



5th INTERNATIONAL DAY of YOGA CELEBRATIONS

21st June, 2019



CENTRAL COUNCIL FOR RESEARCH IN SIDDHA

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Central Council for Research in Siddha (CCRS)

The grand celebration of 5th IDY 2019 was celebrated in the open ground of GSMC, Chennai. The programme commenced by 7 am.

Prof. Dr. K. Kanakavalli, Director General, CCRS delivered the presidential address and highlighted the important features of Yoga day logo.

Dr.A.Sivathanupillai, Former Chief Controller (R & D), DRDO and Founder CEO and MD Brahmos Aerospace, delivered the chief guest address. Director General, CCRS, Director i\c SCRI, Principal GSMC, Chennai are participated in the celebration.

The Yoga special issue of Journal of Research in Siddha was released by the chief guest and the first copy was received by the Director General, CCRS.

Mass Yoga performance:

A mass yoga demonstration was performed in 2 batches by the students and faculty of GSMC, SCRI and CCRS.

Bhuvan app:

The employees of SCRI recorded the Yoga Day Activities on 21.6.2019 in nearby schools and centers are documented in Bhuvan app.

The IDY events, trainers and Institute (Siddha central Research Institute) were registered in Yoga locator app.



Siddha Central Research Institute (SCRI), Chennai

Common Yoga Protocol Training:

The Common Yoga Protocol training for all the staff members of CCRS and SCRI were given by Dr.R.Meena and Dr.C.Anbarasi from 11.6.2019 to 20.6.2019 in batches. Dr.R.Meena also trained the students of Government Siddha Medical College for the mass yoga performance on 21.6.19.

Yoga competitions to encourage student community:

SCRI with CCRS conducted Yoga competition (Individual performance) to the B.S.M.S students of 3 colleges mentioned below on 19.6.2019 and distributed cash prizes on 21.6.2019 in the IDY celebration:-

**Government Siddha Medical College, Chennai.
Sri Sai Ram Siddha Medical College and Research Centre, Chennai.
Velumailu Siddha Medical College, Sriperambadur.**

Invited talk at All India Radio Stadium (AIR):

On 19.6.2019, Dr.S.Natarajan, Head, Department of Clinical Research, SCRI delivered a talk on History of Yoga at All India Radio stadium to the public and the same was recorded and aired on 21.6.2019 in Rainbow FM and FM Gold. Dr. R.Meena conducted a practical demonstration session on the stage with the students of GSMC, Chennai.

Yoga awareness to the beneficiaries of Swasthiya Rakshan Programme camp at NIE, Ayapakkam:

Dr.L.Juliet and her team conducted Yoga sessions for the beneficiaries of SRP OPD at National Institute of Epidemiology, ICMR on 19.6.2019. Students from GSMC performed yogasanas on the stage.

Symposium on Yoga for cardiac care:

A symposium on Yoga for Cardiac Care was organized by SCRI. Hundred PG students & Interns of GSMC, Chennai benefitted out of this symposium.

Lectures were delivered on the following topics Pranayamam techniques and its benefits in prevention, treatment of Heart diseases and Overview of Yogasanas.



Siddha Regional Research Institute (SRRI), Puducherry

SRRI, Puducherry on 21-06-2019, 07:00 – 08:00 am, Mass Yoga programme was conducted for the staff of SRRI, Puducherry in the Institute premises. All the staff of SRRI actively performed the loosening exercises, *Yoga asanam*, *Praanayaamam* followed by *OmkaraDhyanam*

Dr.B.Chitra, Research Officer (Siddha), Siddha Regional Research Institute, Puducherry took part in a Live Interview Program conducted by Suryan FM 93.5, Puducherry from 01:00 pm to 03:00 pm as a part of International Day of Yoga Celebration 2019.

Yogam outreach programme was conducted to the Village Health Nurses, Anganwadi staff and also 150 students and teachers of Vallalar Government Higher Secondary School at Block Development Office, Kandamangalam, Villupuram district on 12-06-2019.

An awareness talk on IDY was given by Research Officers, Dr.B.Chitra, and Dr.S.Shunmugaram, for the public in All India Radio, Rainbow FM Puducherry from 03:00 pm – 03:30 pm.

SRRI, Puducherry with Town Panchayat staff and Self Help Group women and Field Outreach Bureau, Ministry of Information & Broadcasting, GoI, Puducherry organised an awareness speech on Yogam and its benefits and performed Yoga postures as per Common Yoga Protocol in Storm Protection Building, Kottakuppam.

Common Yoga Protocol training programme was organized for the 300 students and teachers of Govt. Higher Secondary School, Kottakuppam.

Yogam outreach programme was conducted to the Village Health Nurses, Anganwadi staff and also 150 students and teachers of Vallalar Government Higher Secondary School at Block Development Office, Kandamangalam, Villupuram district on 12-06-2019.

Pamphlets on Yogam practice and its benefits were distributed to the public who attended the IDY events organized by SRRI, Puducherry



Siddha Regional Research Institute (SRRI), Thiruvananthapuram

The yoga day awareness and demonstration of Yoga was implemented in Government Girls Higher Secondary School, Karamana on 17th June 2019. Fifty School students participated and followed the Yoga practice and *Pranayama*.

The awareness class and Yoga demonstration was executed in Government Upper and Lower Primary School Poojappura on 18th June 2019. School students of 45 were educated about Pranayama and simple yoga postures.

SRRI, Tvpm conducted an Essay writing competition for the staff members from SRRI and Regional Research Institute for Lifestyle Disorders, Poojappura, Trivandrum on 19-06-2019 at 3.00 pm on the topic “Importance of Yoga in daily life” in both Tamil and Malayalam.

SRRI, Tvpm has conducted the awareness class cum demonstration for prisoners in the Central Prison, Poojappura, Thiruvananthapuram on 20-06-2019 at 10.30 am with the permission of the Superintendent Shri. Vinodkumar, Central Prison, Poojappura.

The celebration of Yoga day IDY 2019 was concluded with the Mass yoga performance in the SRRI, Tvpm office hallway on 21-06-2019. The program started with prayer song sung by the Yoga instructor Dr. K. S. MaanickhaChelvi R.O(S) and she guided the staffs with step-by-step instruction for various Yogaasanas as per Common yoga protocol. All the staffs of SRRI, Tvpm actively participated in the mass Yoga performance.



Siddha Clinical Research Unit (SCRU), Palayamkottai

SCRU, Palayamkottai on 21st June 2019, 5.30 AM to 7.00 AM pamphlet on Yoga were distributed to the general Public in the V.O.Chithambaranar ground, Palayamkottai to create an awareness about Siddha Yogam, 7.00 AM to 8.30 AM – Mass Yoga Demonstration was done by the First and Second Year UG Students, Staff of SCRUC, Palayamkottai

Group Yoga performance was executed by PG Scholars of GSMC, Palayamkottai.

A continuing Medical Education Programme on “Prevention and Management of Lifestyle disorders through Yoga” was organized.

Dr L.Vanitha Rajasankar – delivered lecture on “Therapeutic effects of Practical Yoga”.

Dr K.Sivaranjani - delivered lecture on “Yoga for Heart”.

On 15th June 2019, Write-a-thon competition was held for the School students at Siddha Clinical Research Unit, Palayamkottai. 39 students from various schools actively participated in the competition

On 17th June 2019, Special debate was organized by SCRUC, Palayamkottai and Dept. of Siddhar Yoga Maruthuvam, GSMC, Palayamkottai for the final year UG students of Govt. Siddha Medical College, Palayamkottai on the topic “Contribution of Yoga or Exercise for a healthy life” in Tamil.



[Siddha Medicinal Plants Garden, Mettur dam](#)

Yoga training to SMPG staff:

SMPG initiated to conduct Common Yoga Protocol training to the staff as part of 5th International Day of Yoga celebration. The training started on 11th June 2019 and continued till 20th June.

Yoga Day Celebration at SMPG on 21st June, 2019:

Common Yoga Protocol was performed in group at the vicinity of Arboretum block at SMP Garden on 21st June, 2019 from 7.00 AM to 8.00AM. Yoga Guru Shri. M. Pachiannan was honoured by Dr. P. Radha, Research Officer (Botany), i/c.

Free Yoga Training to Chemplast Sanmar Pvt. Ltd., Mettur Dam:

SMPG and Sivaraj Yoga and Naturopathy Medical College, Salem jointly organized training program from 15th June to 21st June, 2019, on Common Yoga Protocol to the employees of Chemplast Sanmar Pvt. Ltd., Mettur Dam to ensure maximum participation in IDY 2019.

Free Yoga Training to Anbalayam Children:

Anbalayam Aatharavu Attravargal Kaapagam, Salem district was also selected to create awareness by providing free Yoga training amongst the children regarding “Yoga for healthy and disciplined life”.

Write-a-thon competition on “Yoga for Healthy Life” to School Children:

Four schools from Mettur Dam namely, Govt. Hr. Sec. School, M.A.M. Hr. Sec. School, M.A.M High-tech and Holy Angels Matriculation School were selected to conduct a write a thon competition on “Yoga for Healthy Life” to create awareness on IDY-2019 to school children. 125 Children participated in the competition and wrote essay in three languages (Tamil, Hindi and English).



Siddha Clinical Research Unit, Delhi

Participation in Mass Yoga Camp at Sri Nagesh Garden, Delhi Cantonment:

Staffs of SCRUC, New Delhi took part in Mass Yoga Camp which was held at Sri Nagesh Gardens, Delhi Cantonment. The program was organized by Delhi Cantonment Board and Cantonment General Hospital.

“Yoga Quiz” – IDY 2019 Quiz at Combined Council Building, Janakpuri:

IDY 2019 Quiz was organized by Central Council for Research in Siddha through its peripheral institute – Siddha Clinical Research Unit, New Delhi as an Inter-council Quiz about Yoga. Teams from CCRAS, CCRH, CCRUM, CCIM and CCH Participated in the Yoga Quiz.

Participation in Yoga Camp at AYUSH Wellness Clinic, Rasthrapati Bhavan, Delhi Cantonment:

Staffs of AWC, New Delhi took participate in Yoga Camp held at Grass Lawn of AWC, New Delhi. Staffs from other AYUSH systems also participated.



Siddha Clinical Research Unit, Bengaluru

Awareness program:

As a part of Pre-Yoga day event, Awareness program and public lectures on topic, ‘Management of Non communicable diseases with Siddha medicines and Yoga’ was conducted at Vivek Nagar, Vannarpet, Bengaluru on 16/06/2019 (Sunday) from 4 PM to 6 PM.

Yogasana competition:

Yoogasana competition was conducted at Yoga hall of Sri Jeyachamarajendra Institute of Indian medicine on 20/06/2019 (Thursday).

The competition was open for all age groups and 40 students from 25 corporation schools of Bengaluru have participated in the competition.

Yoga day – Mass Yoga Campaign:

On 21/06/2019, all the employees of SCRUC, Bengaluru celebrated International Yoga day by participating in Mass yoga campaign conducted by Department of AYUSH, Government of Karnataka at Krantiveera football stadium, Bengaluru.



Siddha Clinical Research Unit-Tirupati

Yoga Training:

Yoga day training sessions were conducted by the doctors of SCRU- Tirupati to the all the students & Staffs of various colleges of SVIMS.

3rd and 4th June 2019 at 4.00-5.00pm to College of Nursing (CON).

10th and 12th June 2019 on 4.00-5.00pm to College of Physiotherapy (COP).

And 19th June 2019 to Sri Padmavathy Medical College for women (SPMCW).

Dr.K.Samraj, Research Officer (Siddha), I/C, Dr.K.Nandhagopal, Consultant (Siddha), Dr.S.Radha, Consultant (Siddha), Dr.K.Arunachalam, Research Associate (Siddha) conducted the Yoga training sessions.

Competition:

An essay writing competition for the students was conducted on 12/6/2019. The topic was “Role of Yoga on Physical & Mental Health”, 37 Participants took part in the competition.

Therapeutic Yoga Special OPD:

SCRU-Tirupati initiated a special Out-Patient Department for Yoga which will function on every Friday

In this special OPD, Yoga for Cardiac Care, Diabetes care, Weight reduction, Reproductive Care, Spine Care Yoga will be educated through demonstrations along Siddha medicine.

