



E-BOOK

**4th INTERNATIONAL YOGA DAY
CELEBRATIONS on 21st June, 2018**



CENTRAL COUNCIL FOR RESEARCH IN SIDDHA

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Central Council for Research in Siddha

4th International Day of Yoga – 2018 Celebrations

The Central Council for Research in Siddha, Chennai jointly celebrated the 4th International Day of Yoga event with Government Siddha Medical College (GSMC), Chennai in GSMC open auditorium on 21.06.2018 from 7.00 am to 8.00 am. Dr. P. Sathiyarajeswaran, Assistant Director (Siddha) i/c, Siddha Central Research Institute delivered the welcome address. Dr. K. Kanakavalli, Principal, GSMC felicitated the gathering and highlighted the importance of Yoga in the management of Non-communicable Diseases. Dr. N. J. Muthukumar, Director General, CCRS emphasized the need to incorporate Yoga in one's daily routine for a stress free and healthy life. Dr. S. Selvarajan, Research Officer (Siddha), CCRS thanked the dignitaries, faculty members, research officials and students for their active participation.

The Yoga session started after Siddhar Vanakkam and common Yoga protocol issued by the Ministry of AYUSH was followed. Dr. R. Meena, Research Officer (Siddha), Dr. S.D. Muralidass, Research Associate (Siddha) Dr. S. Kumar, Research Associate (Siddha), SCRI were the trainers for this event. Initially warm up sessions were organized followed by standing, sitting, supine and prone asanas followed by breathing techniques. More than 250 people participated in the event including students and staff of GSMC, staff of SCRI & CCRS and general public. The event have been captured in BHUVAN – YOGA app and YOGA LOCATOR app.



Government Siddha Medical College, Chennai



Siddha Central Research Institute, Chennai - (SCRIC)

Dr. C. Anbarasi, Research Officer (Siddha) and Dr. S. Natarajan, Research Officer (Siddha) participated in the IDY – 2018 celebrations at Smt. Kasturba Nimchand Shah P. Muthiyah Chetty Vivekananda Vidyalaya Junior College, Perambur, Chennai. 350 people – parents of the school students took part in the event. Mrs. S. Usha Rani was the Yoga instructor. Moreover, the above team visited Smt. Narbada Devi J. Agarwal Vivekananda Vidyalaya Junior College, Chennai. 250 students including parents took part in the event. Ms. Valli was the Yoga instructor. In addition, the duo also participated in IDY celebrations at Sri Ram Dayal Khemka Vivekananda Vidyalaya Junior College, Tiruvottiyur, Chennai. 300 students took part in the event. Miss. Bhavani was the Yoga instructor.



*Smt. Kasturba Nimchand Shah P. Muthiyah Chetty Vivekananda Vidyalaya Junior College,
Chennai*



Smt. Narbada Devi J. Agarwal Vivekananda Vidyalaya Junior College, Chennai



Sri Ram Dayal Khemka Vivekananda Vidyalyaya Junior College, Chennai



Fourth International Yoga Day Celebrations were held at Swasthya Rakshan Programme (SRP) location at National Institute of Epidemiology (NIE), Indian Council of Medical Research (ICMR), Ayapakkam, Chennai. The SRP team from Siddha Central Research Institute, Chennai taught the outpatients about Therapeutic Yoga. Dr. S.D. Muralidas, Research Associate (Siddha) demonstrated the Yoga postures. 100 patients participated in the event. In another event organized by NIE, Dr. P. Thenmozhi, Research Officer (Siddha) delivered a speech on the Benefits of Yoga to the NIE faculty members.



*National Institute of Epidemiology (NIE), Indian Council of Medical Research (ICMR),
Chennai*



Dr. R. Ganesan, Assistant Director (Bio-Chemistry), SCRI participated in the IDY – 2018 celebrations at Anna Tower Park, Anna Nagar, Chennai and documented the event using BHUVAN – YOGA app. 30 people took part in the event and Mr. Ramanan was the Yoga instructor. Moreover, Dr. R. Ganesan, visited Arignar Anna Park, Ayapakkam, Chennai where 50 members participated in the event. Mr. Gnanavel was the Yoga instructor. In addition, Dr. R. Ganesan, also participated in IDY celebrations at Ayapakkam, Chennai organized by Therapeutic Yoga Association. 100 members participated in the event and Mr. Srinivsan was the Yoga instructor.



Anna Tower Park, Chennai



Arignar Anna Park, Chennai



Ayapakkam, Chennai



Dr. K. Parthasarathy, Research Officer (Chemistry), SCRI, Chennai visited Durgaprasad Subashchand Gupta Vivekanda Vidhyalaya, Melayanambakkam, Chennai to document the IDY celebrations through BHUVAN – YOGA app and YOGA LOCATOR app. 134 public including students participated in the event and Mr. Krishnamoorthy was the Yoga trainer.



Durgaprasad Subashchand Gupta Vivekanda Vidhyalaya, Chennai



Siddha Regional Research Institute, Puducherry - (SRRIP)

All employees of SRRI Puducherry participated in the Mass Yoga programme along with patients/public in the institute premises. Around 75 persons took part in the said programme exclusively arranged at our institute premises from 7 a.m to 8 a.m as per standard yoga protocol. Later 17 staff members took part in the yoga competitions for SRRI employees. Yoga competitions were conducted for the school students of Kuyavarpalayam region. Around 55 students of various categories took part enthusiastically. Prizes were distributed to the winners of students and staff of SRRI. Many students have performed Guest Performance like Concept Yoga, Yoga Dance etc.

Siddha Regional Research Institute, Puducherry



Special events was jointly organized by the Field Publicity Office, Ministry of I&B and SRRI, Puducherry on account of IDY 2018 at Govt. Women's Polytechnic College, Puducherry, where Lectures, Yoga demos were conducted. Prizes were distributed to the winners. Dr. T. Sivakumar, Asst. FPO of Field Publicity Office, Ministry I & B, Puducherry also graced the occasion. Dr. A. Rajendra Kumar, R.O (S) Sci II & I/c, Dr. B. Chitra, R. O (S), Dr. S. Shunmugaram, R.O (S) and Dr. A. Lavanya, R.O (S) participated in the event.



Government Women's Polytechnic College, Puducherry



Dr. R. Rathinamala, R.O (S), Dr. Gayathri Gunalan, R.O (Biochemistry) & Dr. A. Faridha, SRF have collected the information of IDY 2018 celebration at JIPMER Campus, Indira Gandhi Sports Auditorium, Rock beach and Govt. Middle School, Vennila Nagar of Puducherry region and uploaded the same in BHUVANA-YOGA App from time to time.



Jawaharlal Institute of Postgraduate Medical Education and Research Campus, Puducherry



Indira Gandhi Sports Auditorium, Puducherry



Rock beach, Puducherry



Siddha Regional Research Institute, Thiruvananthapuram - (SRRIT)

The 4th International Yoga Day 2018 was celebrated in Siddha Regional Research Institute, Thiruvananthapuram on 21.06.2018. Dr. K.S. Maanickha chelvi Research officer (Siddha) coordinated the session as a yoga instructor. 35 members of this institute, interneers from Shanthigiri Siddha Medical College and patients participated in this program. The common yoga protocol was followed. The pranayamam techniques were explained and followed step by step by all of the participants.

Dr A.Kanagarajan A.D (S) has given the welcome address and insisted the importance of yoga in his speech. The presidential address was given by Dr. K.S. Maanickha chelvi R.O (Siddha). She explained the origin of yogam in Siddha system of medicine by Thirumoolar in his treatise Thirumanthiram, maintenance of body and mind relation with practice of Yogasanams, enhancement of spiritual well-being and Astanga yogam. The felicitation address was given by Dr. G.S. Lekha R.O (Siddha), explained the importance of daily Yoga practice. The Research officer (Chemistry) Dr. Gayathri Devi and Mrs. Anitha John and the R.O.(pathology) Dr. S. Aparna addressed the gathering with the benefits of yoga & their personal experience of yoga practice in their life.



Siddha Regional Research Institute, Thiruvananthapuram



Dr. K.S. Maaickha Chelvi, Research Officer (Siddha), SRRI, Thiruvananthapuram visited the Art of Living Kerala Ashram to document the IDY celebrations through BHUVAN YOGA app. 70 members participated in this event. The Yoga instructor Shri Prasanth Lal directed the members for doing yoga according to the common yoga protocol. Pranayamam techniques was also taught to the participants.



Art of Living Kerala Ashram, Thiruvananthapuram



Dr. G.S. Lekha, Research Officer (Siddha), SRRI, Thiruvananthapuram visited the Sampoorana Yoga Pariseelanam organized by Prajapitha Brahmakumarees Eeswareeya Viswa Vidyalayam, Thiruvananthapuram at Saraswathi Mandapam Sri Chithira Thirunal Stage, Poojappura, Thiruvananthapuram. The programme was inaugurated by Shri. V. Muraleedharan, Member of Parliament and felicitated by Dr. B. Vijayalekshmi, Ward Councillor, Poojappura. 150 members participated and payed attention to the speeches regarding the importance of Yoga in the above said programme. The Yoga session was demonstrated by Shri Mahesh Chandar (Yoga Instructor). The participants followed the yoga protocol and the techniques of Pranayamam instructed by the demonstrator.



Saraswathi Mandapam Sri Chithira Thirunal Stage Thiruvananthapuram



Siddha Medicinal Plants Garden, Mettur dam - (SMPGMD)

The 4th International Yoga day Celebration 2018 were held at Siddha Medicinal Plants Garden (SMPG), Mettur dam, Salem District, Tamil Nadu. The event was organized by Dr. M. Padma Sorna Subramaniam, Research Officer (Botany) i/c, SMPG and guided by the Yoga Master Prof. M. Pachaiannan, Vethathiri Maharishi Arivu Thirukovil, Salem. 50 members participated in the programme.

Siddha Medicinal Plants Garden, Mettur dam



Siddha Clinical Research Unit, Palayamkottai - (SCRUP)

In collaboration with National Service Scheme of Govt. Siddha Medical College (GSMC), Palayamkottai Mass Yoga Aasanas were performed by the Undergraduate students of GSMC, Palayamkottai and Staff of Siddha Clinical Research Unit, Palayamkottai. Yoga aasanas were done as per the Common Yoga Protocol given by Ministry of AYUSH. Dr Venkatappan, Convener gave the instructions for performing Yoga. First relaxation exercises were done. Yoga aasanas in standing, sitting, and lying postures were done. Three pranayanamas were done. Programme ended with meditation. Dr Malliga, Convener co-ordinated thirty students to



demonstrate Gnana Sadhanas like Badhra aasanam, Veera aasanam, Komugaasanam, etc and Surya namaskaram. Chief guests and Head of the departments were honored. Prizes were distributed to the winners of Yoga day Essay Competition. Dr Thiruthani, Principal, Govt. Siddha Medical College, Palayamkottai delivered a speech on importance of Yoga. Dr P.Elankani, Research Officer(S) Sci II I/C, thanked the Ministry of AYUSH and Director General, CCRS for giving this opportunity. Dr Antony Duraichi, NSS officer delivered talk on Yoga Aasanas for healthy life. Dr N. Venkatappan, Convener thanked CCRS, for their contribution and all the persons who actively participated in the event.

Government Siddha Medical College, Palayamkottai



Dr. K. Sivaranjani, Research Officer (Siddha), SCRUI, Palayamkottai visited AUPET Chinmaya Vidyalaya School, Palayamkottai and documented the yoga day activities in BHUVAN –YOGA app. 150 Students participated in the event. Dr Phulton Rajeev was the Yoga instructor.



AUPET Chinmaya Vidyalaya School, Palayamkottai



Dr. P. Radha, Research Officer (Botany) visited BSNL, Vannerpettai, Tirunelveli and documented the yoga day activities in BHUVAN –YOGA app. 80 members participated in the event. Shri. Durai Raj was the Yoga Instructor:



BSNL, Tirunelveli



Siddha Clinical Research Unit, New Delhi - (SCRUND)

Dr. S. Saravanan, Research Officer (Siddha), SCRUND, New Delhi participated in IDY 2018 event at Yoga Vingyan Sansthan – Nishulk Yoga Sadhna Kendra, Keshavpuram and documented the yoga day activities in BHUVAN –YOGA app. 570 members participated in the event and Shri. Sanjay Sharman & Shri. C.S. Bhist were the Yoga instructors.



Yoga Vingyan Sansthan – Nishulk Yoga Sadhna Kendra, Keshavpuram



Dr. B. Akila, Research Officer (Siddha), SCRUI, New Delhi participated in IDY 2018 event at Ayurveda and Unani Tibbia College, New Delhi and documented the yoga day activities in BHUVAN –YOGA app. 100 members participated in the event and Mr. Ajay Kumar was the Yoga Instructor.

Ayurveda and Unani Tibbia College, New Delhi



Employees of AYUSH Wellness Clinic including doctors, pharmacists, therapists and other staffs of each Department, gathered and performed Yoga postures and Breathing Exercises on the occasion of 4th IDY at AWC Garden and documented the yoga day activities in BHUVAN – YOGA app. 18 members participated in the event.



AYUSH Wellness Clinic, New Delhi



800 members including both officials and residents of Rashtrapati Bhavan, along with their family members participated and performed Yoga postures and Breathing exercises on the occasion of 4th IDY at Rashtrapati Bhavan Cultural Centre (RBCC). The Yoga postures and Breathing Exercises were instructed by volunteers from MDNIY, New Delhi and documented the yoga day activities in BHUVAN –YOGA app.



Rasthrapati Bhavan Cultural Centre, New Delhi



Siddha Clinical Research Unit, Bengaluru - (SCRUB)

Employees of SCRUB (CCRS), Bengaluru participated in mass yoga session organized by department of AYUSH, Karnataka at Kanteveera stadium, Cubbon Park, Bengaluru. 5000 members participated in the mass yoga programme.

Kanteveera Stadium, Bengaluru

