



ANNAPOORANA MEDICAL COLLEGE & HOSPITALS
SALEM - 636 308.

The Dean, Faculties and Students of AMCH
cordially invite you for

INTERNATIONAL YOGA DAY - 2022

Celebration

Chief Guest

Mr. J.S. SATHISH KUMAR, BE., MBA.,

Chairman,
Annapoorana Medical College & Hospitals,
Salem.

Key Note Address On Yoga

Dr. SIVARAJ SHIBI, MBBS.,

Vice Chairman,
Sivaraj Naturopathy and Yoga Medical College,
Salem.

Date : **21.6.2022 (Tuesday)** Time : **10.00 am**

Venue : **Lecture Hall A**

All are Welcome

Programme

Prayer	10.00 am	Thamizh Thaaai Vaazhthu
Welcome Address	10.05 am	Prof. Dr. T. Uma Maheswari.MD., Professor & HOD, Department of Physiology..
Felicitation	10.10 am	Prof. Dr. P. Shanmugam, MS, M.Ch., Dean. Prof. Dr. P.M. Subramaniam, MD., Controller of Examinations. Prof. Dr. N. Mohan, MS., Medical Superintendent. Prof. Dr. B. Usha, MD., Vice Principal, Professor & HOD of Microbiology.
Presidential Address	10.25 am	Mr. J.S. Sathish Kumar, BE.,MBA. Chairman, Annapoorana Medical College & Hospitals, Salem.
Video clipping	10.45 am	Yoga and its benefits.
Introduction of the Speaker	10.40 am	Prof. Dr. R. Niruba. MD., Professor, Department of Physiology.
Key note address on "Yoga for Humanity"	10.45 am	Dr. Sivaraj Shibi, MBBS., Vice Chairman, Sivaraj Naturopathy and Yoga Medical College, Salem.
Certificate Distribution	11.15 am	
Vote of Thanks	11.20 am	Prof. Dr. R. Babitha. MD., Professor, Department of Physiology.

National Anthem

A CME was conducted on "International Yoga day" by the department of Physiology on 21st June 2022 on benefits of Yoga on health. Dr Selvakumar, Reader, Sivaraj college of Naturopathy and Yoga briefed on the benefits of yoga and health. As per the recommendations of NMC, our students practiced yoga under the guidance and supervision of yoga teachers from Sivaraj Naturopathy and Yoga medical College, Salem for ten days prior to international Yoga day in order to create awareness about the benefits of Yoga on health among the medical students. Based on their performance five first MBBS students were identified by the yoga teachers and they were awarded certificates of appreciation by the Principal of Sivaraj Naturopathy college, Salem.