



### **Capability enhancement and development schemes:2016-21**

#### **3. Yoga and wellness 2016-21**

**1. Theme: Yoga training**

**2. Topic: Yoga training**

**3. Objectives: This programme was structured for the I year MBBS students as a part of their value added course to impart communication skills.**

**4. Organized by: Medical Education Unit**

**5. Coordinators: HEAD MEU and MEU Coordinator**

#### **REPORT ON YOGA VALUE ADDED COURSE FOR MBBS (2016-2021)**

Yoga is scientifically validated health promotion intervention developed thousands of years ago in India. It is very helpful in improving attention, memory and learning ability of students along with reduced incidence of depression and anxiety. The practitioners of modern medicine have realized the need for lifestyle modification for effective management of many chronic diseases. Medical students face stress due to overloaded curriculum and frequent examinations. The most effective technique for prevention as well as management of this stress is the holistic science of yoga. Yoga is an experiential science and its practices should be learnt by medical students from 1st year. To experience the changes in one self, student will have to learn internal adjustment of body, mind and intellect. Yoga is a self experiential science and therefore its inclusion into medical education will require learning various yogic practices at physical level under guidance of experienced yoga instructors from 1st year itself.

For 2019-20 MBBS Batch of students, few hours of yoga training given as per the recommendations of Medical Council of India by Competency Based Medical education (CBME) in the Foundation course followed by yoga classes (18 hours) on alternate Mondays have been completed using the following syllabus. The students were given the course completion certificate and a Manual on Yoga.

#### **SYLLABUS:**



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1. Hand exercises
2. Leg exercises
3. Neuro-muscular Breathing exercises
4. Eye exercises
5. Kapalabathi
6. Makarasana (Part A & B)
7. Massage
8. Acu-Pressure
9. Relaxation Live in Health and Harmony

To compensate the yoga classes during Covid time, the following webinars have been conducted.

1. Yoga and Health – The physiological Basis –Dr. K. Ramya, MD, PG Dip Yoga Therapy on 31.08.2020 between 10am and 11 am.

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**DEPARTMENT OF PHYSIOLOGY & MEDICAL EDUCATION UNIT**

Cordially Invite you for the Webinar

**“YOGA AND HEALTH  
THE PHYSIOLOGICAL BASIS”**

**Dr K. Ramya**, MD, PG Dip Yoga Therapy  
Assistant Professor  
Department of Physiology  
Govt. Villupuram Medical College

Date : 31.08.2020  
Time: 10.00AM to 11.00AM

**WEBLINK : <https://zoom.us/j/93150047898>**

[f](https://www.facebook.com/svmchrc) [ig](https://www.instagram.com/svmchrc) [yt](https://www.youtube.com/svmchrc) [www.svmchrc.ac.in](https://www.svmchrc.ac.in)

**\*E-CERTIFICATE WILL BE ISSUED TO THE PARTICIPANTS**



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2. Yoga for Holistic Health by Isha Foundation on 21.06.2020 at 7.30 am.

Yoga for  
**Holistic Health**  
Free Webinar

Sun, June 21  
7.30 am ist

**srivenkateshwaraa**  
GROUP OF INSTITUTIONS  
Ariyur, Pondicherry

Register:  
<https://isha.sadhguru.org/health-registration>

The poster features a woman in a light beige long-sleeved shirt and white pants performing a yoga pose (Urdhva Dhanurasana) on a wooden floor. The background is a soft-focus outdoor setting with greenery and a building. The Isha logo is visible in the bottom right corner.

3. Yoga Lab- SVMCHRC.

A photograph of a yoga lab session. Four people are sitting on mats on a light-colored tiled floor, facing a wall with a large diagram. The room has red curtains on the windows and a white wall. A poster on the left wall shows 'Simple yoga Poses'. The diagram on the wall is titled 'DEPT OF PHYSIOLOGY EXERCISE & RD' and shows a human figure with various organs labeled.

Sri Venkateshwaraa College Rd, Pangur, Tamil Nadu 605110, India

Latitude	Longitude
11.9037666°	79.7019633°
Local 03:01:47 PM	Altitude -71.7 meters
GMT 09:31:47 AM	Wednesday, 14-10-2020



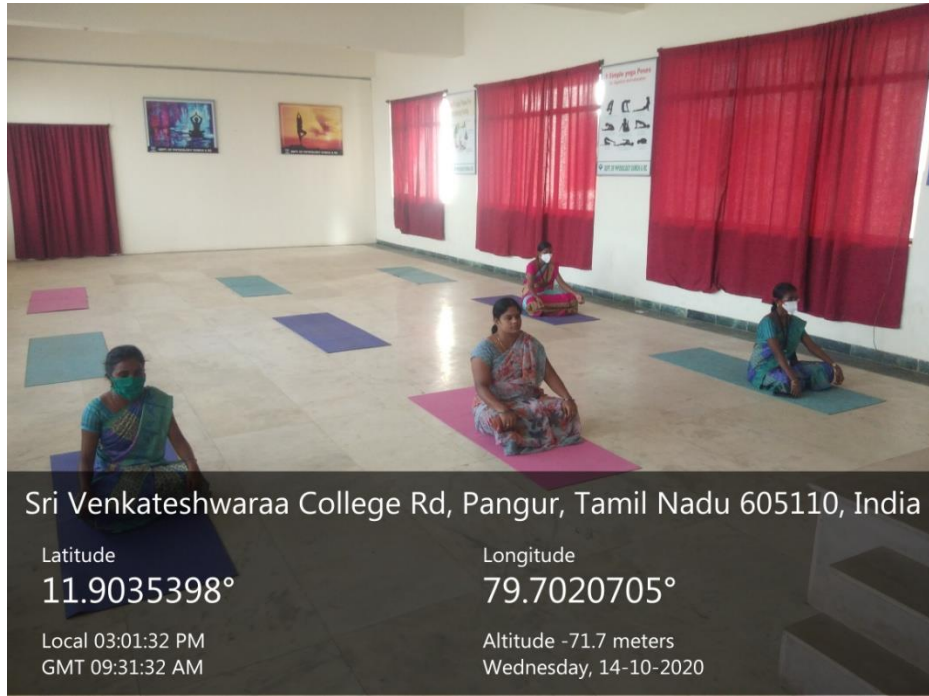


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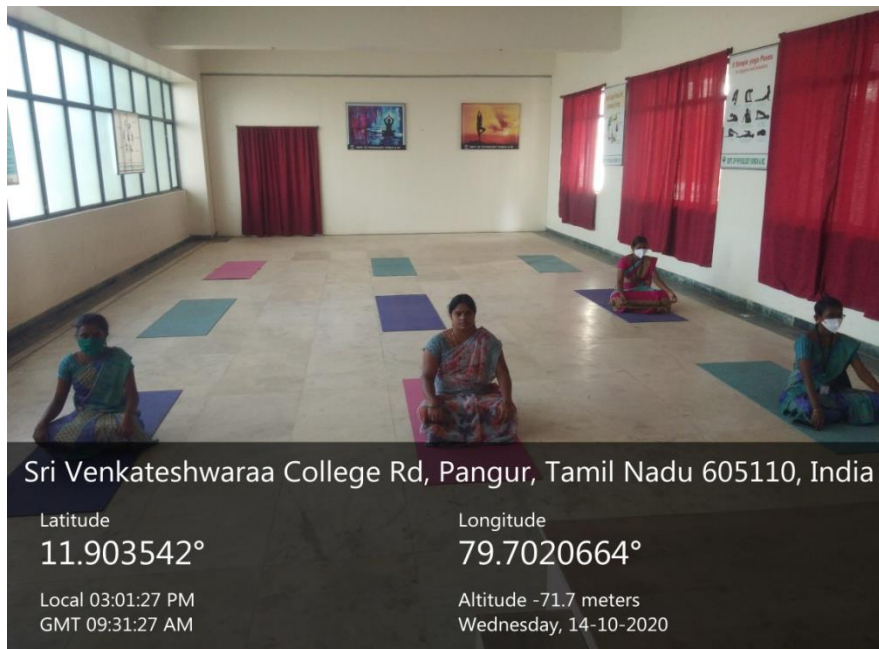
Sri Venkateshwaraa College Rd, Pangur, Tamil Nadu 605110, India

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79.7020705°

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GMT 09:31:32 AM

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Wednesday, 14-10-2020



Sri Venkateshwaraa College Rd, Pangur, Tamil Nadu 605110, India

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11.903542°

Longitude  
79.7020664°

Local 03:01:27 PM  
GMT 09:31:27 AM

Altitude -71.7 meters  
Wednesday, 14-10-2020

The MOU has been signed between our Institution and MVKM Trust, Temple of Consciousness, Lawspet, Pondicherry.



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Number of students enrolled for the academic Year 2016-2021 is 150 every year

Number of students completed the course with certification is 150 every year

