

Sri Chamundeshwari Medical College, Hospital & Research Institute at Channapatana celebrated **“International Yoga Day”** on 21st of June 2023. This day celebrates ancient physical, mental and spiritual practice of yoga. International Yoga Day was first observed in 2015 and is being celebrated in full swing every year since then. Theme for this year is **“Yoga for Vasudhaiva Kutumbakam”** , Yoga for the Welfare of All as One World- One Family. As the part of celebration of International Yoga Day, yoga training sessions were conducted for participants from 16/06/23 to 21/06/23 by yoga trainers Dr.Deepa, Assistant Professor, Dept. of OBG and Dr. Chethan chennagowda, Assistant Professor, Dept. of Paediatrics The program was organised by Dr. Sushma. A, Assistant Professor, Department of Community Medicine. Marking the undying tradition of our country, the dignitaries were welcomed to the dais. The program began with a soulful prayer by Ms. Rajeshwari, staff nurse, followed by ‘ Lamp lighting’ by the dignitaries which included chief guest Sri C.N.Sitharaman retired IAS Officer, now working as CEO in Rajarajeshwari Group of Institutions. The members present on dais were Dr. Rekha.M.S, Principal of SCMCH, Dr.Roshan Kumar B.N, Medical Superintendent, SCMCH and Dr. Pravin G.U, Vice Principal, RRMCH. The welcome address and introduction to guest was rendered by the Dr Divya.R, who welcomed all the dignitaries on this occasion. Our chief guest Sri C.N. Sitharaman, delivered a talk on importance of the day. Chief guest, Yoga trainers and all the dignitaries on the dais

were honoured. Dr. Sowmiya R, Associate professor, Dept. of physiology gave a lecture about Health benefits of Yoga. Yoga was performed by all the participants under the guidance of yoga trainers. Certificate of participation was issued for the yoga trainers and the participants. Vote of thanks was delivered by Dr.Divya.R, Assistant Professor, Dept. of Psychiatry. The attendees also enjoyed a healthy snacks following the program. Yoga is not about perfection. Its about practice!