

INTERNATIONAL YOGA DAY - 2024 at - SCMCH& RI

This year marked the 10th International Day of Yoga with the theme “Yoga for Self and Society.” Yoga aims to harmonize mind and body, balancing thoughts and actions to promote calmness and fulfillment. Originating over 5000 years ago in India, yoga includes meditation, postures, and breathing exercises. Its international recognition received a significant boost from India’s Prime Minister, Narendra Modi, leading to its designation by the UN as a global celebration on June 21, starting from December 11, 2014, with support from 177 countries.

International Yoga Day at SCMCH&RI was celebrated on June 21, 2024.

A shout-out to the Cultural and Sports Committee of SCMCH&RI for their dedicated efforts in spreading awareness about yoga among staff and students through this event.

The event was organized by Principal Dr. Pravin G. U in collaboration with SCMCH&RI's Cultural Committee, Channapatna, and was attended by dignitaries, emphasizing yoga’s unifying role across boundaries.

Surrounded by lush greenery, the expansive tennis grounds provided an ideal setting for the session, complemented by the serene atmosphere of the cloudy morning. Over 100 participants gathered at 9:30 a.m. to practice yoga, an event facilitated by the Cultural and Sports Committee of SCMCH&RI. The program lasted for an hour and a half.

Ms. Apoorva. R. N, a distinguished Yoga Instructor from Enright Yoga Institute, Rampura, Shirangapatna, was the Chief Guest. With an impressive background, she has completed a 500-hour residential teacher training course in Yin Yoga TTC, Aerial Yoga TTC, Pranayama and Meditation, and Bowel Healing Yoga Techniques.

In her address, Ms. Apoorva. R. N highlighted the importance of discipline in yoga practice, emphasizing consistency, dedication, and focus. Her words aimed to inspire participants to incorporate yoga into their daily lives and experience its profound benefits. Attendees had the opportunity to learn from experienced yoga practitioners, deepening their understanding of yoga as a holistic way of life.

Following her address, Ms. Apoorva. R. N was felicitated by Principal Dr. Pravin G. U, Medical Superintendent Dr. Roshan Kumar, and Vice Principal Dr. Nanjaraj. Principal Dr. Pravin G. U also addressed the gathering.

Dr. Manjula from the Dept. of Biochemistry delivered the vote of appreciation, and anchoring was expertly handled by Dr. Nishanth from the Dept. of Pathology. Dr. Rohini Y. N from the Dept. of Anatomy coordinated the event and summarized its proceedings.

Dr. S. Vijayanand, Executive Director, urged doctors post-session to raise awareness about yoga’s transformative power, promoting healthier lifestyles for individuals and patients alike.

The program concluded with the distribution of diet food such as Sprout Salad and hot badam milk, followed by the National Anthem, leaving participants with a sense of pride and appreciation.

Thank you to all the participants for their active involvement, and we look forward to continuing the practice of yoga together.