

YOGA AND WELLNESS (2017-18)

Circular and Schedule



No: SMVMCH/DO/UG/ 360 /2017

Date : 17.05.2017

Circular

It is hereby informed that training in Yoga for the students of MBBS will be conducted from the month of May 2017 by Vethapuram Sky life Pondicherry.

The students who are interested to attend are informed to kindly enrol and abide by the rules and instructions of the Yoga teacher.

The classes are scheduled as follows:

GROUP	DAY	TIME	VENUE
BOYS	Monday, Tuesday and Wednesday	4.30 PM to 5.30 PM	College Block Fourth floor Hall
GIRLS	Thursday, Friday and Saturday	4.30 PM to 5.30 PM	College Block Fourth floor Hall

Dean

DR. R.N. Kagne
Dr. KAGNE, R.N.
DEAN
SRI MANAKULA VINAYAGAR
MEDICAL COLLEGE & HOSPITAL
KALITHEERTHALKUPPAM,
PUDUCHERRY-605107.

Copy to:

The Chairman

The Director

Dean (Academic)

The Medical Superintendent

The Administrative Officer

Notice board- College, Hospital, Boys' and Girls' Hostels

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DEAN
SRI MANAKULA VINAYAGAR
MEDICAL COLLEGE & HOSPITAL
KALITHEERTHALKUPPAM,
MADAGADIPET, PUDUCHERRY-605 107.

Report on Yoga and Wellness

A healthy mind and a healthy body go hand in hand. The practice of Yoga benefits both mind and body. Yoga helps one to build inner strength, overcome stress, helps in focus and better concentration, provide peace of mind and improve depression. Bodily, it improves flexibility, builds muscle strength, and helps one to attain perfect posture. Keeping the above advantages in mind, the students of MBBS were trained in Yoga at the campus of SMVMCH by certified personnel from Vethapuram Skylife, Pondicherry. Separate sessions were conducted for boys and girls in Lecture Hall 4 from 4.30 PM to 5.30 PM on week days.

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SRI MANAKULA VINAYAGAR
MEDICAL COLLEGE & HOSPITAL
KALITHEERTHALKUPPAM,
MADAGADIPET, PUDUCHERRY-605 107.**

YOGA AND WELLNESS (2018-19)

Circular and Schedule



No: SMVMCH/DO/UG/ 372/2018

Date : 21.05.2018

Circular

It is hereby informed that training in Yoga for the students of MBBS will be conducted from the month of May 2018 by Vethapuram Skyclife Pondicherry.

The students who are interested to attend are informed to kindly enrol and abide by the rules and instructions of the Yoga instructor.

The classes are scheduled as follows:

GROUP	DAY	TIME	VENUE
BOYS	Monday, Tuesday and Wednesday	4.30 PM to 5.30 PM	College Block Fourth floor Hall
GIRLS	Thursday, Friday and Saturday	4.30 PM to 5.30 PM	College Block Fourth floor Hall

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Dr. KAGNE. R.N
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MEDICAL COLLEGE & HOSPITAL
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PUDUCHERRY-605107.

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The Medical Superintendent

The Administrative Officer

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KALITHEERTHALKUPPAM,
MADAGADIPET, PUDUCHERRY-605107.

Report on Yoga and Wellness

The students of MBBS were trained in Yoga at the campus of SMVMCH by certified personnel from Vethapuram Skylife, Pondicherry. Separate sessions were conducted for boys and girls in Lecture Hall 4 from 4.30 PM to 5.30 PM on week days. The sessions helped them to build their inner strength, overcome stress, helps in focus and better concentration.

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MEDICAL COLLEGE & HOSPITAL
KALITHEERTHALKUPPAM,
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YOGA AND WELLNESS (2019-20)

Circular and Schedule



No: SMVMCH/DO/UG/420/2019

Date : 18.05.2019

Circular

It is hereby informed that training in Yoga for the students of MBBS will be conducted from the month of May 2019 by Vethapuram Skylife Pondicherry.

The students who are interested to attend are informed to kindly enrol and abide by the rules and instructions of the Yoga teacher.

The classes are scheduled as follows:

GROUP	DAY	TIME	VENUE
BOYS	Monday, Tuesday and Wednesday	4.30 PM to 5.30 PM	College Block Fourth floor Hall
GIRLS	Thursday, Friday and Saturday	4.30 PM to 5.30 PM	College Block Fourth floor Hall

Dean

DR. R.N. Kagne

Dr. KAGNE, R.N
DEAN

SRI MANAKULA VINAYAGAR
MEDICAL COLLEGE & HOSPITAL
KALITHEERTHAL KUPPAM,
PUDUCHERRY-605107.

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The Chairman

The Director

Dean (Academic)

The Medical Superintendent

The Administrative Officer

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Report on Yoga and Wellness

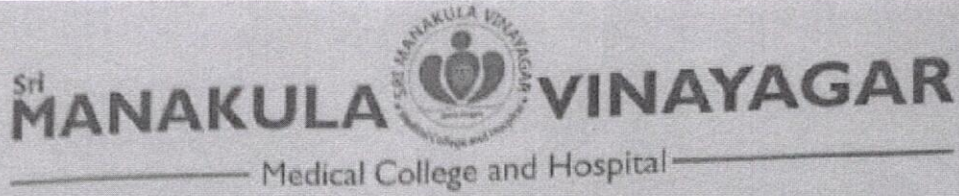
The students of MBBS were trained in Yoga at the campus of SMVMCH by certified faculty Dr. ShivaYogappa Teli, HOD, Dept of Physiology and team. Separate sessions were conducted for boys and girls in Lecture Hall IV from 4.30 PM to 5.30 PM on week days. The sessions helped them in physical wellbeing, overcome stress and perform well in their academics.

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YOGA AND WELLNESS (2020-21)

Circular and Schedule



No: SMVMCH/DO/UG / 308a /2022

Date: 17.02.2021

CIRCULAR

We are happy to announce that Puducherry Vethapuram Sky Life Trust and Spiritual Educational Centre, Puducherry has consented to impart training in Yoga for the students of MBBS from the month of March 2021.

The students who are interested to attend are informed to kindly enrol and abide by the rules and instructions of the Yoga teacher.

The classes are scheduled as follows:

GROUP	DAY	TIME	VENUE
BOYS	Monday, Tuesday and Wednesday	4.30 PM to 5.30 PM	College Block Fourth floor Hall
GIRLS	Thursday, Friday and Saturday	4.30 PM to 5.30 PM	College Block Fourth floor Hall

Copy to:

The Director
The Dean (Academic)
All UG students
Concerned Departments.
Notice Board – College, Hospital, Hostels.

DEAN
18/2/21
Dr. KAGNE, R.N
DEAN

SRI MANAKULA VINAYAGAR
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KALITHEERTHALKUPPAM,
PUDUCHERRY-605107.

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Report on Yoga and Wellness

The students of MBBS were trained in Yoga at the campus of SMVMCH by certified faculty Dr. ShivaYogappa Teli, HOD, Dept of Physiology and team. Separate sessions were conducted for boys and girls in Lecture Hall IV from 4.30 PM to 5.30 PM on week days. The sessions helped them to overcome stress, develop bodily flexibility, helped in better concentration while reading.

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YOGA AND WELLNESS (2021-22)

Circular and Schedule



No. SMVMCH/DO/Circular/1193/2022

DATE: 08.06.2022

CIRCULAR

As a part of Foundation Course - PD&E yoga sessions (FC 4.8) will be conducted for 1 MBBS (2021-22 Batch) students at MIT auditorium. Herewith, the following schedule for the yoga sessions has been attached.

Date	Time	Activity	Faculty
13.06.22	05.30-06.30PM	Introduction to Yoga & Meditation	Dr. Shivayogappa Teli Professor & Head Department of Physiology SMVMCH & TEAM
14.06.22	05.30-06.30PM	Importance of yoga & Meditation in personal health	
15.06.22	05.30-06.30PM	yoga & Meditation -I	
16.06.22	05.30-06.30PM	yoga & Meditation -II	
17.06.22	05.30-06.30PM	yoga & Meditation -III	
20.06.22	05.30-06.30 PM	yoga & Meditation -IV	
21.06.22	05.00 -08.00 AM	yoga & Meditation -V	

Note : The students are instructed to attend and get benefited from the sessions without fail.

DEAN

Dr. KASTURBA R.N

DEAN

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MEDICAL COLLEGE & HOSPITAL
KALITHEERTHAL KUPPAM,
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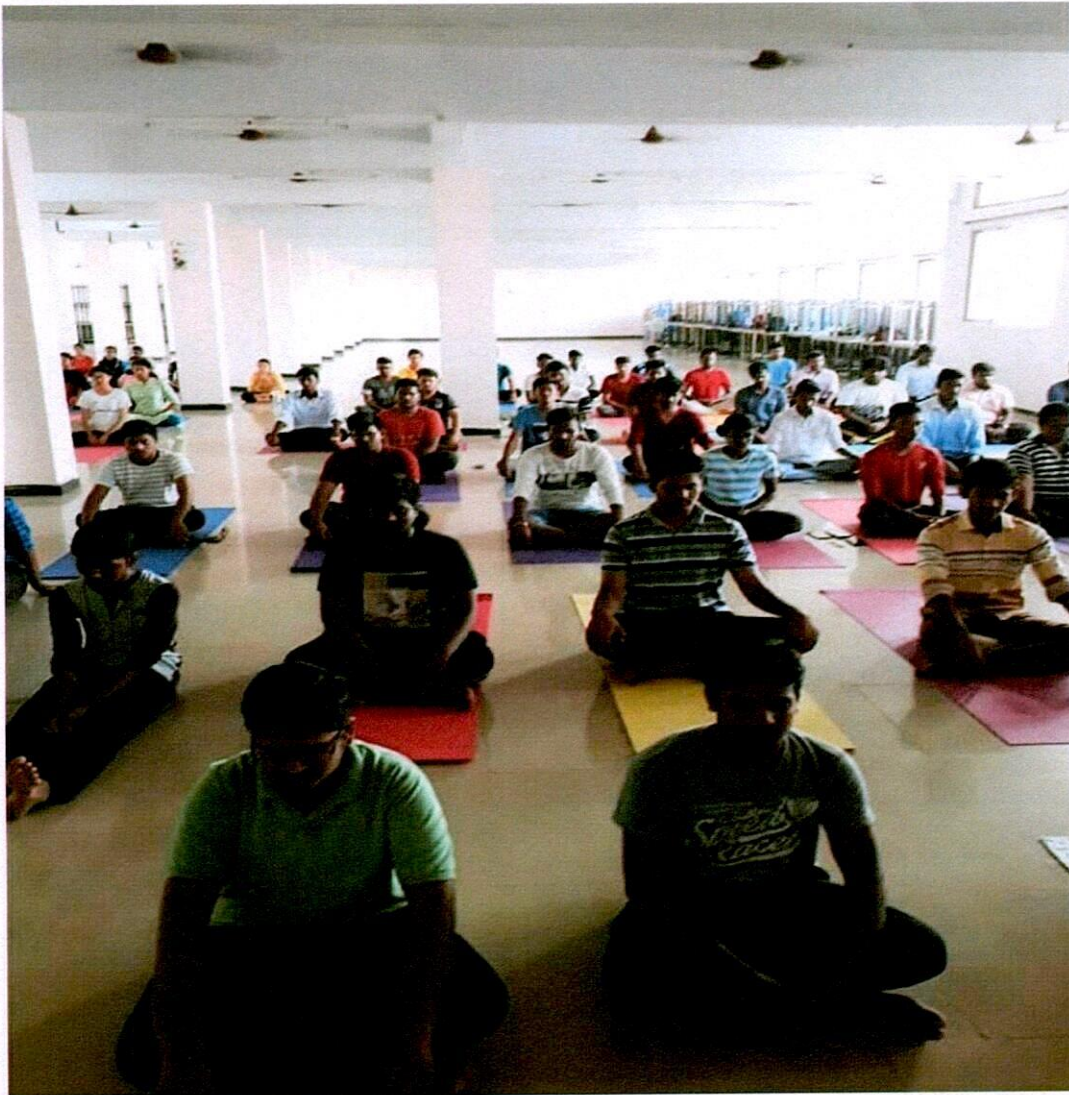
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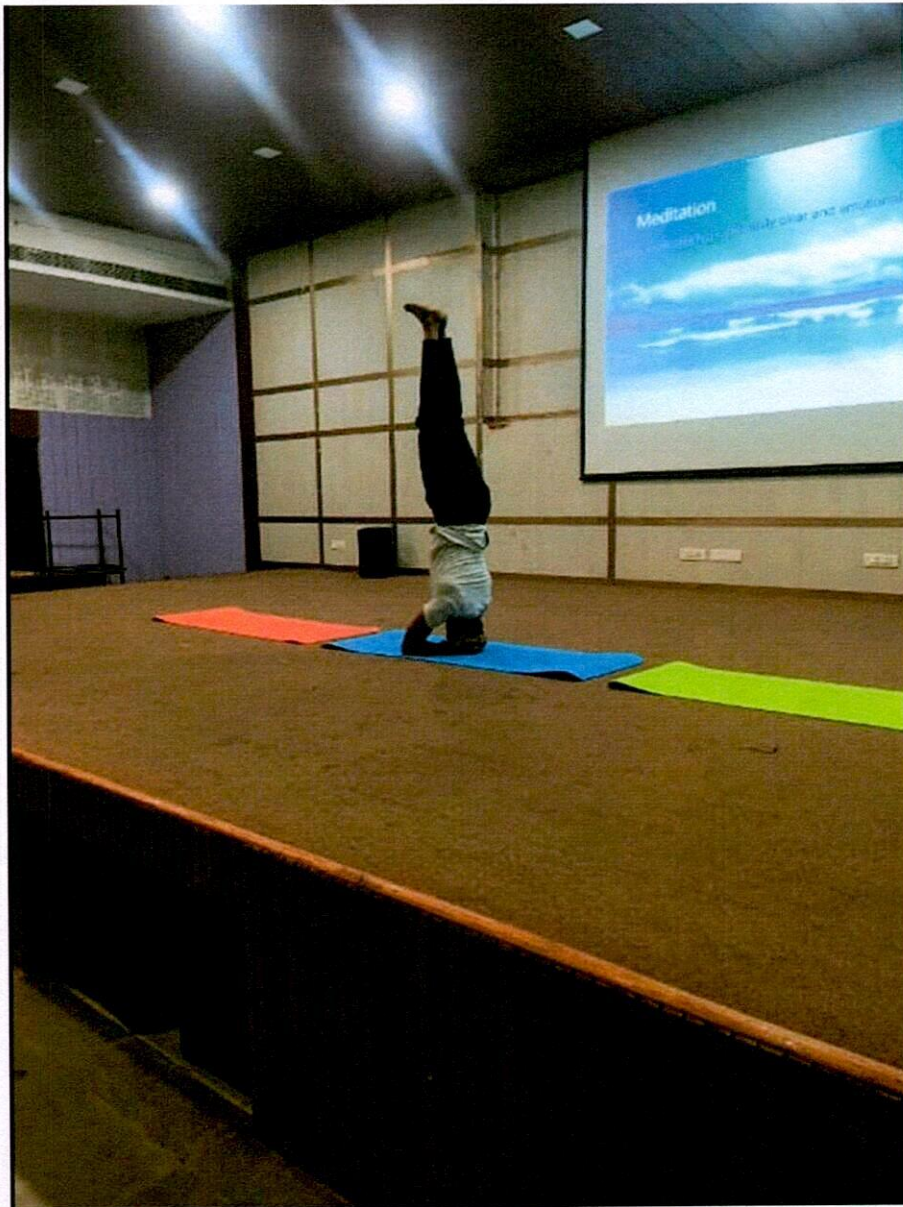
Yoga & Wellness 2017-18



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Yoga & Wellness 2018-19



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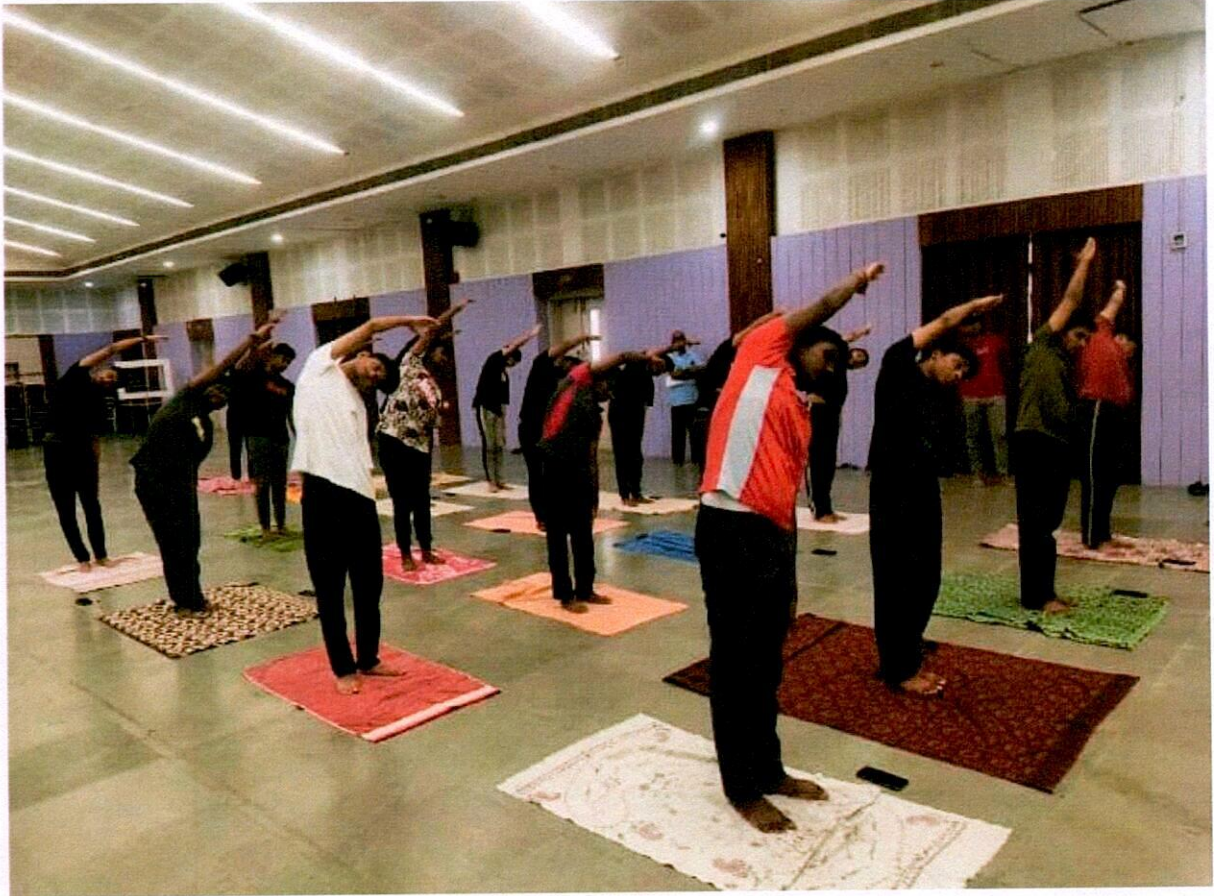
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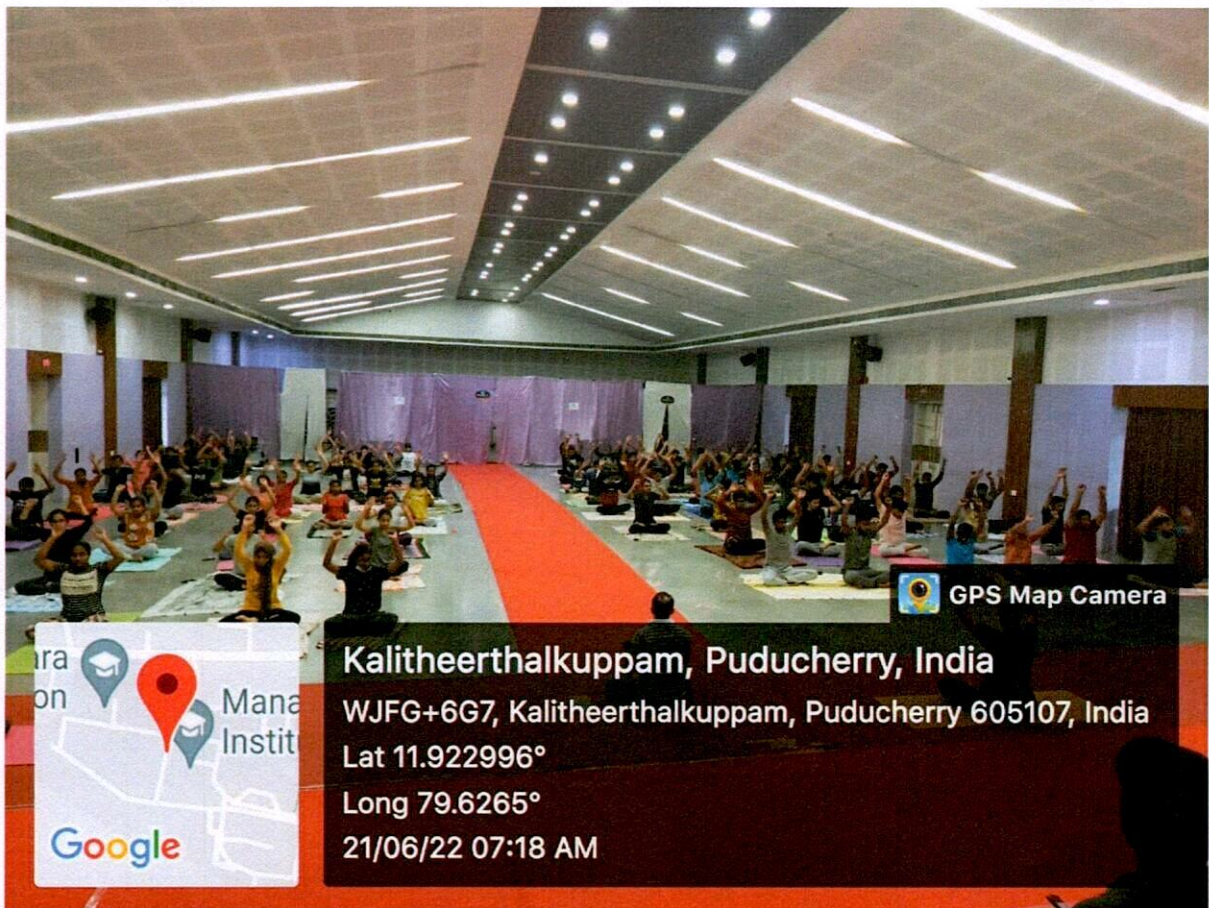
Yoga & Wellness 2020-21



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Yoga & Wellness 2021-22



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