



YOGA FOR HUMANITY

Department of Physiology



**“YOGA IS A LIGHT,
WHICH ONCE LIT,
WILL NEVER DIM”**



VINAYAKA MISSION'S
RESEARCH FOUNDATION
(Deemed to be University under section 3 of the UGC Act 1956)



VINAYAKA MISSION'S
KIRUPANANDA VARIYAR
MEDICAL COLLEGE & HOSPITALS

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

Vinayaka Mission's Research Foundation (Deemed to be University)

**INTERNATIONAL DAY OF YOGA
2023
CELEBRATIONS**

**Organized by
Department of Physiology & NSS**



YOGA FOR HUMANITY

*"Yoga is a light, which once lit,
will never dim"*

SURYA NAMASKAR:



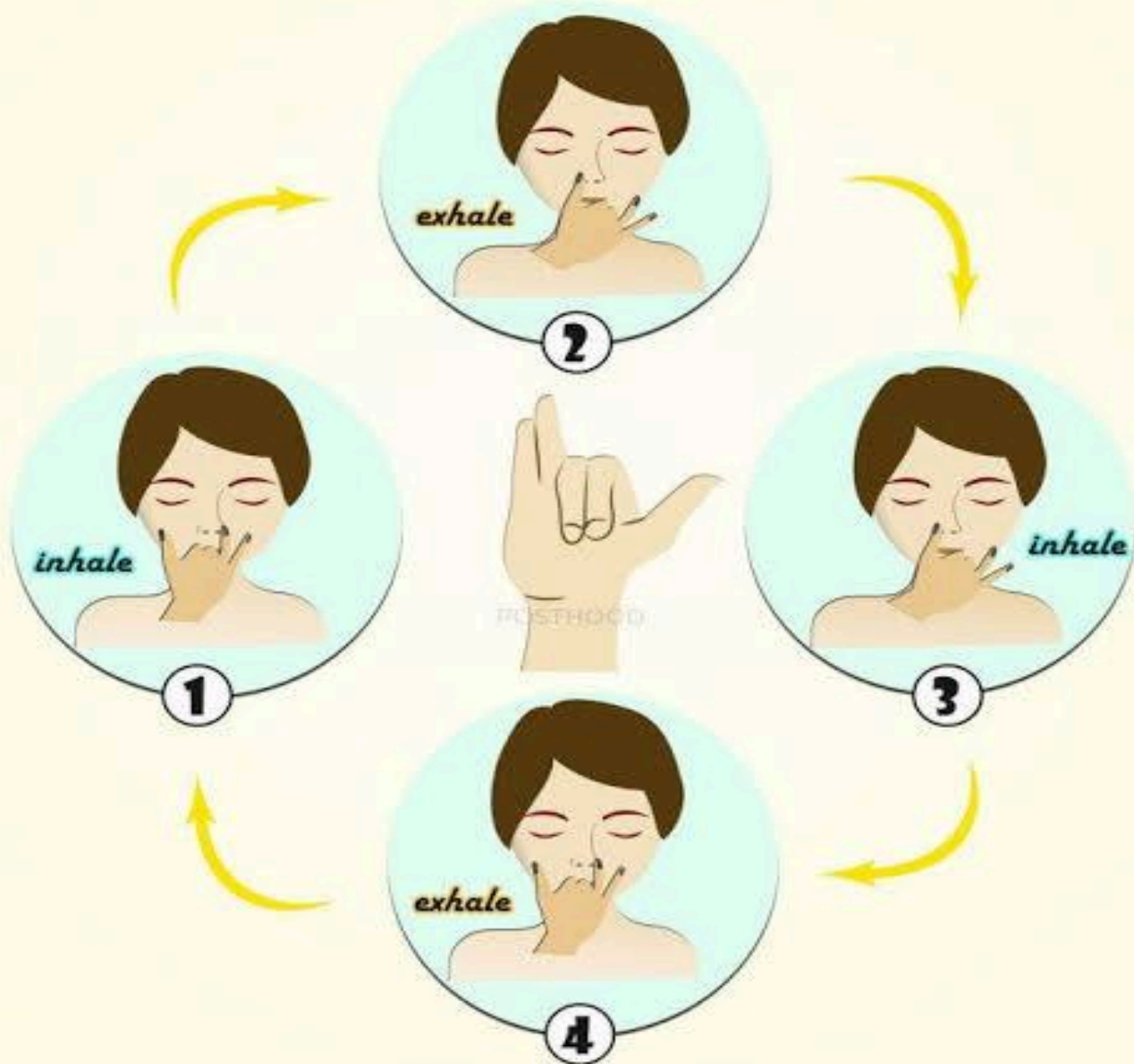
Surya Namaskar

- ▶ Helps maintain cardiovascular health
Stimulates the nervous system
- ▶ Helps in stretching, flexing and toning the muscles
- ▶ An excellent exercise for weight loss management
- ▶ Strengthens the immune system
- ▶ Enhances cognitive functions
- ▶ Improves overall health, strengthens the body and relaxes the mind



PRANAYAMA

INSTRUCTIONS



BENEFITS OF

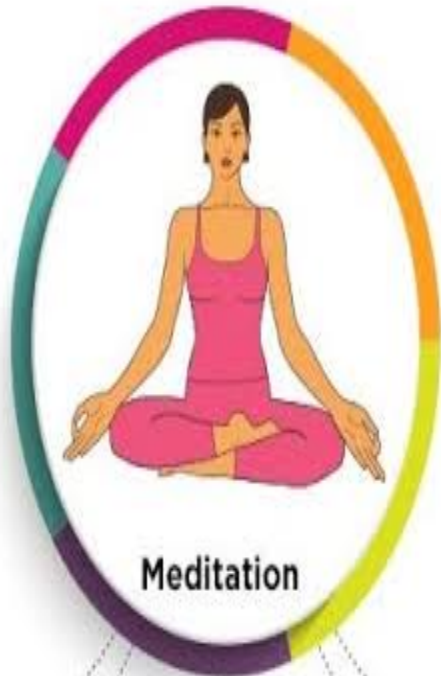
PRANAYAMA (BREATHING EXERCISES)

- Antioxidative Effect
- Oxygenate Blood
- Calms the Mind
- Reduces Stress
- Improve Lung Capacity
- Strengths Respiratory System



MEDITATION HELPS IN:

Skills to manage your stress
Lowering resting heart rate
Lowering resting blood pressure
Anxiety
Asthma
Chronic pain
Depression
Heart disease
Irritable bowel syndrome
Tension headaches



Meditation



Choose your posture



Elongate your spine



Rest your hands



Relax your shoulders



Sit like a mountain



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INTERNATIONAL YOGA DAY CELEBRATIONS

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EVENTS:

12/06/23 : 3pm – 4pm – **Yoga performance by staff**

13/06/23 - 17/06/23 :3pm – 4pm – **Yoga performance by Students**

14/06/23 : 10am – 1pm – **Yoga awareness programme
in Old age home**

15/06/23 : 10am – 1pm – **Yoga awareness programme
in Orphanage**

16/06/23 : 11am – 1pm – **Animated videos competition &
Meme competition on yoga**

17/06/23 : 10am – 1pm – **Yoga & health awareness programme
in RHTC**

17/06/23 : 2pm – 4pm – **Selection of best yoga performer**

19/06/23 :2pm – 4pm – **Speech competition -
“Gen Z view on Yoga & health” in J Lecture hall**

21/06/23 : 10am – 1pm – **Online CME - Yoga and Stress.**