

AARUPADAI VEEDU MEDICAL COLLEGE & HOSPITAL

NATIONAL SERVICE SCHEME

CELEBRATION OF INTERNATIONAL DAY OF YOGA - 19.06.2017 TO 24.06.2017

In continuation with the celebration of International Day of Yoga, National Service Scheme of Aarupadai Veedu Medical College & Hospital organized various programmes from 19.06.2017 to 24.06.2017 at the campus. We organized a CME programme on "Yoga and Health" on 19.06.2017 at Annapoorani Hall, AVMC&H. The programme was inaugurated by Dr. H. Palanisamy, M.D., Vice Principal, AVMC&H. Dr. B.Rajalakshmi, BSMS., M.Sc. (Yoga), M.Sc. (Varma) was the guest speaker. Dr. B. Rajalakshmi not only enlightened that crowd about the benefits of Yoga, she also demonstrated and made the MBBS students practice various Yogik that will be beneficial to the student community to combat stress and increase their concentration and memory.

On 21st of June, Art of Living volunteers visited our campus and undertook 2 hours of mass Yoga practice session for student s and faculty of our institute. 250 medical and nursing students took part in the mass Yoga demonstration.

On 20th and 22nd to 24th of June between 9.00 a.m. to 9.30 a.m. everyday, the students were trained in Aum chanting and Pranayama by Dr. Lakshmi Jatiya, Professor, Dept. of Physiology, AVMC&H.

On 23rd of June two of our faculty members actively participated in National Seminar and Workshop on "Benefits of Yoga in chronic diseases" in a neighboring medical college in Pondicherry.