## Yoga and Wellness Skill Development



#### Department of Pharmacology

#### Velammal Medical College Hospital & Research Institute, Madurai YOGA DAY PROGRAMME -REPORT

# On International day of yoga, Velammal Medical College Hospital and Research Institute, Madurai organized a programme based on stress and yoga in two phases. In the 1st phase on 18st June 2016, an essay writing competition involving 2st and 3st MBBS students on topic "Stress and Medical Professionalism" was conducted in the lecture hall-3. 25 students participated in this event. Their answer scripts were coded and evaluated by our expert team comprising of Dr T Venkat Ramanaiah, Professor & Head of Forensic Medicine and Dr Samir Bele, Professor & Head of Community Medicine. In the 2st Phase on 21st June 2016, a lecture session and a demonstration session was organised between 2pm to 4pm in the Hospital Auditorium, 3st floor, VMC Hospital. The Programme was coordinated by Dr Raj Kishore Mahato, Professor of Pharmacology and his team members. The programme was graced by our respected Vice Chairman, Dean, Director of Medical services, Medical superintendent and Vice principal.

- After the addressing of the gathering by VC sir, the result of essay writing competition was announced by Dr S Thamilarsi, Professor and Head of Pharmacology, Sowmiyaprabha S of 2<sup>nd</sup> year (1<sup>nd</sup> place), C Madhan of 3<sup>nd</sup> year (2<sup>nd</sup> place), Sowmiya A of 3<sup>nd</sup> year (3<sup>nd</sup> place) were declared as winners of the Essay writing competition. VC sir appreciated their effort and distributed the prizes and certificates. Dean Sir distributed the certificate to other participants of the essay writing competition.
- During lecture session Dr Raj Kishore Mahato, Professor of Pharmacology and speaker of the day delivered the lecture on topic "Beating Stress and Greeting Success". He explained the relationship between stress and success, measures to control it, scientific basis of yoga, yoga in health promotion
- During demonstration session Dr M Brahadeesh, Assistant professor of Pharmacology demonstrated the basic asanas and highlighted their benefits. Sowmiya A of 3<sup>rd</sup> year also participated in demonstration session.
- During the interactive session, Vice Principal sir shared the idea to have a yoga club for the welfare of students.
- 114 MBBS students and 25 faculty members actively participated in this programme.

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Department of Pharmacology
Velammal Medical College Hospital
and Research Institute
Madurai-625 009



#### VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE, MADURAI

#### YOGA CLUB - 2016 batch

#### Coordinators of VMC Yoga club:

- Dr. Raj Kishore Mahato; Professor and HOD of Pharmacology.
- 2. Mrs. L. Vallikannu; Incharge Assistant Physical Trainer.

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International day of yoga was celebrated with the theme "Beating Stress and Greeting Success" on 21st June 2016 in the Auditorium, 3td floor, VMC Hospital, Madurai.

- > Stress is a normal part of our life
- Stress is like shadow of our body. "No light No shadow". Similarly "No stress, No progress".
- Perception of stress is more important than the stress itself. If it is taken as a challenge, it is a trigger for success but if it is taken as a threat it is an obstacle for success.
- Yoga is a way of life. Thought there are overlapping features in Yoga and gym, they have their own importance. Yoga dominates on balance and relaxation of both body and mind but gym dominates on calorie burn and muscle strength.
- Complex difficult body posture is not the only yoga. Rather, it is a part of it. Benefits of yoga come through making the body active, flexible and synchronizing it with breathing as well as harmonizing the relationship with surrounding.
- During yoga asana in most of the situations there is exhalation while moving the body towards gravity and inhalation while moving the body against the gravity.
- Doctors should induce smile in the face of patients and their family members without losing their own smile.
- Laughing, a part of yoga is the best medicine but laughing without reason needs medicine.

To mark the International day of yoga, Velammal Medical College Hospital and Research Institute, Madurai organized a programme based on stress and yoga in two phases. In the 1st phase on 18th June 2016, an essay writing competition was conducted for 2nd and 3nd MBBS students on the topic "Stress and Medical Professionalism" in the lecture hall-3. A total of 25students participated in this event. Their answer scripts were coded and evaluated by our expert team comprising of Dr.T.Venkat Ramanaiah, Professor & Head of Community Medicine. In the 2<sup>nd</sup> phase, on 21<sup>st</sup> June 2016, a lecture session and a demonstration session were organized between 2pm to 4pm in the hospital auditorium, 3rd floor, VMC Hospital. The programme was coordinated by Dr.Raj Kishore Mahoto, professor of Pharmacology and his team members. The programme was graced by our respected Vice Chairman, Dean and Director of Medical services, Medical Superintendent and Vice principal. After the addressing of the gathering by our respected VC, the result of essay writing competition was announced by Dr.S.Thamizharasi, Professor and Head of Pharmacology. Sowmiyaprabha S. of 2nd year(1st place), C. Madhan of 3rd year (2nd place), Sowmiya A. of 3rd year (3rd place) were declared as winners of the essay writing competition. Our Vice chairman appreciated their effort and distributed the prizes and certificates. Our respected Dean distributed the certificate to other participants of the essay writing competition.

PROFESSOR & HEAD

Department of Pharmacology

Volume Medical College Hospital



During the lecture session, Dr.Raj Kishore Mahato, Professor Pharmocology and speaker of the day, elaborated on the topic "Beating Stress and Greeting Success". He explained the relationship between stress and success, measures to control it, scientific basis of yoga and in health promotion.

During demonstration session, Dr.M.Brahadeesh, Assitant Professor of Pharmacology demonstrated the basic asanas the highlighted their benefits. Sowmiya A. of 3<sup>rd</sup> year also participated in the demonstration session.

114 MBBS students and 25 faculty members actively participated in this programme.

PROFESSOR & HEAD
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Dignitaries for the Function





Dr. Trupti Bodhare, Prof of Community Medicine welcomes the gathering





Vice Chairman addressing the gathering





HOD, Pharmacology announcing the result of essay writing competition held on 18 June 2016





Dr.Raj Kishore Mahato, Prof of Pharmacology and speaker of day explaining various phases of stress





Speaker of day explaining the Importance of Counselling



Velammal Medical College Hospital & Research Institute
Velammal Village\*, Madaria\* - Todicate Ring Incal, Asseptional, Madaria\* (25 to 1)

International Yoga Day

21" June 2016

Boopital Anditorium, 3" floor, VACHERI, Madaria\*
2.00 pm to 5.00 pm

Dr.M.Brahadeesh, Assistant Prof. of Pharmacology demonstrating yoga asana



International Yoga Day

23" June 2016

repital Anditorium,5" (Hoor, VMCHRI, Madura)

2.00 pm to 4.00 pm

Dr.M.Brahadeesh, Assistant Prof. of Pharmacology Demons



Sowmiya .A, 3<sup>rd</sup> year MBBS student performing yoga asana





Sowmiyaprava S, 2<sup>nd</sup> year MBBS student received certificate from Vice Chairman





C.Madan, 3<sup>rd</sup> year MBBS Student receiving certificate from Vice Chairman





Dean distributing certificate to participants of essay writing competition held on  $18^{\rm th}$  June 2016





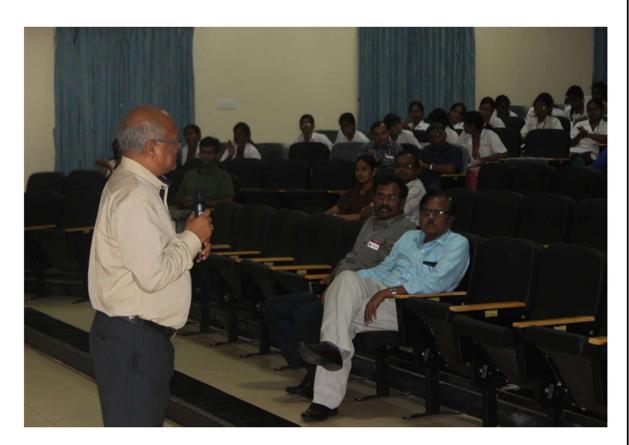
Sowmiya .A, 3<sup>rd</sup> year MBBS student receiving certificate from Medical Superintendent





Participants of the programme held on 21st June 2016





Vice Principal sharing the idea to have a yoga club for the welfare of students





Dr.J.Mohan Assoc.Prof. of Pharmacology proposing the vote of thanks.





Participants of essay writing competition held on 18th June 2016



Prize winners of essay writing competition held on 18th June 2016



Sowmiyaprabha S 1<sup>st</sup> place



C Madhan 2<sup>nd</sup> place



Sowmiya A 3<sup>rd</sup> place



2017
NATIONAL LEVEL
YOGA
CHAMPIONSHIP



#### Department of Pharmacology

#### Velammal Medical College Hospital & Research Institute, Madurai <u>YOGA DAY PROGRAMME -REPORT</u>

2017	21/06/2017	On the eve of International day of yoga, Velammal Medical College Hospital and Research Institute, Madurai organised a programme on 21st June 2017, conducted in the lecture hall-3. 25 students participated in this event. During the Yoga day celebrations, a lecture session and a demonstration session was organised between 2pm to 4pm in the Hospital Auditorium, 3st floor, VMC Hospital. The Programme was coordinated by Dr Raj Kishore Mahato, Professor of Pharmacology and his team members. The programme was graced by our respected Vice Chairman, Dean, Director of Medical services, Medical superintendent and Vice principal.
		During lecture session Dr Raj Kishore Mahato, Professor of Pharmacology and speaker of the day delivered the lecture on topic "Yoga and health". He explained the relationship between stress and success, measures to control it, scientific basis of yoga, yoga in health promotion.  During demonstration session, the basic asanas were demonstrated by Ms. Sowmiya A of Final MBBS.  134 MBBS students and 20 faculty members actively participated in this programme.

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#### VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE, MADURAI YOGA CLUB - 2017 batch

#### Coordinators of VMC Yoga club:

- Dr. Raj Kishore Mahato; Professor and HOD of Pharmacology.
- Mrs. L. Vallikannu; Incharge Assistant Physical Trainer.

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**PROFESSOR & HEAD** Department of Pharmacology Velammal Medical College Hospital and Research Institute Madurai-625 009





National Level Yoga Championship was conducted by Saveetha University on 23.07.2017. Ms.Yuva Vishalini was the winner of this National Level Yoga Championship. She had the training in the Yoga Centre of Velammal Medical College.



## 2018 INTERNATIONAL YOGA DAY CELEBRATION



#### Department of Pharmacology

#### Velammal Medical College Hospital & Research Institute, Madurai YOGA DAY PROGRAMME -REPORT

2018	21/06/2018	Velammal Yoga Club, in association with Department of Pharmacology, Velammal Medical College Hospital and Research Institute, Madurai celebrated Yoga Day on 21 <sup>st</sup> June 2018, Thursday, between 2.00 pm to 4.00 pm in the Hospital Auditorium.
		The function was headed by Dean of VMCHRI, Dr R M Raja Muthaiah, Medical Superintendent Dr Somasundaram, and Vice Principal Dr P K Mohanty. Dr. Raj Kishore Mahato, Professor and Head of Department of Pharmacology, VMCHRI delivered a lecture on Stress and Yoga, and explained the scientific basis for Yoga. This was followed by a demonstration session of Yoga postures, coordinated by Mrs Vallikannu, Department of Physical Education. These students were handed out certificates by Dean and MS. The programme concluded with a meditation session guided by Dr Raj Kishore Mahato.
		Around 200 participants including faculty and students of Velammal Medical College, Velammal College of Allied Health Sciences, and Velammal College of Nursing attended the function.
		After the completion of the Yoga Day celebrations, the report of the same, along with relevant photos, was uploaded in the UGC website using Google Forms, as per the circular received previously.

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#### VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE, MADURAI

#### YOGA CLUB - 2018 batch

#### Coordinators of VMC Yoga club:

- Dr. Raj Kishore Mahato; Professor and HOD of Pharmacology.
- 2. Mrs. L. Vallikannu; Incharge Assistant Physical Trainer.

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Velammal Yoga Club, in association with Department of Pharmacology, Velammal Medical College Hospital and Research Institute, Madurai celebrated Yoga Day on 21<sup>st</sup> June 2018, Thursday, between 2.00 PM to 4.00 PM in the Hospital Auditorium, as a part of the International Day of Yoga.

The function was headed by Dean of VMCHRI, Dr. R M Raja Muthaiah, Medical Superintendent Dr. Somasundaram, and Vice Principal Dr. P K Mohanty. Dr. Raj Kishore Mahato, Professor and Head of Department of Pharmacology, VMCHRI delivered a lecture on Stress and Yoga, and explained the scientific basis for Yoga. This was followed by a demonstration session of Yoga postures, coordinated by Mrs. Vallikannu, Department of Physical Education. Certificates were distributed to the students by Dean and Medical Superintendent. The programme concluded with a meditation session guided by Dr. Raj Kishore Mahato.

Around 200 participants including faculty and students of Velammal Medical College, Velammal College of Allied Health Sciences, and Velammal College of Nursing attended the function.





International Yoga Day Celebration 2018















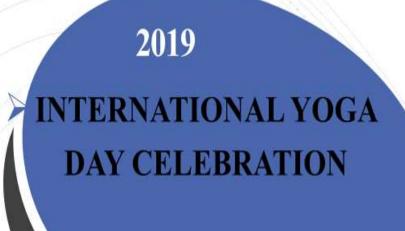






International Yoga Day Celebration 2018







#### Department of Pharmacology

### Velammal Medical College Hospital & Research Institute, Madurai YOGA DAY PROGRAMME -REPORT

2019	21/06/2019	The International Yoga celebration was conducted by the Department of Pharmacology in association with the Velammal yoga club, Department of Physical Education and Academic Council Centre on the theme- "Yoga and Health promotion" in two phases:
		First Phase: On 20th June 2019, a poster making competition involving students of MBBS, Nursing and Allied Health Sciences on topic "Yoga and Health promotion".
		Second Phase: On 21st June 2019, a lecture session, demonstration and interactive session were organised between 2pm to 4pm in the Hospital Auditorium, 3nd floor, VMC Hospital. The Programme was coordinated by Dr Raj Kishore Mahato, Professor of Pharmacology and his team members. The programme was graced by our respected Medical superintendent and Vice principal. After lamp lighting and inauguration peremony, the winners of poster making competition were distributed medals and certificates. The first prize was given to Miss. Anandhi, 2nd year B.Sc. Critical care, Allied Health Sciences and the 2nd place was given to Miss. G Nandhini, 2nd year, B.Sc. nursing, and the third place was shared between two:  Miss. K. Subhashini, 2nd year, B.Sc. nursing and Miss.T. Aarthi 2nd year B.Sc. Cardiac care. This was followed by a lecture session on topic "Yoga: A Tonic for Weak and Cure for Sick" by Dr. Raj Kishore Mahato, Professor and Head of the Department of Pharmacology. Then a Demonstration session of various Yogasanas by students of various disciplines (MBBS, Allied Health Sciences and Nursing college) was coordinated by Mrs. Vallikannu, Department of Physical education.  About 143 MBBS students, 12 CRRIs, 70 AHS students, 60 nursing college students and 30 faculty members actively participated in this programme. The Yoga day celebrations went on well.

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#### VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE, MADURAI YOGA CLUB - 2019 batch

#### Coordinators of VMC Yoga club:

- Dr. Raj Kishore Mahato; Professor and HOD of Pharmacology.
- Mrs. L. Vallikannu; Incharge Assistant Physical Trainer.

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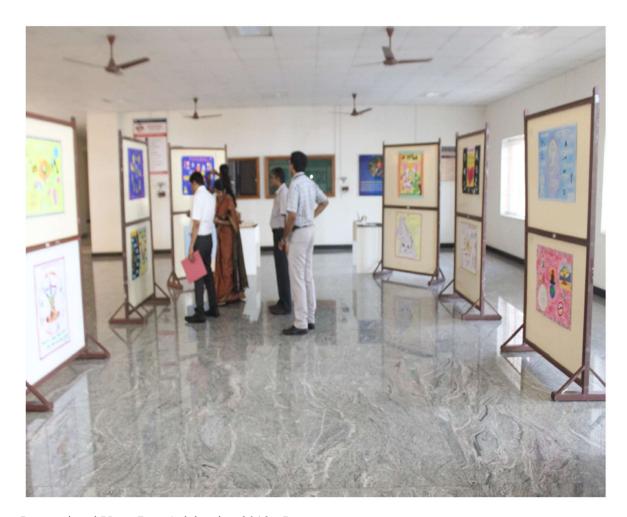
PROFESSOR & HEAD Department of Pharmacology Velammal Medical College Hospital and Research Institute Madurai-625 009





International Yoga Day Celebration 2019 - Posters





International Yoga Day Celebration 2019 - Posters





International Yoga Day Celebration 2019 - Posters



### **Yoga Centre**













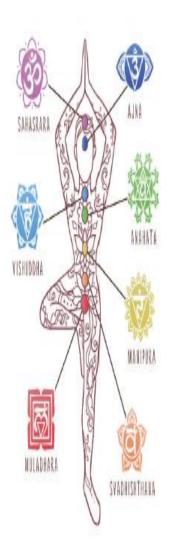






#### Yoga and Wellness

### INTERNATIONAL YOGA DAY





#### April - June 2021 | Quarterly Publication





Theme of this year was Yoga for Well-: management and IT support.

for 1" & 2" MBBS students. THE https://youtu.be/cfnlNyrWaU8 TRADITIONAL INDIAN EXERCISE : FEEDBACK FORM -Google form Link attangaogapeedam, Bogar Oga Mayam, Kishore Mahato, HOD Pharmacology. years ago, as a gift to the world.

the future generations.

Yoga for wellbeing. The program was who gave them the right directions

Yoga day on June 21\* - 2021 in Velammal them immensely. Total of 289 1\* 🎄 2\* Medical College Hospital & Research year MBBS students participated in Zoom : recommended, "12 minutes of yoga -Institute. Inaugural address was given platform. More than 500 participants to all students in the presence of have watched (including VCON, VSN, ; Dr. T. Thirunavukkarasu (Dean), Dr. S.R. : VAHS students) the live video streamed : Dhamotharan (MS), and Dr. P.K. Mohanty: in YouTube (more than 1000 views (Vice Principal). The session was were registered in 1 day in You Tube). organized by Biochemistry department. The program was live streamed in You. in association with Velammal Yoga Club. : Tube, Velammal Hospital web site by the

International Yoga day 2021 (\*\*)\*\*\*3g\*\* We have conducted online session Sames Seeb 2021) Velammal Hospital

(YOGA / ATHANAM) was originated https://forms.gle/Eau/JHSZuQ15Mx1w17 from "ATTANGAOGAM". Attangaogam: We had a scientific lecture on Yoga - "A: introductory session was conducted by tool for life-long Immunity & Global Guruji Vishmi Shankar, managing trustee: Integrity" presented by Pof. Dr. Raj

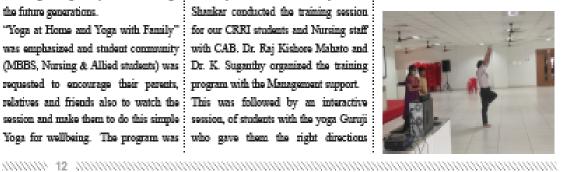
Attangaogam was Also highlighted, "Yogasana (Aathanam) presented by Tamil Siddhars thousands of and Pranayamam training program" conducted successfully in (fig. Live online videos from PAAR TV, was Examination Hall, Velammal College streamed. The series of ATTANGOGA: Building from 3.06.2021 to 7.06.2021 / ATHANAM - Golden yogasanas (89 CRRI & 54 Nursing staffs posted in and PRANAYAMAM sessions were COVID ward were trained first) under the demonstrated by Yoga acharya Sri directions and support of Dean, MS, VP& Veerabaga sir, aged 86 years, to encourage : Advisory Board members. Guruji Vishmi : Shankar conducted the training session "Yoga at Home and Yoga with Family" for our CRRI students and Nursing staff was emphasized and student community—with CAB, Dr. Raj Kishore Mahato and (MBBS, Nursing & Allied students) was : Dr. K. Suganthy organized the training requested to encourage their parents, program with the Management support. relatives and friends also to watch the. This was followed by an interactive

session and make them to do this simple : session, of students with the yoga Garaji



We have calebrated the International; appreciated by the students and it inspired; to practice yoga. Nobel prize uninser (2009), Dr. Elizabeth Blackburn had meditation practice decreases aging by avoiding Telomerase shortening", giving a strong scientific evidence. Yoga Guruji emphasized that it is a divine blessing to practice attangaogam, at least 21 minutes every day (12 min yoga + 9 min Pranayamam). Also students were requested to make a lifelong commitment of these 21minutes/day on this auspicious day, 21.06.21.

> Program was completed with vote of thanks to one and all by Dr. K. Suganthy Prof. Biochemistry. The organizers mention a special thanks to honorable Chairman Shri. M. V. Muthuramalingam, Velammal Educational Trust promoting his vision of "Healing Touch, Happy married Disciplined life (vasudeva-Kudumbam - Yadhum Oore Yavarum Kalir)" for future younger student generations, with a deep understanding of 8 limbs of Attangaogam/Ashtanga yoga (Yamam, Niyamam, Athanam, Pranayamam......) and Traditional Tamilian Art.





#### Clinical Society Meetings

Clinical Society Meetings are conducted every month since 2012. The meetings are conducted between 2-3 pm on the third Wednesday of every month. The venue of the meeting is in the Hospital Auditorium. 12 meetings are conducted every year.

Every month two interesting case reports are presented by the faculties who treated the patients. CRRIs (Internship) started presenting the case reports from April 2018 onwards, as the first batch of this Institution joined Internship in April 2018. Postgraduates started presenting the case reports from August 2020, as the first batch of Postgraduates joined this Institution in 2020.

Professors, Associate Professors, Assistant Professors, Senior Residents, Junior Residents from all the clinical, paraclinical and preclinical departments. Consultants from Superspecialty departments, Post graduates and CRRIs attend the meeting.

Every month two cases are presented. Every year atleast twenty four cases are presented.

Case discussions give good opportunities to improve the clinical reasoning skills and analytical skills. When the faculties present the cases, it forms a role modelling for the Interns. When the Interns present cases, it helps them to develop their professional skills.

This meeting is conducted by the Convenor. Dr.M.S.Somasundaram, MS, Professor of Surgery was the Convenor upto March, 2016. Dr.S.Nataraja Rathinam, MD, DCH, DNB, Professor of Paediatrics is the Convenor from April 2016 to till date.

In August, September and October 2020, these meetings are conducted online with Zoom Meeting. This is in order to maintain social distancing during the Covid pandemic.

November 2020 onwards, there will be two Clinical Society Meetings every month. One will be by the Medical and Medical Specialties. The second will be by the Surgery and Surgical Specialties. Professor Dr.L.Jerald Majellah,MD and Professor Dr. S.R.Dhamotharan,MS will be the Coordinators respectively. This will enable four case presentations every month and participation by the postgraduates.

Prof.Dr.S.Nataraja Rathinam, MD, DCH, DNB

Convenor.

Clinical Society Meetings of VMCH&RI

Dr.S.Nataraja Rathinam MD.DCH.DNB Professor of Pediatries, VELAMMAL Medical College Hospital, Madurai

3.5am\_

Dean

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