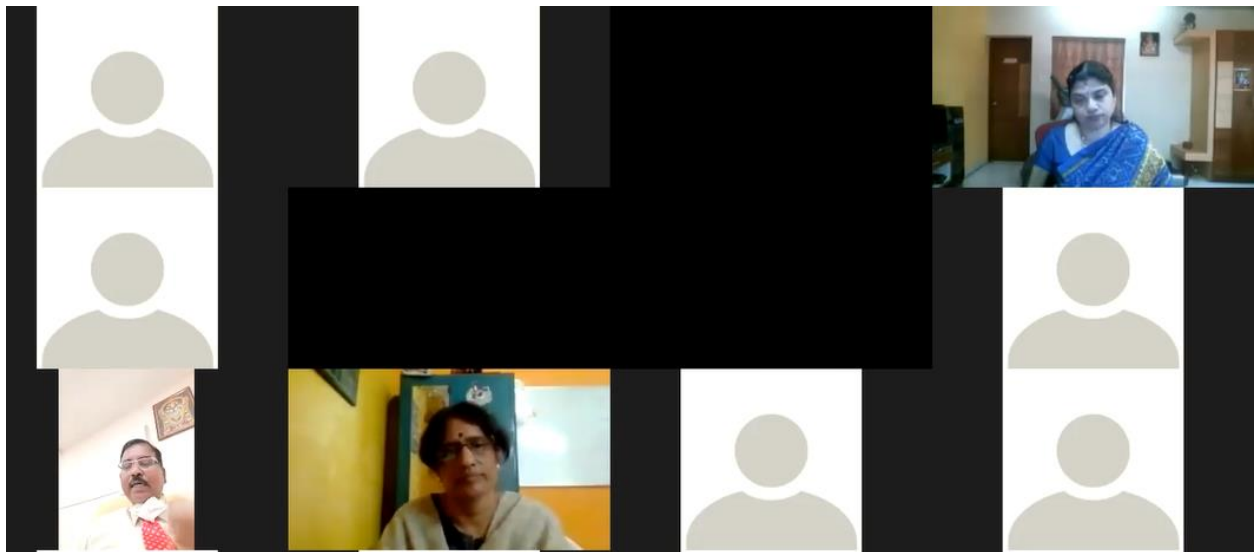


The Department of Physiology along with Medical Education Unit organized a webinar in commemoration of the 7th International day of Yoga on 21st June 2021, under the patronage of our Honorable Chairman. The program began with the Welcome note addressed by the Head of the Department of Physiology, Dr K. Tamilselvan, followed by the felicitation speech by Vice Prinicipal (Admin) Dr Muthukumaravel and Vice Prinicipal (Academic) Dr Mangaiarkarrasi . The program was presided by Dr S. Madhadevan (Dean Research & PG Studies), Dr S. Ratnasamy (Dean) and Dr B. Vidhya (Chief Operating Officer).

The program was organized as 3 session scientific event with Dr. Padmavathi. R , Professor of Physiology & Associate Dean – PG Studies (Basic Sciences), Sri Ramachandra Institute of Higher Education & Research, Chennai , presenting the benefits of Yoga on mental health in the first session , followed by Dr D.C. Mathangi, Prof & Head, Mind Body Medicine&Lifestyle Sciences & AHS from the same university provided a hands on training on the easy techniques of distressing and the final session was on the benefits of yoga on cardiorespiratory health presented by Dr U Karthika Priyadharshini, Associate Professor in the department of Physiology of our Institution. Each session was preceeded by an introduction of the guest speaker by the faculty members of Department of Physiology with Dr K. Tamilselvan, Professor & Head introducing Dr R Padmavathi, .Dr R. Latha , Professor introduced Dr Mathangi and Dr A K Jayamala, Associate professor introduced Dr Karthika Priyadharshini. The event was concluded with the vote of thanks by Dr M. Sakthibalan, Co coordinator of MEU.

The event was an information enriched intellectual feast with registrations outnumbering the zoom limit and the strength remained almost 300 with participants involving faculty members and students, from various institutions.

Photos





"Yoga and Mental Health"

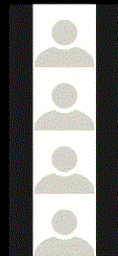
Dr. Padmavathi. R

Associate Dean – PG Studies (Basic Sciences) &
Prof. of Physiology,
Sri Ramachanra Institute of Higer Education & Research (DU)
Porur , Chennai



Destress @ your work desk

- Feasible
- Simple
- No instrument required
- Less time
- Relaxes body & mind



00:56:54



Cardiovascular benefits of Pranayama



There is decrease

Heart rate

HRV (HF ↑)

- Blood pressure
- HRV (LF ↓)
- Double product/ Rate pressure
Product also decreases

