



Vinayaka Mission's Kirupananda Variyar Medical College & Hospitals, Salem – 636308.

**A Constituent College of
Vinayaka Mission's Research Foundation (Deemed to be University)**

International Yoga Day Celebration 2019

International Yoga day was celebrated by students and teachers at Boys hostel campus, Vinayaka Mission's Kirupananda Variyar Medical College & Hospitals, Salem on 21.06.2019 with great enthusiasm.

Dean, Prof. Dr. K. Prakasam addressed the gathering stating the importance of regular practice of Yoga and how it help to students to achieve a better life, physically, mentally and spiritually. He encouraged the students to practice regular yoga to remain fit and improve concentration.

The programme started with the warm up exercise and all the students performed "Surya Namashkar" demonstrated by Dr. Milind V. Bhutkar, Deputy Dean (Admin) and the importance of Surya Namashkar was explained simultaneously.

Around 30 students and 10 faculty took part in the programme and performed Surya Namashkar. The programme was organized by the administrators and co-ordinated by Dr. B. Senthil Kumar, Asst. Professor, Dept. of Anatomy and Mr. Syed Mohammed Ali, Tutor, Dept. of Physiology.









