

Report on 7th International Day of Yoga 2021 by

JSS Institute of Naturopathy and Yogic Sciences, Coimbatore

The 7th International Day of Yoga celebration by JSSINYS started from 1st to 26th of June 2021. The theme of International Day of Yoga 2021 is “Be with Yoga, Be at Home”. The IDY activities of JSSINYS include:

1. Free online Yoga session for general public (5th – 26th June)
2. Online therapeutic Yoga session (1st to 21st June)
 - a. Yoga for kids (Jingle Yoga)
 - b. Yoga for obesity and flat abdomen (Shape Yoga)
 - c. Yoga for COVID quarantine (Revival Yoga)
3. Yoga Intervention at COVID Care Centres by interns
4. Daily Panchatantra (Five health tips)
5. Poster on scientifically proven health benefits of Yoga
6. Physical Yoga for JSSINYS Staff
7. Yoga for Arogya Tamizhagam
8. Yoga for Rotary Club of Millenium, Coimbatore
9. Trisaptika Webinar Series
10. Virtual Mass Yoga session on 21st June 2021
11. Inter-College Yoga competition
12. Online awareness health talk for Raksha Ladies Club, Madukkarai, Coimbatore.

Details of the activities:

1. Free online Yoga session for general public (5th – 26th June)

Free virtual Yoga session for general public was taken from 5th to 26th June, morning 6:30 – 7:30 am. The session was conducted through Zoom platform and also streamed live on JSS Naturopathy and Yoga – Hospital and College facebook page. The session was attended by 99 participants. Naturopathy and Yoga health care tips were delivered at the end of each session. Queries related to certain Yogasana practices were clarified by the in-charge Doctor.



Poster for free virtual Yoga



Free virtual Yoga

2. Online therapeutic Yoga sessions (1st to 21st June)

Therapeutic Yoga sessions were conducted from 1st to 21st June. Three therapeutic sessions were handled with individual registration.



Poster for therapeutic Yoga sessions

a) Yoga for Kids (Jingle Yoga)

One hour virtual session was conducted with delivery of health tips at the end of each session. 35 participants attended the session.



Jingle Yoga

b) Yoga for obesity and flat abdomen (Shape Yoga)

One hour virtual session was conducted with delivery of health tips at the end of each session. 36 participants attended the session.



Shape Yoga

c) Yoga for COVID quarantine (Revival Yoga)

One hour virtual session was conducted with delivery of health tips at the end of each session. 34 participants attended the session.



Revival Yoga

3. Yoga intervention at COVID Care Centres by interns

21 interns held physical Yoga sessions at 20 places. Good feedback was received and 1468 patients got benefitted from the sessions.



Yoga COVID Care Centres

4. Daily Panchatantra (Five health tips)

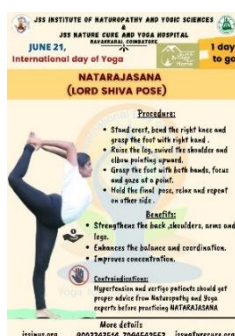
Naturopathy and Yoga awareness health care crisp tips posters were made and published in social media platforms (Facebook, Instagram, Whatsapp) from 1st – 21st June.



Panchatantra Health Tips

5. Poster on scientifically proven health benefits of Yoga

Evidence based Yoga posters explaining the procedure, indications and contra-indications of asana were published in social media platforms (Facebook, Instagram, Whatsapp) from 1st – 21st June.



Evidence based Yoga posters

6. Physical Yoga for JSSINYS Staff

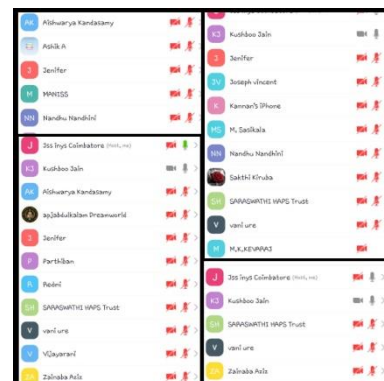
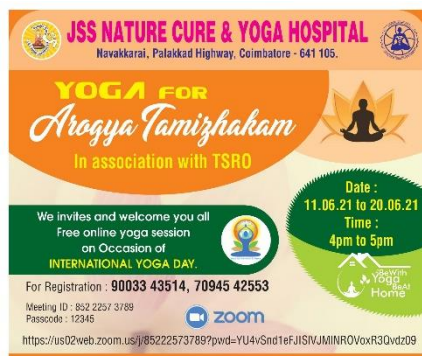
Physical Yoga session for staff was conducted from 11th to 30th June from 4:30 to 5:30 pm and the practice was done with social distancing following the respective COVID protocol. 48 staff participated.



Physical Yoga for staff

6. Yoga for Arogya Tamizhagam

Free Yoga session for the members of Arogya Tamizhagam Organization was conducted from 11th to 21st June, 2021. The session was handled through Zoom platform. 175 participants attended the live sessions.



Yoga for Arogya Tamizhagam

7. Yoga for Rotary Club of Millennium, Coimbatore

Members of Rotary Club of Millennium, Coimbatore were given a free virtual Yoga session from 11th to 21st June 2021. The session was held through Zoom platform. 156 participants attended the session regularly.



Yoga for Rotary club of Coimbatore Millenium

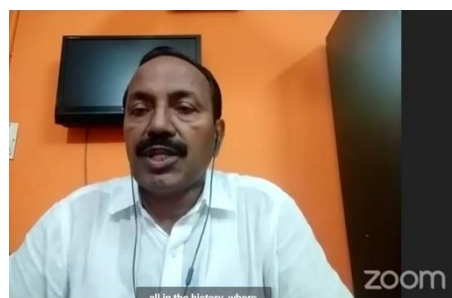
8. Trisaptika Webinar Series

A webinar series themed “Emerging Trends in Health Sector” was conducted from 15th to 21st June 2021. The webinar was titled “Trisaptika”. The Inauguration Ceremony was virtually graced by the Chief Guest Dr. Raghavendra Rao, Director, Central Council for Yoga and Naturopathy, New Delhi, Guest of Honour Dr. N. Manavalan, JD, Principal, GYNMC, Chennai, Patron, Mr. Mahesh. R, Director of Medical Education, JSSMVP, Mysuru.

Speakers from the field of different system of medicine gave insightful webinar sessions. This was conducted in Zoom platform and at the same time streamed in official Facebook page of JSSINYS. 752 participants attended the webinar.



Trisaptika Webinar invitation



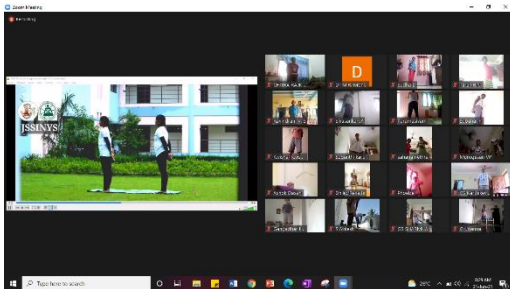
Webinar sessions

Sl.No		EVENT	GUEST/SPEAKER	TOPIC
	15.06.2021 11.30 – 12.30	Day 1: Health talk Session 1	Mrs. Rekha, Lecturer, CMC, Vellore.	Topic: Biostatistics in Yoga Research
1.	15.06.2021 2.30 – 3.30	Session 2	Dr. Mohammad, Senior Associate Professor, PSG Institute of Medical Science and Research, Coimbatore.	Topic: COVID 19 vaccination – An update
2.	16.06.2021 10.30 – 11.30	Day 2: Health talk	Dr. Saranyan, Medical Superintendent, RK Nature Cure Home, Coimbatore.	Topic: Sustainable health through Naturopathy and Yoga in the current pandemic
3.	17.06.2021 10.30 – 11.30	Day 3: Health talk	Dr. Babu Joseph Director, Nethaji Yoga Naturopathy Hospital, Kochi	Topic: Relevance of traditional trends in modern day
4.	18.06.2021 10.30 – 11.30	Day 4: Health talk Session 1	Dr. Karthikeyan- ENT Surgeon, DOAST, Chennai.	Topic: Fast forward our past into the future ... for health to emerge
5.	18.06.2021 2.30 – 3.30	Session 2	Dr. Vinoth Kumar Ph.D (Microbiology) Assistant Professor, SNGC, Coimbatore	Topic: Mucormycosis
6.	19.06.2021 10.30 – 11.30	Day 5: Health talk	Dr. Rajesh Shankar Iyer- Neurologist and Epileptologist, KMCH, Coimbatore	Topic: Yoga and Neurological disorders – What are the current evidences?
7.	20.06.2021 2.30 – 3.30	Day 6: Health talk	Dr. Ravichandran Psychiatrist, Stanley Medical College, Chennai.	Topic: Management of anxiety and stress
8.	21.06.2021 10.30 – 11.30	Day 7: Health talk	Dr. B.T.Chidananda Murthy, Principal, MVM College of Naturopathy and Yogic Sciences, Bangalore.	Topic: Natural way of living

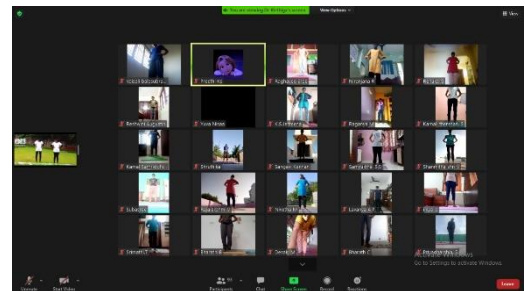
On 21st June 2021, Valedictory function was conducted. Dr. B T Chidananda Murthy, MVM College of Naturopathy and Yogic Sciences, Bangalore, was the Chief Guest of the event. He addressed the virtual gathering and highlighted the ‘Relevance of traditional Naturopathy practices’. The event also included announcement of winners and runners of Inter-college competition conducted. E- certificates were provided virtually to the winners.

10. Virtual mass Yoga session on 21st June 2021

On 21st June, 3 sets of gathering were instructed to practice Common Yoga Protocol, released by Ministry of AYUSH, Government of India. A pre-recorded video of the Common Yoga Protocol was made by JSSINYS team and played at all 3 sets of virtual gathering. From 6:30 – 7:30 am, session was conducted for 5 BNYS batches of the College. 454 students attended the session. From 8:00 – 9:00 am, physical session for staff (32 participants) of JSSINYS following the COVID protocol and virtual Zoom session for the general public (616 participants) was conducted. All three sessions were concluded with IDY 2021 awareness health talk by senior doctors.



Yoga for general public



Yoga for students



Yoga for staff

11. Inter-College Yoga competition

Five competitions were conducted for the students of all the BNYS Colleges in India. The registration fee for the competition was Rs. 99. The competitions were:

- a) Thulika (Yoga doodle)
- b) Kavyadhvani (Yoga poetry writing)

- c) Shlokavali (Yoga quote)
- d) Ashwamedha (Yoga quiz)
- e) Jigyasa (Evidence based Yoga poster)

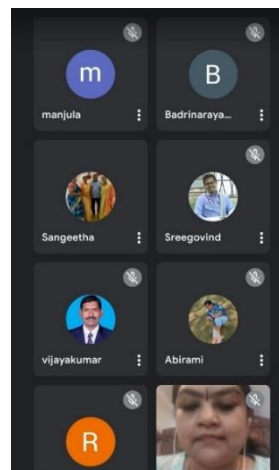
Totally 320 students, registered and submitted their creativity for their entries. The winners and runners were announced on 21st June during the Valedictory function of Trisaptika webinar series. Winners were provided with prize and e-certificate and the participants were provided with e-certificate. A total of 4255 participants got benefitted from the various IDY related programs held by JSSINYS and a total amount of Rs. 22,000 was collected from the registration for competitions and registration for different Yoga sessions.



Inter-College competition

12. Online awareness health talk for Raksha Ladies Club, Madukkarai, Coimbatore

On 21st June, for the members of Raksha Ladies Club, Madukkarai, Coimbatore a virtual speech was given on 'Importance of Naturopathy and Yoga in daily life' through Google meet platform. Two doctors gave the speech and 52 participants got benefitted from the session.



Health talk for Raksha Ladies Club, Coimbatore

