



## International Yoga Day June 21 2024

In view of International Yoga Day, celebrated globally on June 21, 2024, Department of Physiology along with Physical Education Department organized a yoga session for the MBBS Students of our college. The program started at

06.00 AM with welcome address by Mr. Sivachidambaram, Physical education Director, VMCH&RI. Following this Dr. S. Anu gave a brief talk about the

theme of this year 'Yoga for Self and Society'. The Yoga session started with Suryanamaskar, and then various Asanas, Pranayamas and poses were practiced. The students thoroughly enjoyed the event. Vote of thanks was delivered by Mrs. Malar, Assistant physical education teacher.

Time	Session	Speaker
6:00 – 6:05 AM	Welcome Address	Mr.Sivachidambaram
6:05 – 6:20 AM	Yoga for self and society	Dr.S.Anu
6:20 – 7:20 AM	Yoga practice	
7:20 – 7:30 AM	Vote of thanks	Ms.Malar





Department of Physiology,  
Velammal Medical College Hospital & Research Institute, Madurai







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