

IDY 2021 – INTERNATIONAL DAY OF YOGA 2021 – JUNE 21

EVENTS ORGANISED BY NATIONAL SERVICE SCHEME (NSS)

In order to commemorate the IDY – International Day of Yoga 2021 on June 21, the NSS unit of VMKVMCH, Salem organized the following events (One offline and three online events). They are

1. A demonstration of asanas for Teaching and Non-teaching faculties – Offline event
2. A video competition for Undergraduate students to showcase their talents in Yoga
3. Guidance to students and faculties to actively participate in two tasks mentioned in an official Government website – Take a pledge and Online yoga quiz
4. An awareness video on Yoga as well as few asana depictions by the students of second MBBS.

DEMONSTRATION OF SURYA NAMASKAR AND FEW ASANAS FOR TEACHING AND NON-TEACHING FACULTIES

As a part of the celebrations of IDY 2021 – International Day of Yoga, the NSS unit of VMKVMCH, Salem organised an offline event maintaining all the Covid-19 social distancing protocols. Mrs.Pratima Bhutkar, Assistant Professor of Physiology was the Yoga instructor and she demonstrated the Surya namaskar and few other important asanas. More than 20 teaching and non-teaching faculties actively participated in the event and made it a success.

FEW IMAGES OF THE EVENT





A VIDEO COMPETITION FOR UNDERGRADUATE STUDENTS TO SHOWCASE THEIR TALENT IN YOGA

The NSS unit along with the Alumni Association of VMKVMCH, Salem jointly organised a video competition for undergraduate students where each individual participant was asked to send a video of any asana and duration for the same is less than 1 minute and 30 seconds. The videos were judged by two eminent judges and the winner and first runner up will be awarded with mementos sponsored by the alumni association and all the participants will be provided with E-certificates.

Winner : Mr.VANOJ KANNAN – Final year MBBS part 2

First Runner up : Miss.PAVITHRA – Second year MBBS

IMAGES FROM THE YOGA VIDEOS OF STUDENTS





GUIDANCE TO STUDENTS AND FACULTIES TO PARTICIPATE IN TWO TASKS MENTIONED IN OFFICIAL GOVERNMENT WEBSITE – TAKE A PLEDGE AND ONLINE YOGA QUIZ

The NSS unit with its representatives guided and encouraged people to volunteer themselves to participate in two tasks mentioned in official Government website for Yoga <https://yoga.ayush.gov.in/>

The two tasks are

1. To take the pledge to help promote yoga learning and its adoption
2. International Day of Yoga 2021 - Quiz

The Government provided the participants with E-Certificates.

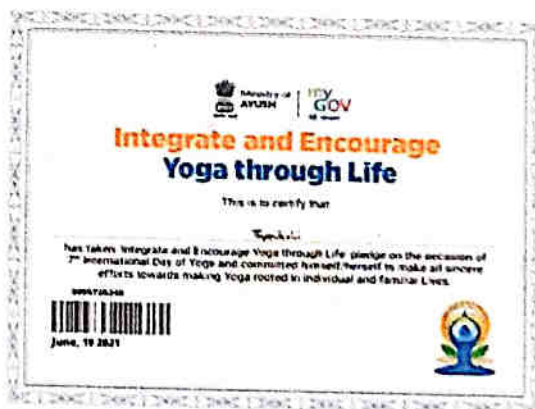
The NSS unit with all its representatives took great efforts in guiding and encouraging many students as well as faculties to actively participate in these two tasks put forth by the Government of India to create awareness about Yoga and its benefits.

In making these efforts the NSS unit succeeded and around **130 volunteers** comprising of faculties, Interns and UG students took part actively in 'Take a Pledge' task and around **127 volunteers** took part in 'Online yoga quiz' and all of them received their E-certificates. It is indeed a great achievement for NSS unit to make a total of **more than 250 volunteers** from our institute to participate in these two different tasks mentioned in official Government website to promote yoga on the eve of IDY 2021.

In this regard the NSS have played a vital role in creating awareness as well as the importance of Yoga and its benefits to the medical fraternity and in turn to the society.

IDY 2021 –

SCREENSHOT IMAGES OF THE PAGES WITH TWO TASKS MENTIONED IN OFFICIAL YOGA WEBSITE OF GOVERNMENT





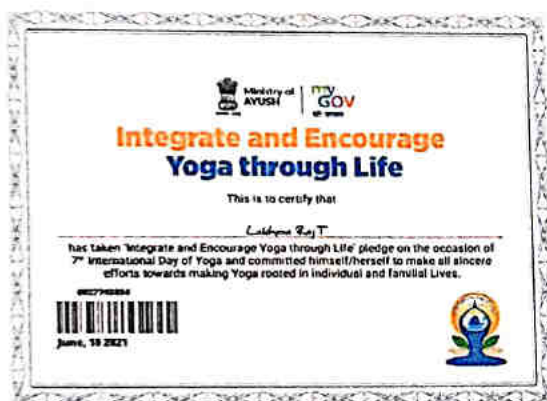
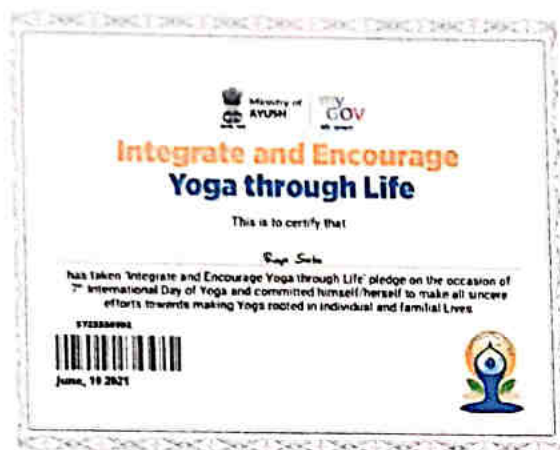
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FEW IMAGES OF E-CERTIFICATES RECEIVED BY OUR STUDENTS



AN EXCLUSIVE AWARENESS VIDEO BY NSS STUDENT REPRESENTATIVES

As a part of IDY celebration 2021, the NSS representatives from second year MBBS have created an exclusive awareness video that describes the health benefits of Yoga as well as images of suryanamaskar and various asanas performed by some of the second year students. The same will be shared in social media as well as kept as whataspp status so as to spread the awareness among the society about the health benefits of yoga.

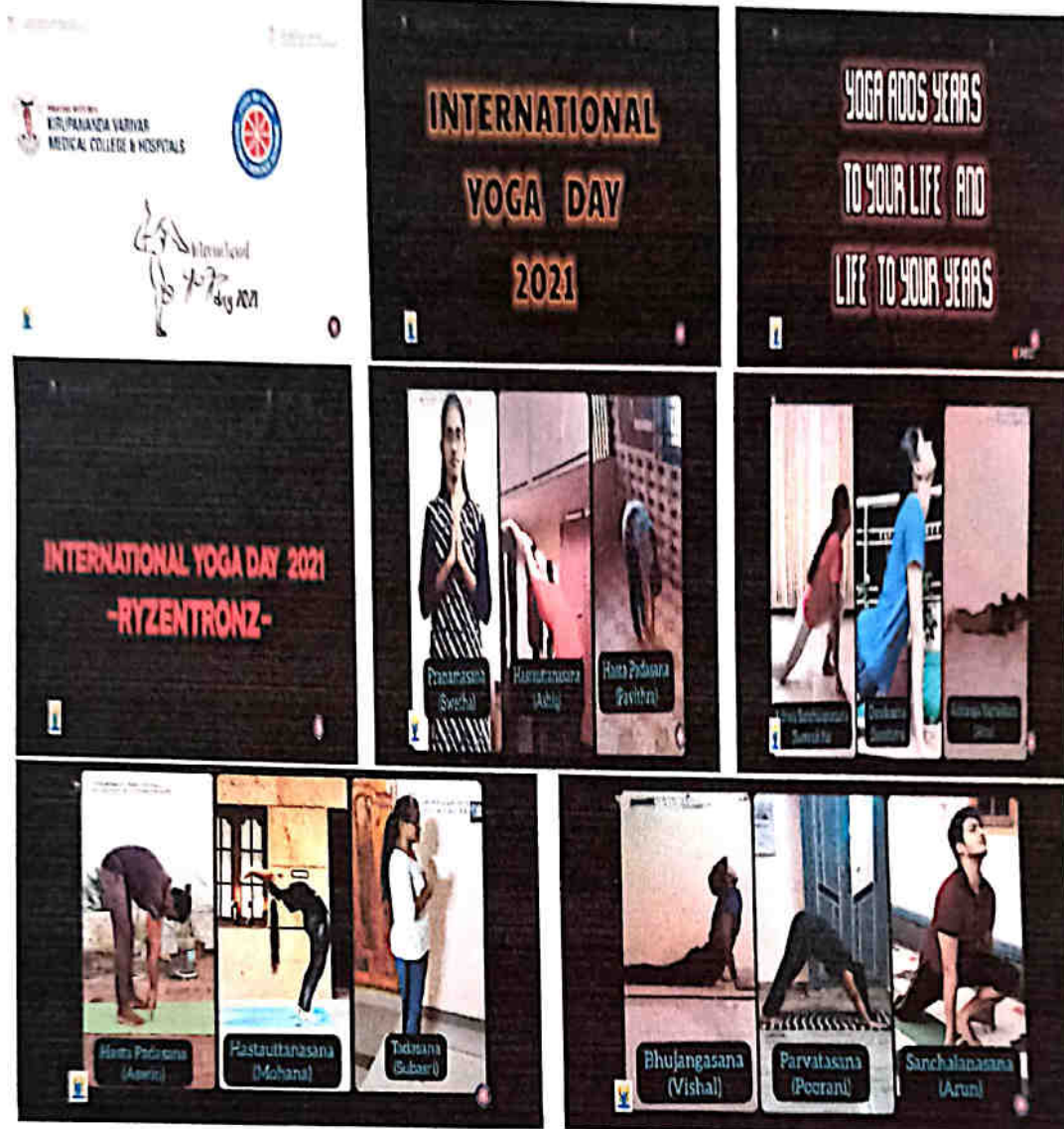



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FEW SCREENSHOT IMAGES AWARENESS VIDEO



for 
NSS CO-ORDINATOR
PROFESSOR & HOD
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V.M.K.V. Medical College,
Seeragapadi, SALEM-636 308

MEDICAL SUPERINTENDENT

21-06-2021
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Medical Superintendent
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21/6/21
DEPUTY DEAN
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