



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

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



Report on International Day of Yoga 2026



MINISTRY OF
AYUSH

सत्यमेव जयते



योग-संगम
Yoga Sangam



Central Council for Research
in Yoga & Naturopathy

3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



13 CLIMATE
ACTION



17 PARTNERSHIPS
FOR THE GOALS



International Day of Yoga 2026 at SRIHER

In celebration of the 12th International Day of Yoga, Sri Ramachandra Institute of Higher Education and Research organised a comprehensive series of yoga-based activities across the campus, affiliated faculties, schools, community settings and online platforms. The International Day of Yoga 2026 observance at SRIHER was not limited to a single commemorative day; it evolved into a multi-event wellness campaign that brought together students, faculty members, healthcare professionals, support staff, school children, parents, children with special needs, researchers and the wider community.

Guided by the broad institutional focus of **Wellness, Wisdom and World Peace**, the IDY 2026 activities reflected the multidimensional relevance of yoga in contemporary health, education and community life. The events demonstrated yoga as a preventive and promotive health practice, a tool for stress regulation, a method for enhancing attention and self-awareness, a contributor to healthy aging, and a bridge between traditional knowledge and evidence-based healthcare.

The 2026 celebrations included **26 organised events** across five major categories: Common Yoga Protocol, children and inclusive outreach activities, yoga practical sessions, expert lecture sessions and competitions. These activities were conducted by multiple faculties, departments and units of SRIHER, including the Department of Mind Body Medicine and Lifestyle Sciences, Yoga Club, NSS SRIHER, Vidya Sudha, Sri Ramachandra Medical College, Sri Ramachandra Dental College and Hospital, Faculty of Physiotherapy, Faculty of Occupational Therapy, Faculty of Allied Health Sciences, Faculty of Behavioural and Social Sciences, Faculty of Management Sciences, Faculty of Pharmacy, Faculty of Clinical Research, Faculty of Engineering and Technology, Department of Physical Education and HR Training and Learning Department.

A major highlight of IDY 2026 was the institution-wide **Common Yoga Protocol with the Hon'ble Prime Minister**, which witnessed large-scale participation from students, faculty and staff. Alongside this mass observance, several specialised programmes were conducted for school children, children with special needs, MBBS students, engineering students, dental students, nurses, housekeeping staff, security personnel and employees. These sessions helped extend the benefits of yoga to diverse populations and occupational groups.

The expert lecture series strengthened the academic and scientific dimension of the celebrations. Webinars and lectures addressed themes such as yoga and aging, yogic practices for enhancing attention,

yoga for stress management, neurophysiological mechanisms of yoga, preventive and promotive wellness, mindful aging through Indian psychological concepts, and integrative healthcare involving clinicians and yoga experts. These sessions highlighted yoga as a scientifically relevant and clinically meaningful practice.

The competitions organised under IDY 2026 further encouraged creativity, research and active participation. The State Level Yoga Championship promoted discipline, skill and physical fitness; the Reels Competition encouraged digital creativity around the theme of wellness, wisdom and world peace; and the Yoga Research and Innovation Showcase provided an academic platform for poster presentations on yoga-related research.

Collectively, the IDY 2026 celebrations at SRIHER reached more than **2,900 documented participants and beneficiaries**, based on available event-wise counts. Events without verified counts have not been included in this estimate. The overall initiative reflected the institution's commitment to holistic health promotion, interdisciplinary collaboration, community outreach and the integration of yoga into education, healthcare and everyday life.

Key Highlights and Statistics

1. Institution-wide Common Yoga Protocol

The Common Yoga Protocol with the Hon'ble Prime Minister was conducted on 21 June 2026 with large-scale participation from students, faculty and staff. The event was led by Dr. Anirudha, Dr. Manimekalai and the Yoga Club Team and benefited 1288 participants. The session reinforced yoga as an accessible daily practice for physical health, mental balance and collective well-being.

2. Children and Inclusive Outreach

The children-focused activities included the SNACK Inclusive Summer Camp at Vidya Sudha, yoga outreach sessions at Panchayath Union Middle School, Vayalanallur and Government Model Higher Secondary School, Alamathi, and a special yoga session for parents and children attending Vidya Sudha. These events promoted yoga among school children, children with special needs and caregivers. The activities focused on movement, breath awareness, emotional regulation, sensory support, social participation and inclusive wellness.

3. Yoga Practical Sessions for Students and Employees

Several practical yoga sessions were conducted for students, employees and support staff. These included sessions for long-standing nurses, housekeeping staff, security personnel, engineering students, dental students, MBBS students, management students and employees through the SRIYOGH Employee Wellness Program. The sessions addressed workplace stress, postural strain, fatigue, attention, physical fitness, emotional balance and occupational well-being.

4. Expert Lecture Sessions

The expert lecture series created a strong academic foundation for the IDY 2026 celebrations. Topics included yoga and aging, yogic practices to enhance attention, yoga for stress management, preventive and promotive wellness, neurophysiological mechanisms of yoga, mindful aging through Vedic and Indian psychological concepts, and integrative healthcare. These sessions brought together experts in yoga, medicine, psychology, physiology, rehabilitation, pharmacy and allied health sciences.

5. Competitions and Innovation-Based Activities

The competitions encouraged participation, creativity, skill and research. The 2nd State Level Yoga Championship promoted yoga as a disciplined practice of strength, flexibility and concentration. The Reels Competition encouraged youth-friendly digital communication on wellness, wisdom and world peace. The Yoga Research and Innovation Showcase 2026 provided a platform for students, PhD scholars and faculty members to present research posters on yoga, mindfulness and health.

6. Community and Institutional Reach

The celebrations extended across campus, schools, clinical education settings, employee groups and online academic platforms. Through interdepartmental collaboration and community engagement, the IDY 2026 activities strengthened SRIHER's role in promoting yoga as a holistic and evidence-informed approach to health and well-being.

Impact of IDY 2026

The International Day of Yoga 2026 celebrations at SRIHER created a meaningful impact across multiple levels of the institution and community. The activities promoted yoga as a practical method for improving physical fitness, mental clarity, emotional balance, stress regulation and lifestyle awareness. By reaching diverse groups, including students, faculty, healthcare professionals, support staff, school children, parents, children with special needs and researchers, the initiative demonstrated the universal relevance of yoga.

For students, the programmes encouraged concentration, self-discipline, emotional resilience and healthier lifestyle habits. For healthcare students and professionals, the sessions highlighted the role of yoga in preventive health, stress management, patient-centred care and integrative healthcare. For employees and support staff, yoga was introduced as a workplace wellness tool to reduce fatigue, improve posture and support occupational health. For children and community groups, yoga was presented in an accessible and inclusive manner to support body awareness, calmness and confidence.

The expert sessions strengthened the scientific and academic understanding of yoga by connecting traditional practices with contemporary evidence, neurophysiology, psychology, rehabilitation, aging, cardiovascular health, stress management and public health. The competitions and poster presentations encouraged creativity, research orientation and active participation, especially among students and scholars.

The 2026 celebrations also strengthened interdepartmental collaboration within SRIHER. Multiple faculties, departments and units contributed to the planning, conduct and documentation of events. This collaborative approach created a shared institutional culture of wellness and reinforced the importance of integrating yoga into education, healthcare, research and community engagement.

Overall, IDY 2026 at SRIHER was not merely a commemorative observance. It was a structured and meaningful wellness movement that connected tradition, science, inclusivity and innovation. The events collectively reinforced yoga as a path toward individual well-being, professional resilience, social harmony and sustainable health promotion.

Acknowledgement

Sri Ramachandra Institute of Higher Education and Research places on record its sincere gratitude to the Honourable Chancellor, Pro-Chancellor, Vice Chancellor, Pro Vice Chancellor, Registrar, Deans, Principals, Heads of Departments, faculty members, administrative teams, student volunteers and all participating units for their constant support and encouragement in successfully organising the International Day of Yoga 2026 celebrations.

The institution also acknowledges the support and guidance received from all collaborating departments, schools, community institutions and external resource persons who contributed to the successful conduct of the events.

Special appreciation is extended to the Department of Mind Body Medicine and Lifestyle Sciences, Yoga Club, NSS SRIHER, Vidya Sudha, HR Training and Learning Department, Department of Physical Education and all participating faculties and departments for coordinating and conducting the diverse IDY 2026 activities.

Sincere thanks are also extended to all resource faculty, guest speakers, judges, coordinators, volunteers, participants and beneficiaries whose active involvement made the IDY 2026 celebrations meaningful and impactful.

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With inputs from participating faculties, departments, units, coordinators and event organisers.

Event-Wise Report

S.No.	Event Title
1	Common Yoga Protocol with Hon PM
2	SNACK - Yoga @ Inclusive Summer Camp
3	International Yoga Day Celebration at Panchayath Union Middle School, Vayalanallur Village, Poonamallee
4	International Yoga Day Celebration at Govt. Model Higher Secondary School, Alamathi Village, Cholavaram Block, Tiruvallur District
5	Yoga for Parents and Children Attending Vidya Sudha
6	Yoga Demonstration and Practice
7	NEP Saarathi & Yoga Club Activity – Yoga: From Doing to Being
8	Yoga Demonstration and Practice – Sri Ramachandra Dental College and Hospital
9	Breathe and Balance: Yoga for Healthy Living
10	Yoga for Wellness, Wisdom and World Peace
11	Yoga Practice Session for MBBS Students
12	Yoga Practice Session for Long-standing Nurses

13	Yoga Practice Session for Housekeeping Staff
14	Yoga Demonstration for Security Personnel
15	Yoga Practice Session for Long-standing Nurses
16	SRIYOGH Employee Wellness Program
17	Webinar – Yoga and Aging
18	Webinar – Yogic Practices to Enhance Attention of Students
19	Guest Lecture – Yoga for Stress Management
20	Webinar – The Yoga Shield: A Preventive and Promotive Approach to Holistic Wellness
21	Webinar – Neurophysiological Mechanisms of Yoga in Wellness
22	Webinar – Mindful Aging through Vedic/Indian Psychological Concepts
23	Integrative Healthcare Yoga – Panel Discussion with Clinicians and Yoga Experts
24	State Level Yoga Championship
25	Reels Competition – Wellness, Wisdom, World Peace
26	Yoga Research & Innovation Showcase 2026 – Online Poster Presentation Competition

Common Yoga Protocol with Hon'ble Prime Minister

Date: 21 June 2026

Organised by: SRIHER

Participants: Students, faculty and staff

Resource Faculty: Dr. Anirudha, Dr. Manimekalai, Ms.Viji and Yoga Club Team

Beneficiaries: 1288

As part of the International Day of Yoga 2026 celebrations, Sri Ramachandra Institute of Higher Education and Research organised a large-scale observance of the Common Yoga Protocol with the Hon'ble Prime Minister on 21 June 2026. The programme brought together students, faculty members and staff across the university community, reflecting the institution's commitment to preventive health, holistic well-being and the integration of yoga into daily life. The event commenced with the welcome address and encouraging words of Dr.Balaji Singh, Dean, Medical College.

The event was led by Dr. Anirudha, Dr. Manimekalai, Ms.Viji and the Yoga Club Team, who facilitated the session and guided participants through the structured practices included in the Common Yoga Protocol. Over 1288. They were well supported by the faculty and staff who participated in the SRIYOGH, one week Yoga event.

students registered on the Tamil Nadu Government portal also with all details supported by the office of the Rotaract Club and Office of the Dean Students.

The central objective of the programme was to create collective awareness on the relevance of yoga as a practical and accessible approach to physical, mental and emotional well-being. The Common Yoga Protocol provided a unified framework for participants to experience yoga not as a fragmented activity, but as a disciplined practice involving body awareness, breath regulation, mental steadiness and inner balance. The session also served as an opportunity for members of the SRIHER community to participate in a national celebration of yoga, aligning institutional wellness efforts with the larger public health message of International Day of Yoga.

The session was designed to be inclusive and accessible to participants with varying levels of familiarity with yoga. The practices included preparatory movements, selected asanas, breathing techniques and moments of relaxation and meditative awareness. Participants were guided to perform each movement with attention to posture, breath and safety. The facilitators emphasised that yoga is not limited to physical flexibility, but represents a comprehensive discipline that supports stress regulation, concentration, emotional stability and lifestyle balance.

The presence of a large number of participants demonstrated the strong engagement of the SRIHER community in wellness-oriented initiatives. The event created a collective atmosphere of discipline, participation and shared purpose. Students were encouraged to view yoga as a tool for academic focus and resilience, while faculty and staff were sensitised to its relevance in managing occupational stress, improving posture and supporting long-term health.

The programme successfully reinforced the message that yoga can be integrated into everyday routines as a preventive and promotive health practice. By organising the Common Yoga Protocol at an institutional level, SRIHER reaffirmed its role in advancing holistic health education and cultivating a campus culture that values physical fitness, mental clarity, emotional balance and social harmony. The event stood as a meaningful part of the IDY 2026 celebrations and reflected the university's commitment to wellness, wisdom and collective well-being.







SNACK - Yoga @ Inclusive Summer Camp

Date: 04 May 2026 – 20 May 2026

Organised by: Vidya Sudha, Sri Ramachandra Learning Centre for Children with Special Needs, SRIHER

Participants: Children with and without disabilities

Resource Faculty: Faculty and Research Scholars, Department of Mind Body Medicine & Lifestyle Sciences

Beneficiaries: 25 children, including 7 children of SRIHER employees and 18 children with special needs

A Summer Camp titled **Special Needs Activity Centre for Kids (SNACK) 2026** was organised by Vidya Sudha, Sri Ramachandra Learning Centre for Children with Special Needs, SRIHER, from 04.05.2026 to 20.05.2026. The programme was designed as an inclusive summer camp where children with and without disabilities could learn, play and grow together in a supportive and structured environment. The camp included 25 children, comprising 7 children of SRIHER employees and 18 children with special needs.

The primary goal of SNACK 2026 was to foster an inclusive society by creating opportunities for shared learning, friendship-building and positive social interaction. The programme aimed to help children with disabilities develop social, adaptive, sensory, motor and real-life skills through guided practice and imitation. At the same time, it helped children without disabilities develop empathy, truthful perspectives about disability and respect for individual differences. The camp also focused on helping every child identify their strengths through enjoyable, creative and meaningful activities.

A key component of the programme was **Yoga, Prayer and Meditation**, conducted with support from the Department of Mind Body Medicine & Lifestyle Sciences, SRIHER. Two faculty members on rotation and two scholars were involved on a daily basis. Through simple yoga practices, prayer and meditative activities, children were introduced to body awareness, calmness, routine, discipline and emotional regulation. These practices supported physical health, attention, sensory integration and relaxation, making them especially relevant in an inclusive child-development setting.

Yoga, Prayer & Meditation



International Yoga Day Celebration at Panchyath Union Middle School, Vayalanallur Village, Poonamallee

Date: 17 June 2026

Organised by: NSS SRIHER and Yoga Club

Participants: Students from Classes IV and V

Resource Faculty: Yoga Club members and NSS volunteers

Beneficiaries: 150 students

As part of the International Day of Yoga 2026 celebrations, NSS SRIHER and the Yoga Club organised a community outreach programme at Panchyath Union Middle School, Vayalanallur Village, Poonamallee Block, Tiruvallur District, on 17.06.2026. The programme was conducted for 150 students from Classes IV and V and focused on introducing young school children to basic yoga practices, pranayama and dhyana. The activity reflected SRIHER's commitment to extending yoga-based wellness education beyond the campus and into school and community settings.

The programme was supported by six Yoga Club members and twelve NSS volunteers from Unit 1. The participation of student volunteers was a major strength of the event, as it encouraged community engagement, peer-led health promotion and practical exposure to school-based wellness education. The activity also aligned with Sustainable Development Goal 3: Good Health and Well-being, highlighting the relevance of yoga in early preventive health education.

The two-hour session introduced students to simple and age-appropriate yogic practices. The children were guided through neck rolls, Tadasana, Trikonasana, Padahasthasana, Baddha Konasana, commonly known as Butterfly Pose, and Balasana. These practices were selected because they are safe, simple and useful for improving posture, flexibility, balance and body awareness. The facilitators demonstrated the practices clearly and ensured that students participated comfortably.

The inclusion of pranayama and dhyana helped students understand that yoga is not limited to physical postures alone. Through breath awareness and short meditative practices, children were introduced to calmness, concentration and self-regulation. These practices are especially useful for school children, as they can support classroom attention, emotional balance and relaxation.

The programme was conducted in an outdoor school environment, and students participated with enthusiasm and discipline. The group-based session created a sense of collective involvement and helped students experience yoga as an enjoyable and accessible practice. The presence of NSS volunteers and Yoga Club members ensured that the session remained interactive and engaging.

Overall, the outreach programme successfully promoted awareness of yoga among school children and demonstrated the value of university-community collaboration. It provided young students with practical exposure to yoga, pranayama and dhyana, while also giving SRIHER volunteers meaningful experience in community-based health education. The event served as an important children-focused component of the IDY 2026 celebrations.

Photographs



International Yoga Day Celebration at Govt. Model Higher Secondary School, Alamathi Village, Cholavaram Block, Tiruvallur District

Date: 19 June 2026

Organised by: NSS SRIHER and Yoga Club

Participants: Students from Classes VIII and IX

Resource Faculty: Yoga Club members and NSS volunteers

Beneficiaries: 150 students

As part of the International Day of Yoga 2026 celebrations, NSS SRIHER and the Yoga Club organised a school-based yoga and health education programme at Govt. Model Higher Secondary School, Alamathi Village, Cholavaram Block, Tiruvallur District, on 19.06.2026. The programme benefited 150 students from Classes VIII and IX and was supported by six Yoga Club members and thirty-two NSS volunteers from Units 2 and 7.

The primary objective of the programme was to promote yoga as a practical approach to physical health, mental well-being and preventive lifestyle education among adolescents. The two-hour session introduced students to selected yoga practices, pranayama and dhyana. The practices included neck rolls, Tadasana, Trikonasana, Padahasthasana, Baddha Konasana and Balasana. These asanas were chosen because they are beginner-friendly and useful for improving posture, flexibility, balance, body awareness and relaxation.

For adolescents, yoga can play an important role in managing stress, restlessness, poor posture, physical inactivity and emotional fluctuations. The facilitators guided the students step by step and ensured that the movements were performed safely. The session encouraged students to understand yoga not as a difficult or performance-oriented activity, but as a simple daily practice that can support health, attention and emotional steadiness.

A distinctive feature of this event was the integration of yoga with health education. NSS volunteers conducted awareness sessions on handwashing technique, healthy diet, mobile addiction and menstrual hygiene. These topics were highly relevant to adolescent health and daily life. The session on menstrual hygiene supported health awareness among adolescent girls, while the discussion on mobile addiction addressed a growing behavioural concern among young students. The inclusion of handwashing and nutrition education further reinforced preventive health practices.

The event aligned with Sustainable Development Goal 3: Good Health and Well-being by combining yoga practice, hygiene education, nutritional awareness and behavioural health messages. The presence of university volunteers created a relatable and engaging learning environment for school students. Photographs from the event showed enthusiastic participation in outdoor yoga practice as well as classroom-based health education sessions.

Overall, the Alamathi outreach activity successfully introduced yoga and preventive health education to adolescent students. It encouraged them to recognise the importance of movement, breath regulation, hygiene, balanced nutrition and mindful technology use. The programme was a meaningful contribution to IDY 2026 and demonstrated the potential of yoga-based outreach in promoting holistic adolescent wellness.

Photographs



Yoga for Parents and Children Attending Vidyasudha

Date: 22 June 2026

Organised by: Vidya Sudha, Sri Ramachandra Learning Centre for Children with Special Needs, SRIHER

Participants: Children with special needs, parents and staff

Resource Faculty: Mrs. Sowmiya Ramalingam, Mrs. Sumathi Srinivasan and Ms. Swetha Agarwal

Beneficiaries: 110 participants, including 45 parents, 45 children and 20 staff members

In view of International Yoga Day 2026, Vidya Sudha, Sri Ramachandra Learning Centre for Children with Special Needs, SRIHER, organised a commemorative yoga session in collaboration with Sri Sri Ravi Shankar's Art of Living Organisation on 22.06.2026. The event was conducted from 10:00 a.m. to 12:30 p.m. at Vidya Sudha and was designed for children with special needs, parents and staff.

The objective of the programme was to provide an inclusive, adaptive and calm environment where participants could experience the holistic benefits of yoga, guided meditation and breathing exercises. The session recognised that children with special needs may require modified approaches to movement, attention, sensory regulation and emotional expression. Therefore, yoga was introduced as a supportive practice that could enhance coordination, self-awareness, emotional regulation and sensory regulation.

The session was conducted by Mrs. Sowmiya Ramalingam, Master Trainer, Mrs. Sumathi Srinivasan, State Coordinator of the Art of Living Organisation, and Ms. Swetha Agarwal, Trainer. Dr. D. C. Mathangi, Professor and Head, Department of Wellness and Health Coaching, Ms. Akshaya, Assistant Professor, Department of Wellness and Health Coaching, and Dr. Benjamin Franklin, Associate Professor and Head, Department of Social Work, honoured the event.

The programme focused on guided meditation and breathing exercises for children and their parents. These practices were introduced as tools to manage temper tantrums, behavioural challenges, emotional dysregulation and stress. For children with special needs, structured breathing and mindful movement can help improve body awareness and reduce overstimulation. For parents, these techniques can support calmness, patience and emotional steadiness while managing caregiving demands.

A key strength of the session was its family-centred approach. By including children, parents and staff together, the programme created a shared wellness experience. This encouraged parents to actively participate in practices that could be continued at home and helped staff understand the value of yoga-based regulation strategies in special education settings.

The event also laid the foundation for future activities with the Art of Living Organisation, including a "Know Your Child" yoga session for parents and a stress-free teaching session for staff, therapists and students. Overall,

the programme was a meaningful inclusive component of IDY 2026 and demonstrated how yoga can support emotional regulation, caregiver well-being and holistic development among children with special needs.

Photographs



Yoga Demonstration and Practice – SRET

Date: 05.06.2026

Organised by: Faculty of Engineering and Technology, SRET

Venue: SRET

Category: Yoga Practical Sessions

Resource Faculty: Mrs. M. Viji, Administrator, Pro Vice Chancellor Office, SRIHER

Beneficiaries: 30 students

The Faculty of Engineering and Technology, SRET, observed International Day of Yoga 2026 by organising a yoga demonstration and practice session on 05.06.2026. The session was conducted from 2:30 p.m. to 3:30 p.m. at SRET and was attended by 30 students and one faculty member. The programme was titled “Breathe • Balance • Bloom: Yoga for Everyday Wellness” and was led by Mrs. M. Viji, Administrator, Pro Vice Chancellor Office, SRIHER.

The objective of the session was to introduce students to simple and practical yoga techniques that can support physical fitness, mental well-being, emotional balance and stress management. In academic environments, students often face pressure related to coursework, examinations, digital engagement and future career preparation. The session therefore positioned yoga as an accessible self-care practice that can improve daily functioning and overall well-being.

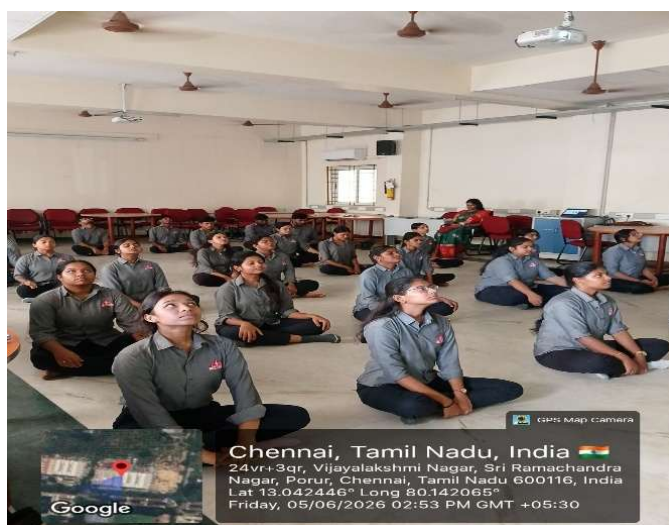
Mrs. Viji delivered a demonstration on “Yoga for Modern Living: Simple Practices for a Stress-Free and Balanced Life.” Participants were introduced to basic yoga movements and breathing techniques that can be incorporated into daily routines. The emphasis was on posture, breath awareness, relaxation and regular practice rather than complex performance. Students were encouraged to understand yoga as a personal practice for cultivating balance, calmness and resilience.

The session created an experiential learning environment in which students directly engaged with the practices. Through guided movement and breathing, participants were able to observe the connection between body, breath and mental steadiness. Such practical exposure helped students understand how even simple practices can support concentration and reduce stress.

The event also highlighted the relevance of yoga beyond health science disciplines. By organising the session for engineering students, SRET demonstrated that yoga is valuable across academic streams and can contribute to holistic student development. The programme reinforced the idea that technical education should be supported by wellness practices that promote self-regulation, emotional stability and resilience.

The session concluded with interaction, and the participants expressed appreciation for the practical and informative nature of the programme. Overall, the SRET yoga demonstration and practice session was a meaningful contribution to the IDY 2026 celebrations. It encouraged students to adopt yoga as a practical self-care method and reflected SRIHER's broader commitment to creating health-conscious learning communities.

Photographs



NEP Saarathi & Yoga Club Activity – “Yoga: From Doing to Being”

Date: 08.05.2026

Time: 3:00 p.m. – 4:00 p.m.

Venue: Seminar Hall, Sri Ramachandra Faculty of Audiology and Speech Language Pathology

Organised by: NEP Saarathi and Yoga Club

Category: Yoga Practical Sessions

Resource Faculty: Dr. A. Seethalakshmi and Dr. Archana

Beneficiaries: 20 faculty members

The NEP Saarathi and Yoga Club Activity titled “Yoga: From Doing to Being” was conducted on 08.05.2026 from 3:00 p.m. to 4:00 p.m. at the Seminar Hall, Sri Ramachandra Faculty of Audiology and Speech Language Pathology. The session was organised for 20 faculty members and was coordinated under the NEP Saarathi initiative. The yoga session was led by Dr. A. Seethalakshmi, Professor and Head, Department of Nursing Foundation, SRIHER, and the meditation session was facilitated by Dr. Archana, Lecturer, Department of Pathology, SRIHER.

The session began with a welcome to the participants from the Faculty of Audiology and Speech Language Pathology. Dr. A. Seethalakshmi provided a brief orientation on yoga and wellness, helping participants understand yoga not only as a physical activity but as a holistic practice that supports awareness, balance and well-being. She then demonstrated selected asanas including Uttanasana, Ardha Chakrasana, Tadasana, Trikonasana, Baddha Konasana and Paschimottanasana.

The yoga component encouraged participants to experience movement with awareness and alignment. These practices supported stretching, posture, flexibility and body awareness. The session was designed to be simple and accessible, allowing faculty members to engage comfortably regardless of their previous experience with yoga. The theme “From Doing to Being” emphasised the transition from mechanical practice to mindful presence.

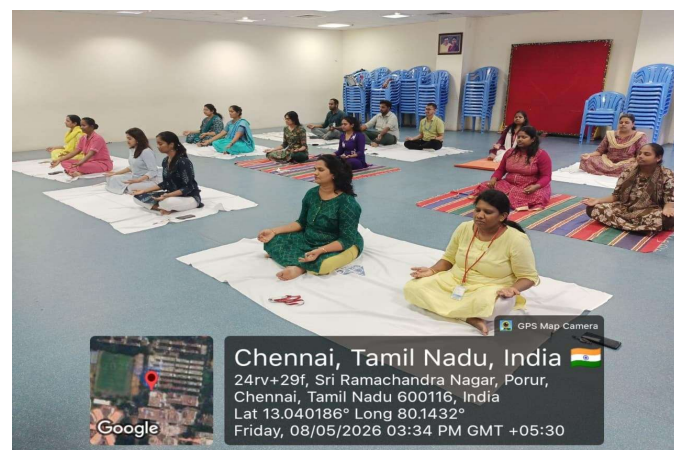
Following the yoga session, Dr. Archana led participants through a guided meditation. She gradually encouraged the faculty members to focus on different parts of the body and then move into relaxed breathing and meditative awareness. This component helped participants experience stillness, mental calmness and internal focus. The meditation session was followed by interaction with the participants, allowing them to reflect on the experience and clarify doubts.

The event concluded with a vote of thanks to the organiser, Dr. Muthu Selvi, and her team for coordinating the programme and ensuring active participation. The feedback received from the session indicated that participants

found it useful, peaceful, energising, relaxing and enriching. Suggestions for future sessions included yoga, guided meditation for beginners, breathing exercises, pranayama practices and monthly sessions.

Overall, the activity successfully promoted yoga and meditation among faculty members. It supported the objectives of IDY 2026 by encouraging mindful practice, stress regulation and holistic well-being within the academic community.

Photographs



Yoga Demonstration and Practice – Sri Ramachandra Dental College and Hospital

Organised by: Sri Ramachandra Dental College and Hospital

Category: Yoga Practical Sessions

Resource Faculty: Dr. D.C.Mathangi & Ms.Viji M

Number of Beneficiaries : 185

As part of the International Day of Yoga 2026 activities, Sri Ramachandra Dental College and Hospital organised a yoga demonstration and practice session for students and participants from the dental college. The session was designed to introduce yoga as a practical tool for improving posture, reducing physical strain and supporting mental resilience in the demanding professional context of dentistry.

Dental students and professionals often spend long hours in fixed positions while performing clinical procedures. This can lead to neck stiffness, back discomfort, shoulder tension, postural imbalance and fatigue. In addition to physical strain, the profession also requires high concentration, precision and emotional steadiness. The yoga session was therefore planned to address both physical and mental dimensions of professional well-being.

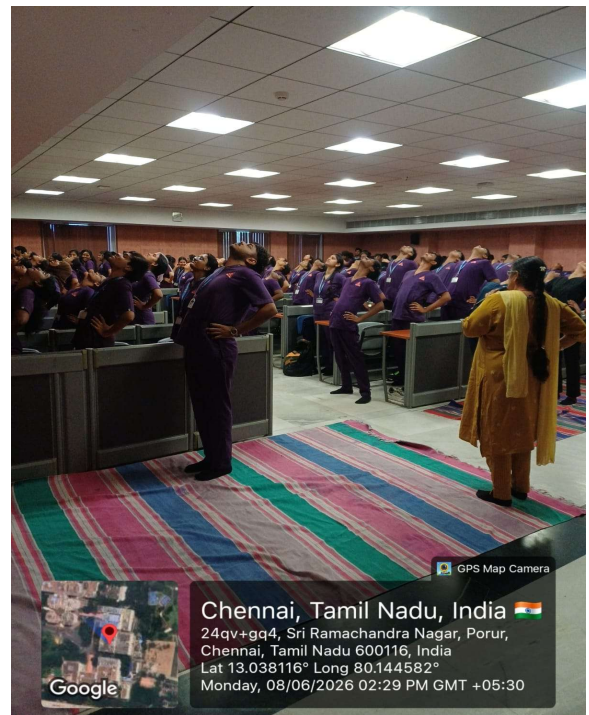
The programme introduced participants to simple yoga movements, stretches, breathing practices and relaxation techniques. The practices were intended to improve body awareness, release accumulated tension and promote better alignment. The session also emphasised the role of breath regulation in reducing stress and improving attention. Participants were encouraged to view yoga as a preventive practice that can be integrated into daily academic and clinical routines.

A major focus of the session was ergonomics. Through guided demonstration, participants were sensitised to the importance of posture and mindful movement. Yoga was presented as a supportive method to counteract common postural challenges associated with dental training and practice. Simple techniques that can be performed before or after clinical work were highlighted as practical strategies for maintaining physical comfort.

The session also helped participants understand that professional competence should be supported by personal well-being. For future dental professionals, developing healthy habits early can contribute to long-term occupational sustainability. Yoga can support not only flexibility and posture but also emotional balance, patience and focus.

Overall, the yoga demonstration and practice session at Sri Ramachandra Dental College and Hospital was a meaningful IDY 2026 initiative. It encouraged students and participants to recognise the relevance of yoga in professional life and promoted a preventive approach to physical strain, stress and occupational well-being.

Photographs



Breathe and Balance: Yoga for Healthy Living

Date: 11.06.2026

Time: 9:00 a.m. – 10:00 a.m.

Venue: Seminar Hall, Kamalam Udayar Block

Organised by: Sri Ramachandra Faculty of Management Sciences

Category: Yoga Practical Sessions

Resource Faculty: Dr. Manimekalai Narayanan

Prepared and Coordinated by: Dr. A. Poomagal

Sri Ramachandra Faculty of Management Sciences organised an International Day of Yoga 2026 programme titled “Breathe and Balance: Yoga for Healthy Living” on 11.06.2026 from 9:00 a.m. to 10:00 a.m. at the Seminar Hall, Kamalam Udayar Block. The programme was prepared and coordinated by Dr. A. Poomagal, Assistant Professor, and conducted by Mrs. Manimekalai Narayanan, Assistant Professor, Allied Health Sciences, SRIHER.

The programme was organised with the objective of promoting holistic well-being, enhancing physical fitness and creating awareness among students and faculty members about the importance of integrating yoga into everyday life. In a fast-paced academic environment, physical, mental and emotional wellness are essential for maintaining focus, productivity and resilience. Recognising this need, the faculty organised the practical yoga session to encourage healthy lifestyle practices.

The session began with a welcome to the trainer and participants, followed by an introductory note on the significance of International Day of Yoga. Participants were oriented to the benefits of regular yoga practice, including stress reduction, improved concentration, better posture, enhanced flexibility and overall physical and mental well-being.

The practical session included guided demonstrations of yoga postures, breathing exercises and relaxation techniques suitable for both beginners and regular practitioners. Participants engaged in practices focusing on body alignment, breathing control, flexibility and mindfulness. The trainer gave special emphasis to safe practice and correct posture, ensuring that each technique could be performed effectively.

Mrs. Manimekalai also educated participants on the importance of incorporating yoga into daily routines to manage stress, improve productivity and sustain long-term health. The session emphasised that yoga is not merely physical exercise, but a comprehensive approach to achieving balance across physical, emotional and psychological dimensions of life.

Students and faculty members participated actively throughout the session. The programme successfully created awareness regarding preventive healthcare and self-care practices. Participants recognised that even a short duration of regular yoga practice can improve focus, reduce anxiety and increase energy levels.

Overall, the programme achieved its objectives by promoting healthy lifestyle habits, stress management, mindfulness, physical fitness and emotional balance. It also strengthened the institution’s commitment to health promotion and preventive wellness practices.

Photographs



Yoga for Wellness, Wisdom & World Peace

Date: 12.06.2026

Organised by: Sri Ramachandra Faculty of Physiotherapy

Category / Group: Yoga Practical Sessions

Resource Faculty: Volunteers of ISHA yoga

Category: Yoga Practical Sessions

As part of the International Day of Yoga 2026 celebrations, the session titled “Yoga for Wellness, Wisdom & World Peace” was organised to reinforce the larger message of yoga as a practice that contributes not only to individual health but also to social harmony and collective well-being. The event aligned with the broader IDY 2026 vision of promoting yoga as a holistic discipline that integrates physical health, mental clarity, emotional balance and ethical living.

The programme focused on the idea that wellness begins with self-awareness. Participants were encouraged to understand yoga as a comprehensive practice involving movement, breath, attention, discipline and inner reflection. Through yoga, individuals can cultivate balance in the body, steadiness in the mind and clarity in daily living. These personal benefits form the foundation for wiser decision-making and more compassionate interaction with others.

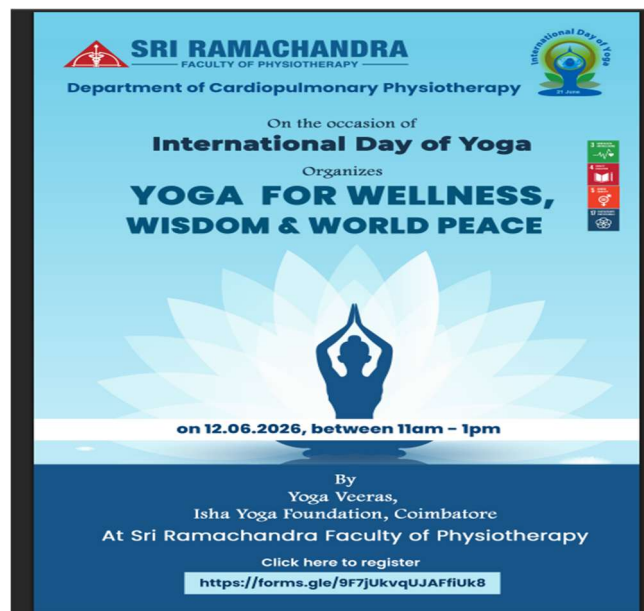
The theme of wisdom was addressed through the understanding that yoga is not limited to posture-based practice. It also involves mindful living, self-regulation and conscious awareness of one’s thoughts, emotions and actions. Participants were encouraged to view yoga as a tool for developing patience, resilience and reflective thinking. These qualities are especially important in academic, healthcare and professional environments where individuals must respond to stress, complexity and interpersonal demands.

The programme also connected yoga with the concept of world peace. Inner calm and emotional regulation contribute to healthier relationships, reduced conflict and more respectful social interactions. By promoting awareness, self-discipline and compassion, yoga can support a culture of peace beginning at the individual level and extending to families, institutions and communities.

The session highlighted the relevance of regular yoga practice in modern life. Participants were sensitised to the importance of integrating simple practices such as stretching, breath awareness, relaxation and meditation into their daily routine. These practices can help reduce stress, improve concentration, support physical health and create emotional stability.

Overall, “Yoga for Wellness, Wisdom & World Peace” served as a meaningful IDY 2026 activity by linking personal health with broader human values. The event reinforced the message that yoga is a practical and philosophical pathway to holistic well-being, thoughtful living and peaceful coexistence.

Photographs



Yoga Practice Session for MBBS Students

Date: 20.06.2026

Organised by: Sri Ramachandra Medical College

Category / Group: Yoga Practical Sessions

Resource Faculty: Dr. Archana, Dr. Vijayalakshmi and Dr. Prithviraj

Beneficiaries: 250

As part of the International Day of Yoga 2026 celebrations, **Sri Ramachandra Medical College** organised a **Yoga Practice Session for MBBS Students** on 20.06.2026. The session was conducted for 250 MBBS students and facilitated by **Dr. Archana, Dr. Vijayalakshmi and Dr. Prithviraj**. The programme was designed to introduce medical students to yoga as a practical and evidence-informed approach to physical health, stress regulation, concentration and holistic well-being.

Medical education is academically demanding and often requires sustained attention, long hours of study, clinical exposure, emotional resilience and effective self-management. MBBS students may experience stress related to examinations, clinical responsibilities, workload, sleep irregularity and performance expectations. In this context, the yoga practice session served as a timely wellness initiative to support students in developing practical strategies for self-care and mind-body balance.

The session introduced participants to simple yoga practices that could be integrated into their daily routine. The practices focused on body awareness, posture, breath regulation, relaxation and mindful attention. Through guided demonstration and practice, students were encouraged to experience yoga not merely as a physical activity, but as a comprehensive system that supports the regulation of the body, breath and mind.

A key focus of the session was stress management. Breathing practices and relaxation techniques were introduced as tools to calm the nervous system, improve emotional steadiness and enhance concentration. These practices are especially relevant for medical students, who must learn to maintain clarity, empathy and composure in both academic and clinical environments. The session also emphasised the value of short, consistent practice rather than lengthy or complex routines.

The programme further highlighted the relevance of yoga in medical education and future clinical practice. By experiencing yoga personally, MBBS students were encouraged to understand its potential role in preventive health, lifestyle medicine and patient-centred care. The session helped create awareness that healthcare professionals must also cultivate their own well-being in order to sustain compassionate and effective clinical service.

The involvement of the resource faculty provided an interdisciplinary orientation to the programme, connecting yoga, physiology, psychology and clinical relevance. Students were encouraged to view yoga as a practical self-care tool as well as a complementary health-promoting practice that may support long-term professional resilience.

Overall, the Yoga Practice Session for MBBS Students was a meaningful component of the IDY 2026 celebrations. It promoted physical wellness, mental clarity, stress regulation and self-care among future medical professionals. The programme also reinforced SRIHER's commitment to integrating holistic health practices into medical education and cultivating health-conscious, resilient and reflective healthcare professionals.

SRI RAMACHANDRA
FACULTY OF NURSING

3 GOOD HEALTH AND WELL-BEING
4 QUALITY EDUCATION

INTERNATIONAL DAY OF YOGA (IDY)
&
NEP SAARATHI SRIHER
organizes

*From Doing to Being:
A Journey into Mindful Presence*

DATE
17.06.2026
(WEDNESDAY)

TIME
2:00 PM – 4:00 PM

VENUE
SEMINAR HALL,
2ND FLOOR,
SRI RAMACHANDRA
MEDICAL COLLEGE

ORGANIZED BY
IDY & NEP SAARATHI SRIHER

EDUCATE. EMPOWER. EVOLVE.
TOGETHER FOR A BETTER TOMORROW

Yoga Practice Session for Long-standing Nurses

Date: 24.04.2026 & 19.06.2026

Organised by: HR Training & Learning Department

Category: Yoga Practical Sessions

Resource Faculty: Dr. Mathangi, & Dr. Akshaya, MBMLS

Beneficiaries: 30 + 30

As part of the International Day of Yoga 2026 series of activities, the HR Training & Learning Department organised a yoga practice session for long-standing nurses on 24.04.2026. The session was facilitated by Dr. Mathangi from MBMLS and was attended by 30 nursing personnel. The programme was designed to address the physical, emotional and occupational well-being needs of nurses who have served for many years in demanding clinical environments.

Nursing is a profession that requires sustained physical effort, emotional resilience, alertness and continuous patient interaction. Long-standing nurses often experience strain due to prolonged standing, shift duties, patient-care responsibilities, musculoskeletal discomfort and cumulative work-related stress. In this context, the yoga practice session was a relevant and timely initiative aimed at supporting the health and self-care of nursing staff.

The session introduced participants to simple yoga practices that could be incorporated into their daily routine despite busy schedules. The practices focused on gentle movement, stretching, posture awareness, breath regulation and relaxation. Emphasis was placed on practising safely, maintaining correct body alignment and using yoga as a practical tool for reducing fatigue and improving body-mind balance.

The session also highlighted that yoga is not only a physical discipline but also a form of preventive self-care. For healthcare professionals, especially nurses, regular yoga practice can support flexibility, reduce stiffness, improve breathing awareness and promote calmness. These practices can be particularly valuable in clinical settings where professionals are required to maintain emotional composure while responding to physically and psychologically demanding situations.

Dr. Mathangi guided the participants through the session in a manner that made the practices accessible and relevant to their occupational context. The session encouraged nurses to become aware of their posture, breath and internal state. By experiencing the practices directly, participants were able to understand how short and consistent wellness routines may contribute to stress reduction and professional sustainability.

The programme also reflected SRIHER's commitment to employee wellness. By organising a dedicated session for nursing staff, the institution acknowledged the contribution of nurses and the need to support the well-being of caregivers. Such initiatives help build a compassionate healthcare environment where those who care for patients are also encouraged to care for themselves.

Overall, the yoga practice session for long-standing nurses was a meaningful component of the IDY 2026 celebrations. It promoted occupational well-being, stress regulation and preventive self-care among nursing professionals and reinforced yoga as an accessible workplace wellness strategy.



Yoga Practice Session for Housekeeping Staff

HOUSEKEEPING & SECURITY

INTERNATIONAL YOGA DAY – YOGA SESSION REPORT - JUNE 2026

HR - Learning & Development (L&D), in collaboration with the Sri Ramachandra Centre for Women's Advancement (SRCWA), successfully conducted dedicated Yoga Wellness Sessions on the occasion of International Yoga Day for Staffs from the Housekeeping and Security departments. The program aimed to promote physical, mental, and emotional well-being, mitigate operational stress, and encourage a healthier lifestyle across the facility.

Total Number of Sessions: 02

Total Number of Batches: 02

Total Number of Participants: 122

Departments Covered: Housekeeping & Security

Training Type: Yoga Session

Training Mode: Practical, Experiential & Activity-Oriented

Batch Code	Topic	House Keeping	Security
Batch I	Yoga Wellness Session (Physical & Mental Balance)	-	55
Batch II	Yoga Wellness Session (Physical & Mental Balance)	67	-

Key Wellness Areas Covered:

- Physical Wellness, Flexibility & Core Strength Alignment
- Stress Management & Emotional Resilience Enhancement
- Mental Concentration, Focus, and Situational Awareness
- Better Posture, Balance, and Energy Vitality for Long Shifts
- Mitigation of Occupational Anxiety and Work-Related Fatigue

Training Methodology:

- Practical Yoga Asanas (Postures) for Muscle Tension Relief
- Pranayama (Breathing Exercises) for Lung Capacity & Calming
- Guided Mindfulness & Relaxation Drills for Mental Reset

Key Outcomes & Benefits:

- **Mitigation of Work-Related Fatigue**
- **Enhanced Alertness & Focus**
- **Stress Management in High-Pressure Environments**
- **Improved Physical Posture & Stamina**
- **Positive Impact on Patient Care**

The Housekeeping & Security International Yoga Day - 2026 Yoga session played a significant role in enhancing employee health, mental calm, operational readiness, and effectiveness across both departments. Through targeted physical and mindfulness methodologies, the initiative effectively contributed towards improving overall support service standards and the patient care ecosystem within the institution.

Total Number of Batches: 2

Total Number of Participants: 122

Detailed Session

Batch	Date	Time	Resource Person	Venue	Total Participation
Batch I (Security)	04-06-2026	7:00 AM - 8:00 AM	Ms. Viji M	Side Auditorium	55
Batch II (Housekeeping)	05-06-2026	2:00 PM - 3:00 PM	Ms. Akshaya Thulasi S	Seminar Hall (Medical College)	67
Total	-	-	-	-	122

SRIYOGH Employee Wellness Program

Date: 16.06.2026 – 20.06.2026

Organised by: HR Department, SRIHER

Category / Group: Yoga Practical Sessions

Programme Title: Sri Ramachandra Initiative for Yoga & Occupational Good Health

Beneficiaries: 35 participants

As part of the International Day of Yoga 2026 initiatives, the HR Department introduced the **Sri Ramachandra Initiative for Yoga & Occupational Good Health (SRIYOGH)**, a five-day employee wellness programme conducted from 16.06.2026 to 20.06.2026. The programme was fully sponsored and designed to support workplace well-being by encouraging staff members to step away from routine work demands for one hour each day and experience yoga as a complete way of life.

The objective of SRIYOGH was to promote occupational wellness through structured yogic practices that support physical health, mental clarity, stress regulation and positive lifestyle habits. The programme moved beyond the idea of yoga as a set of physical postures and presented it as a holistic system involving body, breath, attention and relaxation. Each session was thoughtfully planned to help participants experience the deeper benefits of yogic practice in an accessible and practical manner.

The sessions were facilitated by core faculty and staff members from SRIHER who were qualified yoga instructors and represented different traditional schools of yoga. They were supported by student volunteers from the SRIHER Yoga Club. The daily sessions included **asana, pranayama, dharana, specialised meditation and relaxation techniques**, allowing participants to progressively experience physical movement, breath regulation, focused awareness and mental rest.

A distinctive feature of the programme was the inclusion of practical daily “titbits” on lifestyle management. Participants received guidance on improving sleep quality, practising mindful nutrition, managing stress and building a balanced lifestyle rooted in yogic concepts. These practical inputs helped connect the yoga sessions with everyday health behaviours, making the programme relevant to work-life balance and long-term well-being.

Each session concluded with wholesome healthy snacks and drinks, creating a warm and supportive community atmosphere among colleagues. This aspect of the programme encouraged social connection and reinforced the importance of collective wellness within the workplace.

To strengthen the programme with objective health indicators, the Sri Ramachandra Centre for Sports Science monitored key physiological parameters including heart rate variability, body composition, blood pressure, pulse

rate and blood oxygen levels. This added a data-oriented dimension to the wellness initiative and provided a foundation for future follow-up and progress tracking.

The programme received encouraging feedback from 35 participants, many of whom expressed interest in continuing the practice as a regular campus activity. As SRIYOGH transitions into continuous campus sessions, structured follow-up is expected to support participants in advancing from beginner-level practices to intermediate and advanced modules.

Overall, SRIYOGH was a meaningful employee wellness initiative under IDY 2026. It promoted occupational good health, self-care, stress management, lifestyle balance and a culture of sustained well-being among SRIHER staff.





SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

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



A 5 day free yoga program for SRIHER Employees

SRIYOGH

Sri Ramachandra Initiative for Yoga & Occupational Good Health

Asanas | Pranayama | Meditation

International

Y  **G A**
Day

For Better Health, Fitness, Stress Management

VENUE

1st Floor Seminar Hall,
Near DTP Centre
Kamalam Udayar Block.



Registration
QR Code

CLASS SCHEDULE

From: 16/06/26

To: 20/06/2026

Time: 8.30am - 9.30 am

(Followed by Simple
breakfast)





Webinar – Yoga and Aging

Date: 06.06.2026

Time: 2:00 p.m. – 3:00 p.m.

Organised by: Sri Ramachandra Faculty of Pharmacy and Department of Mind Body Medicine & Lifestyle Sciences

Category / Group: Yoga Expert Lecture Sessions

Resource Faculty: Dr. D. C. Mathangi and Dr. Vijaya Majumdar

As part of the International Day of Yoga 2026 celebrations, the Sri Ramachandra Faculty of Pharmacy and the Department of Mind Body Medicine & Lifestyle Sciences organised a webinar on the theme “**Yoga and Aging**” on 06.06.2026 from 2:00 p.m. to 3:00 p.m. The programme highlighted the important role of yoga in promoting healthy aging through physical, mental, emotional and cognitive well-being.

The event commenced with a prayer song and the SRIHER anthem, creating a formal and reflective beginning to the session. This was followed by a warm welcome address delivered by **Dr. K. Sujatha, Principal, Sri Ramachandra Faculty of Pharmacy**. In her address, she emphasised the importance of incorporating yoga into daily life as a means of supporting overall health, wellness and quality of life across the lifespan.

The programme featured an expert session by **Dr. D. C. Mathangi**, an experienced educator, researcher and internationally certified life coach. Drawing from her extensive work in stress management, sleep research and wellness training, she discussed the importance of positive lifestyle practices, mindfulness and yoga in achieving holistic health and resilience during the aging process. Her session reinforced the view that yoga is not merely a physical activity, but a comprehensive lifestyle approach that supports balance and well-being.

The guest speaker, **Dr. Vijaya Majumdar**, brought valuable academic and research insights to the session. With her expertise in molecular genetics, neurochemistry and evidence-based yoga research, she addressed the relevance of yoga-based interventions in healthy aging. Her work and presentation focused on areas such as cardiovascular health, diabetes prevention, neurological disorders, mental well-being and quality of life. She explained how regular yoga practice can help improve flexibility, strength, balance, bone health, mental clarity and cognitive function.

The session also emphasised that aging should not be viewed only through the lens of decline, but as a stage of life where preventive and promotive practices can maintain vitality, independence and emotional balance. Yoga was presented as a practical, low-cost and holistic approach that can support older adults in sustaining mobility, reducing stress and improving overall life satisfaction.

The webinar concluded with a vote of thanks, expressing gratitude to the university leadership, organisers, speakers, faculty members, staff and participants for their contributions to the success of the event. Overall, the webinar reinforced the message that yoga is a comprehensive lifestyle practice that supports healthy aging, emotional balance and lifelong well-being. It was a meaningful expert lecture session under the IDY 2026 celebrations.

SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Category - I Deemed to be University) P.O. Box, Chennai

**Faculty of Pharmacy
&
Department of Mind Body Meditation &
Lifestyle Sciences**

As part of IDY 2026

Organises Webinar on

“Yoga and Aging”

On 6th June 2026, Saturday
Time: 02.00pm to 3.00pm

Organizing Team
Convenor
Dr.K.Sujatha, Pricipal , SRFOP, SRIHER (DU)

Organizing Member
Dr.K.Sonia
Associate Professor, SRFOP, SRIHER (DU)

Registration is free but mandatory!
<https://forms.gle/H7Mz8vzDU1aDe96E9>

Live webinar

Scan Me

Guest Speaker
Dr. Vijaya Majumdar
Professor, HOD Molecular Bioscience,
SWAMI VIVEKANANDA YOGA ANUSANDHANA
SAMSTHANA, Bengaluru

Internal Speaker
Dr. D.C. Mathangi
Prof. & Head,
Mind Body Medicine & Lifestyle Sciences,
SRIHER(DU)

Webinar - Yogic Practices to Enhance Attention of Students

Date: 08.06.2026

Time: 2:30 p.m. – 3:30 p.m.

Organised by: Sri Ramachandra Dental College and Hospital, SRIHER

Category / Group: Yoga Expert Lecture Sessions

Resource Faculty: Yogacharya Dr. Ananda Balayogi Bhavanani, MD, DSc (Yoga), C-IAYT, Professor of Yoga Therapy and Director, Institute of Salutogenesis and Complementary Medicine, Sri Balaji Vidyapeeth, Pondicherry

Beneficiaries: 184 participants, including 174 students and 10 faculty members

As part of the International Day of Yoga 2026 celebrations, Sri Ramachandra Dental College and Hospital, SRIHER, organised a webinar titled “**Yogic Practices to Enhance Attention of Students**” on 08.06.2026. The programme was conducted from 2:30 p.m. to 3:30 p.m. in online mode and was attended by 184 participants, including 174 students and 10 faculty members. The event was organised to highlight the relevance of yoga in promoting student well-being, attention, concentration and academic performance.

The programme began with an energising demonstration of yoga asanas and pranayama by Dr. D. C. Mathangi and her team from the Department of Mind Body Medicine, SRIHER. The demonstration introduced participants to selected yogic postures and breathing techniques that are useful for reducing stress, improving mental clarity and preparing the mind for focused learning. The session created a positive and mindful atmosphere for the academic lecture that followed.

The central component of the event was the expert webinar delivered by **Yogacharya Dr. Ananda Balayogi Bhavanani**, Professor of Yoga Therapy and Director, Institute of Salutogenesis and Complementary Medicine, Sri Balaji Vidyapeeth, Pondicherry. His lecture focused on the theme “**Yogic Practices to Enhance Attention of Students.**” He explained the neurophysiological and psychological mechanisms through which regular yogic practices can improve attention, concentration, self-regulation and cognitive performance among students.

The session highlighted specific pranayama techniques, meditative practices and mindful movement strategies that can be incorporated into a student’s daily routine. The speaker emphasised that yoga is not merely a physical practice but a structured discipline that can train attention, regulate the mind and improve academic readiness. He presented yoga as a practical and evidence-informed tool for students who face academic pressure, digital distraction and mental fatigue.

The lecture was delivered with clarity, depth and enthusiasm, making the concepts accessible and meaningful to the student audience. The participants gained practical insights into how yoga can support focus, emotional

stability and mental resilience. The session concluded with an interactive question-and-answer discussion, which was warmly received by the audience.

Overall, the programme successfully achieved its objective of creating awareness about the role of yogic practices in enhancing attention and academic well-being. It encouraged students to adopt simple yoga-based practices for improving concentration, reducing stress and supporting holistic development. The event was a valuable contribution to the IDY 2026 expert lecture series.

4 QUALITY EDUCATION

SRI RAMACHANDRA
DENTAL COLLEGE AND HOSPITAL

3 GOOD HEALTH AND WELL-BEING

On the occasion of **International Day of Yoga Celebration,**
We cordially Invite you to a Yoga work shop on

Yogic Practices to Enhance Attention of Students

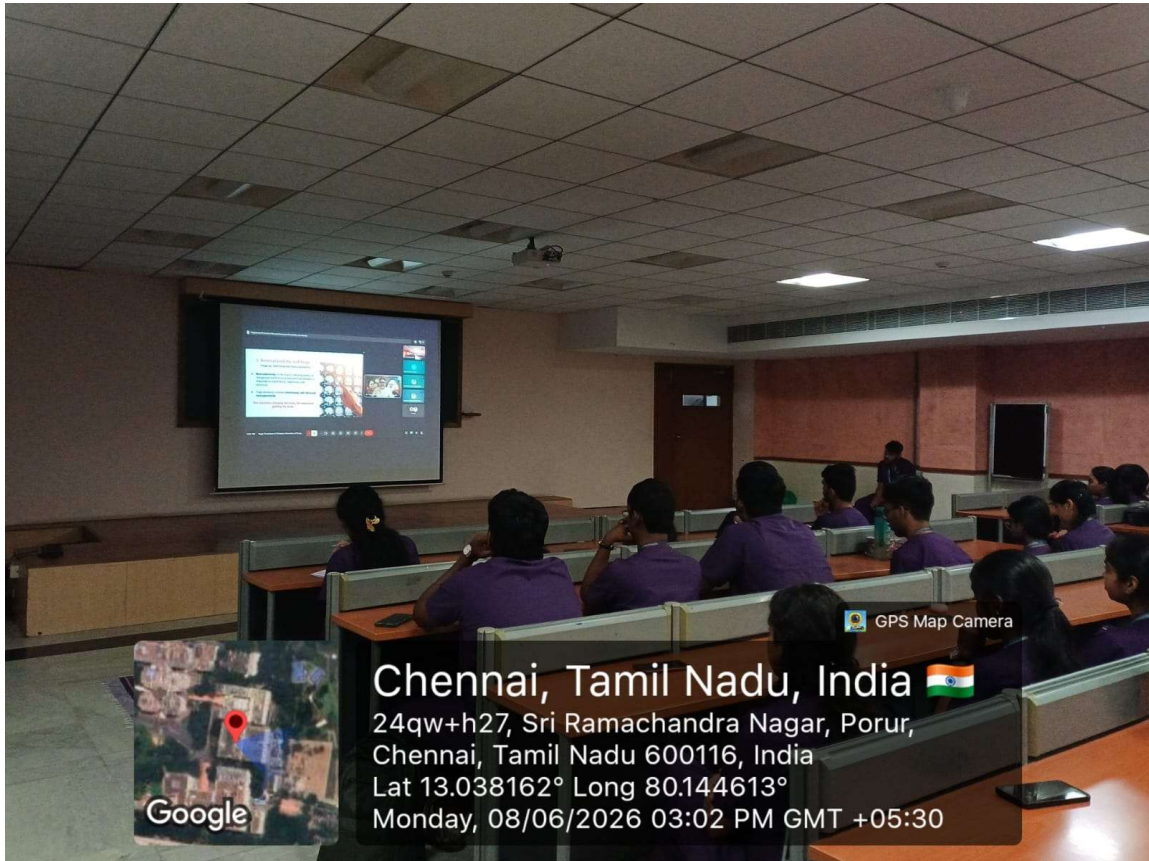
DATE :- 8th June 2026
VENUE :- LECTURE HALL- 5
THIRD FLOOR
SRDC&H

2-2:30 PM :- *Demonstration by*
Dr.D.C.Mathangi & Team
Professor & Head
Mind body Medicine & Lifestyle Sciences

2:30-3:30 PM : *Webinar by*
YOGACHARYA Dr.Ananda Balayogi Bhavani
MD,DSc (Yoga), C-IAYT,
Professor -Yoga Therapy &
Director -at Institute of Salutogenesis
& Complementary Medicine (ISCM),
Sri Balaji Vidyapeeth, Pondicherry.

International day of Yoga

Photographs



Guest Lecture - Yoga for Stress Management

Date: 12.06.2026

Organised by: Faculty of Occupational Therapy

Venue: Dental Auditorium, SRDC, SRIHER

Category / Group: Yoga Expert Lecture Sessions

Resource Faculty: Prof. Dr. R. Elangovan, Member, Executive Council, Indian Yoga Association

Coordinator: Dr. E. Mona, Assistant Professor, Sri Ramachandra Faculty of Occupational Therapy

Beneficiaries: 160 students

SDGs Addressed: SDG 3, SDG 16 and SDG 17

As part of the International Day of Yoga 2026 celebrations, the **Sri Ramachandra Faculty of Occupational Therapy** organised a guest lecture on “**Yoga for Stress Management**” on 12.06.2026 at the Dental Auditorium, SRDC, SRIHER. The programme was coordinated by **Dr. E. Mona**, Assistant Professor, Sri Ramachandra Faculty of Occupational Therapy, and was attended by 160 students. The event was organised to create awareness on the role of yoga in managing stress and promoting holistic well-being, particularly among students preparing for healthcare professions.

The programme commenced in the presence of distinguished guests and faculty members. **Prof. Raghuram, Professor and Head**, delivered the welcome address and formally introduced the purpose of the event. The welcome address set the tone for the programme by emphasising the importance of yoga as a practical and preventive health-promoting discipline.

Dr. D. C. Mathangi, Professor and Head, Department of Mind Body Medicine and Lifestyle Sciences, SRIHER, addressed the gathering and shared valuable insights on the significance of yoga in contemporary life. She highlighted the relevance of yoga in today’s fast-paced lifestyle, where students and professionals are frequently exposed to academic pressure, emotional demands, digital overload and performance-related stress.

The highlight of the programme was the guest lecture delivered by **Prof. Dr. R. Elangovan**, Member, Executive Council, Indian Yoga Association, New Delhi. His lecture on “**Yoga for Stress Management**” provided students with a clear understanding of how yoga can be used as a holistic method for reducing stress and improving overall health. The session explored the relationship between breath, body, mind and emotional regulation, while also emphasising the importance of regular practice.

The lecture helped students understand that stress management is not limited to temporary relaxation, but involves the cultivation of long-term self-awareness, discipline, balance and resilience. Yoga was presented as a practical tool that can support emotional stability, mental clarity, self-regulation and occupational balance. For occupational

therapy students, the session was especially relevant because it connected yoga with therapeutic principles, health promotion and functional well-being.

Through the session, students gained a meaningful understanding of how yoga can contribute to personal wellness as well as future professional practice. The programme successfully promoted awareness about yoga as a complementary approach to health, well-being and stress management. Overall, the guest lecture was an enriching component of the IDY 2026 celebrations and reflected SRIHER's commitment to integrating holistic health practices into student learning and professional development.

Yoga for Stress Management Lecture Marks International Day of Yoga at SRIHER, Chennai

Chennai(12/6): As part of the celebrations leading up to the 12th International Day of Yoga, the Faculty of Occupational Therapy at Sri Ramachandra Institute of Higher Education and Research recently organized a special academic and wellness programme on "Yoga for Stress Management."

The event featured Prof. Dr. R. Elangovan as the guest speaker. During the programme, he delivered an insightful lecture



highlighting the importance of yoga in managing stress, promoting mental well-being, and maintaining a healthy

lifestyle in today's fast-paced world. Prof. Dr. Elangovan also conducted a practical demonstration of various

yoga techniques and relaxation practices, enabling participants to gain first-hand experience of methods that

help reduce stress and improve overall health. The session received an enthusiastic response from faculty members, students, and healthcare professionals in attendance.

The programme underscored the growing significance of yoga as a holistic approach to physical, mental, and emotional wellness and served as a fitting tribute to the spirit of the upcoming International Day of Yoga.





SRI RAMACHANDRA
— FACULTY OF OCCUPATIONAL THERAPY —



*International
day of*

YOGA



**Guest Lecture on
Yoga for Stress Management**



Date :
June 12, 2026



Time :
10am onwards



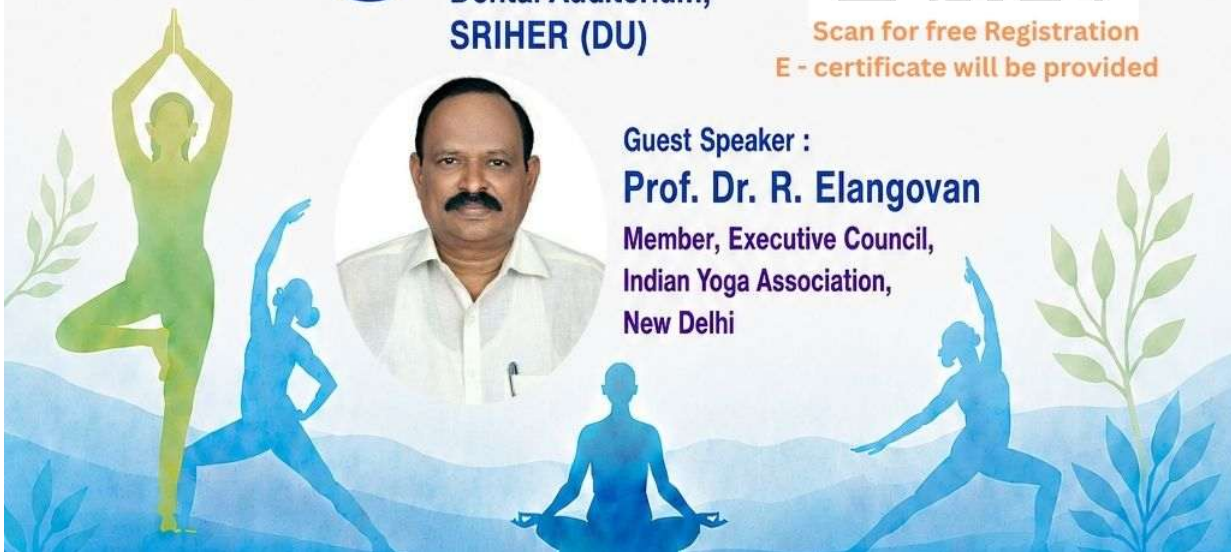
Place :
**Dental Auditorium,
SRIHER (DU)**



Scan for free Registration
E - certificate will be provided



Guest Speaker :
Prof. Dr. R. Elangovan
Member, Executive Council,
Indian Yoga Association,
New Delhi



Webinar - The Yoga Shield: A Preventive and Promotive Approach to Holistic Wellness

Date: 12.06.2026

Time: 2.00 p.m. – 4.00 p.m.

Organised by: Faculty of Physiotherapy / Department of Cardiopulmonary Physiotherapy

Mode: Online Webinar through Zoho Platform

Category / Group: Yoga Expert Lecture Sessions

Resource Faculty: Ms. Nrithya Jagannathan, Director, Yoga Studies, Krishnamacharya Yoga Mandiram

Beneficiaries: 79

As part of the International Day of Yoga 2026 celebrations, the Department of Cardiopulmonary Physiotherapy, Faculty of Physiotherapy, organised a webinar titled “**The Yoga Shield: A Preventive and Promotive Approach to Holistic Wellness**” on 12.06.2026 from 2.00 p.m. to 4.00 p.m. The session was conducted through the Zoho webinar platform and was attended by 79 participants.

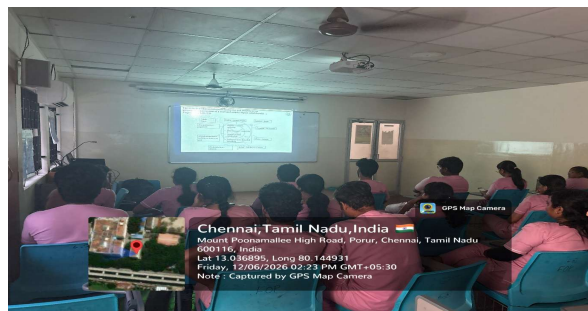
The objective of the programme was to enhance awareness regarding the preventive and promotive role of yoga in achieving holistic wellness. The webinar aimed to encourage the adoption of yoga-based practices for maintaining physical, mental and emotional well-being. The programme was aligned with SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 5: Gender Equality and SDG 17: Partnerships for the Goals.

The session was delivered by **Ms. Nrithya Jagannathan**, Director, Yoga Studies, Krishnamacharya Yoga Mandiram. She shared her expertise on the role of yoga as a comprehensive approach to health promotion and disease prevention. The theme of yoga as a “shield” was presented as a meaningful framework to understand how yogic principles and practices can protect and strengthen the individual at multiple levels.

The speaker explained the traditional yogic understanding of mental disturbances, especially the concept of **citta vikṣepa**, or disturbances of the mind. She discussed the obstacles that affect clarity and well-being, including illness, doubt, carelessness, laziness, instability of mind and related challenges. These concepts were connected to the everyday experiences of stress, emotional imbalance, lack of focus and reduced resilience.

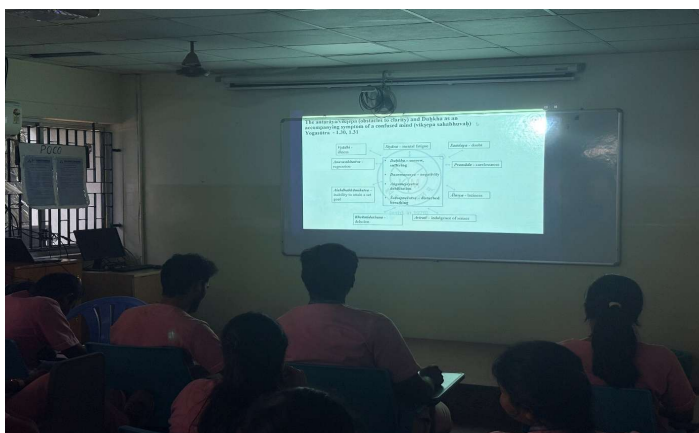
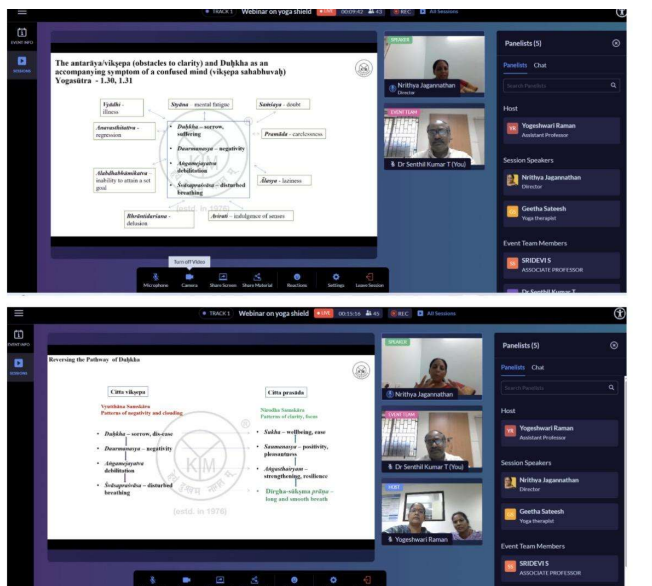
A major focus of the webinar was the principle of **citta prasāda**, which refers to the cultivation of clarity, positivity, emotional balance and inner steadiness. The speaker highlighted how yogic practices can help individuals move from patterns of disturbance and negativity toward resilience, focus and well-being. The session reinforced the importance of breath regulation, self-awareness, mental stability and reflective practice in building holistic health.

The programme helped participants understand yoga as more than a set of physical postures. It was presented as a preventive and promotive health practice that can support disease prevention, stress management, emotional regulation and positive mental health. The session also encouraged participants to apply yogic principles in daily life to strengthen physical health, psychological resilience and emotional balance.



Overall, the webinar was an enriching expert lecture session under the IDY 2026 celebrations. It successfully enhanced awareness of yoga as a protective and promotive tool for holistic wellness and encouraged participants to integrate yoga-based practices into their personal and professional lives.

Photographs



Webinar - Neurophysiological Mechanisms of Yoga in Wellness

Date: 16.06.2026

Organised by: Sri Ramachandra Medical College

Category / Group: Yoga Expert Lecture Sessions

Resource Faculty: Dr. Kaviraj Udappa, Professor of Neurophysiology, NIMHANS

Beneficiaries: 150

As part of the International Day of Yoga 2026 celebrations, **Sri Ramachandra Medical College** organised a webinar titled “**Neurophysiological Mechanisms of Yoga in Wellness**” on 16.06.2026. The session was delivered by **Dr. Kaviraj Udappa, Professor of Neurophysiology, NIMHANS**, and was attended by 150 participants. The programme was organised under the Yoga Expert Lecture Sessions category to provide students and faculty with a scientific understanding of how yoga influences the nervous system and contributes to overall wellness.

The objective of the webinar was to bridge traditional yogic knowledge with contemporary neurophysiological understanding. Yoga is often practised for relaxation, flexibility and stress management; however, its effects extend deeply into the regulation of the nervous system, autonomic balance, emotional processing, attention and stress physiology. The session therefore helped participants appreciate yoga not merely as a physical discipline, but as an integrated mind-body practice with measurable effects on physiological and psychological functioning.

The expert lecture focused on the role of yoga in modulating the autonomic nervous system, particularly through breath regulation, mindful movement and meditative awareness. Practices such as pranayama and meditation were discussed in relation to parasympathetic activation, vagal tone, heart rate regulation and stress reduction. The session also highlighted how regular yogic practice may support emotional stability, concentration and resilience by influencing neural pathways involved in attention, arousal and self-regulation.

Another important aspect of the webinar was the discussion of stress physiology. Participants were sensitised to the way chronic stress affects the body and mind through neuroendocrine and autonomic pathways. Yoga was presented as a practical wellness approach that can help reduce physiological arousal, improve relaxation response and support better adaptation to daily stressors. This was particularly relevant for medical students and healthcare professionals, who frequently experience high academic and clinical demands.

The session also encouraged participants to view yoga as a complementary approach within preventive and promotive healthcare. By understanding its neurophysiological mechanisms, future healthcare professionals can appreciate the scientific basis for recommending yoga-based practices for wellness, stress management and lifestyle regulation. The webinar therefore contributed to both personal well-being and professional health education.

Overall, the webinar on “Neurophysiological Mechanisms of Yoga in Wellness” was a meaningful component of the IDY 2026 celebrations. It strengthened awareness regarding the scientific foundations of yoga, encouraged evidence-informed understanding of mind-body practices and reinforced the relevance of yoga in medical education, wellness promotion and holistic healthcare.

SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Category - I Deemed to be University) Putur, Channa




The φ Elements
Yoga & Wellness Lab
Department of Physiology
&
Department of Mind Body Medicine & Lifestyle Sciences

As we observe the “International Day of Yoga”,
we cordially invite you to the Guest Lecture on

“Neurophysiology of Yoga in Wellness”
Guest Speaker
Dr.Kaviraj Udupa,
Professor,
Department of Neurophysiology
National Institute of Mental Health and Neuro
Sciences (NIMHANS), Bangalore

Date: 16th June, 2026
Time: 11:00 am-12:00 noon

Registration is FREE
but mandatory!
Register using the QR code

Webinar – Mindful Aging through Vedic/Indian Psychological Concepts

Date: 19.06.2026

Time: 10.00 a.m. – 12.00 noon

Mode: Online, Google Meet

Organised by: Department of Applied Psychology, Faculty of Behavioral and Social Sciences, SRIHER

Category / Group: Yoga Expert Lecture Sessions

Resource Faculty: Ms. Kriti Gupta, O. P. Jindal Global University, Sonipat, Haryana

Beneficiaries: 86 participants

As part of the International Day of Yoga 2026 celebrations, the Department of Applied Psychology, Faculty of Behavioral and Social Sciences, SRIHER, organised an online guest lecture titled “**Mindful Aging through Vedic/Indian Psychological Concepts**” on 19.06.2026 through Google Meet. The programme was conducted from 10.00 a.m. to 12.00 noon and was attended by 86 participants, including students, research scholars, faculty members and mental health professionals.

The programme commenced with a welcome address by **Dr. Vijayalakshmi P.**, Professor and Head, Principal, Faculty of Behavioral and Social Sciences, SRIHER. She welcomed the resource person and participants and highlighted the importance of integrating traditional Indian psychological wisdom with contemporary approaches to mental health, aging and well-being.

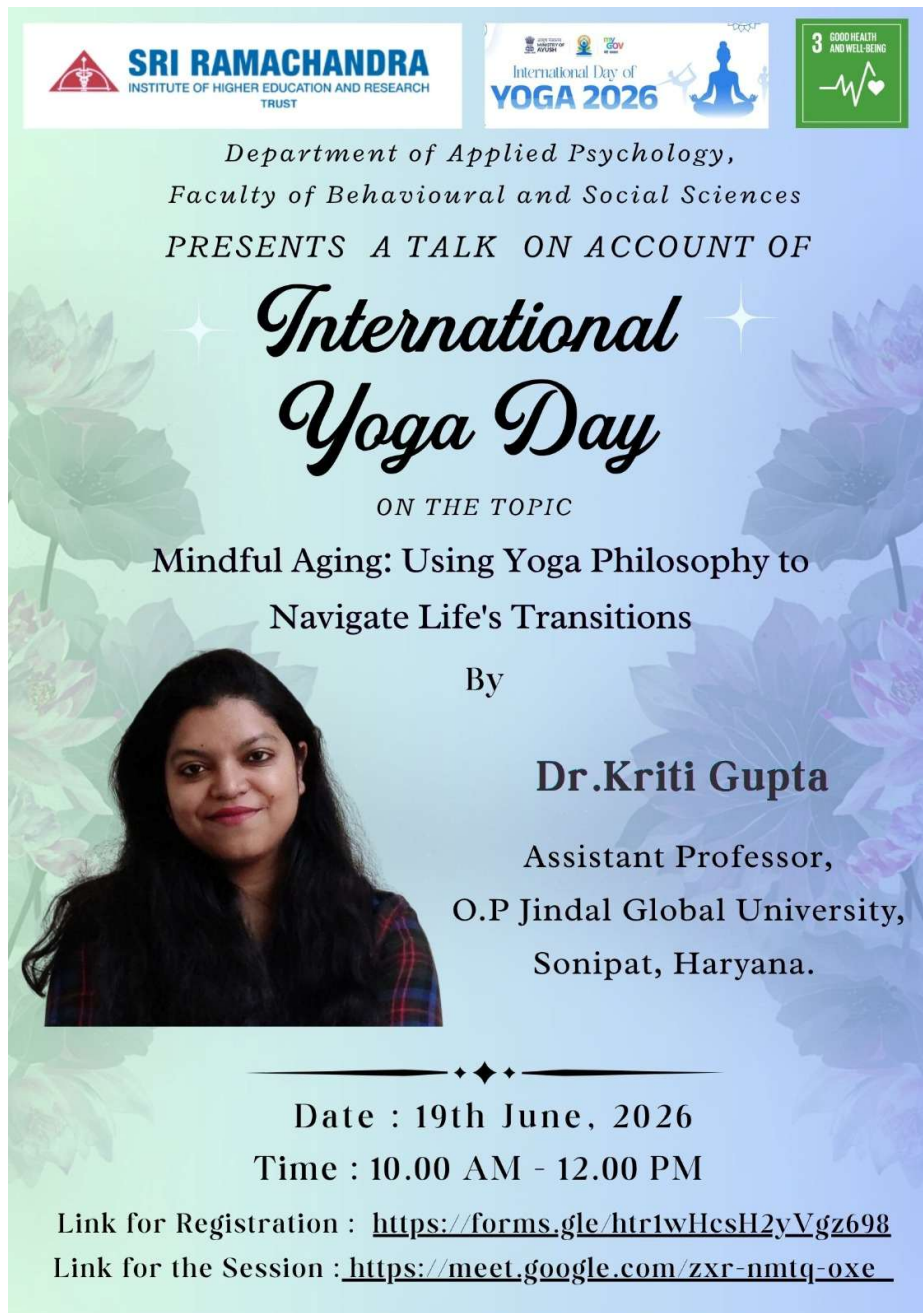
The expert session was delivered by **Ms. Kriti Gupta** from O. P. Jindal Global University, Sonipat, Haryana. Her presentation explored mindful aging from the perspective of Vedic and Indian psychology. A key focus of the lecture was the traditional Indian understanding of human development through the four Ashramas: Brahmacharya, Grihastha, Vanaprastha and Sannyasa. The speaker explained these stages as a progressive journey of learning, responsibility, reflection and spiritual realization. Special emphasis was placed on the transition from Vanaprastha to Sannyasa, where individuals gradually shift from worldly responsibilities toward inner growth, wisdom and self-realization.


Another important component of the lecture was the concept of **Ahamkara**, or the empirical sense of self. The presenter explained how Ahamkara may become attached to identity, possessions and social roles. Within the process of aging, this awareness can gradually expand, allowing individuals to reduce ego-centred thinking and move toward greater connectedness, wisdom and spiritual maturity.


The session was highly interactive. Participants raised questions on practical ways of cultivating non-attachment, the distinction between detachment and non-attachment and the role of spiritual practices in personal


transformation. The resource person suggested practical techniques such as journaling, self-reflection, differentiating needs from wants, practising selfless action and cultivating mindfulness.

The discussion also referred to classical Indian texts, including Patanjali's Yoga Sutras, and highlighted their relevance to contemporary psychological practice. Overall, the session provided a comprehensive understanding of mindful aging through Vedic and Indian psychological concepts and encouraged participants to adopt a balanced, meaningful and mindful approach to aging.



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TRUST

 International Day of
YOGA 2026

 3 GOOD HEALTH
AND WELL-BEING

*Department of Applied Psychology,
Faculty of Behavioural and Social Sciences
PRESENTS A TALK ON ACCOUNT OF*

*International
Yoga Day*

ON THE TOPIC

**Mindful Aging: Using Yoga Philosophy to
Navigate Life's Transitions**

By

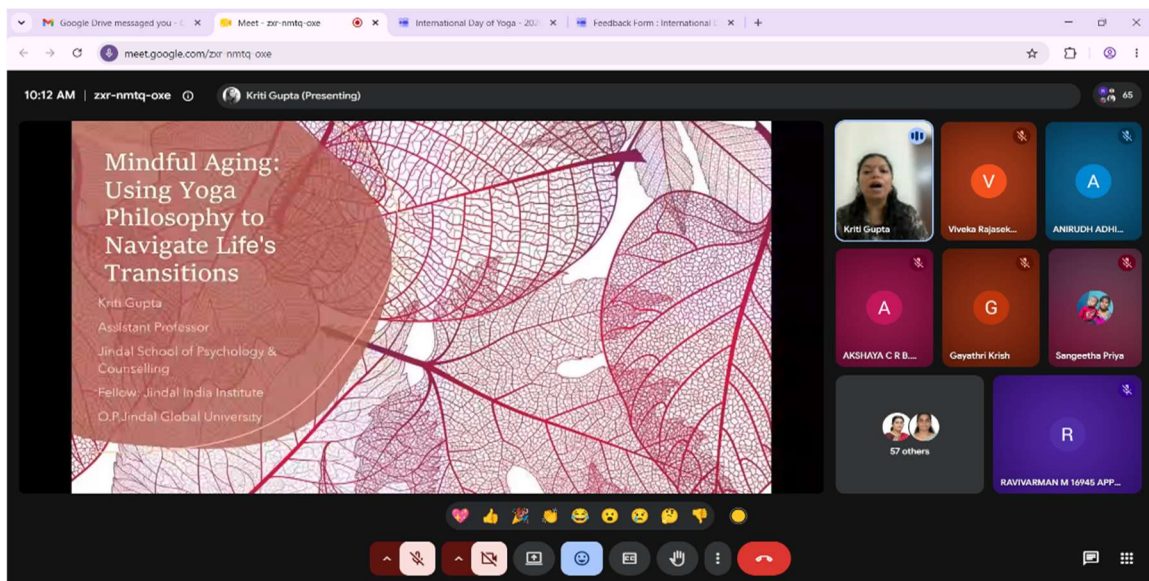
Dr. Kriti Gupta
Assistant Professor,
O.P Jindal Global University,
Sonipat, Haryana.

◆◆◆

Date : 19th June, 2026
Time : 10.00 AM - 12.00 PM

Link for Registration : <https://forms.gle/htr1wHcsH2yVgz698>
Link for the Session : <https://meet.google.com/zxr-nmtq-oxe>

Photographs



Integrative Healthcare Yoga – Panel Discussion with Clinicians and Yoga Experts

Date: 22.06.2026

Time: 1.00 p.m. – 4.00 p.m.

Organised by: Faculty of Allied Health Sciences in collaboration with the Department of Mind Body Medicine, SRIHER

Category / Group: Yoga Expert Lecture Sessions

Moderator: Dr. T. V. Ramakrishnan, Professor and Principal, Faculty of Allied Health Sciences

Coordinators: Mr. Vivek Elangovan and Ms. Mekala

As part of the International Day of Yoga 2026 celebrations, the Faculty of Allied Health Sciences, in collaboration with the Department of Mind Body Medicine, organised a hybrid CME and panel discussion titled “**Integrative Paradigms: Finding the Evidence Ground for Yoga and Allopathy**” on 22.06.2026. The session was conducted from 1.00 p.m. to 4.00 p.m. and was moderated by **Dr. T. V. Ramakrishnan**, Professor and Principal, Faculty of Allied Health Sciences. The programme was coordinated by **Mr. Vivek Elangovan** and **Ms. Mekala**.

The primary objective of the CME was to move clinical practice beyond a fragmented “cafeteria approach” of cross-referrals toward a more structured model of systemic medical integration. The event used a self-directed learning and “anti-lecture” format, encouraging live clinical problem-solving instead of didactic presentations. The discussion focused on developing a practical three-tier Standard Operating Procedure for non-pharmacological interventions, with special emphasis on yoga as an evidence-based medical tool.

The first major sub-event, “**The Grand Dialogue: Mind, Biomechanics and Pathology,**” centred on a complex clinical case involving a 55-year-old breast cancer survivor with PM2.5-induced hypertension and aromatase inhibitor-induced arthralgia. The panel examined the case from multiple perspectives. Dr. Archana explained the cellular impact of oxidative stress and endothelial dysfunction. Dr. Senthilkumar highlighted biomechanical barriers and exercise intolerance due to joint pain. Dr. Vijayalakshmi discussed the psychological and neurobiological effects of fear of recurrence and sympathetic overdrive.

The second component, “**The Integrative Triage Panel,**” examined clinical decision-making across preventive, co-management and fragile cardio-oncology profiles. The panel discussed how dynamic asanas may support metabolic health, how modified protocols can act as stress adjuncts in chronic disease management, and how restorative yoga may be used safely in fragile patients where heavy exertion is unsuitable.

The expert panel also reached important clinical consensus points. Yoga was positioned as a complementary and synergistic therapy rather than an alternative to medical care. The discussion emphasised that yoga should be prescribed and monitored collaboratively by an integrated medical team.

A key outcome of the CME was the development of a cross-referral SOP with clear data metrics. Suggested clinical parameters included target heart rate, diet intake, adherence logs, yoga dosage, pain scores, pulmonary function tests, heart rate variability or perceived stress scores, hs-CRP and fasting lipid profiles.

Overall, the panel discussion was a highly engaging and clinically meaningful IDY 2026 event. It successfully connected yoga, allopathy and allied health perspectives and strengthened the evidence-based foundation for integrative healthcare practice.

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FACULTY OF ALLIED HEALTH SCIENCES

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17

INTERNATIONAL DAY OF YOGA
21 June

Celebrates
**INTERNATIONAL
YOGA DAY 2026**

*Integrative Healthcare: Finding the Evidence Ground for
Yoga and Allopathy*

Grand Dialogue
Dr.Vijayalakshmi P
Professor & Head of the Department of Applied Psychology, Faculty of Behavioral Sciences.

Dr.Senthilkumar T
Associate Professor, Head of the department of cardiopulmonary Physiotherapy.

Dr.Archana B
Assistant Professor, Department of Pathology.

Panel Discussion
Dr.Shriram Mahadevan
Professor & Head of Endocrinology, SRMC & RI.

Dr.Prithviraj
Assistant Professor, Department of Surgical Oncology, SRMC & RI

Dr.Hari Lalith
Assistant Professor, Department of Cardiology, SRMC & RI

Dr.K.Mahesh Kumar
Assistant Medical Officer, Lecturer Grade II cum Residential Medical Officer(IQ) Government Yoga and Naturopathy Medical College and Hospital, Chennai.

Moderator:
Dr.T.V.Ramakrishnan
Professor & Head of Emergency Medicine & Trauma care management,
Principal - Faculty of Allied Health Sciences

Date: 22nd June 2026
Time: 1.30 pm to 3.00 pm

Click here to register
<https://forms.gle/auYJFCFzuwVsrkuH6>

Click here to join
<https://bit.ly/44kOCFv>

State Level Yoga Championship

Date: 06.06.2026

Organised by: Department of Physical Education, SRIHER

Category / Group: Competitions

Event Title: 2nd State Level Yoga Championship – 2026

Beneficiaries / Participants: More than 60 participants, including 35 women and 25 men

In celebration of the 12th International Day of Yoga, Sri Ramachandra Institute of Higher Education and Research hosted the **2nd State Level Yoga Championship – 2026** on 06.06.2026 at its Porur, Chennai campus. The event was organised by the **Department of Physical Education** and witnessed strong participation from yoga practitioners across different age groups. The championship was conducted with the objective of promoting holistic health, discipline, physical fitness, flexibility, concentration and community engagement through yoga.

More than 60 participants took part in the competition, including 35 women and 25 men. The event provided a platform for participants to showcase their skills in various yoga asanas and techniques. By including participants across age categories, the championship encouraged inclusivity and demonstrated that yoga can be practised meaningfully by individuals at different stages of life. The competition also highlighted the importance of balance, strength, flexibility, breath control, focus and disciplined practice.

A major highlight of the event was the demonstration of yoga asanas by participants, who displayed both physical skill and mental composure. The championship created an atmosphere of enthusiasm and healthy competition while also reinforcing the deeper value of yoga as a practice of self-discipline and holistic well-being. The event encouraged participants to view yoga not only as a competitive skill but also as a lifelong wellness practice.

In addition to the asana competition, a special session was held on **breathing techniques and immunity-boosting yoga practices**. The session offered practical tips on breathing exercises and explained their relevance in improving lung capacity, respiratory efficiency and overall well-being. These practices were presented as especially valuable in the present health-conscious context, where preventive and promotive health practices are increasingly important.

The prize distribution ceremony recognised the efforts and achievements of participants. Prizes were distributed by **Dr. Sai Aditya Raman, Secretary of the Sports Committee, Dr. D. C. Mathangi, Head, Department of Mind Body Medicine and Lifestyle Sciences, and Dr. C. Pushparani, Director of Physical Education**, on 06.06.2026. Their presence added significance to the event and reflected institutional support for yoga, sports and wellness promotion.

Overall, the 2nd State Level Yoga Championship – 2026 was a successful and meaningful contribution to the International Day of Yoga celebrations. The event reinforced SRIHER’s commitment to promoting physical and mental health through yoga and strengthened the institution’s role in encouraging wellness, discipline, inclusivity and community participation.

Photographs



Reels Competition – Wellness, Wisdom, World Peace

Organised by: SRIHER Yoga Club

Category / Group: Competitions

Mode: Online / Digital Submission

As part of the International Day of Yoga 2026 celebrations, SRIHER organised a **Reels Competition** on the theme “**Wellness, Wisdom, World Peace.**” The competition was designed as a creative digital engagement activity to encourage students and members of the SRIHER community to express the relevance of yoga in everyday life through short-form video content. By using the popular reels format, the event connected the traditional wisdom of yoga with contemporary modes of communication and youth participation.

The objective of the competition was to promote awareness about yoga as a practice that extends beyond physical postures. Participants were encouraged to creatively represent how yoga supports personal wellness, inner clarity, emotional balance, mindful living and harmony in society. The theme “Wellness, Wisdom, World Peace” provided a broad and meaningful framework for participants to explore yoga as a way of life that begins with individual well-being and gradually expands into compassionate action, social harmony and collective peace.

The reels format enabled participants to combine movement, music, narration, visuals, symbolism and personal reflection. Entries could highlight yoga postures, breath awareness, meditation, mindfulness, healthy lifestyle practices, nature connection, group participation or messages on peace and balance. This format made the competition accessible, engaging and relevant to students who are familiar with digital storytelling and social media-based communication.

The event also served as a platform for promoting health communication through creative media. In the present digital era, short videos can be powerful tools for spreading public health messages. Through this competition, participants were encouraged to communicate the benefits of yoga in a concise, attractive and relatable manner. The activity helped reinforce the message that yoga is not limited to formal practice spaces, but can be integrated into daily routines, personal habits and community life.

The competition also promoted student participation, creativity and peer learning. By preparing reels, participants reflected on their own understanding of yoga and translated that understanding into visual form. This process encouraged deeper engagement with the theme and helped participants connect yogic values with everyday experiences such as stress management, self-discipline, emotional regulation, mindful breathing and peaceful coexistence.

Overall, the **Reels Competition – Wellness, Wisdom, World Peace** was a meaningful component of the IDY 2026 competitions category. It encouraged students to use digital creativity to promote yoga, wellness and peace.

The event reflected SRIHER's commitment to combining traditional knowledge with innovative outreach methods and helped spread the message of yoga through a youth-friendly and socially relevant medium.

3 GOOD HEALTH AND WELL-BEING

16 PEACE, JUSTICE AND STRONG INSTITUTIONS

17 PARTNERSHIPS FOR THE GOALS

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— FACULTY OF OCCUPATIONAL THERAPY —

SHRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION
LAKSHMI TO ITS PALACE
EXCELLENCE IN OCCUPATIONAL THERAPY
TEACHING, RESEARCH AND INNOVATION

CELEBRATES

INTERNATIONAL YOGA DAY 2026

Let Yoga Guide You. Let Peace Reside Within.

International Day of Yoga
Yoga for Harmony & Peace

REELS COMPETITION
YOGA FOR WELLNESS, WISDOM, AND WORLD PEACE

1 **THEME**
Every reel must reflect at least one of the following themes:
WELLNESS
WISDOM
WORLD PEACE

2 **DURATION**
30 – 60 seconds

3 **CONTENT**
Must be original.

4 **ELIGIBILITY**
Open to all **SRIHER** students and faculty.

5 **PARTICIPATION**
1 or 2 participants per reel.

Last date for submission: **June 10, 2026**

Send your reels to occupationaltherapy@sriramachandra.edu.in

Yoga Research & Innovation Showcase 2026 – Online Poster Presentation Competition

Date: 20.06.2026

Time: 10.00 a.m. – 2.00 p.m.

Mode: Online, Google Meet

Organised by: Faculty of Clinical Research, SRIHER

Category / Group: Competitions

Total Participants: 24

Student Participants: 17, including 4 UG students, 5 PG students and 8 PhD scholars

Faculty Participants: 7

External Participants: Nil

As part of the International Day of Yoga 2026 celebrations at SRIHER, the **Faculty of Clinical Research** organised an online poster presentation competition titled “**Yoga Research & Innovation Showcase 2026**” on 20.06.2026. The event was conducted through Google Meet from 10.00 a.m. to 2.00 p.m. and provided an academic platform for postgraduate students, PhD scholars and faculty members pursuing PhD programmes across various departments of SRIHER.

The objective of the competition was to promote understanding of the scientific relevance and application of yoga in healthcare. The event also aimed to encourage interdisciplinary learning and provide a platform for presenting innovative research and emerging evidence related to yoga and mindful health. By focusing on poster presentations, the programme encouraged participants to communicate research ideas in a structured, visual and evidence-based manner.

The online session commenced with an introduction by **Ms. Meenu S**, Tutor, Faculty of Clinical Research, followed by a formal introduction of the judges. The competition was evaluated by **Dr. D. C. Mathangi**, Professor and Head, Department of Mind Body Medicine and Lifestyle Sciences, Faculty of Behavioural and Social Sciences, SRIHER and IDY Nodal Officer; **Dr. Abitone V. R**, Project Research Scientist, Clinical Trial Division, SRIHER; and **Dr. Vijayalakshmi Purushothaman**, Professor and Head, Department of Applied Psychology, Faculty of Behavioural and Social Sciences, SRIHER.

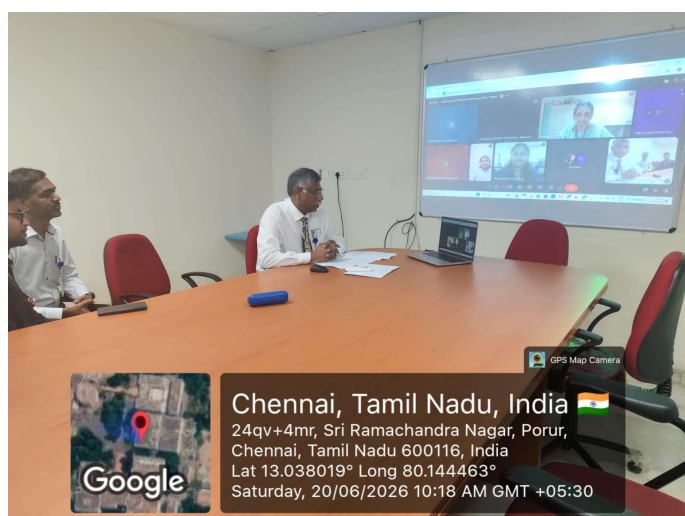
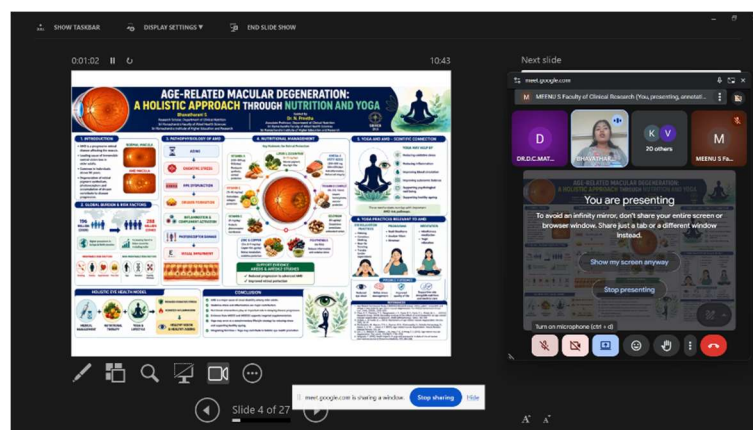
Following this, **Dr. Solomon F. D. Paul**, Head of the Department, addressed the gathering and highlighted the importance of yoga and its relevance in promoting health and well-being. The poster presentation session began at around 10:30 a.m. A total of 24 presentations were delivered by students and faculty participants on themes such as yoga and eye health, meditation and cognitive well-being, immune response, stress-related conditions,

regenerative and rehabilitative health, mindfulness and leadership, healthy ageing, student mental health, sports performance enhancement and trauma-informed yoga.

Each participant was given five minutes to present, followed by feedback and questions from the judges. The presentations continued smoothly and concluded at approximately 1:45 p.m. The judges appreciated the quality, relevance and interdisciplinary nature of the presentations. The evaluation sheets from all three judges were compiled and winners were selected. The first place was awarded to **Mr. N. Kannan** and **Mr. Maarthi Raja**, the second place to **Ms. Priyanka Balaji**, and the third place to **Dr. Archana B.**

Overall, the event highlighted the growing importance of yoga as a complementary approach to improving physical, mental and social well-being. It also strengthened the role of research, innovation and evidence-based discussion in advancing yoga within healthcare and academic contexts.

Photographs





SRI RAMACHANDRA
FACULTY OF CLINICAL RESEARCH



Organizes

YOGA RESEARCH & INNOVATION SHOWCASE 2026

Presenting the Science Behind Mindful Health

ONLINE POSTER PRESENTATION COMPETITION

In connection with

International Day of Yoga 2026

Important Dates

Registration Starts On
12th June 2026

Registration Ends On
18th June 2026

Online Presentation On

**20th June 2026, Saturday
10.00 am**

<https://meet.google.com/tsk-uort-dsf>

Who can participate

All PGs, PhD Scholars & Faculty Members pursuing PhD in related disciplines
(Only individual participation)

**Exciting Prizes for
Best Posters !!**

E-certificates for all participants

Poster Specifications

- Size: A3 (landscape)
- File format: JPG/PNG or PDF
- Use clear fonts, graphs, tables & figures
- Poster must be based on any original published research, supported by appropriate references.

Scan here to register



<https://forms.gle/Vwrf53n9EtozqGN8>

Presentation Guidelines

- Each participant will have 5 minutes for presentation
- Ensure your system, camera and microphone are working properly during the presentation time.

For queries:

044 4592 8500 Extn: 196

fcr.office@sriramachandra.edu.in



Ministry of
Ayush
Government of India



Shri Narendra Modi
Hon'ble Prime Minister



YOGA SANGAM PATRA

This is to certify that

M/s Sri Ramachandra Institute of Higher Education a
organized Yoga Sangam event to mark the International Day of Yoga on 21st June, 2026.

The event was organized
at University Auditorium and had the participation of 1276 people.

*It is also to certify that this event was held simultaneously and in harmony with the national event of
International Day of Yoga 2026, led by the Hon'ble Prime Minister at
Kolkata, West Bengal.*

Prataprao Jadhav
Union Minister of State (IC), Ministry of Ayush and
Minister of State, Ministry of Health and Family Welfare

Date: 21st June, 2026
New Delhi