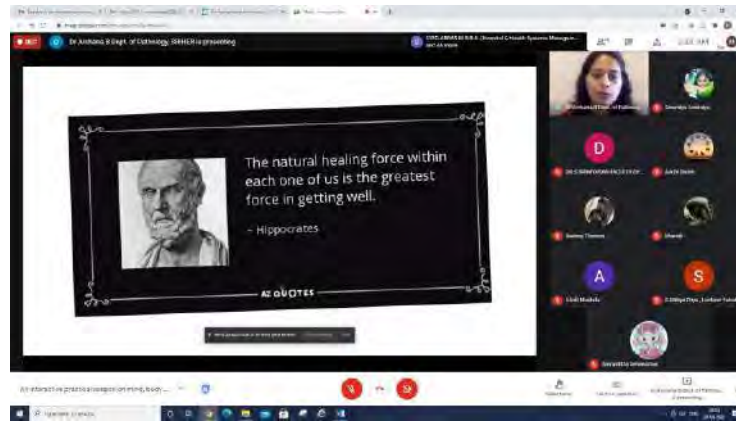
**No.of students Participated: 71**

Dr.B.Archana, Guest Speaker addressed our students through an Interactive Practical Session on Mind and body management where she made the participants to understand how stress affects people during this pandemic. She had a detailed discussion with the students about how mind works when we are stressed. Glimpses on how to improve immunity during pandemic was covered during the session. She also taught the students the importance of physical activity to keep them active during this pandemic and how mind, breath, lifestyle and food habits influence human health, mind and body.

She also demonstrated all the participants and made them to involve in relaxation exercise for 10 minutes and taught everyone how to do desk yoga, simple Pranayama with detailed instructions followed by meditation. She concluded the session by explaining the benefits of breath control and meditation and how does it makes us healthy during this pandemic. The session was the need of the hour and was well received by all the participants as they felt rejuvenated post session.



## Glimpse of the session



**THE EFFECTS OF MEDITATION ON THE BRAIN**

**Glycification**  
 This leads to a loss of collagen, which causes skin wrinkles. It also causes the brain to become stiffer and less able to adapt to changes in the environment.

**Brain Function**  
 Meditation improves attention, working memory, and executive function. It also reduces the risk of cognitive decline and dementia.

**Mood**  
 Meditation reduces symptoms of depression and anxiety. It also improves overall mood and emotional stability.

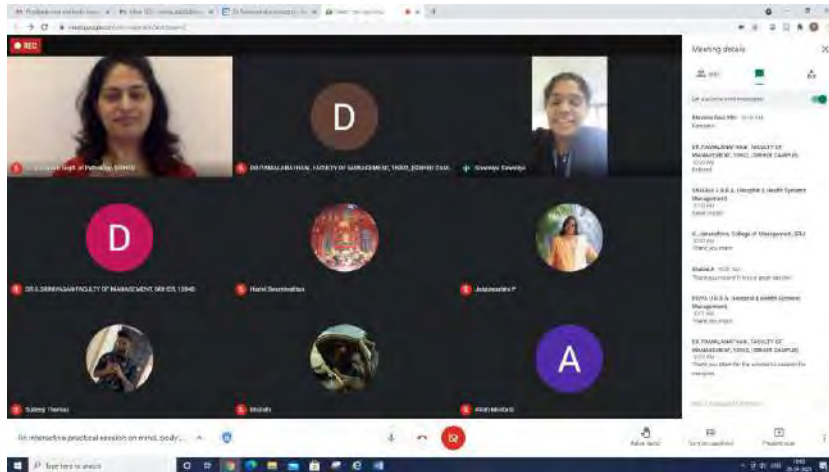
**Cognition**  
 Meditation improves cognitive function, including memory, attention, and decision-making. It also reduces the risk of cognitive decline and dementia.

**Stress Reduction**  
 Meditation reduces the production of stress hormones, such as cortisol. It also improves the body's ability to cope with stress and reduces the risk of stress-related health problems.

**TIPS TO IMPROVE IMMUNITY IN COVID TIMES**

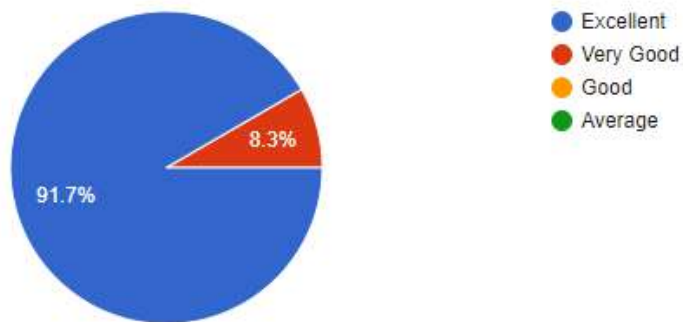
- Healthy diet
- Physical activity
- Healthy body weight
- Addiction-free
- Avoid white sugar and processed food
- Adequate sleep
- Proper routine
- Ability to handle stress
- Right posture

**HYGIENE**  
 Wash hands frequently with soap and water for at least 20 seconds.

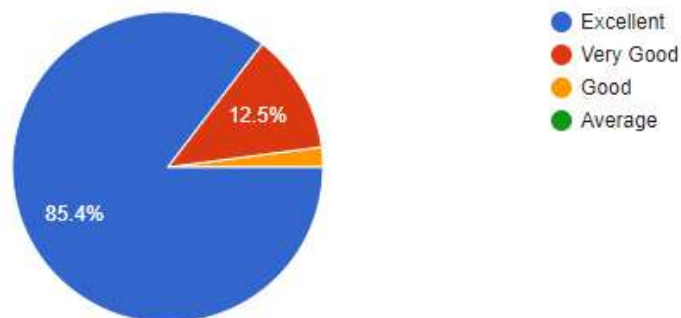


## Feedback of the session

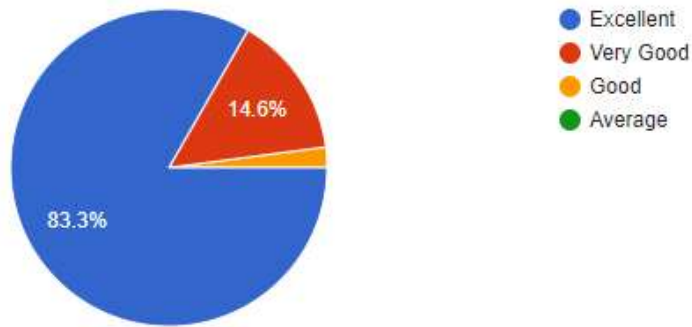
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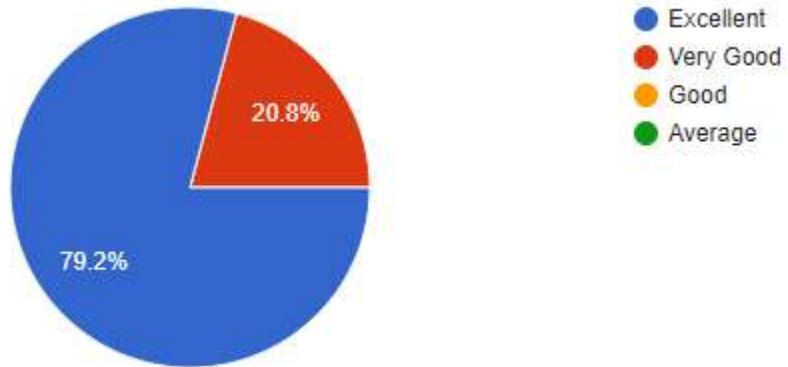
### Mode of Delivery



### Usage of Topic



### Query Handling



### Overall Rating

Dr. P.V. VIJAYARAGHAVAN  
Vice-Chancellor  
SRI RAMACHANDRA  
INSTITUTE OF HIGHER EDUCATION & RESEARCH  
(Deemed to be University)  
Porur, Chennai - 600 116

### EAT RIGHT, BITE BY BITE

- The department organised the Inauguration of National Nutrition Month celebrations on "Eat Right, Bite by Bite" on 01.09.2020. Dr. (Smt.) Tamilisel Soundararajan, Hon'ble Governor of Telangana inaugurated the Month long Celebrations. A total of 197 students from UG, PG and PSD Scholars attended the program.



*Adithi*  
A. ALTHEMAMINI  
Professor and Head,  
Department of Clinical Nutrition,  
Sri Ramachandra  
Pondicherry - 605 006



## ALUMNI ASSOCIATION OF SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION AND RESEARCH

### INTERNATIONAL DAY OF YOGA 2020 -June 21<sup>st</sup> 5-6pm Alumni talk

On the International Day of Yoga 2020, we had a separate FREE online session for the alumni. 20 participants joined us for the Yoga, Pranayama and Meditation session. Ms.Priya from the Art of Living and Dr.Archana from the Department of Pathology facilitated the session. Dr.Pavithra from the Alumni Association coordinated the entire event.

They were taught simple yoga, bhasrika pranayama and Panchakosha Meditation. They immensely benefitted and had very relaxing experiences.



Dr. P.V. VIJAYARAGHAVAN  
Vice-Chancellor  
SRI RAMACHANDRA  
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FACULTY OF DENTAL SCINECES

SRI RAMACHANDRA UNIVERSITY

The Professional & Personal Enhancement Program (PPEP) was conducted “ Role of Naturopathy in Health and Stress Management “ on 29.10.2015 by Dr. Roja Gurumoorthy , for I BDS & II BDS - 97/200 students attended. Aim of this program was to stress the importance of Naturopathy in day to day Health and Stress Management

**I BDS 2015-2016 Batch**

1. ADITHYA A	2. ISMAHANI BINTI MOHD ZUKRI	3. PAMILA MARY SABATINI M
4. AFRIN MARIAM S	5. JAYASOORYAN S P	6. PAVITHRA B
7. AKSHAYA VENKATESAN	8. KABILA SARO RAMKUMAR	9. PAVITHRA G
10. ANNIE SYLVEA V	11. KANMANI S	12. PAVITHRA J
13. ANUNITHA R	14. KARINA ROSE JACOB	15. PRAVANTHY A
16. ANUPAMA MENON	17. KAVYA SHRUTHI S	18. PREETHY M
19. ARAVIND G	20. KEVIN SAMSON J	21. PREMI K
22. ARNESH GARG	23. LAKSHMI V	24. PRIYA DHARSHINI S
25. ARRAVINTH P V	26. LOSHINI R	27. RAGAVI D
28. ASWITHA G	29. MADHUMITHA M	30. RENCIE HEPZIBAH P
31. AVINASH J B	32. MADHUMITHA R	33. RESHMI V
34. BALAJI K G	35. MAHALAKSHMI R	36. RUBASOWBHAKKIYA P
37. CHIRANJEEVI R	38. MANINI NAGI	39. SASHWAT SATHISH
40. DEEPSHIKA S	41. MANTHRA S	42. SAWMEA S
43. DEVEE ABBINAYAH R	44. MARCUS EDWIN CORREA	45. SHAHIN SABANA J
46. DHANYA M	47. MEENAVARSHINI K	48. SHILPA BOTHRA M
49. DHARRISHINI A/P DANAPAL	50. MIMI ALYSSA BINTI ZAIDI	51. SHIZA YEZDANI
52. FARHEEN NAAZ A	53. MISBA AFREEN S	54. SHREYA VENKATESH
55. GEERTHANAA M	56. MOHANA A/P JAYAKUMAR	57. SHUVETA SRII E S A
58. GOKUL R	59. MONISHA C	60. SIMRAN M
61. GURUVISHNU C	62. MUHAMAD NUR FAREZ BIN ABDUL GHANI KANESAN	63. SINDHUJA SRIRAMA
64. HAREESH P S	65. MUHAMMAD NAJIB BIN JAMAIL	66. SIVARANJINI A
67. HARIHARAN V M	68. MUTHUK KUMAR P	69. SOWMIYA S
70. HARINI K	71. NADIA AHMED	72. SSHARANI E
73. INDHU R	74. NISSHITHA RAO SETVAJI	75. SUJITH SINGH B G
76. NIVEDHA M	77. VAISHNAVI B (03.04.1998)	78. SURTHI S
79. NIVEDHA R	80. VAISHNAVI B (07.06.1997)	81. SURYA K
82. NUR SYAZANA BINTI SOBRI	83. VENKATA SAI KRISHNA KUKKAPALLI	84. SURYAPRAKASH GANESH
85. NURUL AIN BINTI	86. VENNILAA A K	87. SWATHI S

*Dr. C. Ravindran*

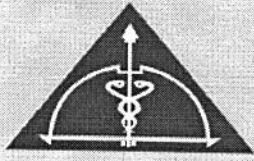
Dr. C. RAVINDRAN  
DEAN  
Faculty of Dental Sciences  
SRI RAMACHANDRA  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
(Deemed to be University)  
Chennai - 600 116.

SUKHAIDI		
88. NURUL SABRINA BINTI MUSTAM	89. VEYSNAAVEE A/P SIVALINGGAM	90. SWETHA P
91. NUSAIBA AKHTHAR N	92. VIGNESH KANNAN K	93. SWETHA R K
94. TARUNIKAA G	95. VINOTH KUMAR M	96. SWETHA SRIRAM
97. THARUN K K	98. VISALACHI MR	99. VISHAL R
100. YOGALAKSHMI D		

## II BDS 2015-2016 Batch

1. AAFREEN B	2. HARINI I	3. PATNAM PAVAN KUMAR
4. AARTHI S	5. HARINI N	6. PONNARASI A/P SELVAKUMARAN
7. AISHWARYA MAHENDRAN	8. HARIPRIYA R	9. POOJA R
10. AJAI PRAVEEN JOSE	11. INDHRA SR	12. POORNIMA G
13. AJITH RAJA P	14. JANVI M GANDHI	15. PRITHI ANBALAGAN
16. AKASH RAM PRASAD	17. JEESHRIYA R	18. PUJA RANKA A
19. AKSHAY G	20. JEYVARSHINI K	21. RAJALAKSHMI S
22. AKSHAYA R	23. JONUA DAVID FERNANDES	24. RAJASHENA S P N
25. AKSSHAYA R	26. JOSEPH AARON REX I	27. RAMYA R
28. APARNA A	29. JUDITH SHEREEN S	30. RAMYAJA C
31. APARNA M K	32. KAJAL M MODI	33. RESHMI SURESH
34. ARCHANA SUNDARARAJAN	35. KAMALI A S	36. RIFA SHARMEEN R
37. BALAKIRAN V K	38. KAUSTHUBA RAMESH	39. SAI VAISHNAVI K
40. DHANYA SHRI M	41. KAYATHRI T	42. SANJANA A
43. DHEVISHRI S	44. KEERTHANA K	45. SANJITHA S
46. DHIVYA V	47. KRITHIKA M	48. SASTIGAYATRI R
49. DINESH KUMAR B	50. LAVANYA A	51. SATHEIS KUMAR S/O ANNANDAN
52. DIVYA J	53. LAVANYA R	54. SHALINI V
55. DURGAPRIYA M	56. MANJUSHA A	57. SHANMUGAPRIYA M
58. EILEEN MARY V C	59. MEENALOSNI A/P P.RAMALINGAM	60. SHARANYA S
61. EKISHA RAJENDERAN	62. MONIKA J	63. SIDTHI HAMEEDA A
64. GAYATHRI E	65. MRITHULAA M V	66. SIMRAN JINDAL
67. HALITH AHAMED.M	68. MURALIDHARAN B	69. SINDHU S
70. HAMITHA S	71. NAVEEN RAJ M	72. SONEYA A





# Bridges

....Connecting SRU

Newsletter of Sri Ramachandra University

November 2015



Dept. of Psychiatry observed World Mental Health Day on 9<sup>th</sup> & 12<sup>th</sup> Oct. with the theme, 'Dignity in Mental Health'.

The events included :

- Psycho-education of patients & caregivers
- Distribution of handouts
- Interactive sessions by consultants
- Recognition of best caregivers
- Competitions for in-patients
- CME on 'Training the Mind – The Art of Yoga Nidra' by Sannyasi Shiva Rishi. More than 120 delegates attended.



*S. Anandan*

Dr. S. ANANDAN  
DEAN

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PORUR, CHENNAI - 600 116



Department of Psychiatry  
Sri Ramachandra Medical College & Research Institute  
SRI RAMACHANDRA UNIVERSITY  
(Declared under section 3 of the UGC Act, 1956)  
Porur, Chennai - 600 116.

cordially invites you

For the programme organized to mark the

**“WORLD MENTAL HEALTH DAY”**

Theme : **“Dignity in Mental Health”**

on Friday, 9<sup>th</sup> October 2015,  
at 12.00 noon  
at Harvard Auditorium

**Prof. S. Anandan**  
Dean, SRMC & RI  
will inaugurate

**Dr. P.V. Vijayaraghavan**  
Director (Academic Administration)  
& Dean Education, SRU  
will felicitate

**Prof. K.V. Somasundaram**  
Dean of Faculties, SRU  
will preside

(Programme Overleaf)

## PROGRAMME

- Invocation
- Welcome Address : **Dr. R. Balakrishnan**  
HOD, Department of Psychiatry  
SRMC & RI
- Inaugural Address : **Prof. S. Anandan**  
Dean, SRMC & RI
- Presidential Address : **Prof. K.V. Somasundaram**  
Dean of Faculties, SRU
- Felicitation : **Dr. P.V. Vijayaraghavan**  
Director (Academic Administration) &  
Dean Education, SRU
- Introduction of Theme  
& Guest Speaker : **Dr. R. Sathianathan**  
Professor of Psychiatry, SRMC & RI  
Former Director, IMF, Chennai  
Vice-chairman, ARDSI
- Guest Lecture on  
“Training the mind –  
the art of Yoga Nidra” : **Sannyasi Shiva Rishi**  
Satyananda Yoga Centre, Triplicane
- Vote of thanks : **Dr. O.S. Ravindran**  
Associate Professor  
Clinical Psychologist  
Department of Psychiatry  
(Followed by floor discussion)

Dr. S. ANANDAN  
DEAN  
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## **International Day of Yoga Day 2016**

### **Sri Ramachandra University**

*The International Yoga Day was observed by Sri Ramachandra University, Porur, Chennai on 28<sup>th</sup> and 29<sup>th</sup> June 2016. "Yoga for all", CME on "Yogic management of diseases" and "Yogic management of drug abuse" were the different programmes organized by Sri Ramachandra University. All the members of Sri Ramachandra University family participated in the yoga practical session from 8 AM to 9.30 AM on 28<sup>th</sup> June 2016 at the university auditorium, led by sanyasi Jayagopalji and his colleagues. More than 1000 participants including 345 students attended the session and were benefitted. The session gave a brief overview on yoga and yogic practice and oriented the participants on the comprehensive benefits of yoga on health of an individual and its impact on community. The session included a 45 minute practical session (as per the direction given in the common yoga protocol) and a 15 minute institutional yogic practice of pranayama, yoga nidra etc.*

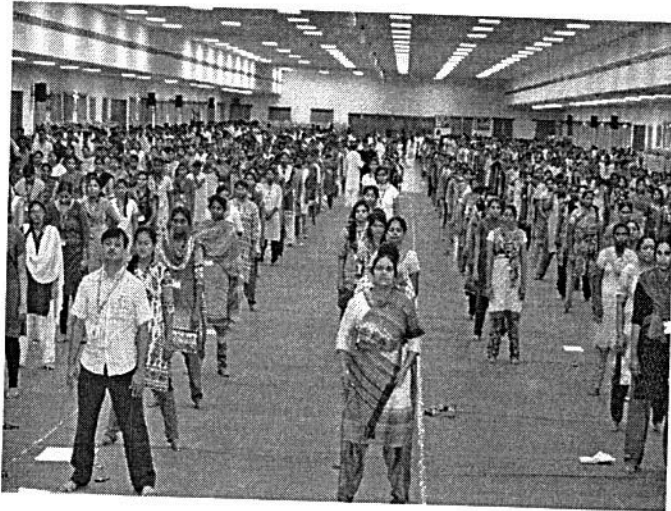
*Following the session, the workshop was formally inaugurated. Prof. P.V. Vijayaraghavan- Director Academic Administration and Dean Education, Prof. K.V. Somasundaram – Dean of faculties graced the dais along with sanyasi Jayagopalji, the guest of honour.*



*S. Anandan*

Dr. S. ANANDAN  
DEAN  
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MEDICAL COLLEGE & RESEARCH INSTITU  
PORUR, CHENNAI - 600 116

*Yoga has already been included in the curriculum of Allied Health, Bio Medical, Optometry and Sports Sciences at Sri Ramachandra University from the current academic. He also added that yoga has been apart of the foundation course for MBBS and hoped that soon it would be part of the regular curriculum of MBBS. He enthused that yoga which has a rich potential in healthcare should be taken up for research and practice the world over and systematic research in association with Allopathy would prove that this ancient Indian system would provide definitive cure for some of our ailments. He opined that when such evidence based research is conducted and published in international medical journals, it would find ready and automatic worldwide acceptance. Prof. Dr. P.V.Vijayaraghavan and Prof. Dr. K.V. Somasundaram felicitated the chief guest. Dr. P. Vijayalakshmi, CME Coordinator who organized the programme thanked the gathering.*



*The inaugural session was followed by refreshment break and fruit juice was served for all. The first day CME on yogic management of diseases started at 10.30 AM in Seminar Hall, Sri Ramachandra Medical College where more than 120 staff/faculty members from various departments of Sri Ramachandra University participated. This was followed by Lecture Session -1, conducted by sanyasi Jayagopal (Shivarishi), and he spoke about the need for yoga and its importance for a balanced life and to tackle certain diseases. Later on an experiential yogic session – 1 was led by Sanyasi Jayagopalji and his colleagues, wherein the participants of the workshop from various departments and constituent colleges had an opportunity to*

*S. Anandan*

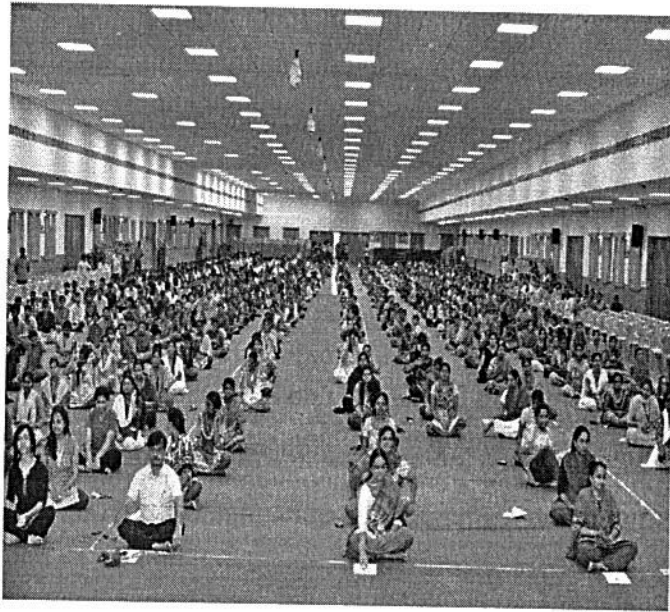
Dr. S. ANANDAN  
DEAN

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*perform certain preliminary yoga activities. It included basic warm up for upper extremity and the session ended with general relaxation (savasana).*

*The gathering had lunch break between 12.30 PM to 1.30 PM, and yogic lunch was served.*

*The post lunch Lecture Session -2 was conducted by sanyasi Jayagopalji, and the participants had an experiential yogic session, wherein few yoga postures/activities related to lower extremity was performed. The session ended with yoga nidra.*



*This was followed by a panel discussion. Eminent doctors Dr. Aravindan Dr. Ilanthirayan, Dr.Bala Murugan surgeon Ms.Shobana Ravi Kesavan, management consultant were the panel members and sanyasi Jayagopalji chaired the panel. It was an interactive session, during which the panel members shared their opinions and views about incorporating yoga as a part of their day to day life and how they were benefitted by yoga practice. Few of the participants also shared their thoughts.*

*On the second day, 29<sup>th</sup> June 2016, CME was based on the theme, "Yogic management of substance abuse". The first session was about yoga for physical and psychological well-being which was taken by Dr. R. Sathyanathan, Professor of Psychiatry, Sri Ramachandra University. This session was followed by therapeutic value of yoga by Dr. Vijayalakshmi*

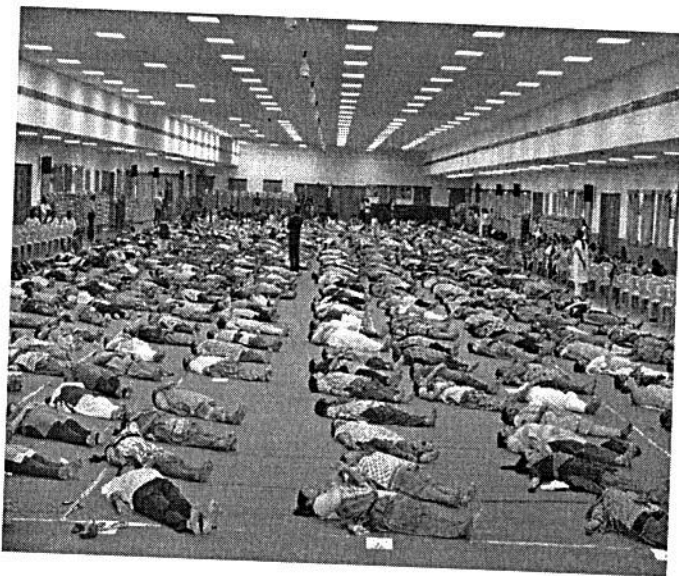
*S. Anandan*

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*Anbu, department of Allied Health Sciences, Sri Ramahandra University. She also provided the participants with an experiential session on various asanas.*

*The next session was on chakra healing for addition conducted by students of Clinical Psychology department. It was an on stage demonstration of all the 7 chakras of human body. The last session was a lecture on yoga in drug abuse by Dr. Padmapriya Chandran, Consultant, Clinical Psychologist.*

*The two day celebration ended with valedictory. Certificates were distributed to the participants and organizing committee. Dr. Sathiyathann, Professor of Psychiatry, Sri Ramachandra University, Dr. J.S.N. Murthy, Vice Chancellor, Sri Ramachandra University, Dr. S.P. Thiagarajan, Professor of Eminence, Dean Research, Dr. K.V. Somasundaram and Ms. Nataranjani, Manager, Training and Development Centre, Sri Ramachandra University were present. The programme ended by 3.30 PM.*



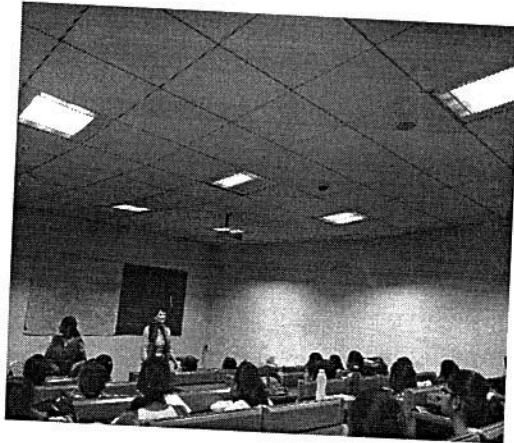
*The two day programme received positive comments from the delegates as, it met their objectives, educational sessions were excellent and informative, very good location, organizing committee did a very good job, time management was good, event was well organized and the CME helped them to overcome physical and medical issues.*

\*\*\*\*\*

*S. Anandan*

DR. S. ANANDAN  
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MEDICAL COLLEGE & RESEARCH INSTITUTE  
PORUR, CHENNAI - 600 116

**Sri Ramachandra University**  
**Faculty of Allied Health Sciences**  
**Department of Clinical Nutrition**



<b>Department</b>	<i>Department of Clinical Nutrition, Sri Ramachandra University</i>
<b>Collaborators (internal / external)</b>	<i>Nil</i>
<b>Name of the program</b>	<i>Meditation program</i>
<b>Nature of the program</b>	<i>-</i>
<b>Theme of the program (if any)</b>	<i>-</i>
<b>Date (S)</b>	<i>Weekly twice ( Monday &amp; Wednesday)</i>
<b>Venue</b>	<i>Gallery hall, 3<sup>rd</sup> floor, College building, Sri Ramachandra University</i>
<b>No of delegates/patients/participants /etc</b>	<i>Approximately 50 (Students and faculty members of Clinical Nutrition Dept)</i>
<b>Chief Guest/s (name, designation &amp; organization)</b>	<i>-</i>
<b>Activities / events</b>	<i>-</i>
<b>Other relevant information (if any)</b>	<i>Nil</i>
<b>Photographs attached (Yes / No)</b>	<i>Yes, One Photograph</i>

**PRINCIPAL**  
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**SRI RAMACHANDRA**  
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Porur, Chennai - 600 116

# Sri Ramachandra Medical College & Research Institute

## Department of Physiology

<b>Department</b>	<i>Department of Physiology, Sri Ramachandra Medical College</i>
<b>Name of the program</b>	<i>Autonomic Function Test (AFT), Mind Body Medicine &amp; Yoga</i>
<b>Nature of the program</b>	<i>Workshop to train faculty and PG's on AFT</i>
<b>Theme of the program (if any)</b>	<i>"Autonomic function test (AFT), Mind Body Medicine &amp; Yoga"</i>
<b>Date (S)</b>	<i>4<sup>th</sup> January 2017</i>
<b>Venue</b>	<i>Physiology Department (2D Demo hall), 2<sup>nd</sup> Floor, Medical College building, Sri Ramachandra University</i>
<b>No of delegates/patients/participants/ etc</b>	<i>Approximately 47 (Students and faculty members of Physiology department from other colleges)</i>
<b>Chief Guest/s (name, designation &amp; organization)</b>	<i>Dr.K.N.Maruthy Professor of Physiology, Narayana Medical college, Nellore Dr.S.T.Venkateswaran Professor &amp; HOD, Dept. of Yoga, GYNMC.</i>
<b>Photographs attached (Yes / No)</b>	<i>Yes, Two Photographs</i>



*J. Anandan*

**Dr. S. ANANDAN**  
DEAN

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**Sri Ramachandra University**  
**Faculty of Allied Health Sciences**  
**Department of Clinical Nutrition**



<b>Department</b>	<i>Department of Clinical Nutrition, Sri Ramachandra University</i>
<b>Collaborators (internal / external)</b>	<i>Nil</i>
<b>Name of the program</b>	<i>Athma Prana Chakra</i>
<b>Nature of the program</b>	<i>Meditation</i>
<b>Theme of the program (if any)</b>	<i>Nil</i>
<b>Date (S)</b>	<i>2<sup>nd</sup> January 2017</i>
<b>Venue</b>	<i>Harvard Auditorium, Sri Ramachandra University</i>
<b>No of delegates/patients/participants/etc</b>	<i>Approximately 120 (Students and faculty members of Clinical Nutrition Dept)</i>
<b>Chief Guest/s (name, designation &amp; organization)</b>	<i>Mrs. Indira Ramamoorthy Trustee, Pranic Healing and International Senior Pranic Healing Trainer</i>
<b>Activities / events</b>	<i>-</i>
<b>Other relevant information (if any)</b>	<i>Nil</i>
<b>Photographs attached (Yes / No)</b>	<i>Yes, One Photograph</i>

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**(Declared under section 3 of the UGC Act, 1956)**  
**International day of yoga celebrations 2017**

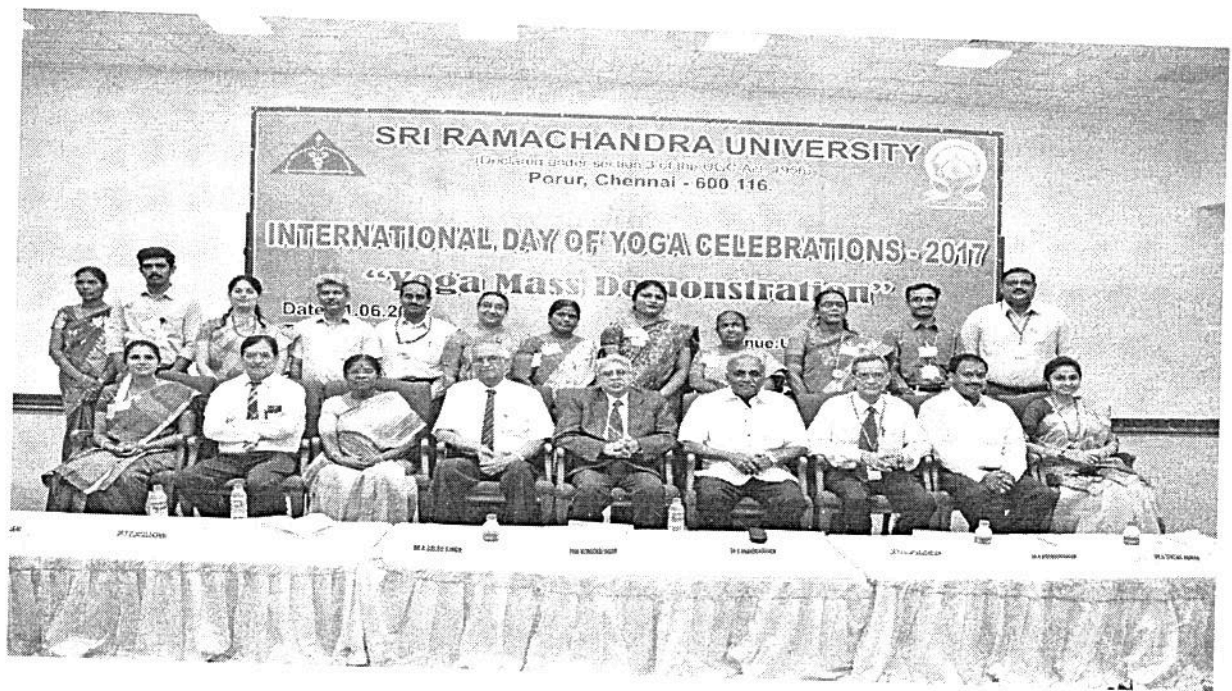


Report

The International Yoga Day was observed by Sri Ramachandra University, Porur, Chennai on 21<sup>st</sup> June 2017. On account of the occasion "Role on yoga to improve the quality of life" from 15.06.17 to 20.06.17 was organized for faculties of our university in which around 60 faculties had participated and were benefitted. Also "International Day of Yoga celebrations with mass demonstration" on 21.06.2017 was organized by Sri Ramachandra University. All the members of Sri Ramachandra University family participated in the yoga practical session from 8 AM to 9.30 AM on 21<sup>st</sup> June 2017 at the university auditorium, led by Dr.P.Vijayalakshmi Programme Co-ordinator, SRU. Around 600 participants including 175 students had attended the session and were benefitted. The session gave a brief overview on yoga and yogic practice and oriented the participants on the comprehensive benefits of yoga on health of an individual and its impact on community. The session included a 45 minute practical session (as per the direction given in the common yoga protocol 2017) and a 15 minute institutional yogic practice of yogic postures, pranayama, yoga nidra etc.

Following the practical session, Prof.V.Chockalingam, M.D (Med) D .M.(Cardiology) had delivered a lecture on the topic "Mind your heart" which was very much appreciated by the participants. Following which, the program was formally inaugurated. Welcome Address was given by Dr.S.Senthil Kumar, Course chairman, AHS,SRU. Dr.K.V.Somasundram Dean Faculties, SRU gave the Inaugural Address, Key-Note Address was given by Dr.P.V.Vijayaraghavan Director (Academic Admn) & Dean Education. The presidential address was given by Dr.K.Ananda Kannan M.S Former Vice Chancellor-Medical University, Former EC member-MCI, Former Zonal Inspector. The dignitaries were felicitated by Dr.K.Balaji Singh, Dean of students. Dr Vijayalakshmi Thanaseskharan had given Special address. Vote of thanks was given by Ms Nataranjani, Manager Training and Development centre.

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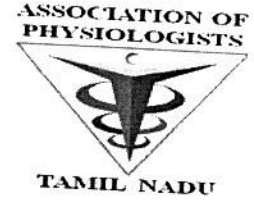
The inaugural session was followed by refreshment break and fruit juice was served for all. The celebration ended with valedictory. Certificates were distributed to the participants and organizing committee by Prof.V.Chockalingam.

The workshop led by Dr.P.Vijayalakshmi, Dr.Archana Balasubramaniam, and demonstrated by Dr.Sharanya and Dr.Mahesh Kumar, wherein the participants and students of the workshop from various departments and constituent colleges had an opportunity to perform certain preliminary yoga activities. It included basic warm up, Asanas, Pranayama, Dhayana and the session ended with general relaxation (savasana). The gathering had yogic refreshment was served.

The five day workshop received constructive comments from the delegates and the educational sessions were excellent and informative, very good location, organizing committee did a very good job, time management was good, event was well organized and the workshop helped them to overcome physical stress and medical ailments.

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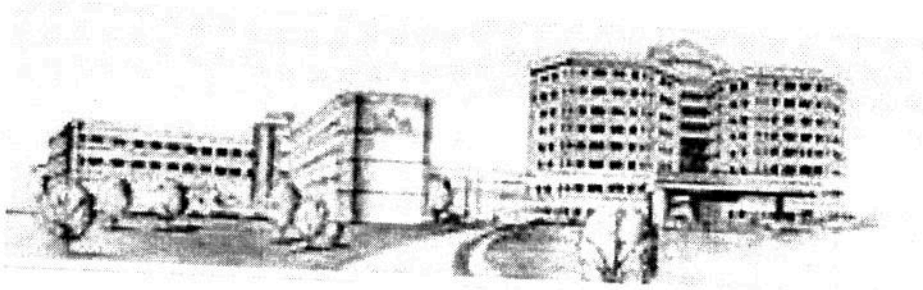
**Sri Ramachandra**  
Medical College & Research Institute  
(Deemed to be University)  
Department of Physiology

**"SYMMEDCON 2018"**  
International conference on Stress, Yoga and Mind-Body-Medicine

**PRE CONFERENCE WORKSHOP  
ON  
HEARTFULNESS MEDITATION**

29<sup>th</sup> January 2018

Sri Ramachandra Medical College & Research Institute, Porur, Chennai



*Organized by*

**Department of Physiology**

Sri Ramachandra Medical College & Research Institute  
Sri Ramachandra University

*S. Anandan*

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# "SYMMEDCON 2018"

## International conference on Stress, Yoga and Mind-Body-Medicine

### Workshop 2: Heartfulness Meditation

#### Programme Schedule

S.No	Time	Sessions	Description
1	9.00 - 9 .30 AM	Introduction to Heartfulness Meditation	Theory & Techniques
2	9 .30- 10.15 AM	Heartfulness Relaxation & Meditation	Experiential Session
3	10.15 -10.30 AM	Tea	
4	10.30 - 11.30 AM	Individual Sitting with Heartfulness Trainers	Small groups workshop
5	11.30 - 12.30 PM	Rejuvenation (Inner Cleaning)	Practical Session
6	12.30 - 1.00 PM	Participants feedback	Q & A, Discussion
7	1.00 - 2.00 PM	Lunch	
8	2.00 – 3.00 PM	Experiential Meditation	Closing session

  
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**Resource Persons: ( Heartfulness Meditation Team)**

Dr.Natwar Sharma

Mr.Madhu Nair

Mrs.Chitra Ranjan

Mrs.Mahija

Mr.Kannan

Mr.Ram Prasad

**Registration:**

Out of 26 delegates, 20 delegates (post graduate students, Under graduate students, research scholars and faculties) from various medical colleges and other institutions registered for the workshop. 5 Resource persons / trainers from the Heartfulness Meditation Institute, Manapakkam, Chennai participated in this workshop.



**Description of Events:**

An overview about the Heartfulness Meditation workshop was given by Dr.Dilara. Dr.Bagavad geetha welcomed the gathering and introduced the speakers. Before starting the sessions Pre test questionnaire was given to the participants to assess the prior knowledge about the Heartfulness Meditation .



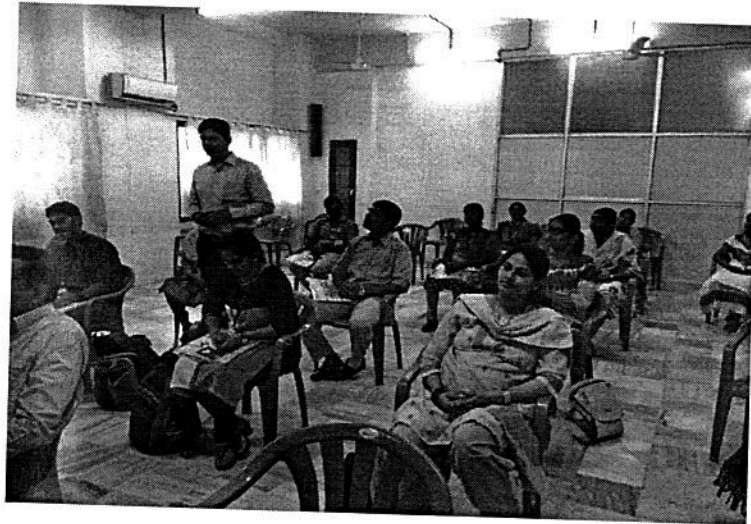
*Dr. S. Anandan*

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**Session:1**

**Topic:** Introduction to Heartfulness Meditation – Theory & Techniques

**Speaker:** Dr.Natwar Sharma , Professor of Pediatrics, Saveetha Medical college, Chennai & Heartfulness Meditation team ,Manapakkam,Chennai.



This is the very first topic which introduces Heartfulness meditation tool to the participants by explaining how a simple practice when done regularly can help with regulating the mind. Concentration is a result of proper meditation and a person who is able to meditate and regulate his or her mind will be able to concentrate on anything that they put their minds on. Dr.Natwar Sharma briefed about the role of meditation ,how to meditate and the role of Heartfulness Meditation in our daily life and its benefits .

**Session:2**

**Topic:** Heartfulness Relaxation & Meditation

**Speaker/Trainer :** Heartfulness Meditation Team, Manapakkam,Chennai



  
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One of the trainer explained the steps of relaxation first. Heartfulness meditation is a practical approach where in we meditate on the heart. The unique and outstanding element of this meditation practice is the yogic transmission also called as 'pranahuti' in Sanskrit. This is the divine energy that is used to nourish the inner self. It can be understood as the food for the life force.

**Session:3**

**Topic:** Individual Sitting with Heartfulness Trainers (Small groups workshop)

Resource persons: Heartfulness Meditation Team, Manapakkam, Chennai



The participants are divided into four groups and the resource persons in each group explained about the concepts of Heartfulness meditation. All the doubts about the meditation was discussed and cleared by the trainers . After that al the participants had self experiential session for an hour .

**Session:4**

**Topic:** Rejuvenation (Inner Cleaning) - Practical Session

Speaker/Trainer: Heartfulness Meditation Team, Manapakkam, Chennai

  
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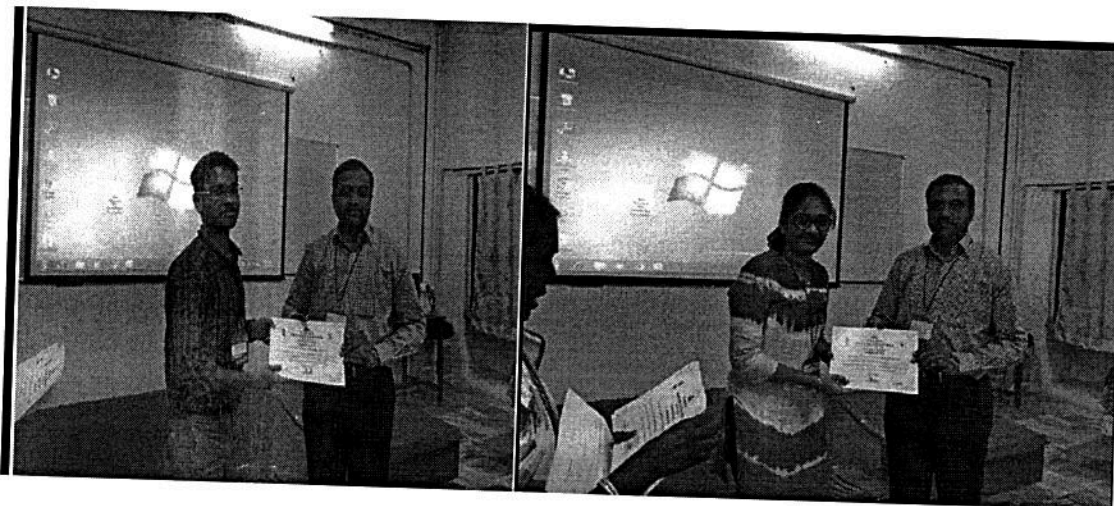


In the afternoon session, the resource persons / trainers briefed the Heartfulness meditation rejuvenating techniques and its importance and application in daily practice. Trainers exercised the rejuvenating technique of Heartfulness Meditation with the participants.


**Session:5**

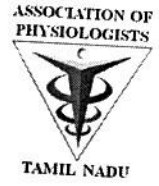
**Topic:** Experiential Session (Closing session)

**Speaker/Trainer:** Heartfulness Meditation Team, Manapakkam, Chennai



In the afternoon session, all the steps of Heartfulness meditation was repeated and the feedback was obtained from the participants . Workshop certificates distributed to the participants and to the resource

  
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## "SYMMEDCON 2018"

### 2<sup>nd</sup> International conference on Stress, Yoga and Mind-Body-Medicine

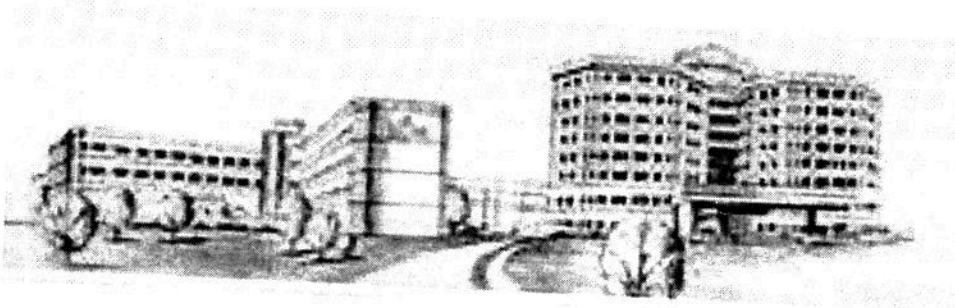
Pre conference workshop

On

### Simple Yoga practices to improve Quality of Life

On Monday 29.01.2018, 9.00 A.M.

At DEMONSTRATION HALL, II FLOOR, MEDICAL COLLEGE BUILDING,  
Sri Ramachandra Medical College & Research Institute, Porur, Chennai



*Organized by*

**Department of Physiology**

**Sri Ramachandra Medical College & Research Institute**

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Pre conference workshop on Simple Yoga practices to improve Quality of Life

Programme Schedule		
S.No	Time	Sessions
1	9.00 - 9.15 AM	Registration
2	9.15 - 9.30 AM	Overview of the workshop by Dr K.Maheshkumar
3	9.30 - 10.30 AM	Yoga - Introduction & Misconception by Dr.S.T. Venkateswaran
4	10.30 - 11.30 AM	Stress, Health & Quality of Life by Dr.S.T. Venkateswaran
5	11.30-1.00 PM	Practical session
6	1.00 - 2.00 PM	Lunch
7	2.00 - 3.00 PM	Yogic lifestyle for today's Modern world by Dr. S.T. Venkateswaran
8	3.00-4.15 PM	Practical session

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Introduction:  
2<sup>nd</sup> International conference on Stress Yoga and Mind Body Medicine (SYM MEDCON 2018 ) was started with Pre conference workshop on "Simple Yoga practices to improve Quality of Life" on 29<sup>th</sup> Monday, January 2018.

Objective:

The main aim of workshop was to providesimple yoga techniques to practice in everyday routine life to improve general fitness and quality of life. Simple yogic techniques include simple asanas (posture), pranayama (breathing techniques) & Relaxation techniques. The main aim of this workshop wasto make the participants more familiar to practice these simple techniques by hands on training sessions.

Organizing Committee:

**Organizing Chairman:**

Dr. R.Padmavathi

Professor, Dept. of Physiology

**Organizing Chairperson:**

Dr. Venkat Srinivasan

**Convener:**

Dr.S.T.Venkateswaran

Professor & HOD, Dept. of Yoga, GYNMC.

**Resource Persons:**

Dr.K.Maheshkumar

Dr. R.Shobana

Mrs.Lavanya

Registration:

36 delegates (post graduate students, research scholars and faculties) from various medical colleges and other institutions registered for the workshop.

  
Dr. S. VENKATESWARAN  
DEAN

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### Description of Events:

An overview about the workshop was given by Dr.Maheshkumar. He welcomed the gathering and requested Dr.R.Padmavathi, Organizing chairperson to introduce the speaker.

#### Session:1

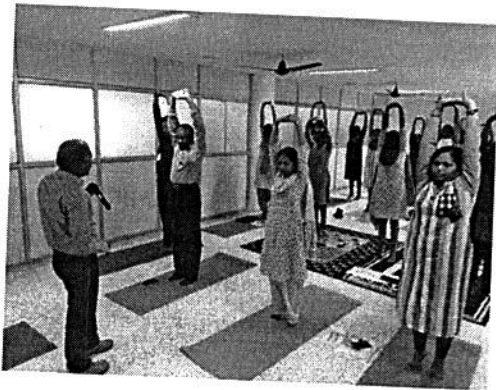
Topic: Yoga - Introduction & Misconception

Speaker: Dr.S.T.Venkateswaran, Professor & HOD, Dept. of Yoga, GYNMC.



Dr.S.T.Venkateswaran briefed the introduction of Yoga and misconceptions about various form of yoga practices. He stressed the need of yoga practice in the current sedentary and stressful lifestyle. He clearly explained the stages of Ashtanga yoga and its importance. It is the sequence of yoga practices which has to be followed by practitioners. Do's and dont's about various form of yoga practices also explained. He emphasized that regular form of simple asanas or pranayama should be practiced to keep a healthy body and mind.

#### Session:2

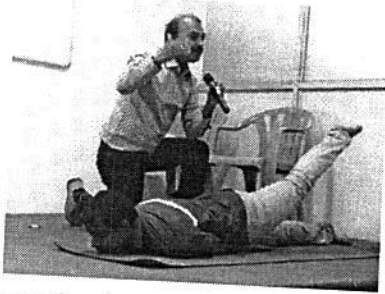


Topic: Stress, Health & Quality of Life

Speaker: Dr.S.T.Venkateswaran, Professor & HOD, Dept. of Yoga, GYNMC.

Dr.S.T.Venkateswaran, explained the stress and its consequences on health. To manage day to day stress, yogic practices are the ideal one. He insisted that five minutes simple pranayama (Breathing Exercise) is enough to cope up with the day to day stress. He demonstrated few asanas (postures), such as Tadasana, Triyaka tadasana, Artha-chackrasana, Bhujanganasana etc. He insisted on the role of diet in the management of stress and health.

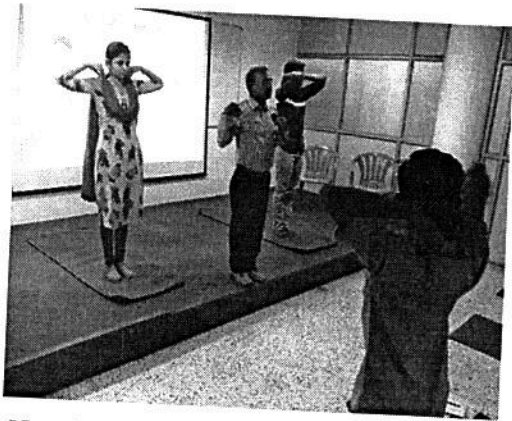
  
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Session:3

Topic: Hands on training session on Simple Yoga Practices

Dr.S.T.Venkateswaran and his team gave the simple yoga practice in practical sessions to all the participants. Few standing asanas, sitting asanas and lying down asanas was demonstrated to the participants and encouraged all the participants to practice the same..

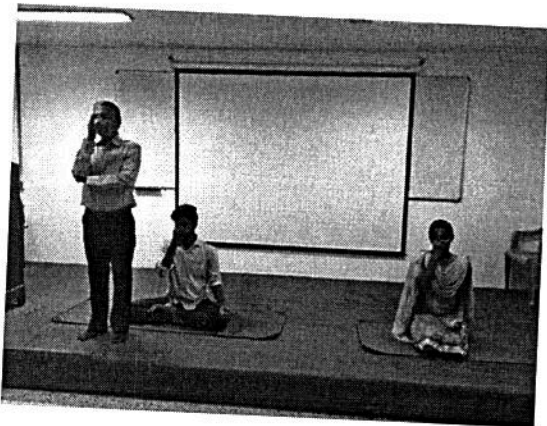


Session:4

Topic: Yogic lifestyle for today's Modern world

Speaker : Dr.S.T.Venkateswaran, Professor & HOD,  
Dept. of Yoga, GYNMC.

In the afternoon session, Dr. Venkateswaran, briefed the importance of lifestyle and its importance. Most of the metabolic disorders are due to improper lifestyle. He advised possible ways to correct the improper lifestyles such as healthy diets, regular yoga practices, positive thoughts, avoid modern cooking etc. and its consequence were also explained well.



Session:5

Topic: Hands on training session

Speaker: Dr.S.T.Venkateswaran, Professor & HOD,  
Dept. of Yoga, GYNMC.

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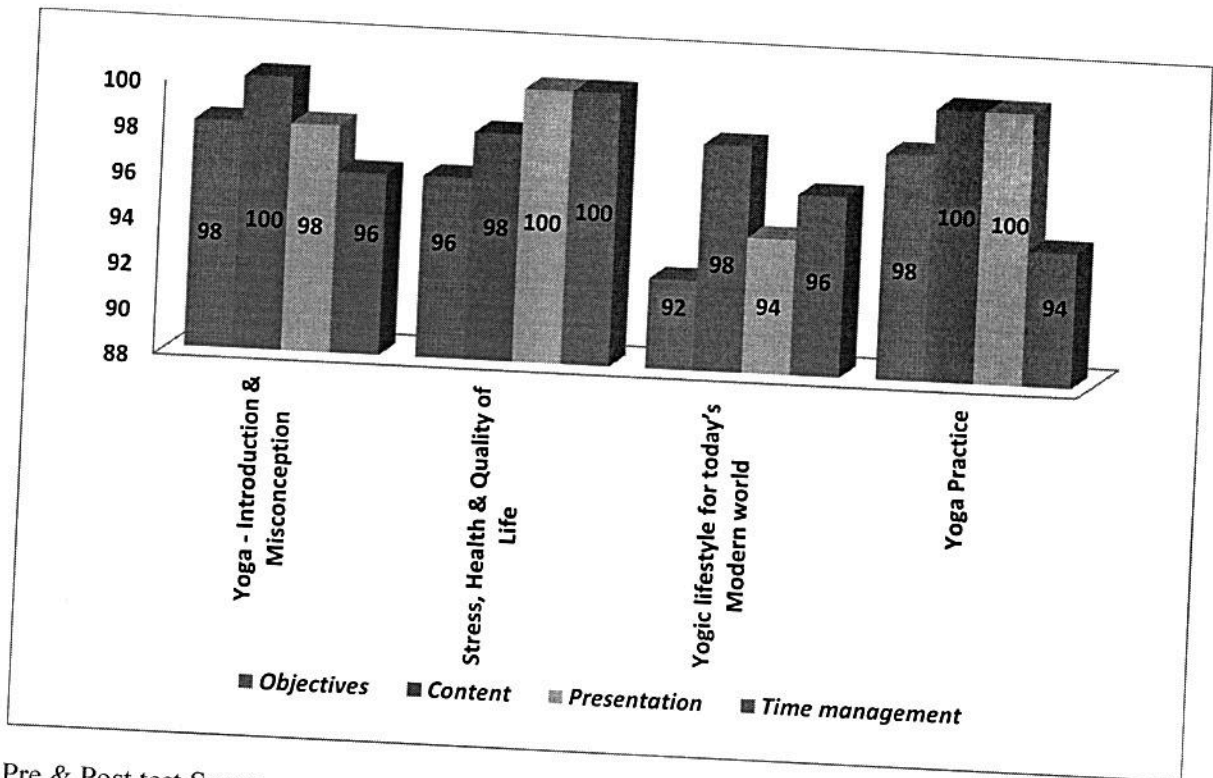
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Simple pranayama (breathing exercise) training includes Nadi sudhi, Sheetal, sheetkari, Kapalabhati and Bhramari pranayama was given and made everyone to practice. He gave relaxation training such as Yoga Nidra for all the participants. It's a relaxation technique in yoga which produces complete relaxation to each and every part of the body. Followed with that meditation technique was given.

Feedback Analysis:

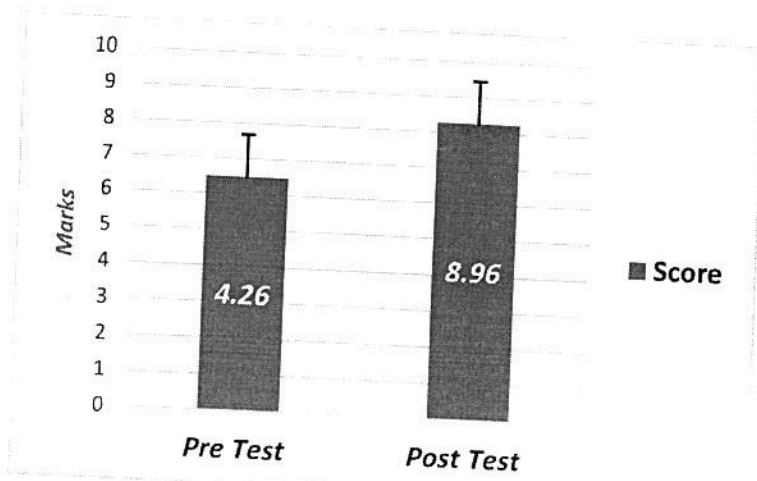
Session Evaluation:



Pre & Post test Score:

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About 96% of the delegates stated that overall objective of all the sessions and its content was excellent and 98% of them appreciated the format of the programme. Most of the delegates felt that the practical sessions were very good and useful. Post test score showed a significant improvement ( $P < 0.05$ ) among the delegates which reflects that the workshop sufficiently provided knowledge on simple yoga practices to improve quality of life.

#### Conclusion:

- ❖ Overall response of the participants for the workshop was good. They were enthusiastic and interactive throughout.
- ❖ They were interested for further workshops and hands on trainings on yoga and other practices
- ❖ The workshop motivated the participants to practice these yoga techniques regularly.

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REPORT

**Continuing Medical Education**

**On**

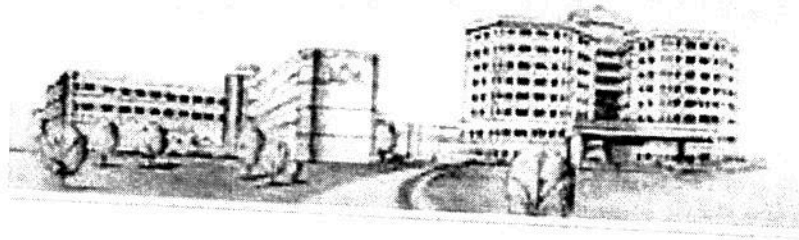
**'Updates on Yoga & Autonomic Nervous System'**

**On**

**Wednesday, 18<sup>th</sup> April 2018 at 08.00 AM**

*Organized By*

**Department of Physiology,  
Sri Ramachandra Medical College & Research Institute,  
Porur, Chennai, Tamil Nadu, India-600 116**



**Venue: Central Library Auditorium**

**Sri Ramachandra Medical College & Research Institute**

**Deemed to be University**

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## INTRODUCTION

Department of Physiology, SRMC & RI conducted a CME on 'Updates on Yoga & Autonomic Nervous System' on 18<sup>th</sup> April 2018. The CME was conducted to create awareness about Yoga and its effects on Autonomic Nervous system. Also update the recent techniques to evaluate the Autonomic functions modulated by various Yoga practices.

## DESCRIPTION OF EVENTS

### Registration

The CME was attended by 65 Participants from various Medical Colleges, Govt. Yoga & Naturopathy College and faculties from various departments of SRMC & RI. This CME had been reviewed and accredited by Sri Ramachandra Medical College & Research institute with 3 credit hours. The program started with registration of the delegates.



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## PROGRAM SCHEDULE

S.No	Timing	Topic	Faculty
1	8.30 – 9.30	<b>Registration</b>	
2	9.30 – 10.00	Physiology of Autonomic Nervous System	Dr.K.N.Maruthy, Professor & Head, Physiology, Narayana Medical College, Nellore.
3	10.00 - 10.45	<b>Inauguration</b>	
4	10.45- 11.00	<b>Tea break</b>	
5	11.00 - 11.45	Evaluation of ANS : Bedside and Conventional methods	Dr.TN Sathyaprabha, Neurophysiology, Professor, NIMHANS, Bangalore
6	11.45 - 12.30	Yoga and Autonomic nervous system	Dr.Manjunath, Director- Research & development, SVYASA University, Bangalore.
7	12.30- 1.00	Demonstration of Mobile APP	Dr.K.N.Maruthy, Professor & Head, Narayana Medical College, Nellore.

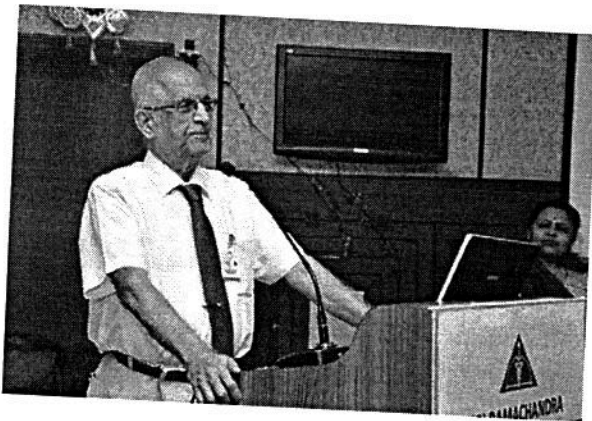
### **Inauguration:**

The inaugural session was attended by

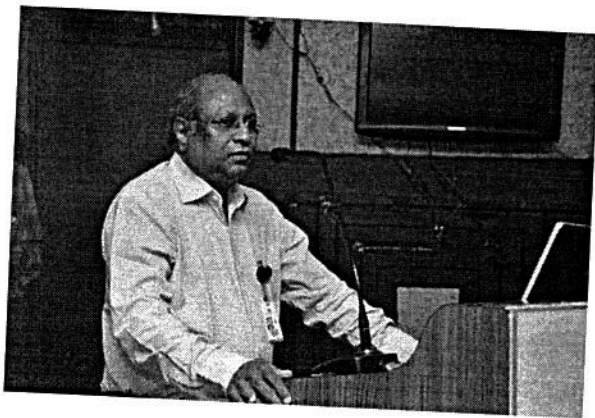
- Prof. K.V. Somasundaram, Professor of Eminence and Advisor (Academic)
- Prof. Dr.Sampath kumar, Vice Principal & Professor & Head, Forensic Medicine, SRMC & RI.
- Prof. R.Padmavathi, Associate Dean – PG studies, Professor and Head, Department of Physiology
- Prof. Priscilla Johnson , Professor, Department of Physiology, SRMC & RI



**Dr.R.Padmavathi, Professor and Head, Department of Physiology, SRMC & RI** welcomed the gathering. She stressed the need of Yoga and its application for Lifestyle disorders and its importance to manage them in an integrative way. She pointed that Lifestyle disorders are the leading cause of mortality and morbidity in the recent scenario so updating the knowledge and awareness in this field to manage them would be the ideal way.



**Dr.K.V.Somasundaram, Professor of Eminence and Advisor (Academic)** delivered the inaugural address. He emphasized the current CME topic and its importance. He elaborated the advantage of knowing recent updates on Yoga and various methods of techniques to evaluate the effectiveness



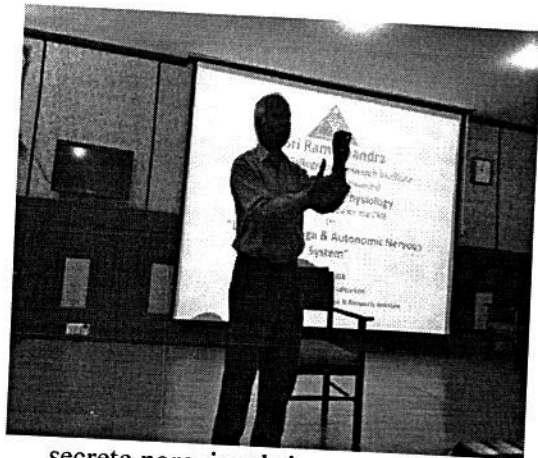
**Dr. P. Sampath Kumar, Vice Principal & Professor & Head, Department of Forensic Medicine,** delivered the Special address. He highlighted the relevance of the CME topic and its importance in modern life style. He also elaborated upon the advantages of knowing recent trends in Yoga and various mode of application.



**Prof. Priscilla Johnson, Professor, Department of Physiology,** proposed the vote of thanks. She thanked the Chancellor and members of the management for their unstinting support towards all academic activities. She also thanked the participants for their enthusiastic participation.

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### Scientific Session 1: 'Physiology of Autonomic Nervous System' by Dr. KN Maruthy



Dr.K.N.Maruthy mentioned that it was Hon and Lee who documented the beat to beat to interval changes in 1965 and used the term Heart Rate Variability (HRV) for first time. He explained the normal physiology of Autonomic nervous system and its two wings namely Sympathetic and Parasympathetic in detail. Two chemical messengers (neurotransmitters) are used to communicate within the autonomic nervous system (Acetylcholine, Norepinephrine). Nerve fibers that secrete acetylcholine are called cholinergic fibers. Fibers that secrete norepinephrine are called adrenergic fibers. Generally, acetylcholine has parasympathetic effects and norepinephrine has sympathetic effects.

### Scientific Session 2: 'Evaluation of ANS: Bedside and Conventional methods' by Dr.TN Sathyaprabha



Dr. TN Sathyaprabha, Professor of Neurophysiology department gave an overview about the various methods of ANS testing. It is the part of the nervous system that is responsible for regulation and integration of internal organs' functioning. Together with the endocrine and immunological systems it determines the status of the internal environment of the organism and adjusts it to its current needs. She explained various conventional methods of ANS test such as Valsalva manoeuvre, Deep breathing, orthostatic hypotension, isometric handgrip test etc. She also explained Heart rate variability and Blood pressure Variability testing with evidence of research studies on Yoga intervention.

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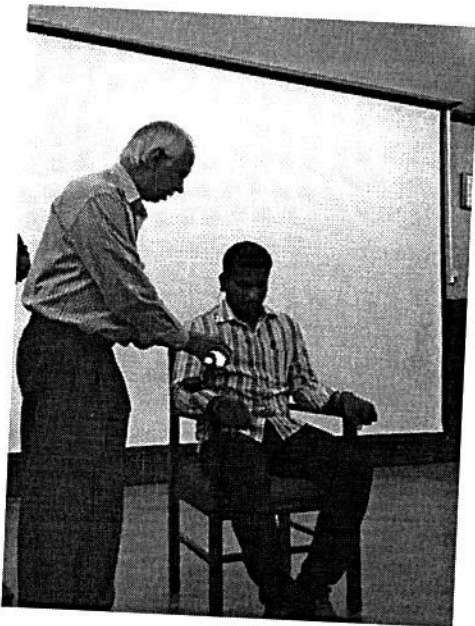
*S. Anandan*

### Scientific Session 3: 'Yoga and Autonomic nervous system' by Dr.Manjunath



Dr.Manjunath, Director- Research & development from SVYASA University gave an update on Yoga and its effects on various conditions by his own research studies. He gave an overview of various forms of Yoga collaborative studies in different countries. Yoga practices include Asana (posture), Pranayama (breathing techniques), Meditation and relaxation techniques. He listed out the number of research papers published in various yoga techniques with the merits and limitations. Furthermore, he added that yoga practices can be used as non-invasive probes to explore dynamically the body's stress response and regulatory systems. The insights gained from such studies could be utilized to develop a lexicon of specific mind-body practices for prevention and treatment of a wide range of neuropsychiatric and stress-related medical conditions.

### Scientific Session 4: 'Mobile App demonstration by Dr.KN Maruthy

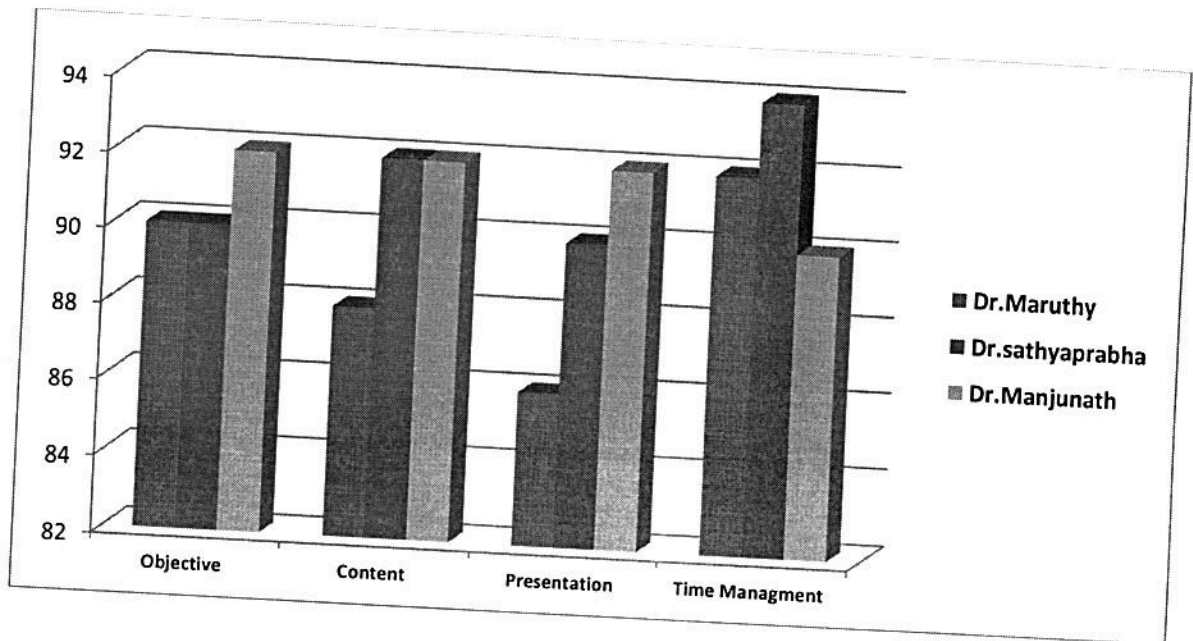


Dr.K.N.Maruthy, Professor & Head, Physiology department from Narayana Medical college & Hospital Nellore, demonstrated a portal smart Mobile based app for recording of Heart Rate variation. He recorded the heart Rate in base line and asked the subject to do deep breathing (Slow breathing rate) and recoded the time taken for decrease (10%) of the heart rate from the baseline. After 5 minutes he instructed the subject to do fast breathing and recorded the time taken for increase of Heart rate (10%) from the base line. Furthermore he added that, still this mobile app is on process of validation and very soon it will land up in basic clinical and research studies.

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## FEEDBACK:

Feedback forms were collected from the delegates. The session evaluation showed that 88% of the participants felt that the contents of the program suited their learning. 80 % of the participants opined that the presentation was good and 86 % were of the perception that time management was done well. The participants unanimously agreed that it was an enriching program and wished to participate in similar programs in future.



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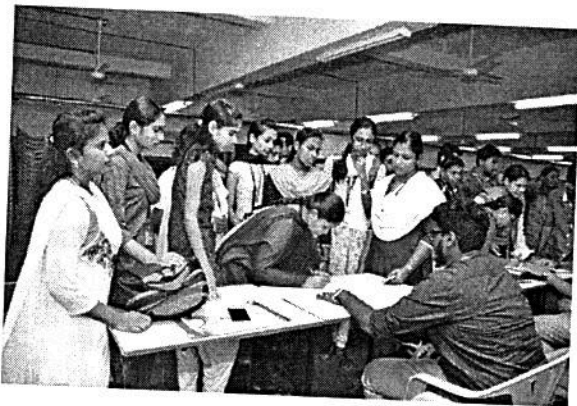
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## INTERNATIONAL DAY OF YOGA - 2018

**Theme: “Yoga for well-being”**

### Report

The International Yoga Day was celebrated at **Sri Ramachandra Medical College and Research Institute** (Deemed to be University) on 20<sup>th</sup> June 2018. On this occasion, a work shop was organized by the University entitled **“Yoga for Well-Being”** and **“Introducing Yoga Training Programme”** in seminar hall of the medical college. Dr. B. Rangaiah, Professor, Department of Applied Psychology, School of Physical, Chemical and Applied sciences, Pondicherry University, R. V. Nagar, Kalapet, Puducherry - 14 was the Chief Guest and external resource faculty. Faculty members of various disciplines and 355 students of various constituent colleges of the Deemed University participated and benefitted out of the Workshop. A mass yoga demonstration on **“Yoga at Workplace”** was conducted by Dr. Vijayalakshmi Anbu, Senior Lecturer, Faculty of AHS, SRMC &RI (DU) at 8.30 AM. This was followed by an Inaugural function at 9 AM and the Work shop was inaugurated by various dignitaries of the University. The Chief Guest was felicitated by Dr. P. V. Vijayaraghavan, Vice-Chancellor, SRMC &RI (DU).



The inauguration was followed by an interactive session by Dr. B. Rangaiah, on **“Yoga for Mental Health and Cognitive Benefits”**. Resource person had highlighted the importance of Yoga for a Well-Being and elaborated on the integration of body, mind and soul. The session was enchanting and much appreciated by the participants. This was followed by an interesting session on **“Manage Sleep and Academic**

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**Performance through Heartful Meditation**", by Dr. N Udayakumar, Associate Professor, Department of Paediatric Medicine, SRMC &RI (DU). This talk highlighted the importance of sleep and meditation among student population and methods of enhancing their academic performance through meditation.



The next session was live yoga training by yoga practitioners, during which the participants had an experiential yoga practice in the hall. The practice was supervised by yoga instructor from Heartful Meditation. The last session of the day was on Mind-Body wellness, conducted by Dr. K.A. Thyagarajan, Associate Professor, Department of Arthroscopy and Sports Sciences, SRMC &RI (DU). The speaker had conveyed importance of physical activity and exercise. He also explained symbiotic correlation between mind and body, wherein the effect of exercise on a well-being of mind was explained.



A feedback about the workshop was obtained from the participants and an analysis was done, in which approximately seventy-five percent of the participants agreed about the positive benefits of yoga. The workshop ended with health friendly refreshments for participants.

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**Sri Ramachandra Institute of Higher Education & Research  
Sri Ramachandra Medical College**

**MONTHLY YOGA SESSIONS IN THE DEPARTMENT OF PATHOLOGY**

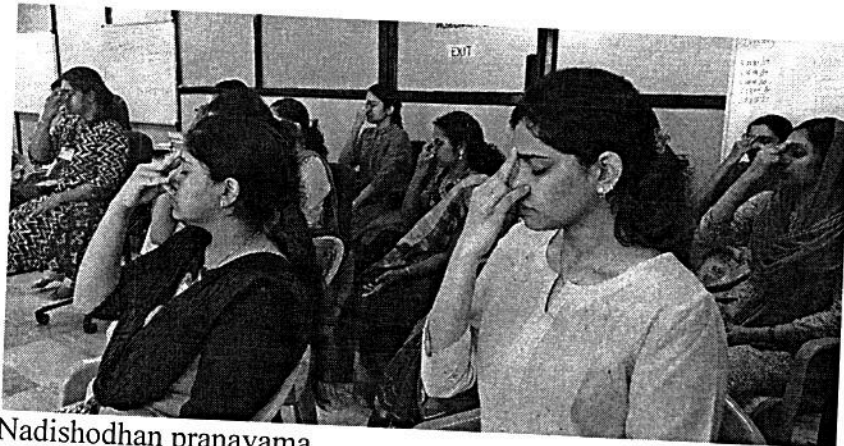
We conduct monthly yoga, meditation and pranayama sessions for the post graduates and faculty of Pathology, SRMC. These sessions commenced from September 2018. These sessions are conducted by Dr. Archana.B, Demonstrator in Pathology and a trained Art of Living Yoga teacher since 2010. The sessions last for about 45minutes in duration from 8-8.45am.

Below are pictures from the sessions.

1. September 5<sup>th</sup> 2018



Dr Archana teaching PGs and faculty Brahmari pranayama



Nadishodhan pranayama

*S. Anandan*

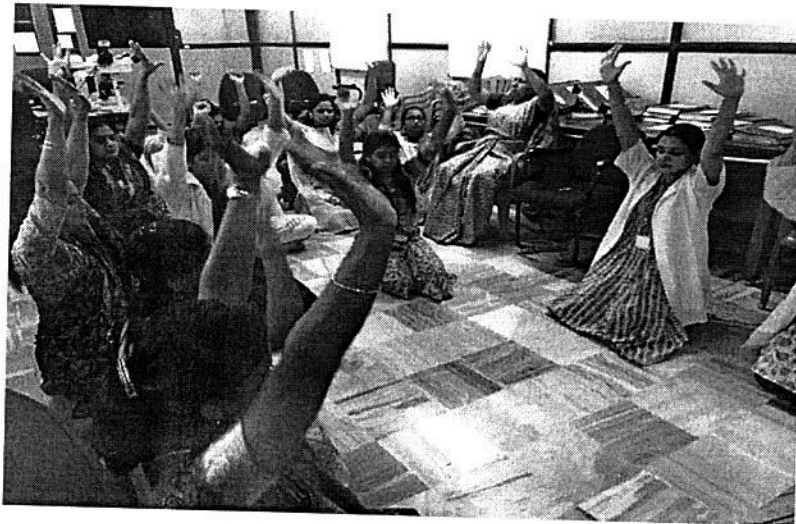
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2. October 3<sup>rd</sup>, 2018



Village woman ASANAS



Bhasrika pranayama

Total number of students participated for the yoga session – 20

  
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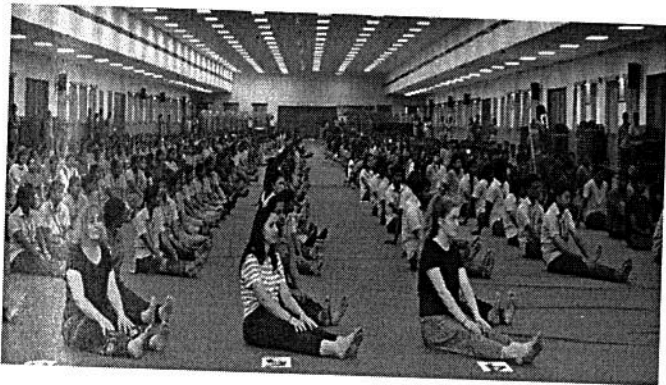
# SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION AND RESEARCH (Deemed to be University),


## INTERNATIONAL DAY OF YOGA – 2019

The International Yoga Day was celebrated at **Sri Ramachandra Medical College and Research Institute** (Deemed to be University) . A mass yoga demonstration on “**Yoga common protocol**” was conducted by Dr.P.Vijayalakshmi Assistant Professor, Faculty of AHS, SRIHER (DU) at 8.30 AM on 21.06.2019 and demonstrated by Ms. Manimegalai, Yoga lecturer for students, faculties and staffs of SRIHER (DU) at the main auditorium. 921 students, faculties and staffs participated from various discipline of SRIHER (DU).

Yoga provides peace to the mind and relaxation to the body. Evident based results show that the disorders and diseases can be cured by yoga. The main objective of the programme was creating awareness .

A feedback about the programme was obtained from the participants and an analysis was done, in which ninety five percent of the participants agreed about the positive benefits of yoga. The programme ended with health friendly refreshments for participants.





**PRINCIPAL**  
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**SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION &  
RESEARCH**

**“WOMEN’S ASANAS”-BALANCE FOR BETTER**

- Yoga is an ancient profound technique that has been practiced by millions since ages.
- The positive energy associated with regular practice has been the motivating force for people to continue the age old practice and experience amazing benefits.
- Yoga in Sanskrit means “union”- to connect or balance.
- It is a technique to unite the body, mind and soul and bring a balance into all the layers of the self-the body, breath, mind, intellect, memory, ego and self.
- The session on Yoga with the title of “Women’s asanas” is the apt activity one can do which fits in perfectly with the title of “Balance for better” for this year’s International Women’s day celebrations 2019.
- Was a resource person in the Womens day program titled “Womens Asanas” conducted by Sri Ramachandra centre for Womens Advancement on the 8<sup>th</sup> of March 2019 from 2.15-3.45pm conducted at the seminar hall, Medical college building.
- In our unique Yoga session, we had simple yoga stretches which simulated the activity done by our village women.
- Village women naturally are physically more active, have more strength, endurance and resilience.
- This makes them more physically and mentally strong than our modern city women who are more mechanical and have the help of technology at every step of their daily duties.
- We started our session by making them virtually stretch ,sweep the floor, mop the floor, put Rangoli, fetch water from the well, do some farming activities(plant the seeds, cut the paddy, sieve the paddy, pound the wheat, wash the cow, milk the cow, curdle the milk to make curd).We also made them perform other kitchen activities like igniting the stove by blowing

*hanakumar*  
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forcefully, hand grinding the chutney , kneading the dough for roti making, cutting vegetables and stirring the curry.

- There was active interaction by the eager participation who enjoyed the session thoroughly.
- Any yoga session should end with relaxation to achieve optimum balance.
- And so, we ended the session with a relaxing guided Panchakosha meditation (which means 5 layers-environment, body, breath, mind and emotions) which lasted for 15minutes.
- There was intense silence and inner stillness during the mediation experienced by all.
- We also had a knowledge session where we spoke about the 4 sources of energy-Food, sleep, breath and calmness of mind.
- The nature of the mind and its relationship with the body and breath was discussed.

#### **PROGRAM SCHEDULE**

- 2.15-2.30pm:Assembly and arrangements
- 2.30-3.00pm:Introduction to the nature of mind,importance of breath,need to live in the present moment was spoken about. Everyone participated in a clapping game
- 3.00-3.30pm:This was followed by Village woman asanas for about 20min, Guided Panchakosha meditation for 10 minutes and a talk on the knowledge point “ Accept people and situations as they are”.
- 3.30-3.45pm:The session ended with comments and experiences from the eager participants.
- The program was graced by the Vice chancellor Dr.P.V.Vijayaraghavan,Advisor-academic Dr.K.V.Somasundaram sir,Controller of Examinations Dr.D.Prathiba,Dr.Vijayalakshmi

*Vijayalakshmi*  
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Thanasekaraan mam, Principals from various colleges, Heads of Departments, other professors, faculty, staff and students.

- The overall attendance was around 200 including the students .



Village woman asanas in progress, active participation by all.



*Vijaya Lenin*  
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## Sri Ramachandra Institute of Higher Education & Research

### Sri Ramachandra Medical College and RI

#### Department of Pathology

Departmental Yoga session was organized on 31<sup>st</sup> Jan, 2019 at the Department of Pathology from 8.15am-8.45am. This session was dedicated to back and side strengthening

We did side stretches, tree pose, warrior pose, spinal twist, triangle pose, arm and shoulder rotations

Hip rotations

Chair pose

We also performed kapalabhati pranayama, nadi shodhan pranayama, bhastrika

We ended the session by a very relaxing guided panchakosha mediation of 15 min duration

There were approximately 15 students participants and were feeling very relaxed and energized at the end of the session



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Departmental Yoga session was organized on 27<sup>th</sup> Feb 2019, 8.15am to 9am, Conducted Surya namaskar session for the faculty and staff. It was participated by 8 post graduates.

They were taught the 12 complex steps of surya namaskar made simple coordinated with the breath

We performed them for 12 times.

After an exhaustive session, we ended with a relaxing yoga nidra meditation in the lying down position guided by Dr. Archana by putting our attention to every part of the body and relaxing it.



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Departmental yoga session was organized on 11<sup>th</sup> March 2019, 8.15am to 9am. It was attended by 20 students and faculties .

We performed shoulder, neck, arm strengthening yoga with nadishodhana pranayama

Since it was the season of summer, special cooling pranayama like seetali and Shitkari pranayama was taught

Tips to keep the body cool was discussed- to wear loose cotton clothes, drink plenty of water and juices, to avoid spicy and oily foods and opt for salty and bitter foods, to avoid vigorous exercises etc...

It was a very informative session to beat the rigorous summer heat



  
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