

## REPORT ON INTERNATIONAL YOGA DAY 2020

Date: 21<sup>st</sup> June 2020

Time: 7-00 am to 4-30 pm

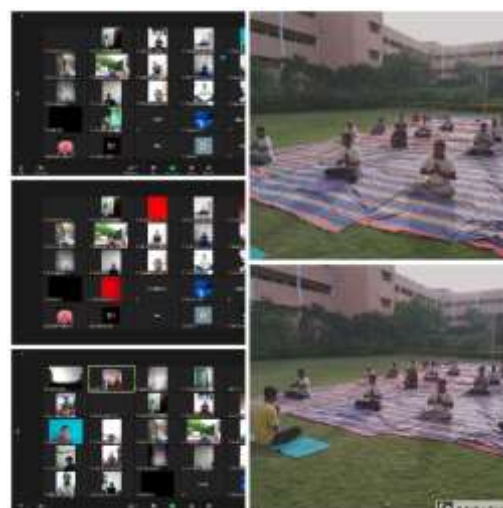
Event Schedule:

Sl. No	Time	Event	Speaker/Moderator	Mode	Participants
1	7-00 to 7-40 am	Practice of Common Yoga Protocol	Dr. Jenie R, Lecturer cum MO	Zoom and absolute face to face class	Principal, Administrative Staff, Faculty, Interns and students and health seekers
2	7-00 to 7-55 am	Practice session on Yoga Therapy to Boost Immunity – COVID-19.	Dr. Preethi K S, Lecturer cum MO	Facebook Live	Principal, Administrative Staffs, Faculty, Interns, students and public
3	8:45 to 9:15 am	Health talk on Yoga & Naturopathic Medicine for Depression	Dr. Naveen G H, Principal cum CMO	Facebook Live	Administrative Staffs, Faculty, Interns, students and public
4	9-30 to 10-00 am	Health talk on Deal with Techno stress through Yoga & Naturopathic Medicine	Dr. Jincy Sundaran, Professor & SMO	Facebook Live	Administrative Staffs, Faculty, Interns, students and public
5	11-45 am to 12-25 pm	Yoga Practice Session on De-Stress through Yoga (Tamil)	Dr. Ratna Palani, Lecturer & MO	Facebook Live	Administrative Staffs, Faculty, Interns, students and public
5	10-15 to 10-45 am	Health talk on Yoga & Naturopathic Medicine for Coronary Heart Disease	Dr. M Ezhil Ratnakumari, Professor & SMO	Facebook Live	Administrative Staffs, Faculty, Interns, students and public
6	1-30 to 2-00 pm	Health talk on Yoga Therapy for School Children	Dr. Naresh Kumar P, Assistant Professor & Research Officer	Facebook Live	Administrative Staffs, Faculty, Interns, students and public

7	2-15 to 2-45 pm	Health talk on Yoga & Naturopathic Medicine for PCOS	Dr. T Selva Meenakshi, Assistant Professor & MO	Facebook Live	Administrative Staffs, Faculty, Interns, students and public
8	3-00 to 3-30 pm	Health talk on Yoga & Naturopathic Medicine for Diabetes Mellitus	Dr. Venkatesan C, Professor & SMO	Facebook live	Administrative Staffs, Faculty, Interns, students and public
9	3-45 to 4-15 pm	Health talk on Yoga & Naturopathic Medicine for Anxiety Disorders	Dr. V. Mahesh Kannan, Assistant Prof & MO	Facebook Live	Administrative Staffs, Faculty, Interns, students and public

Hon'ble Prime Minister Shri. Narendra Modi announced the theme of International Yoga Day 2020 as "Yoga at home, Yoga with Family" due to existing pandemic of novel corona virus infection across the globe. In accordance to this the schedule was prepared, where practice session was enabled through going live streaming. The online sessions happened throughout the day.

Ministry of AYUSH also released a Video Blogging contest on the theme 'My Life My Yoga'. More than 250 videos were uploaded under the adult category and more than 20 videos under the Yoga Professional category from JSSINYS.





Report prepared by  
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Lecturer cum MO.