

International Yoga Day

The International Yoga Day celebrations at CDSIMER, a unit of DSU was organized on Tuesday the 21st June 2022 at the Auditorium in 4th floor, G-Block.

Traditional decorations adorned the hall, students and faculty members assembled at the venue at 11 AM. Dr. Apar Avinash Saoji, Principal, School of Yoga and Naturopathic Medicine, Swami Vivekananda Yoga Anusandhana Samsthana was the guest of honour for the programme.

Vice Principal, Dr Prashanth Kumar M delivered the welcome address and also expressed his desire to have collaborations in the field of patient care and research with S-VYASA.

The guest of honour was welcomed with a floral bouquet by the Medical Director, Dr. S Rajagopalan. The complier of the program Dr. Vidyashree H M, Department of Physiology invited all the guests on the dais for a lamp lighting ceremony following which Ms. Spandana Srinidhi, Phase II MBBS student rendered the invocation song.



The guest of honour delivered a lecture highlighting the benefits of yoga on the general physical and spiritual health, he then elaborated about the various MOUs of S-VYASA University with prominent Medical Institutes in and around Bangalore. He too expressed a strong desire for a collaboration with CDSIMER in the near future.



Dr. Venkateshmurthy K T, Professor & HOD, Department of Anaesthesiology then went on to conduct the performance of yoga by the students for the next one hour.



This was according to the protocol shared by the National Medical Council and had been practised for the last ten days. Phase I MBBS students displayed a synchronised yoga and were advised by the speakers to adapt yoga as a lifestyle measure and sustain its practice in future too.



Dr. Pratibha Nadig expressed the vote of thanks and the program ended with a traditional prayer.