

Yoga & Wellness

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 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

Apps Multilingualism and... Moodle MedCalc's Diagnost...

REC

Breath work and yoga

(119)

You 10:44 AM
Good morning everyone, We will start at 11 am

You 10:47 AM
Good morning everyone, We will start at 11 am

You 10:48 AM
Thanks Vasanth

Request everyone to join with their Ramachandra email id if possible

You 10:57 AM
Good morning everyone. We will start at 11 am.

Request everyone to join from your Ramachandra Email ID's only.

You 11:02 AM
Request everyone to join from your Ramachandra Email ID's only.

Send a message to everyone

Breath work and yoga

Raise hand Turn on captions Present now

meet.google.com/dbu-iemc-xcz

Apps Multilingualism and... Moodle MedCalc's Diagnost...

REC

Breath work and yoga

(126)

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 ...
DOONISH V BACHELO...
Dr Archana.B Dept. of P...
Dr. R.Chandru, Dept. of ...
Dr. Ramya, R, Dept. of G...

Breath work and yoga

Raise hand Turn on captions Present now

Inbox (1,133) - lakshmi@sriam... Meet - Breath work and yoga... meet.google.com/dbu-iemc-xcz

Apps Multilingualism and... Moodle MedCalc's Diagnost...

REC

BHUVANESHWARI M ... and 118 more

121

11:30 AM

You

Dr Archana.B Dept. of Pathology, SRIHER

Breath work and yoga

OneDrive Screenshot saved The screenshot was added to your OneDrive

Inbox (1,133) - lakshmi@sriam... Meet - Breath work and yoga... meet.google.com/dbu-iemc-xcz

Apps Multilingualism and... Moodle MedCalc's Diagnost...

REC

Breath work and yoga

(119)

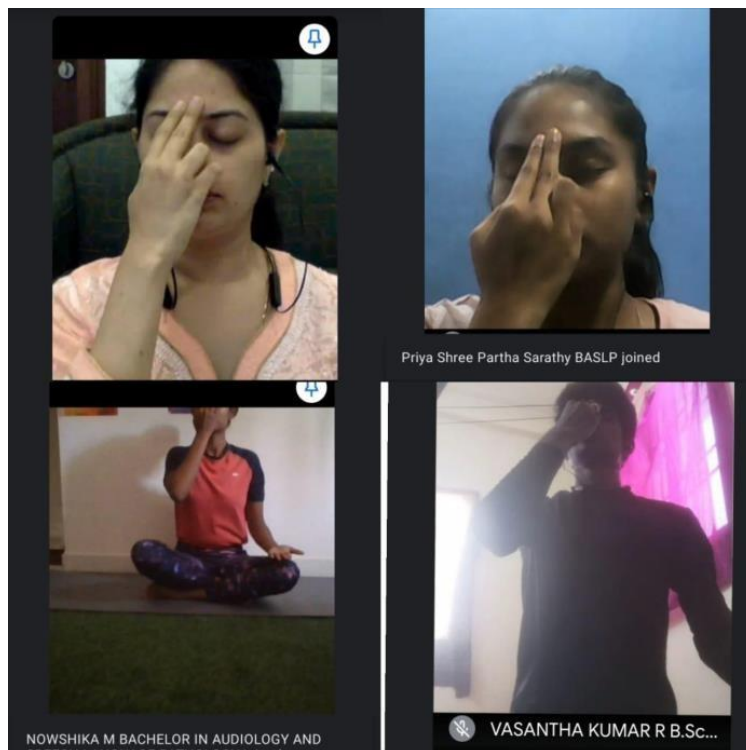
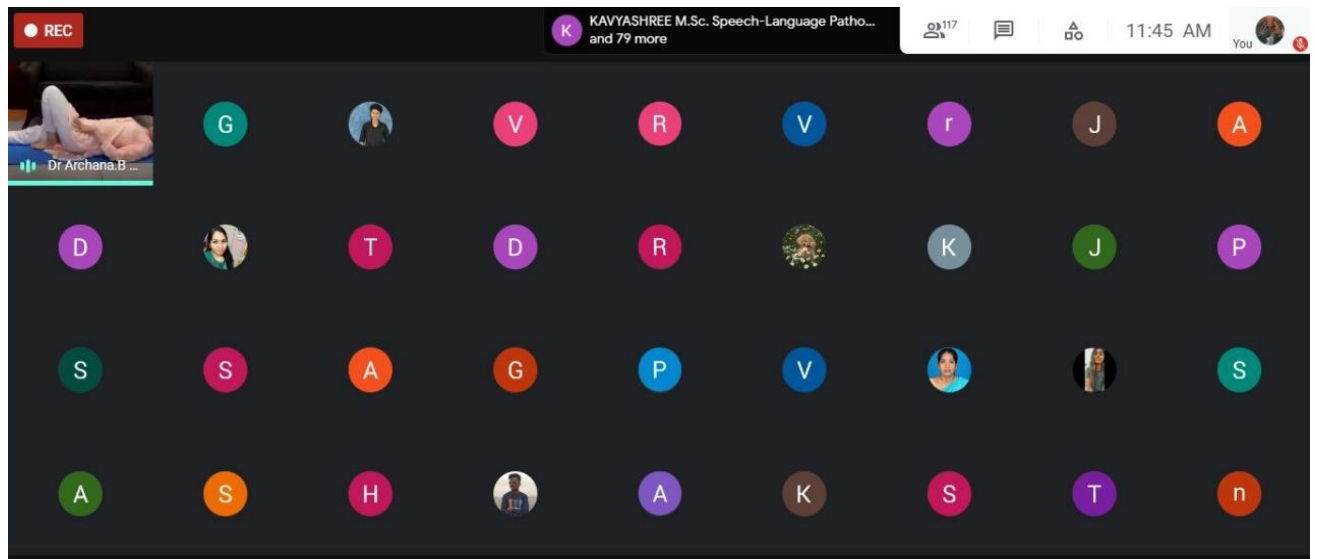
ASHIKA K BACHELOR I...
Ashika Rachel BASLP
ASWATHY M N BACHEL...
BEENA BALAN PILLAI B...
BHUVANESHWARI M B...
DEEKSHITHA A S BACH...
DHANUSHAPRIYA P C B...
DHIVYA SARRATHA R B...
DIVYAPRIYA A B.Optom...
Dr Archana.B Dept. of P...
Dr. R.Chandru, Dept. of ...

JANANI KRISHNAN R.B.ASLP has left the meeting

Dr Archana.B Dept. of Pathology, SRIHER

Breath work and yoga

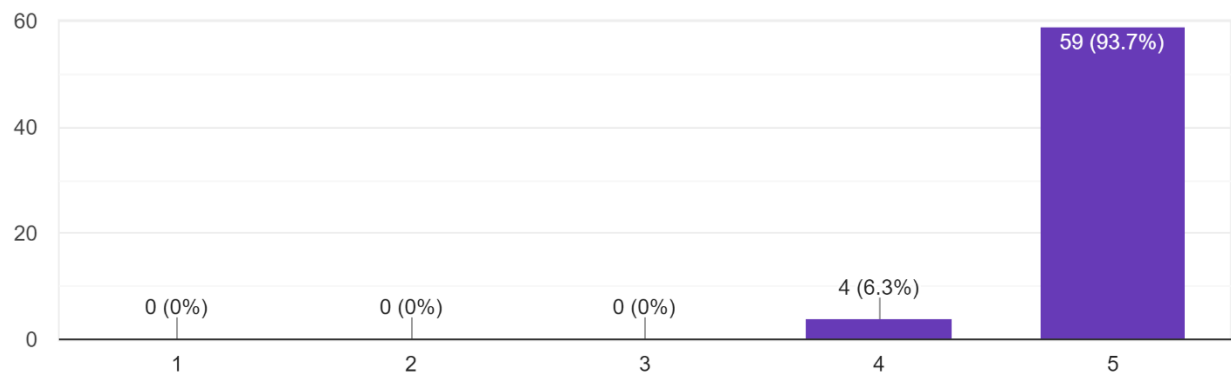
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Feedback from participants

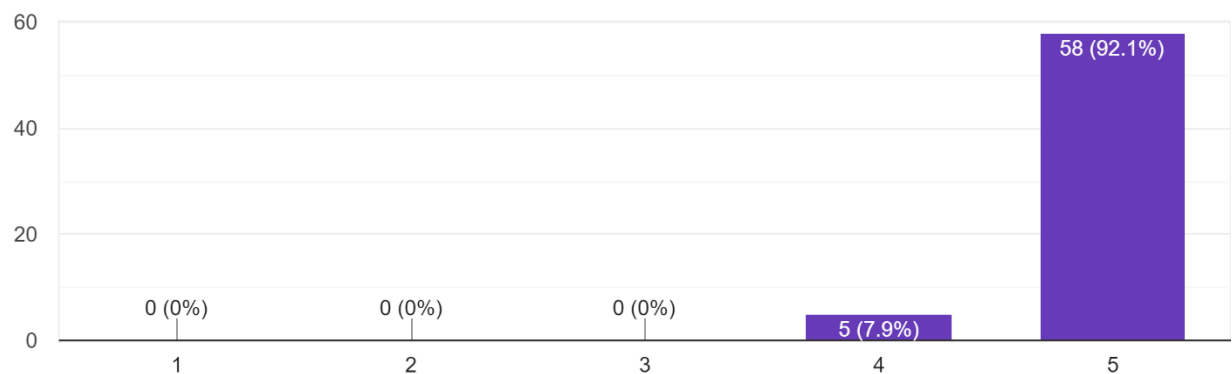
Overall the programme was useful.

63 responses



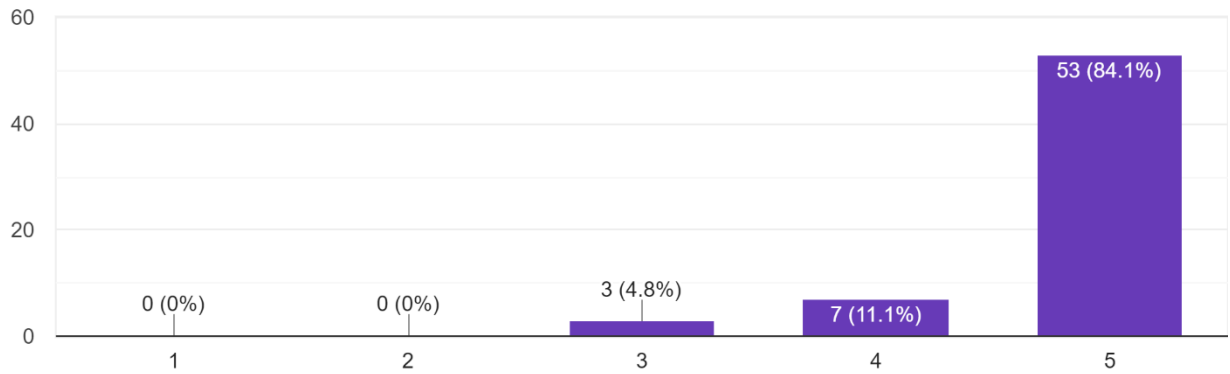
The speaker's instructions were clear.

63 responses



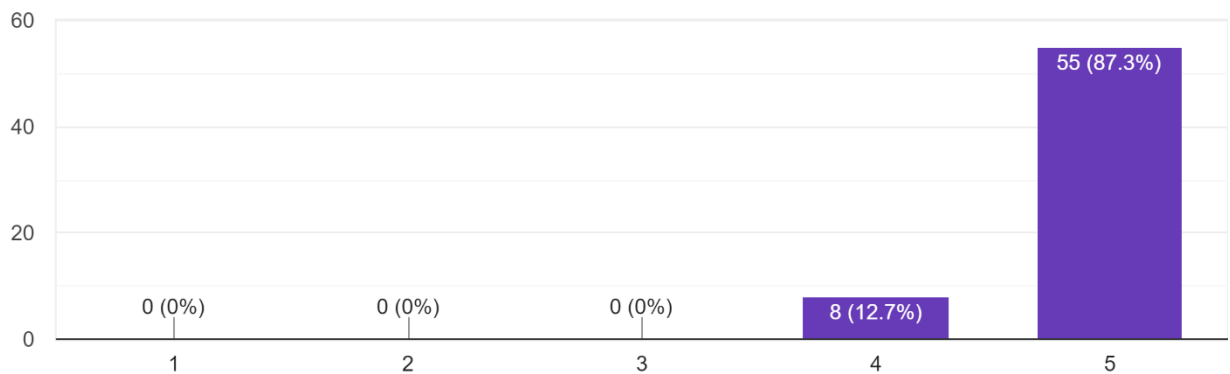
I picked up some practical, take home exercises that I can do everyday.

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. S. ANANDAN
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Dr. P.V. VIJAYARAGHAVAN
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Porur, Chennai-600 116

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

16.05. 2021



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



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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).

Browser tabs: Inbox (1,134) - lakshmi@sriam... Meet - Breath and yoga event...
Address bar: meet.google.com/gxh-gncs-emw
Page title: Apps Multilingualism and... Moodle MedCalc's Diagnost...

REC

Grid of participants (top row):
You (video)
Dr Archana B Dept. of Pathology, SR... (video)
AKSHAYA R B B.B.A. (Hospital & He... (audio)
VASANTHA KUMAR R B.Sc. (Hons) ... (video)

Grid of participants (bottom row):
VIJAYA DHARSHINI M Bachelor in O... (video)
SUKHSHUM SAPROO B.Sc. (Hons) ... (audio)
Student Council, SRMC (audio)
VASANTHAVEL M S B.B.A. (Hospital... (audio)

Grid of participants (middle rows):
NEEJA PRIYADHARSHINI S B.B.A. (... (audio)
SUSHMITHA MURALI M.Sc. Speech... (audio)
YOGALAKSHMI S B.Sc. (Hons) Cardi... (audio)
DHANUSH PRASANTH J B.SC.NURSL... (video)
MUKESH J B.Sc.(NURSING) (Basic) has left the meeting (audio)
JAYAN I HI P B.Sc.(NURSING) (Basic) (audio)
SINI HIYA A B.Sc.(NURSING) (Basic) (audio)
ABDUL AGIS A B.Sc.(NURSING) (Ba... (audio)
YOUVARAJ C B.Sc. (Hons) Allied He... (audio)

Right sidebar: Breath and yoga event (131)
List of participants:
DHANVANTH RAJ B.D.S. (audio)
Dharashine Ravi (audio)
DHARUNKUMAR S B.PH... (audio)
DHEEKSHAA A B.Sc. (H... (audio)
DHINAKARAN J B.P.T. (audio)
DINESH KUMAR G R B.P... (audio)
DIVYADHARSHINI K B.S... (audio)
Dr Archana.B Dept. of P... (video)
ERAM PRASATH A B.Sc.... (audio)
EZHIL VENDAN S B.Sc.(... (audio)
GANESH A B.Sc.(NURSL... (audio)
GAYATHRI S B.Sc. (Hons... (audio)

Bottom bar: Breath and yoga event ^
Buttons: Microphone, Camera, Raise hand, Turn on captions, Present now

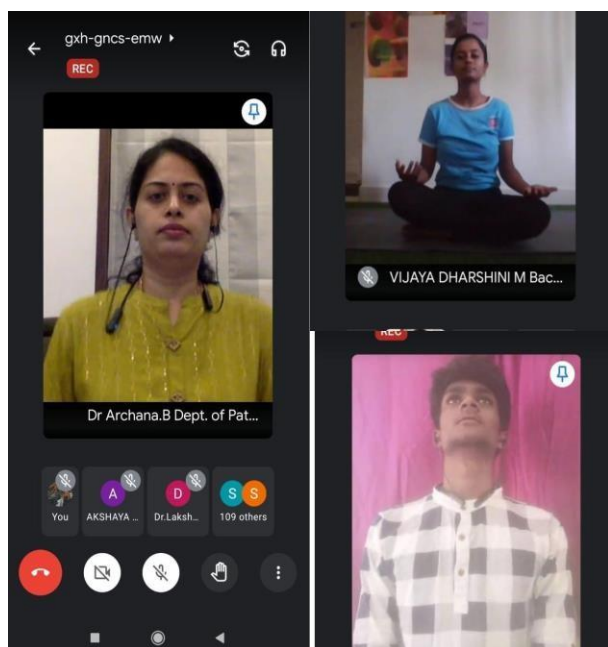
REC

ATHIRA C V MB... and 96 more

134 11:18 AM You

Grid of participants (top row):
Dr Archana B... (video)
You (video)
A (audio)
S (audio)
S (audio)
Y (audio)

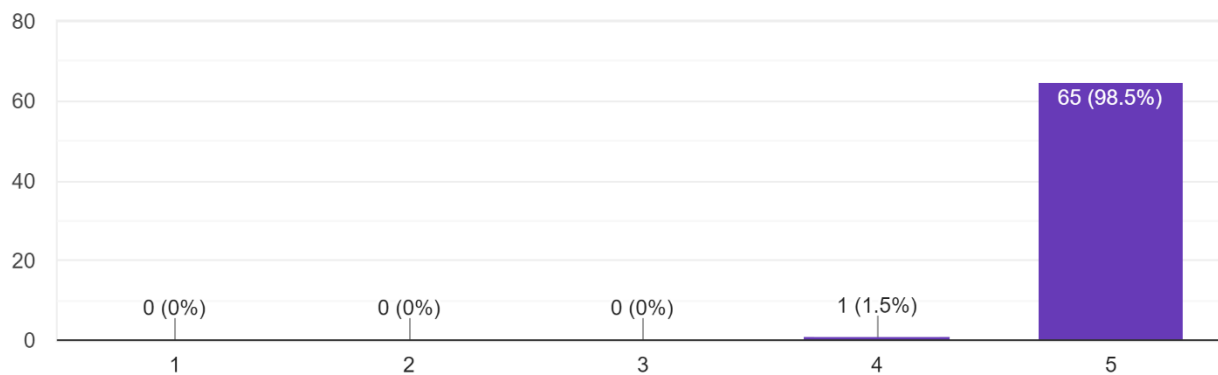
Grid of participants (bottom rows):
J (audio)
A (audio)
K (audio)
D (audio)
J (audio)
S (audio)
K (audio)
N (audio)
S (audio)
S (audio)
I (audio)
D (audio)
J (audio)
D (audio)
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Feedback from participants

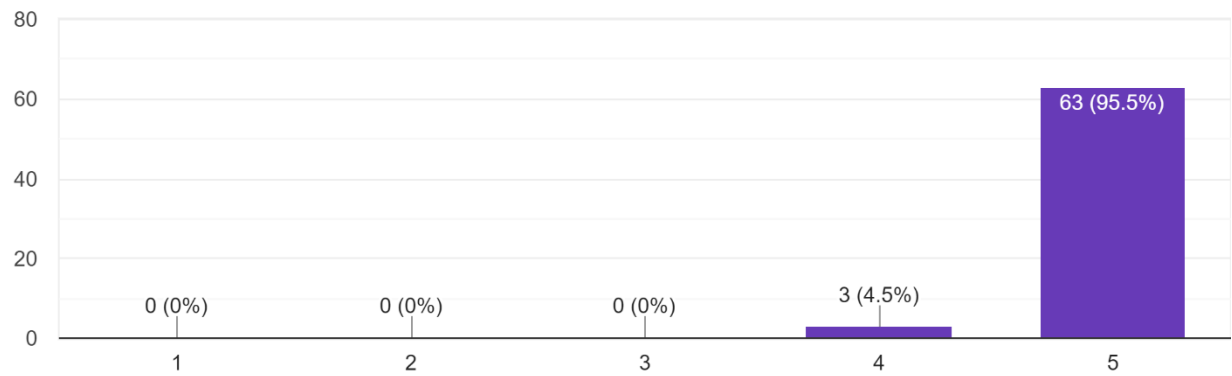
Overall the programme was useful.

66 responses



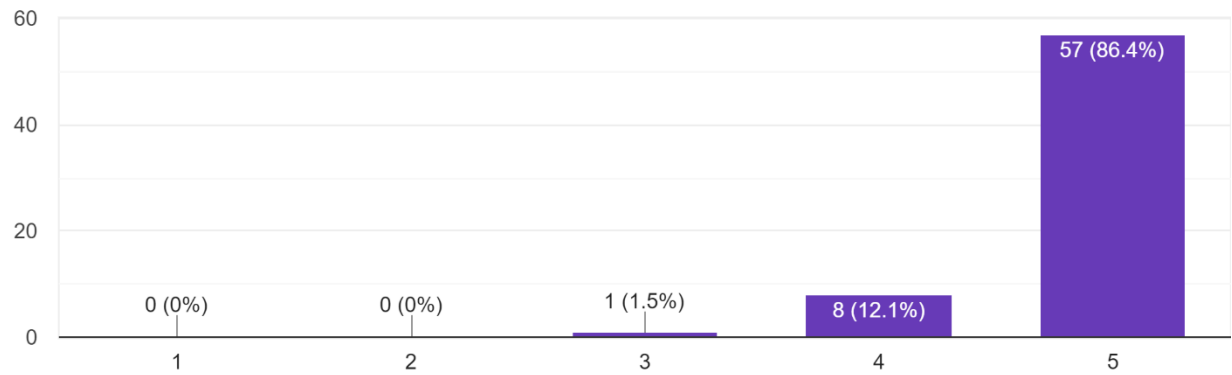
The speaker's instructions were clear.

66 responses



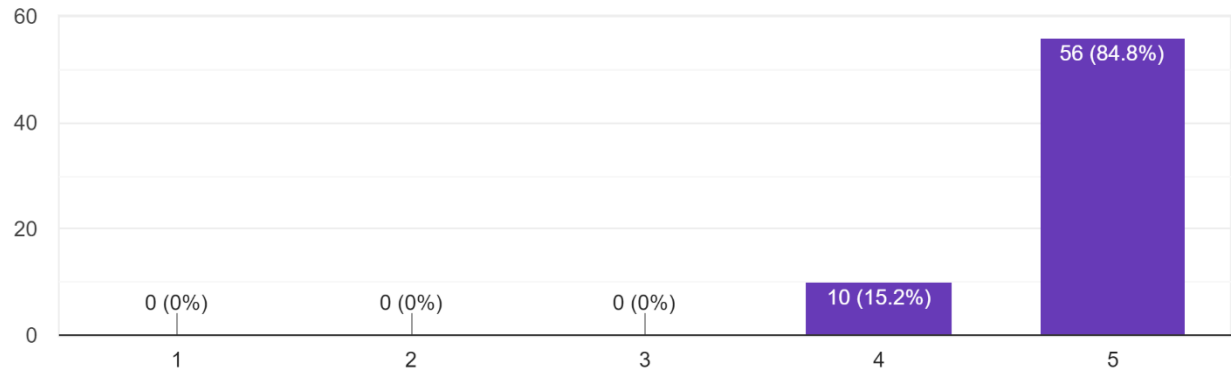
I picked up some practical, take home exercises that I can do everyday.

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


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Faculty of Management Sciences Organizes

Energizing your Mind and Body with Yoga
during pandemic



Dr. M. Manimekalai Narayanan,
Assistant Professor in Yoga,
Faculty of Allied Health Sciences,
SRIHER

Date: 03.08.2021
Time: 8.30 AM - 10.00 AM IST
Venue: SRIHER TURF Ground
Bring your own yoga mats



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

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

SRI RAMACHANDRA FACULTY OF MANAGEMENT SCIENCES

Energizing your mind and body with yoga during pandemic

Name of the event - Energizing your mind and body with yoga during pandemic.

Date of event- 03-08-2021

Time of event- 8:30 AM – 10:00 AM

Venue of event- SRIHER TURF Ground

Participants - MBA I year 25 Students and 10 Faculty

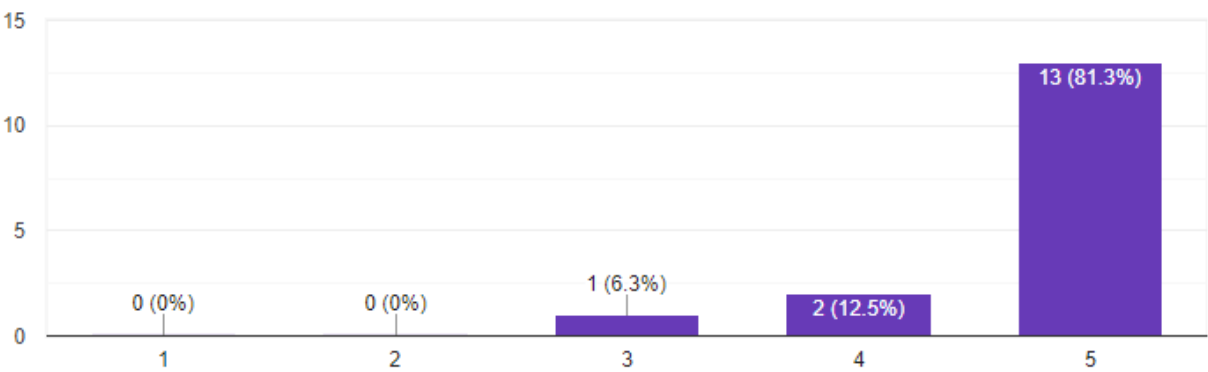
On 3rd August 2021, the event on “Energizing your mind and body with yoga during pandemic” was organized by Faculty of Management Sciences. The yoga session was conducted by Dr. M. Manimekalai Narayanan, Assistant professor in Yoga, Faculty of Allied Health Sciences, SRIHER. The event started with the chief guest introduction by Ms. Keran Shiny of I MBA. It was followed by a mild warm up session after which, resource person enlightened the event with different types of asanas namely utkasana, tadasana, shashankasana and breathing exercises. The event came to an end by performing savasana.

Glimpses of the session

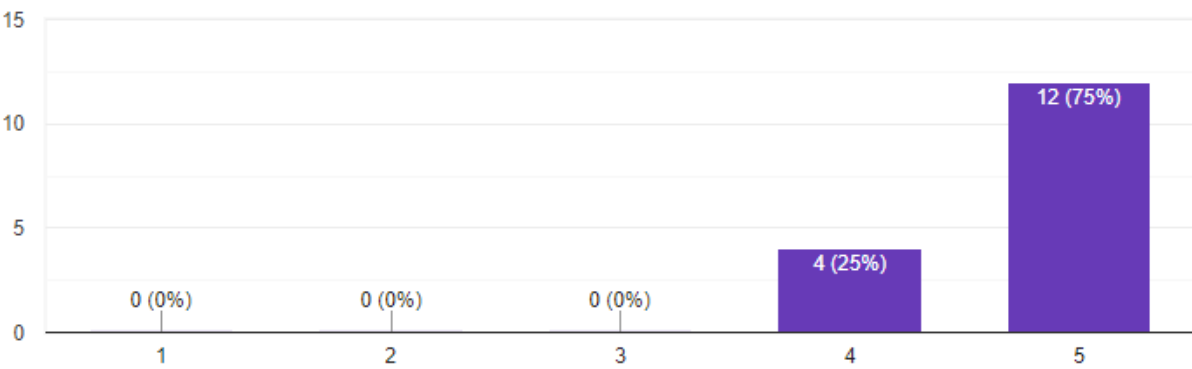


Feedback

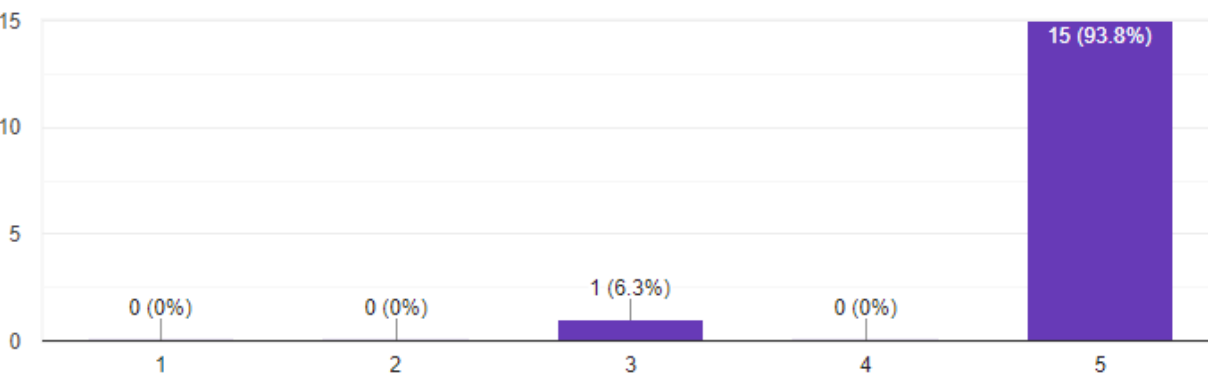
Content delivery by the speaker



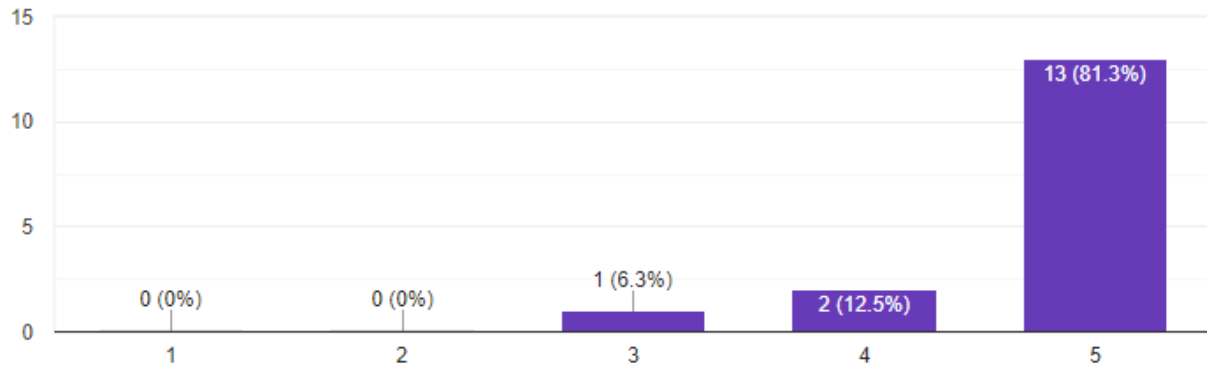
Mode of Delivery



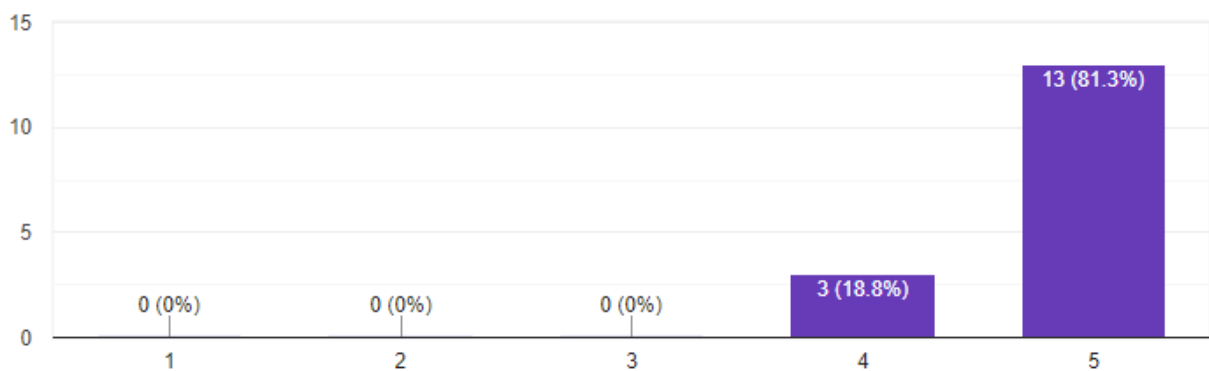
Usage of topic



Query handling



Overall rating




Dr.A.R.Rajagopalan
Professor & Principal
Faculty of Management
Sri Ramachandra Institute of
Higher Education and Research
(Deemed to be University)
Porur, Chennai-600 116.


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SRI RAMACHANDRA FACULTY OF NURSING

Rural Health and Training Centre, Vayalanallur & Dept. of Community Health Nursing

Cordially Invites

WORLD HEALTH DAY-2022

"Our Planet Our Health-Clean our Air, Water & Food"

Date: 07.04.2022

Venue: Rural Health and Training Centre, Sri Ramachandra
Medical College & Research Institute, Vayalanallur



Dr. S. Aruna

Reader & HOD,
Community Health Nursing,
SRFON, SRIHER (DU)

Breathe life



Dr. Lisy Joseph

Lecturer,
Community Health Nursing,
SRFON, SRIHER (DU)

Clean Household Energy for Health



SRI RAMACHANDRA
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**Sri Ramachandra Faculty of Nursing
Report on World Health Day-2022**

Date: 07.04.2022

Time: 10.00am to 11.00 N

Title of the Programme: World Health Day-2022

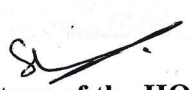
Organized by: Rural Health and Training Centre of SRIHER (DU) & Department of Community Health Nursing

Beneficiaries: 150 OPD patients

The Department of Community Health Nursing, Sri Ramachandra College of Nursing, SRIHER along with Rural Health and Training Centre, Sri Ramachandra Medical College & Research Institute, Vayallanallur, observed World Health day-2022 by organizing various activities such as a poster presentation, and health talk and a role play by BSc Nursing post basic II year students at RHTC, Vayallanallur. . **Dr.S. Aruna**, reader and head and **Dr. Lisy Joseph, Lecturer**, Department of Community Health Nursing, SRIHER(DU) were the two eminent speakers for the day.

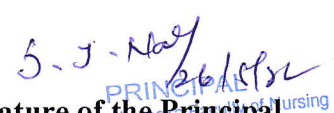
Objective of the event is to create awareness on a polluted planet, increasing diseases like cancer, asthma, heart disease, on World Health Day 2022, we focus on actions needed to **keep humans and the planet healthy** and foster a movement to **create societies focused on well-being**. Dr.S N. Aruna, in her address to the gathering highlighted the climate crisis is a health crisis and Climate change is having stronger and longer-lasting impacts on people's mental health and psychosocial well-being. Dr. Lisy Joseph, Lecturer, spoke on clean house hold energy for health.

The poster presentation was held on 7-4-2022 at RHTC, Vayallanallur. Dr S.Aruna opened the posters. A total of 12 posters from students and faculty of Department of Community Health Nursing was displayed. The BSc Nursing post basic II year students of the college organized an awareness programme on 7th April 2022 at RHTC, Vayallanallur. The programme was inaugurated by Dr S.Aruna, Reader addressed the audience on the theme and also the importance of inculcating healthy lifestyles and healthy behaviours to save our health and planet. Dr Lisy Joseph stressed on healthy environmental hygiene and its importance in maintaining children's health and also suggested to grow vegetables and fruits in their kitchen garden and utilising them. A role play on "changing the world by changing ourselves to save our earth and restore health" was staged by the students. The students also portrayed plug card and slogans related to theme "Our Planet, Our Health"


Signature of the HOD


Signature of the Programme Co-Ordinator

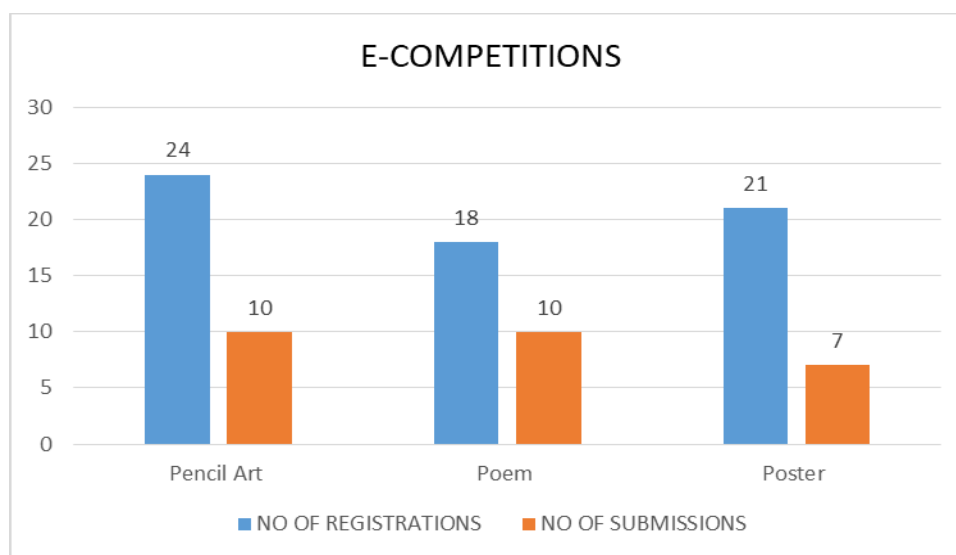

Dr. P.V. VIJAYARACHAVAN
M.B.B.S., D.Ortho, DNB (Ortho), M.Ch (Ortho) UK, FRCS (Glasgow)
FACI (Sri Lanka), FAKMER (Malaysia)
Vice-Chancellor
SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION & RESEARCH
(Deemed to be University)


Signature of the Principal

PRINCIPAL
SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Deemed to be University)
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The Department of Clinical Nutrition Celebrated **World Food Safety Day** on 07.06.2022 based on the Theme “**Safer Food, Better Health**”. Several events were conducted as a part of this celebration. The events include E-competitions (pencil art, poem, poster, quiz), Crossword Puzzle, food safety awareness exhibition and a guest lecture. The exhibition was organized to bring awareness to the public regarding the detection of adulterants from 44 home based food products using FSSAI guidelines and Microscopic view of microorganisms present in spoilt foods, the event also included pamphlets and a video of CAG based on safe food practices and an animated video regarding healthy eating made by the third UG students were displayed. Approximately 250 people were benefitted from the Exhibition and it was received well in the public with the initiative being mentioned in Linked in.

The guest lecture for the day was delivered by Dr R.Kalpana, Additional Director of National Agro Foundation on the theme “Safer Food,Better Health”. Dr. K.V.Somasundaram, Professor of Eminence inaugurated the occasion and Adviser (Academics) and Dr. S. Senthilkumar, The Principal of Allied Health Sciences welcomed the gathering. For the E-Competitions, 10 entries each for Pencil Art and Poem respectively and 7 entries for poster were received and the entries were judged according to the criteria given. **The Guest Lecture was attended by 150 students and 7 faculty members of the department.** Saplings sponsored by the Rotaract club of SRIHER in association with Rotary Club of Madras, Porur were distributed to the Prize Winners of the E-Competitions and two cash prizes were awarded to the 2nd PG and 1st PG students for the logo making competition conducted by the CAG. Invitations and refreshments for the guest lecture were prepared by the 2nd UG and 1st PG students of the Department and the 2nd PG students respectively. The sponsoring Agencies for the occasion were National Agro Foundation, Citizen, Consumer and Civic Action Group (CAG) and Rotaract club of SRIHER in association with Rotary Club of Madras.





Exhibition



Guest Lecture and Prize Distribution



- 1.Carrot And Nuts Ladoo
- 2.Mexican Mint Mocktail



A24
5/4/19

DR. A.J. HEMAMALINI, M.Sc., MEd., PhD., RD,
Professor and Head,
Department of Clinical Nutrition,
SRIHER (DU)
Porur, Chennai - 116

Whero

Dr. P.V. VIJAYARAGHAVAN
Vice-Chancellor
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INTERNATIONAL DAY OF YOGA 2021

The International Day of Yoga 2021 was conducted virtually via G meet at Sri Ramachandra Institute of Higher Education and Research on June 21st.

The theme for this year was “Yoga at Home, Yoga with Family”.

The event was jointly organized by CSS SRIHER Fitness Club, Yoga Club and Student Council.

There was a Yoga Mass demonstration via G meet from 8am to 9am which was demonstrated by Dr. Vijayalakshmi, Faculty of Allied Health Sciences, Dr. Archana.B, Department of Pathology and Ms.Manimegalai, Lecturer in Yoga, AHS.

Over 250 students and staff participated and performed Yogasanas and Pranayam virtually as per the IDY protocol given by the Ministry of AYUSH.

This was followed by the formal function at 9am. The event started with the SRIHER Anthem, it was followed by Welcome address by Dr.Arumugam, Chairman, SRIHER Fitness club and Director of CSS.

The Presidential address was delivered by our Vice Chancellor, Dr.P.V.Vijayaraghavan.

Introduction of the Chief guest was given by Dr.Senthilkumar, Principal, AHS, SRIHER.

The felicitation address was given by Thiru.Ma.Ko.Chi.Rajendran, State Organizing Secretary, Desiya Chinthanai Kazhagam.

The Inaugural address was delivered by Thiru.V.Thiruppugazh, Advisor, National Disaster Management Authority, New Delhi.

Felicitations of the Quiz and Video competition winners were done by Dr.Vijayalakshmi and the Vote of Thanks was delivered by Dr.Salikaa, President of SRIHER Students council.

The event concluded with the National Anthem.

Below is the snapshot of the program conducted.



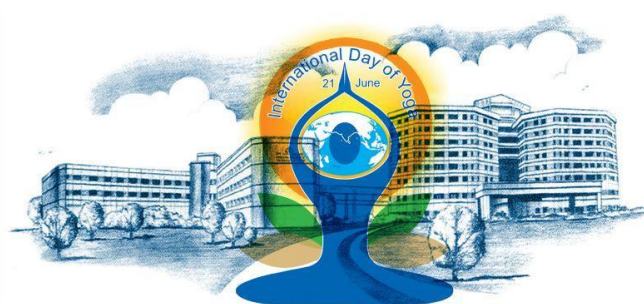
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CSS SRIHER Fitness Club, Yoga Club and Student Council
Welcomes You

All for Online Mass Demonstration and Program on the
International Day of Yoga

Date: 21st June 2021 Monday
Time: 08:00 AM - 10:10 AM IST



Program schedule (Virtual)

08:00-09:00 am	Online Mass yoga demonstration	
09:00-10:10 am	IDY 2021- celebration – Online Google Meet	
09:05 am	Invocation	
09:10 am	Welcome Address	Dr. Arumugam S Director – CSS Chairman – SRIHER Fitness Club
09:15 am	Presidential Address	Dr. P. V. Vijayaraghavan Vice Chancellor, SRIHER (DU)
09:20 am	Introduction of Chief Guest	Dr. S. Senthilkumar Principal-AHS, SRIHER(DU)
09:25 am	Felicitation Address	Thiru. Ma. Ko. Chi. Rajendran State Organizing Secretary, Desiya Chinthanai Kazhagam
09:30 am	Inaugural & Chief Guest Address	Thiru. V. Thiruppugazh, IAS Adviser, National Disaster Management Authority New Delhi
09:55 am	Felicitating winners	Dr. P. Vijayalakshmi Faculty of AHS, SRIHER (DU)
10:00 am	Vote of thanks	Dr. Salikaa President, SRIHER Students Council
10:05 am	National Anthem	

To join : <https://bit.ly/3vCbLiW>



Prior to the main event, 2 competitions were conducted for the IDY 2021.

A quiz competition and 1minute Video competition.

The events show good participation from all. Each event had 3 winners who were given e certificates.Details have been enclosed below.

FIT INDIA **SRI RAMACHANDRA** **CSS**

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

CSS SRIHER Fitness Club, Yoga Club and Students Council presents

You an online

" Quiz Competition and 1 Minute Video Competition"

INTERNATIONAL YOGA DAY

celebration on

21st June 2021

Video Competition Link
<https://bit.ly/3xsawEt>

Note : Last date for the Entries would be 18th June 2021 11:59 PM.

Quiz Competition Link
<https://bit.ly/2S0VVRI>

Quiz Link opens at 06:00 PM and Closes at 06:30 PM on 18th June 2021

CSS 98409 99830 Students Council 89394 63403

Dr.Archana.B from the Department of Pathology,who is also an Art of Living Faculty also conducted an Online Webinar for the Faculty members of KRIET,Tiruchengode on 21st from 11am to 12pm.
The program was attended by over 35 faculty members.
The Webinar was titled “Breathe in Prana, Breathe out stress” which included scientific benefits of practicing yoga and pranayama.
There was a good feedback received by all members.

Below is the attached proof.

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**Human Resource Development Cell,
YOGA Club & NCC**

Organize  **THE ART OF LIVING**

“Breathe in Prana, Breathe out Stress”


Resource Person
Dr. B. ARCHANA
Art of Living Faculty
Pathologist, Chennai.

Event Coordinator
Sri. BALAJI THIRUVENGADAM
Art of Living Coordinator,
Erode.

Date : 21/6/2021 Time : 11.00 AM **THROUGH** 

**An Exclusive COVID Care Programme for the
Faculty Members of KSRIET**

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INTERNATIONAL DAY OF YOGA CELEBRATIONS NATIONAL SERVICE SCHEME YOGA TRAINING FOR NSS VOLUNTEERS



Event name:	International day of yoga celebrations- training for Nss volunteers
Date:	8.6.2022
Duration (Starting and Ending time):	1.30 to 4.00pm
Venue (If offline):	Side Auditorium
Planning/Organizing Team:	Vikram sir(NSS Assistant coordinator) and Dr.Anita Rani mam(NSS Associate coordinator) Dr.Archana .B , Shruti sri.B.C ,Harish.J , and Sriher yoga club volunteers
Number of Participants:	30
Incharge program officer	Dr.Archana.B

Volunteers received a brief orientation about the significance of yoga as a part of life style, by Dr. Anitha Rani, Associate coordinator, NSS SRIHER. They started to perform the Common IDY Yoga protocol given by the Ministry of AYUSH guided by Dr. Archana who is also a Yoga teacher.

Mr. Vikram made all the hall arrangements perfectly.

Other NSS program officers also participated in the event.

Srinivasaraghavan and Sandhiya performed on stage. The event was projected live on the side screen so that students can follow clearly.

The students did Yoga, Pranayama and Dhyana under the guidance of Yoga volunteers. They were given pamphlets prepared by the volunteers Arul and Sruti to follow at home.

They all gave a very good feedback about the event. Many felt calm and rejuvenated.

Buttermilk refreshment was provided to all at the end of the event.



Performance of yoga by NSS Volunteers


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IDY protocol yoga being performed by NSS students guided by Yoga volunteers



Dr.Anita Rani,Associate NSS coordinator briefing the students



The event being projected on the screen live



Yoga volunteers with Dr.Archana,Program officer.




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Guest lectures were given on the occasion of the International Day of Yoga 2022 by Faculties from the University.

The Directorate of Alumni Affairs in association with Aarush organized a Session titled "Mindfulness:Tapping your inner strength.A guide for mental wellness".

The talk was delivered by Dr.Archana.B, Assistant Professor in the Department of Pathology,SRIHER.

This session was organised on 20th May at 5:30pm to motivate students, instil positivity and to celebrate the upcoming International Yoga Day 2022.

It was an Online talk attended by over 100 faculties and students.

Dr.Archana.B spoke regarding the need to build resilience among students, develop healthy habits, increase energy levels, have emotional balance, develop a healthy mind and body. She also gave tips to be successful in life and adopt techniques like Yoga and Pranayama for a stress free living.

A good feedback was received and they have requested for more sessions in the future.

DIRECTORATE OF ALUMNI AFFAIRS
IN ASSOCIATION WITH
AARUSH
PRESENTS
Fabulous Fridays for Future

DR. ARCHANA B
MBBS, MD
ASSISTANT PROFESSOR - DEPT OF PATHOLOGY, SRI RAMACHANDRA MEDICAL COLLEGE

MINDFULNESS: TAPPING YOUR INNER STRENGTH
A GUIDE FOR MENTAL WELLNESS

Register at: links.aaruush.org

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INTERNATIONAL DAY OF YOGA CELEBRATION 2022 AT RAJ BHAVAN

This year's SRIHER IDY 2022 celebrations was special for the students. Around 36 students from various Faculties-Medical/Dental/AHS/Pharmacy/Nursing/Trauma care volunteered and were selected for the Mass Yoga Demonstration at Raj Bhavan.

Students assembled at 4:45am and the University bus took them all to Raj bhavan by 5:10am. They were accompanied by 2 Faculty Co-ordinators, Dr. Archana.B from the Department of Pathology and Dr.M.Manimekalai from the Department of AHS.

They had worn Tshirts and tracks provided by the Raj bhavan staff a day prior during the rehearsal on 20th June at 6:30pm.

Yoga mass demonstration was performed at the Raj bhavan along with the Hon'ble Governor of Tamil Nadu and the Hon'ble Lady Governor in the presence of 1000 students from over 12 Higher Education Institutes. Instructions were given by Volunteers from Art of Living and Isha foundations. The session was of 1 hour duration along with the presence of Media coverage. It included Yoga namaskar, asanas, pranayama and dhyana.



Thiru R.N.Ravi, Hon'ble Governor of Tamil Nadu and Lady Governor Tmt.Laxmi Ravi, participated in the 8th International Day of Yoga Celebrations held at Raj Bhavan, Chennai, today (21.06.2022).

Our students has the privilege of leading the National anthem to the august audience present there.

University coordinators had the opportunity to interact with the Hon'ble Governor briefly.



Co-ordinators Dr.Archana and Dr.Manimekalai along with the Hon'ble Governor on stage



Students after successful completion of the Yoga event



Students from various faculties at Raj bhavan



Students and coordinators were given Yoga mats and certificates on successful completion of the event

Refreshments and Certificates were provided to the Co-ordinators and students who participated. The magical moments were captured in Social Media and Newspapers. It was indeed a wonderful lifetime opportunity and the students were elated. The students returned back to the SRIHER campus by 9:45am.

Total no.of students -36

Coordinators- 2

Minuted by
Dr.Archana.B


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