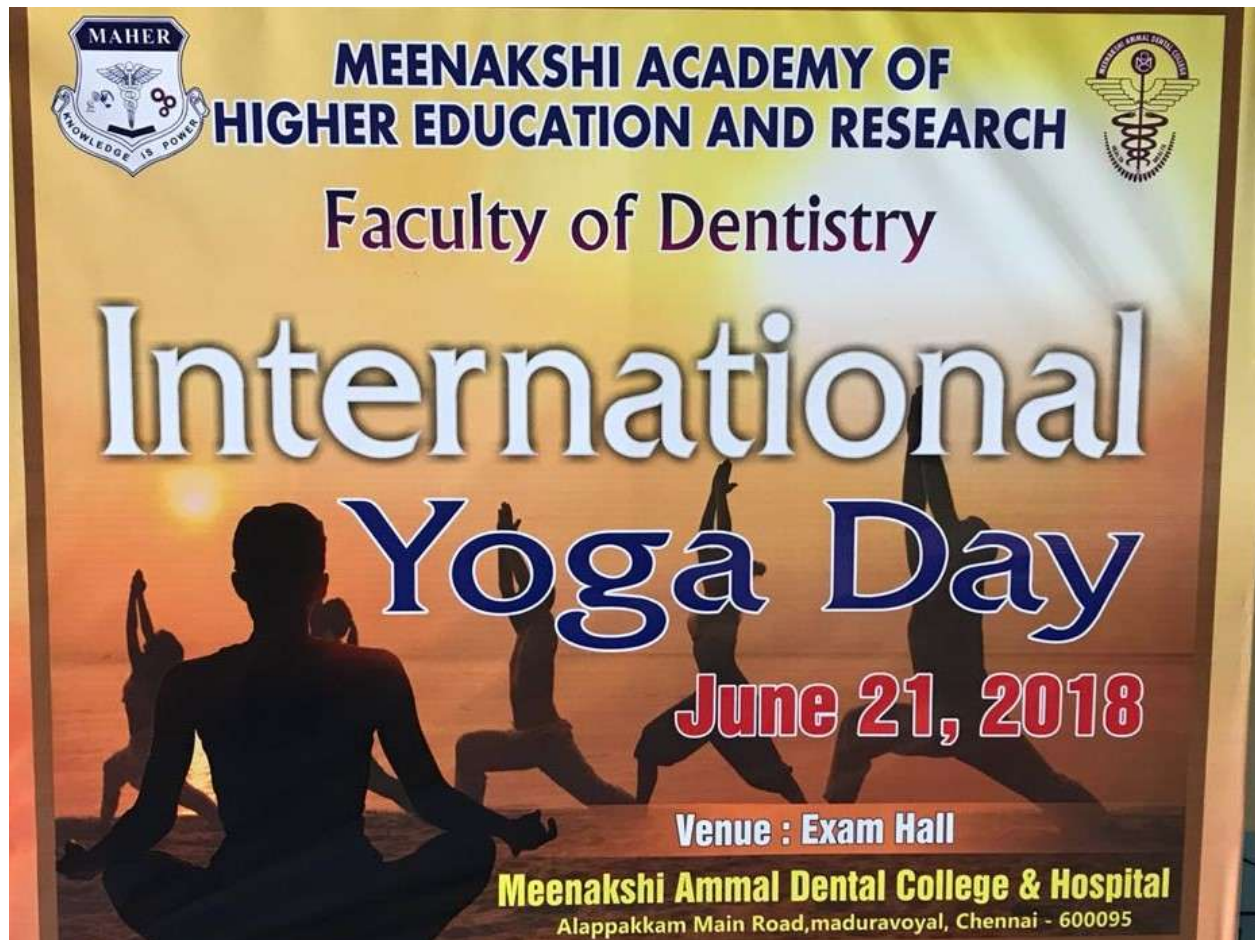


INTERNATIONAL YOGA DAY (21/06/2018) – Summary

We are happy to bring to your notice that on behalf of the world yoga day (21/06/2018) a yoga workshop was conducted at Meenakshi ammal dental college on 21/06/2018 in the exam hall.



Below mentioned was the programme schedule that was followed during the workshop.

- **Welcome address**
- **Felicitation of the instructors**
- **Introduction to YOGA**
- **Practical workshop**
- **Feedback session**

The instructors of the day were **Mrs. Sangeetha** and **Mr. Mohan** both representing the ISHA yoga centre. The instructors were felicitated by vice principal – Dr. N. Velmurugan. There were totally hundred participants who volunteered to participate, it comprised of BDS students from 1st year to internship. It was observed from the feedback that the students were benefited from this workshop and has helped to reduce study related stress factors.

Venue: Exam hall – Meenakshi ammal dental college

Date: 21/06/2018

Total no of participants: 100

No of instructors: 2

No of sessions: 2

Session Duration: 1 hour each

Session timings: 1st – 8.30am to 9.30am

2nd – 9.30am to 10.30am



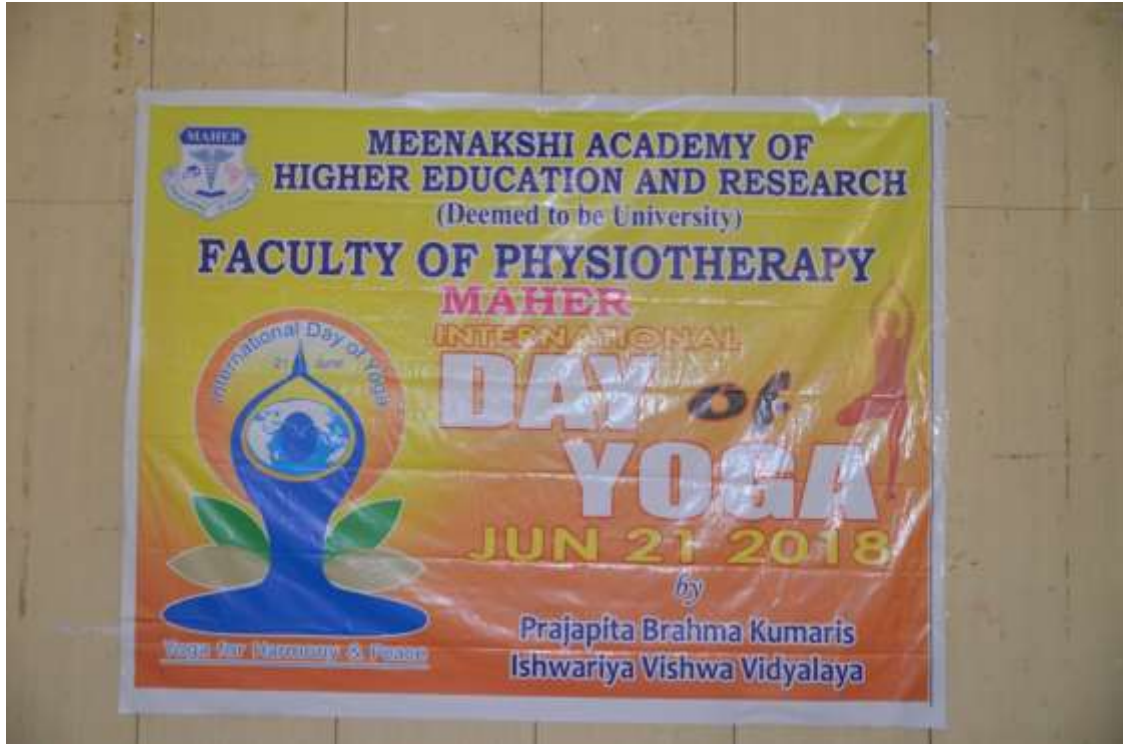


Yoga Day at Meenakshi Medical College & Research Institute, Enathur



- 1- On 21st of June 2018 we celebrated **INTERNATIONAL DAY OF YOGA AT MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH AUDITORIUM**. All of Our under Graduate & Post Graduate students and faculty members attended the interactive yoga session and practiced all the basic Asanas to mark the celebration of international day of yoga.

INTERNATIONAL DAY OF YOGA



Introduction about the guest speaker given by Dr.S.Sudhakar, Prinicipal Faculty of Physiotherapy, MAHER.



The guest lecture given by “prajapita brahma kumaris vshwas vidayala” Mr. Krishna Anand gave a introductory speech about the brahma kumaris and also about the imporatnce of yoga in everyday life. Mr. Ramakrishnan gave an excellent speech about the Rajyoga Spritual Meditation.



Brahma Kumaris Mrs.Rajeshwari had a session about the various Asanas and about the impact of mobility for a healthy life.



Pranayama and few simple yogasanas





Humming pranayama to improve concentration in studies



Rajyoga Meditation Fundamentals



Rajyoga Meditation Fundamentals to maintain balance between mind soul and body



Our Faculties with Honourable Guest Prajapita Bramha Kumaris

