



AVMC Yoga Mahotsav 2022 (April 2022 – June 2022)



Mr. S. Artchoudane, Assistant Professor, Center for Yogic Sciences, delivered a speech on “Yoga: the best lifestyle ever designed” during the foundation course for batch of 2021-22 MBBS students on 8th April, 2022.

Yoga for Stress and Women Health by Mr. S. Artchoudane, Assistant Professor, CYS

VINAYAKA MISSION'S RESEARCH FOUNDATION
VINAYAKA MISSION'S COLLEGE OF NURSING

We cordially invite you to participate in

Workshop on “Yoga for Stress & Women Health”
Organized by
DEPARTMENT OF MENTAL HEALTH NURSING & IQAC, VMCON
CENTER FOR YOGIC SCIENCES, AVMC & H

Inaugural session

WELCOME ADDRESS
Mrs. G. Vidhyalakshmi,
Lecturer, Dept. of MHN,
VMCON, Puducherry.

KEYNOTE ADDRESS
Dr. G. Muthamilselvi,
Principal,
VMCON, Puducherry.

Chief Guest

Mr. Nilachal, B.T. Varma
Assistant Professor,
Dept. of Yoga & Naturopathy,
Sarla Birla University, Ranchi, Jharkhand.
Topic: Yoga for Women Health.
Time: 9:45 am to 11:00 am

Mr. S. Artchoudane, S. Ponnai
Assistant Professor,
Center for Yoga Sciences,
AVMC & H, Puducherry.
Topic: Yoga for Stress
Time: 11:00 am to 12:15 pm

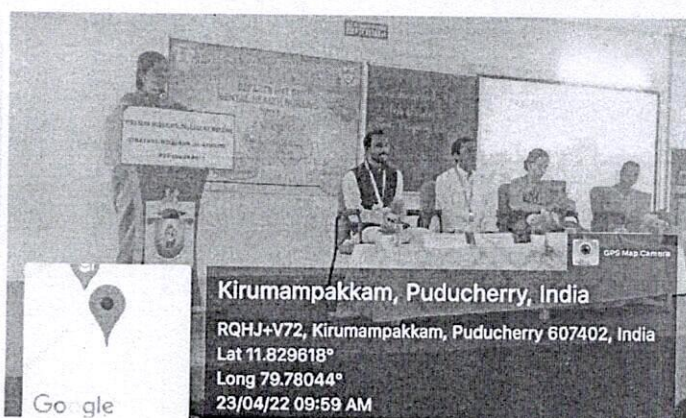
Organizing Chair Person
Dr. G. Muthamilselvi,
Principal,
VMCON, Puducherry.

VOTE OF THANKS
Mrs. R. Dhivya,
Lecturer, Dept. of MHN,
VMCON, Puducherry.

Organizing Secretary
Mrs. A. Ayar,
Asso. Professor cum HOD, Dept. of MSH,
VMCON, Puducherry.

Time: 09:30 am to 12:30 pm
Date: 23.04.2022

Venue: B.Bc (R) IV Year, Lecture Hall,
VMCON, Puducherry.



Mr. Nilachal, Assistant Professor, Dept. of Yoga and Naturopathy, Sarala Birla University, Ranchi, Jharkhand and Mr. S. Artchoudane, Assistant Professor, Center for Yogic Sciences, AVMC & H, Puducherry were invited as chief guest and delivered a speech on “Yoga for Women Health” and “Yoga for Stress” respectively during workshop on “Yoga for Stress and Women Health”, organized by Department of Mental Health Nursing and IQAC, Vinayaka Mission’s College of Nursing (VMCON) and Center for Yogic Sciences, AVMC & Hat VMCON, Puducherry dated on 23rd April, 2022. 150 students and 10 faculties from VMCON were participated.



Yoga for Stress by Mr. S. Artchoudane, Assistant Professor, CYS

Vinayaka Mission's Research Foundation
Department of Clinical Psychology
School of Rehabilitation and Behavioral Sciences
Aarupadai Veedu Medical College and Hospital

Cordially Invites you for the Workshop
YOGA FOR STRESS - 2022

Inauguration of Workshop
Prof. N. D. Rajan
Deputy Director
SRBS

Date
09-05-2022

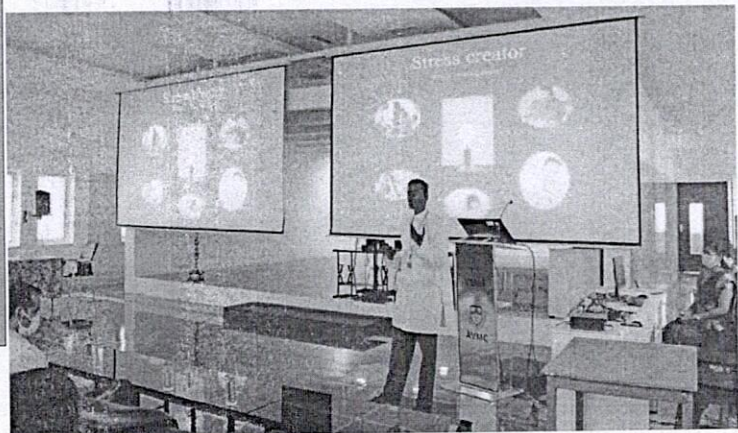
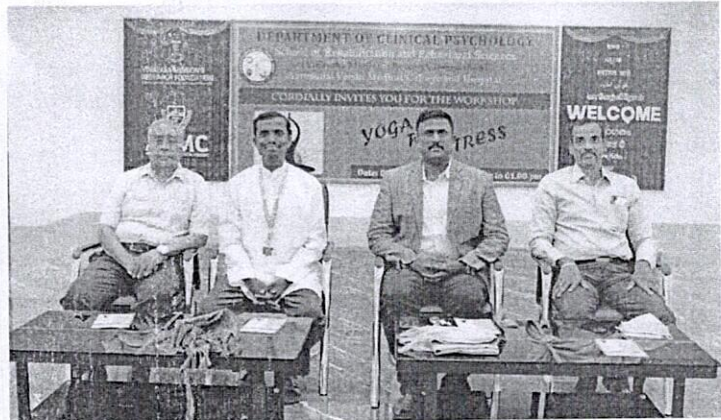

Time
11.00 am to 01.00 pm

Chief Guest
Prof. A. John Dinesh
Head of Dept of Psychiatry
AVMC & H

Venue
Smt. Annapoorani
Shanmugasundaram Mini-
Auditorium Hall
AVMC & H

Lecture by Yoga Specialist
S. Artchoudane
Assistant Professor
Center for Yogic Sciences
AVMC & H

Convenor
Dr. C. Saravanan
Associate Professor & HOD
Dept of Clinical Psychology
SRBS



Mr. S. Artchoudane, Assistant Professor, Center for Yogic Sciences, Aarupadai Veedu Medical College & Hospital was invited as a resource person and delivered a speech on "Yoga for Stress" during workshop on "Yoga for Stress" organized by the Department of Clinical Psychology, School of Rehabilitation and Behavioral Sciences (SRBS), Puducherry dated on 9th May, 2022. 55 students and 8 faculties from SRBS were participated.



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10th – 21st June: AVMC Yoga Mahotsav 2022

With the divine blessings of the Founder Chairman and
 With the benevolence of Honorable Chancellor, Madam Chancellor,
 Management, Dean, Faculty and Staff of AVMC&H
 We cordially invite you for

AVMC Yoga Mahotsav 2022
 10th - 21st June, 2022

Organized by
Center for Yogic Sciences
 Indian Yoga Association (IYA)
 in collaboration with
 Department of Physiology,
 National Service Scheme, IQAC, AVMC&H

*AVMC&H * VMCON * SRBS * SPT * SAHS

ID: 890 3513 7995
 Password: 036102

Free Registration
 Link: <https://cutt.ly/JFMVap>

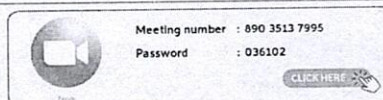
Note: E-Certificate will be issued after submitting the feedback form.

AVMC YOGA MAHOTSAV 2022				
Programme Schedule				
Inaugural Function 10 th June, 2022 (4.00 to 05.15 PM)				
June 10 (Friday) 4.00 - 5.15 PM	Prayer			
	Welcome address			Dr. Lakshmi Jatiya Professor and Head, Department of Physiology, AVMC & H
	Felicitation			Dr. Vishnu Bhat Director Medical Research, AVMC & H Dr. K. Jayasingh Medical Superintendent, AVMC & H
	Inaugural address			Prof. V. N. Mahalakshmi Dean-HPE, AVMC & H
	Yoga Day Address			Prof. P.F. Kotur, Dean, AVMC&H
To be followed by Common Yoga Protocol training				
Common Yoga Protocol Training				
Date	Time	Institution	Venue	Resource Persons
10.06.2022 to 20.06.2022	9.15 to 10.00 AM	VMCON	Auditorium, VMCON	Mrs. P. Bhuvaneshwari Yoga Instructor, CYS Mr. S. Artchoudane Assistant Professor, CYS
	12.15 to 01.00 PM	SAHS	Auditorium, SAHS	Mr. N. Ganapathy Yoga Instructor, CYS Mr. S. Artchoudane Assistant Professor, CYS
	03.15 to 04.00 PM	SPT & SRBS	Auditorium, SAHS	Mrs. P. Bhuvaneshwari Yoga Instructor, CYS Mr. S. Artchoudane Assistant Professor, CYS
	04.15 to 05.15 PM	AVMC&H	Smt. Annapoorani Mini Auditorium (Multipurpose Hall)	Mr. N. Ganapathy Yoga Instructor, CYS Mr. S. Artchoudane Assistant Professor, CYS



INTERNATIONAL WEBINAR / HYBRID ON "OUR PLANET OUR HEALTH"			
Place: Smf. Annapeerani Mini Auditorium			
Date	Time	Topic	Speakers
16.06.2022 (Thursday)	10.00 AM	Welcome Address	Dr. M. Gopinath, Associate Professor, Dept. of Physiology, AVMC & H
	10.15 AM	Prayer	
	10.25 AM	Chaired by Prof. P. F. Katur, Dean	
	10.30 AM to 11.00 AM	Don't Wait to Lose Weight	Dr. S. T. Venkateswaran Prof. & Head, Dept. of Yoga Govt Yoga & Naturopathy Medical College and Hospital, Chennai
	11.00 AM	Chaired by Dr. V. N. Mahalakshmi, Dean-HPE	
	11.00 AM to 11.30 AM	Healthy Elimination of Anger Through Yogic Samatvam	Yogacharya Bharata Bill Francis Barry Spiritual Teacher, Founder, Mantra Vijaya, U.S.A. Board of Directors, Sanatana Dharma Satsang
	11.30 AM	Chaired by Dr. Vishnu Bhat, Director Medical Research	
	11.30 AM to 12.00 PM	Swami Gitananda Giri's Four-Fold Relaxation: Nada Yoga Applications for Health and Well-Being	Yogacharini Dr. Sangeeta Laura Biagi Gitananda Yoga Teacher and Mentor, ICYER/Ananda Ashram Wellness & Voice Coach Founder, Soul Sound Academy, Italy
	12.00 PM	Chaired by Dr. T. Rajan, Vice-Principal	
	12.00 PM to 12.30 PM	Yoga Therapy	Ellen Nash Director and Principal Yoga Therapist, Yoga and Wellness For All, C-IAYT C-AAYT, Australia
	12.30 PM	Chaired by Dr. M. Gopinath, Assoc Professor, Dept. of Physiology	
	12.30 PM to 01.00 PM	Ashtanga Yoga: A Traditional and Modern perspectives	Yogacharya Dr. Ananda Balayogi Bhavanani Professor and Director, Centre for Yoga Therapy Education and Research (CYTER), Sri Balaji Vidyapeeth
	01.00 PM	Vote of thanks	Mr. S. Artchoudane Assistant Professor, CYS, AVMC & H
	01.15 PM	National Anthem	











INTERNATIONAL DAY OF YOGA			
Place: Football ground			
Date	Time	Topic	Speakers
21.06.2022	6.00 AM to 6.45 AM	Mass yoga demonstration	Coordinator: Mr. S. Artchoudane Assistant Professor, CYS, AVMC & H Yoga Instructors: 1. Mrs. P. Bhuvaneshwari 2. Mr. N. Ganapathy Volunteers: Staff and students
	6.45 AM	Closing remarks	Prof. P.F. Kotur Dean, AVMC & H
	7.00 AM	Vote of thanks	Dr. R.R. Kumar Assistant Professor, Dept. of Biochemistry cum Student Welfare Officer, AVMC & H
	7.15 AM	National Anthem	
	7.15 AM to 8.00 AM	Refreshment	
Outreach Activity			
Date: 21.06.2022 Time: 9:30 AM to 1.00 PM Participants: AVMC students (20 nos) Iconic place: 1. Auroville 2. PHC, Arivankuppam, Puducherry			



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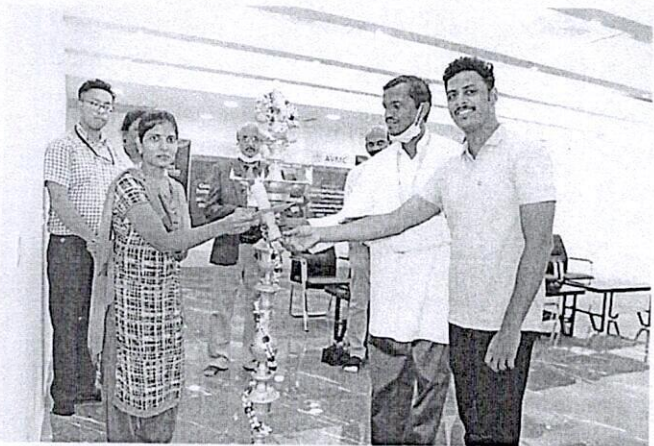
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AARUPADAI VEEDU MEDICAL COLLEGE

AVMC Yoga Mahotsav 2022						
International Webinar/Hybrid on "Our Planet Our Health"						
Date	Time	Speakers	Topics	Chairpersons	Zoom Link	
16 th June, 2022 (Thursday)	10.30 AM to 11.00 AM	 Dr. S. T. Venkateswaran Prof. & Head, Dept. of Yoga Govt Yoga & Naturopathy Medical College and Hospital, Chennai	Don't Wait to Lose Weight	Prof. P. F. Katur Dean		
	11.00 AM to 11.30 AM	 Yogacharya Bharata Bill Francis Barry Spiritual Teacher, Founder, Mantra Vijaya, U.S.A. Board of Directors, Sanatana Dharma Satsang	Healthy Elimination of Anger Through Yogic Samatvam	Dr. V. N. Mahalakshmi Dean-HPE		
	11.30 AM to 12.00 PM	 Yogacharini Dr. Sangeeta Laura Biagi Gitananda Yoga Teacher and Mentor, ICYER/Ananda Ashram Wellness & Voice Coach Founder, Soul Sound Academy, Italy	Swami Gitananda Giri's Four-Fold Relaxation: Nada Yoga Applications for Health and Well-Being	Dr. Vishnu Bhat Director Medical Research		
	12.00 PM to 12.30 PM	 Ellen Nash Director and Principal Yoga Therapist, Yoga and Wellness For All, C-IAYT C-AAYT, Australia.	Yoga Therapy	Dr. T. Rajan Vice-Principal		
	12.30 PM to 01.00 PM	 Yogacharya Dr. Ananda Balayogi Bhavanani Professor and Director, Centre for Yoga Therapy Education and Research (CYTER), Sri Balaji Vidyapeeth	Ashtanga Yoga: A Traditional and Modern perspectives	Dr. M. Gopinath Assoc Professor, Dept. of Physiology		

Meeting number : 890 3513 7995
Password : 036102



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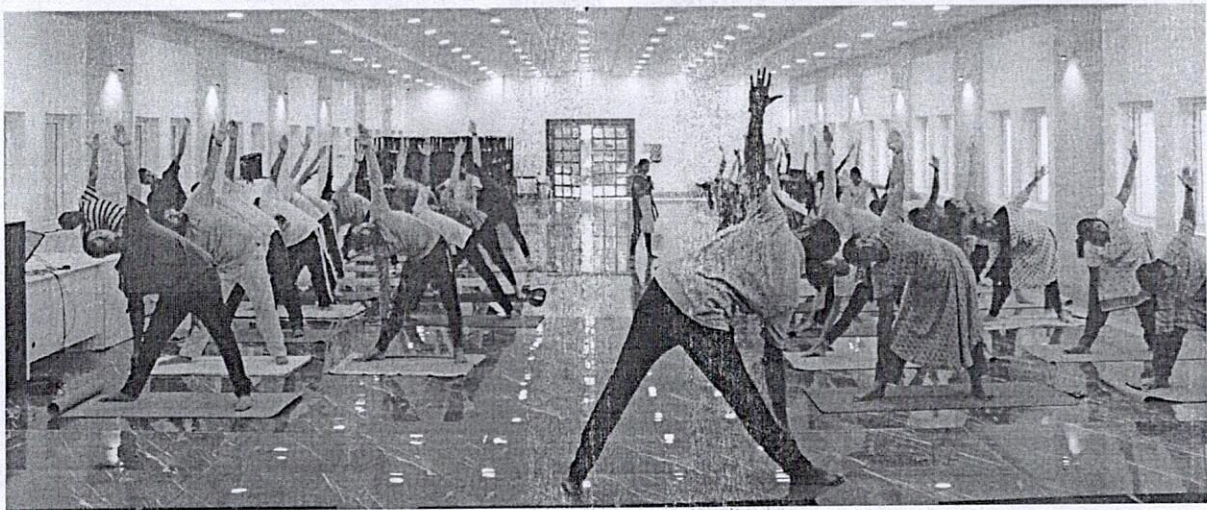
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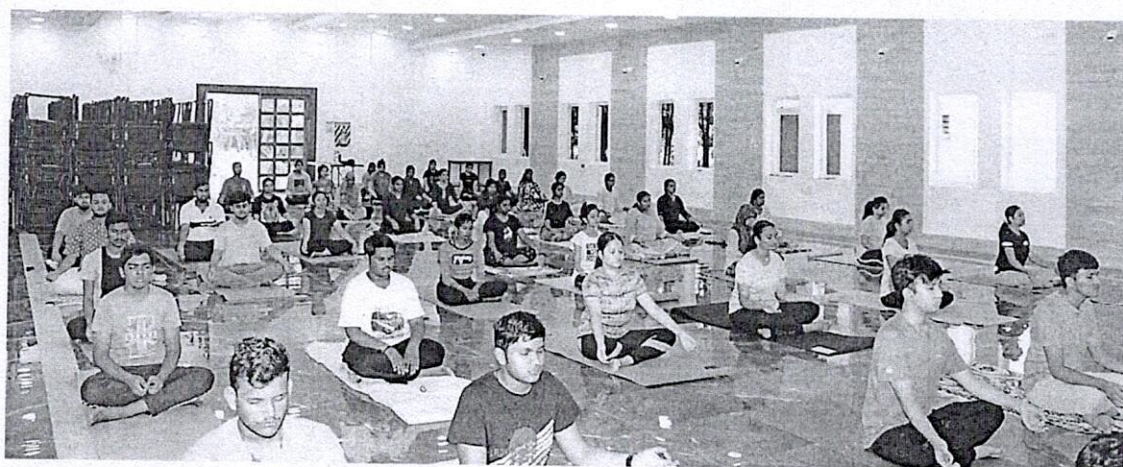
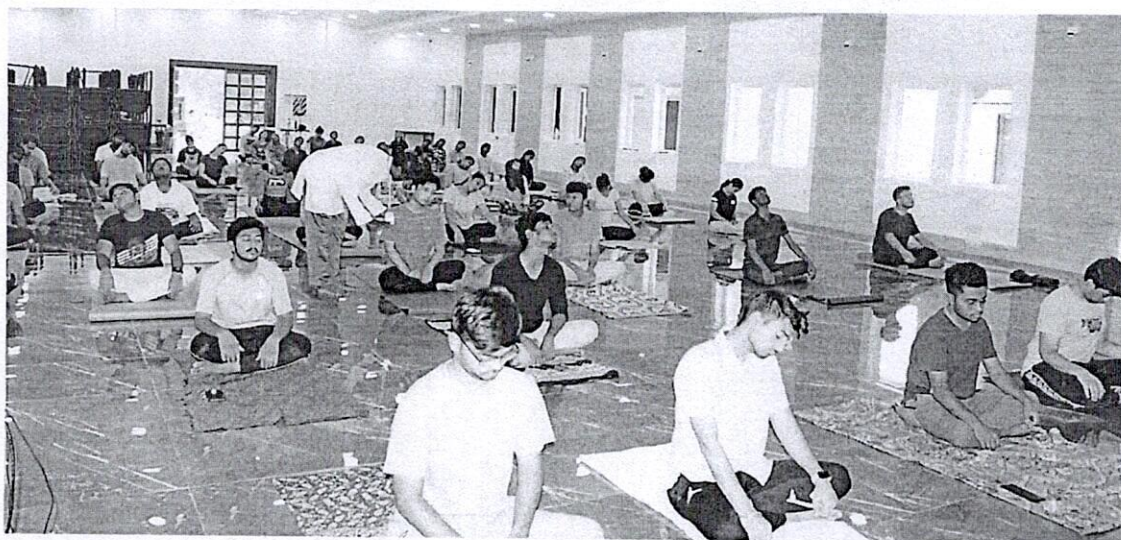
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AVMC Yoga Mahotsav 2022 was inaugurated and addressed on the eve of International Day of Yogaby Prof. P.F. Kotur, Dean and welcome address was given by organizing chairperson Dr. Lakshmi Jatiya, Prof. and Head, Dept. of Physiology, and key note and the Common Yoga Protocol (CYP) training were by organizing secretary Mr. S. Artchoudane, Assistant Professor, Center for Yogic Sciences at Smt. Annapoorani Mini Auditorium, AVMC & Hospital dated 10th June, 2022.

10th – 20th June: Common Yoga Protocol training, AVMC Yoga Mahotsav 2022





Common Yoga Protocol training was given by Team CYS - Mr. S. Artchoudane, Assistant Professor, Mrs. P. Bhuvaneswari and Mr. N. Ganapathie Venkatraman, Yoga Instructors, Center for Yogic Sciences, AVMC & Hospital to the following students of respective institutions during AVMC Yoga Mahotsav 2022 from 10th to 20th June, 2022:

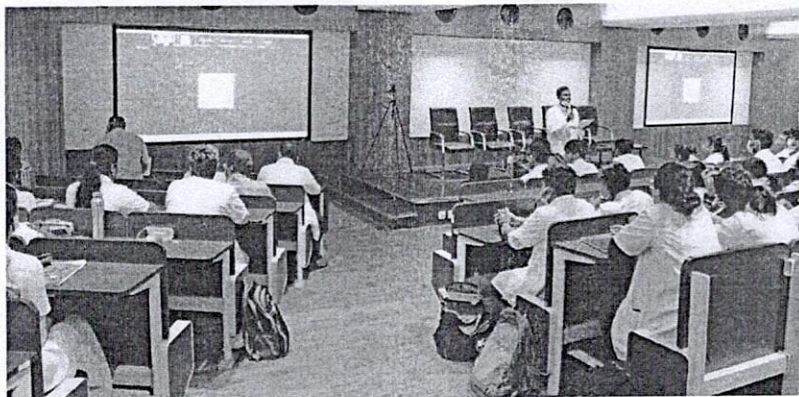
- a) 150 students from AVMC at Smt. Annapoorani Mini Auditorium
- b) 65 students from VMCON at Auditorium, VMCON
- c) 86 students from SAHS at Auditorium, SAHS
- d) 84 students from SPT and SRBS at Auditorium, SAHS



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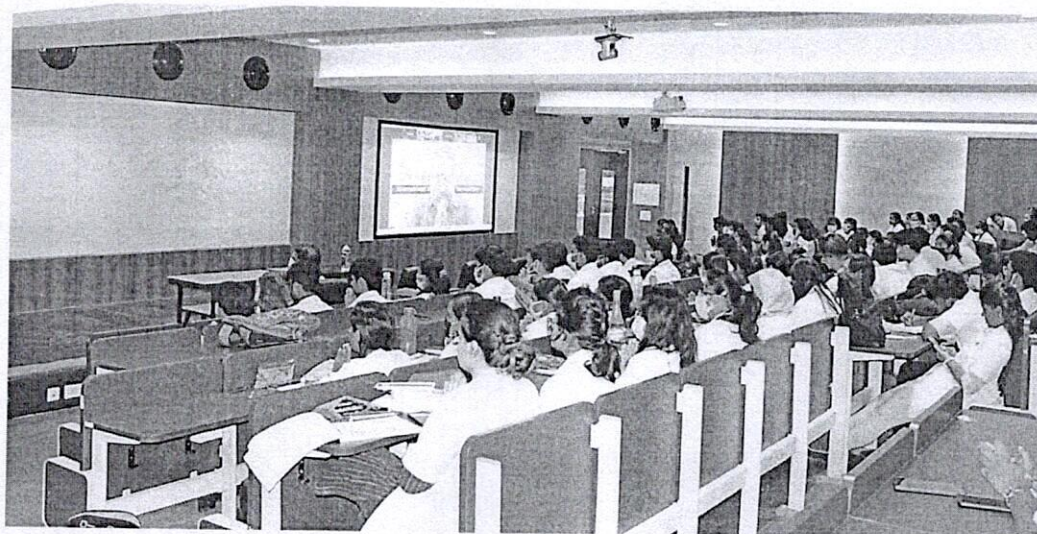
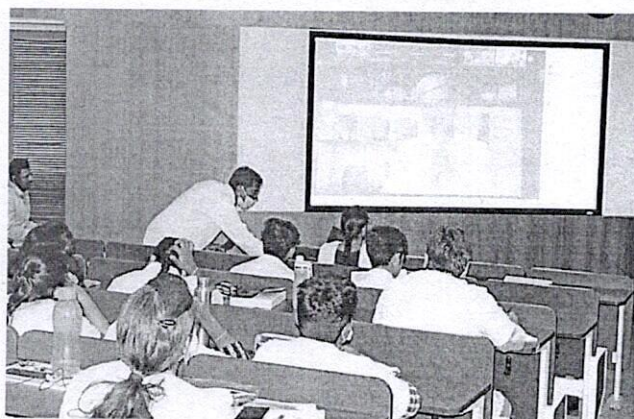
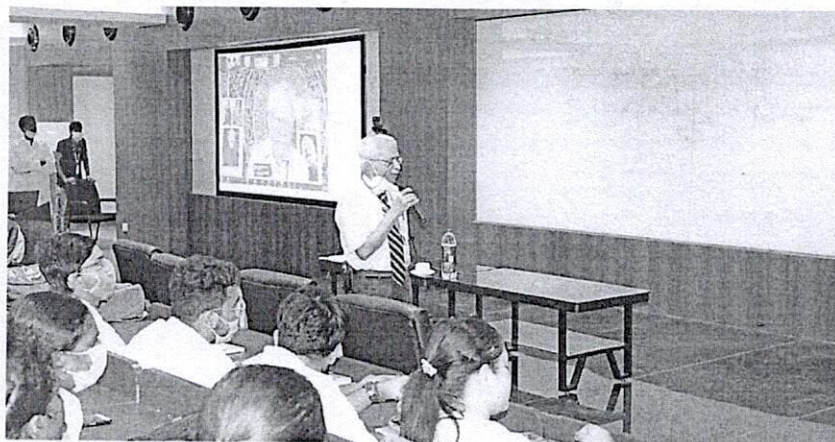


16th June: International Hybrid Webinar on Our Planet Our Health, AVMC Yoga Mahotsav 2022





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International hybrid mode webinar on “Our Planet Our Health” was organized by Center for Yogic Sciences (CYS) in collaboration with Department of Physiology, IQAC and NSS, AVMC & Hospital during AVMC Yoga Mahotsav 2022, dated 16th June, 2022.

Mr. S. Artchoudane, Assistant Professor, CYS began the International Hybrid Mode Webinar programme with opening note and welcoming the chairpersons Prof. P.F. Kotur, Dean, Dr. V.N. Mahalakshmi, Dean-HPE, Dr. Vishnu Bhat, Director Medical Research, Dr. T. Rajan, Vice-Principal, Dr. D. Arunachalam, Prof. and Head, Dept. of Community Medicine, Dr. M. Gopinath, Associate Professor, Dept. of Physiology, Dr. R. R. Kumar, Assistant Professor, Dept. of Biochemistry cum SWO, AVMC & Hospital, students and participants.

Dr. M. Gopinath, Associate Professor, Dept. of Physiology, AVMC & Hospital gave welcome address to all the chairpersons and speakers.

On behalf of Prof. P.F. Kotur, Dean, Dr. Vishnu Bhat, Director Medical Research chaired the session of Dr. S. T. Venkateswaran, Professor and Head, Department of Yoga, Government Yoga and Naturopathy Medical College and Hospital for the lecture session on “Do not wait to lose weight” during International Hybrid Webinar on “Our Planet Our Health” dated 16th June, 2022 from 10 AM to 10.30 AM.

On behalf of Dr. V.N. Mahalakshmi, Dean-HPE, Dr. Vishnu Bhat, Director Medical Research chaired the session of Yogacharya Bharata Bill Francis Berry, Spiritual Teacher, Founder, Mantra Vijaya, U.S.A. for the lecture session on “Healthy Elimination of Anger through Yogic Samatvam” during International Hybrid Webinar on “Our Planet Our Health” dated 16th June, 2022 from 10.30 AM to 11.00 AM.

Dr. Vishnu Bhat, Director Medical Research chaired the session of Yogacharini Dr. Sangeeta Laura Biagi, Gitananda Yoga Teacher and Mentor, Ananda Ashram and Founder, Soul Sound Academy, Italy for the lecture session on “Swami GitanandaGiri’s Four-Fold Relaxation: Nada Yoga Applications for Health and Well-Being” during International Hybrid Webinar on “Our Planet Our Health” dated 16th June, 2022 from 11.00 AM to 11.30 AM.

Dr. T. Rajan, Vice-Principal, AVMC chaired the session of Yogasadhaki Ellen Nash, Director and Principal Yoga Therapist, Yoga and Wellness for All, Australia for the lecture session on “Yoga Therapy” during International Hybrid Webinar on “Our Planet Our Health” dated 16th June, 2022 from 11.30 AM to 12.00 PM.

Dr. M. Gopinath, Associate Professor, Dept. of Physiology, AVMC & Hospital chaired the session of Yogacharya Dr. Ananda Balayogi Bhavanani, Director and Professor, Centre for Yoga Therapy Education and Research (CYTER), Sri Balaji Vidyapeeth, Puducherry for the lecture session on “Ashtanga Yoga: A Tradition and Modern perspectives” during International Hybrid Webinar on “Our Planet Our Health” dated 16th June, 2022 from 12.30 PM to 1.00 PM.



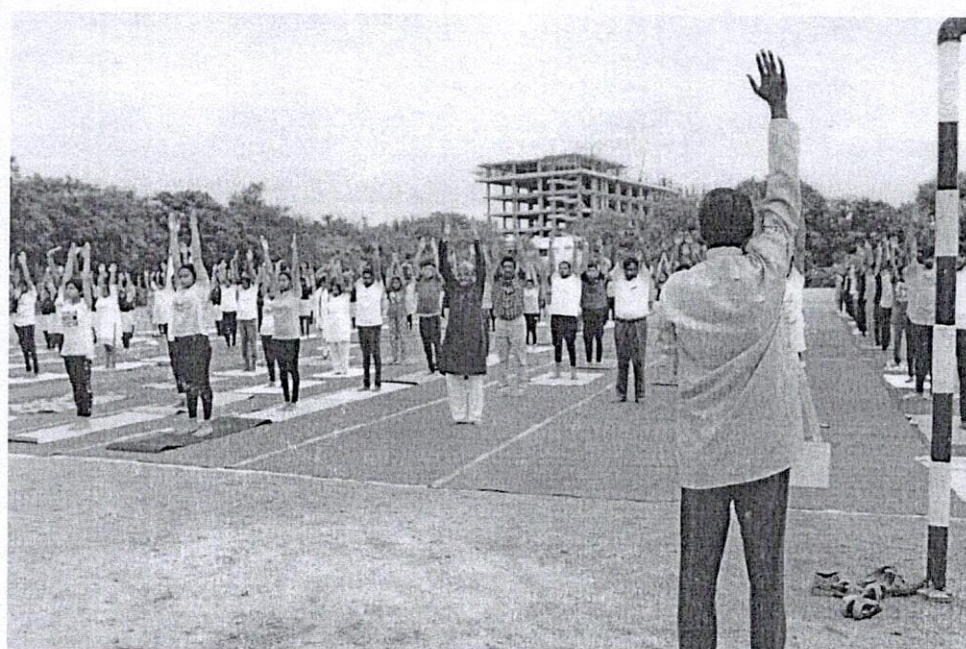
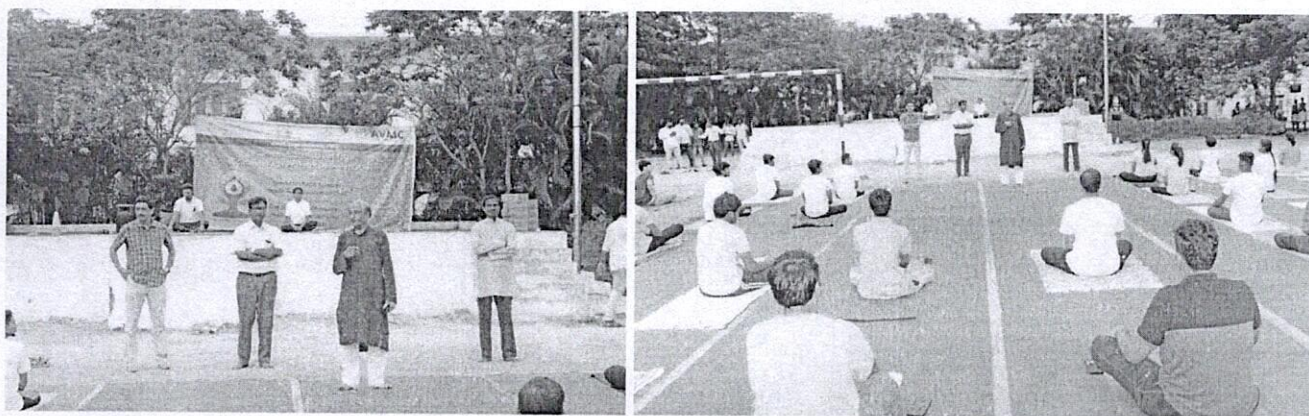
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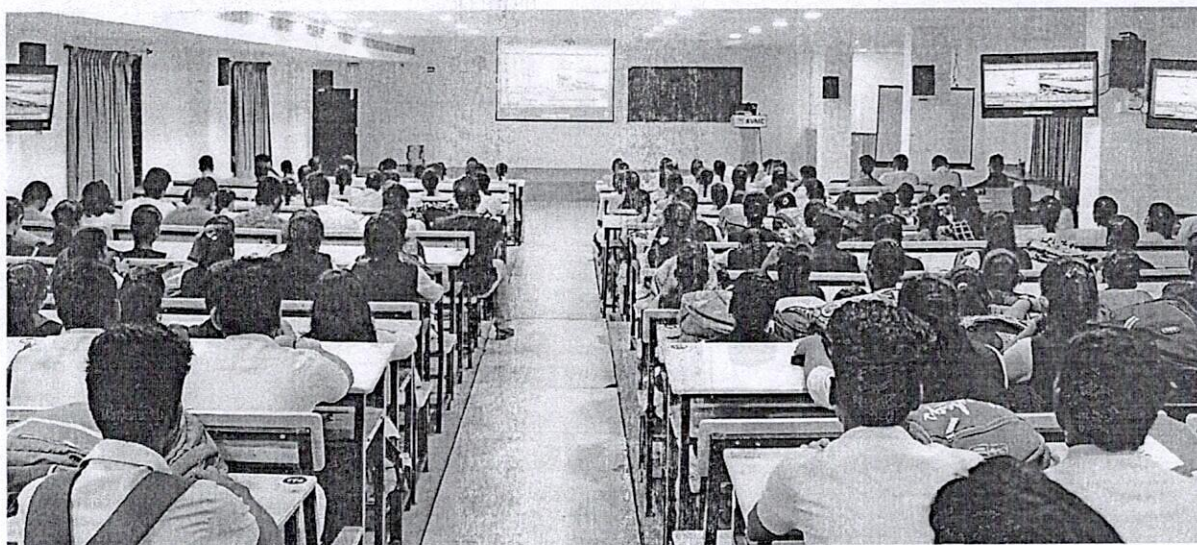


The international hybrid mode webinar programme was closed with vote of thanks by Mr. S. Artchoudane, Assistant Professor, CYS, AVMC & Hospital, Puducherry followed by National Anthem.

Team CYS message: It was our pleasure to have you as one of the guest speakers. We would love to have more sessions by you in future. We extend our sincere gratitude to you for blessed this event to be successful.

21st June: International Day of Yoga, AVMC Yoga Mahotsav 2022

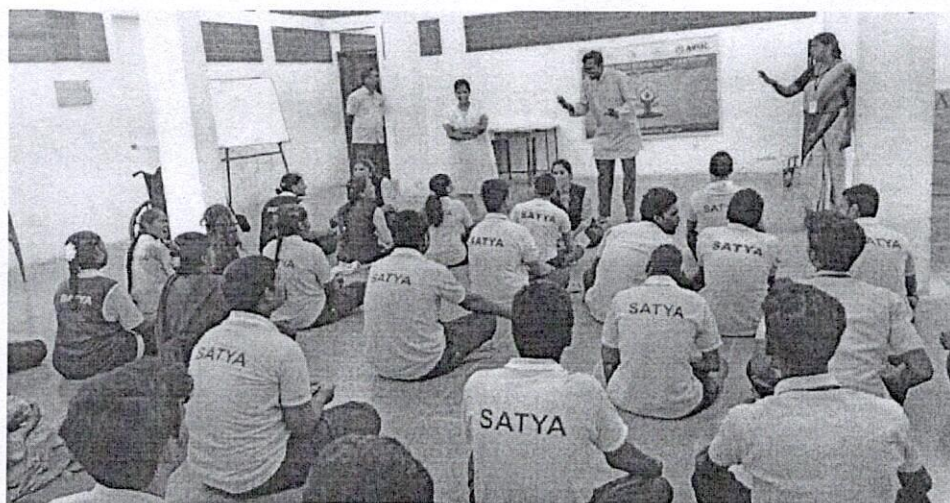




On the International Day of Yoga 21st June 2022, Prof. P.F. Kotur, Dean made the event grand and blessed the participants during AVMC Yoga Mahotsav 2022. Team CYS - Mr. S. Artchoudane, Assistant Professor, Mrs. P. Bhuvaneswari and Mr. N. Ganapathie Venkatraman, Yoga Instructors, CYS, AVMC & Hospital organized and demonstrated the Common Yoga Protocol at AVMC football ground from 6.00 to 6.45 AM. Dr. D. Arunachalam, Prof. and Head, Dept. of Community Medicine, Dr. R. R. Kumar, Assistant Professor, Dept. of Biochemistry, Co-ordinators of the respective institutions and 400 participants from AVMC & Hospital, Vinayaka Mission's College of Nursing, School of Physiotherapy, School of Allied Health Sciences, and School of Rehabilitation and Behavioral Sciences were participated. In continuation of the mass yoga demonstration, honorable Prime Minister Narendra Modi ji programme was live telecasted, followed by national anthem and snacks distribution.



Outreach activities



Center for Yogic Sciences, Aarupadai Veedu Medical College & Hospital organized yoga demonstration of the common yoga protocol for children with special needs at Satya Special School, Kuilapalayam, Vanur Taluk, Tamil Nadu. 45 children with special needs and 15 students from SAHS were trained by Mr. S. Artchoudane, Assistant Professor and Mrs. P. Bhuvaneswari Yoga Instructor, CYS, AVMC & Hospital. Yoga coordinator Mr. Jayasuriya, Lecturer, School of Allied Health Sciences had involved in the same during Yoga Mahotsav dated 21st June, 2022.



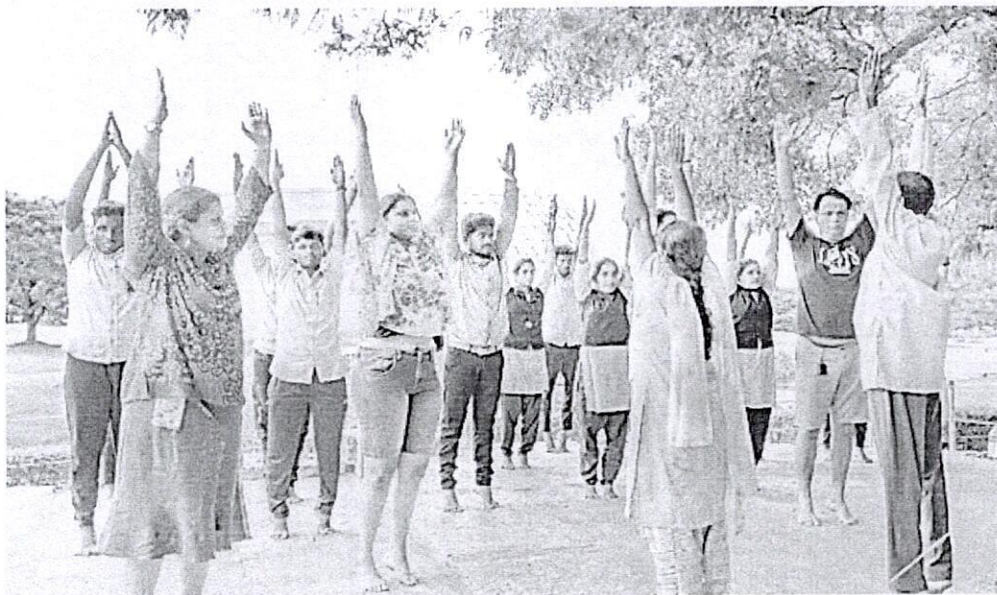
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Center for Yogic Sciences, Aarupadai Veedu Medical College & Hospital conducted yoga awareness program at Auroville, Vanur Taluk, Tamil Nadu. 5 visitors from Kasi along with 15 students from SAHS were guided for yoga practice and meditation by Mr. S. Artchoudane, Assistant Professor and Mrs. P. Bhuvaneswari Yoga Instructor, CYS, AVMC & Hospital. Yoga coordinator Mr. Jayasuriya, Lecturer, School of Allied Health Sciences had involved and 50 visitors watched the same during Yoga Mahotsav dated 21st June, 2022.



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Center for Yogic Sciences, Aarupadai Veedu Medical College & Hospital conducted yoga awareness program at Dr.B.R.Ambedkar Govt. Higher Secondary School, Kirumampakkam,Puducherry on 29th June, 2022.160 students from the school and 20 students from the Vinayaka Mission College of Nursingwere trained yoga practice and meditation by Mr. S. Artchoudane, Assistant Professor, Mrs. P. Bhuvaneswari, and Mr. N. GanapathieVenkatraman, Yoga Instructors. The program was organized by yoga coordinators Mr. Rajkumar, Physical Education Teacher and Mrs. Ayiee, Assistant Professor and Head, Dept. of Mental Health,VMCON, Puducherry during Yoga Mahotsav 2022.

Dr. T. PRASAD

Chief Coordinator, IQAC

Aarupadai Veedu Medical College & Hospital
Kirumampakkam, Puducherry - 607 403.

Dr. RAKESH SEHGAL, M.D.,D.N.B.,M.A.M.S.,F.A.C.T.M.,F.I.A.T.P.

DEAN,

Aarupadai Veedu Medical College & Hospital
Kirumampakkam, Puducherry 607 403.