

# Report - Observance of International Day of Yoga - 2020

## Sree Chitra Tirunal Institute for Medical Sciences & Technology, Trivandrum

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We observed the International Yoga Day on June 21, as per the instructions from the Govt. of India. The theme for International Day of Yoga 2020 (IDY-2020) was **Yoga at Home and Yoga with Family**. The institute has entrusted two committees, one in the Hospital wing and another in the BMT wing, for coordinating the activities of the observance of IDY 2020.

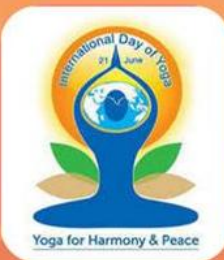
Given the COVID-19 situation, the committees decided to conduct virtual (online) sessions for promoting the Common Yoga Protocol, among the staff and students of the institute. The family members of the employees were also encouraged to participate in the proceedings.

We had conducted **ten sessions of Interactive Online Yoga Training** based on the Common Yoga Protocol starting from June 14, 2020, onwards. Dr Arun Thejaus KP, an established Yoga trainer (with an MD in Yoga Medicine) led these sessions along with Mr Saji KS, our Computer Programmer, who is also a certified Yoga Trainer. The virtual meetings were handled by Mr Sajithlal M K and Mr Saji K S.

On the IDY on June 21, we had a formal program wherein a good number of our staff and students and their family members actively participated. **Dr Maya Nandkumar, Scientist G** welcomed the gathering and **Prof. Asha Kishore, the Director, SCTIMST** inaugurated the function. In her message, Dr Kishore highlighted the importance of practising Yoga for maintaining the physical, mental and social health. She also shared some of her experiences in the clinical practice and research on cognitive functions in patients undergoing treatment for various neurological conditions that has linkages to Yoga. **Dr Harikrishna Varma, Head, BMT Wing** in his felicitation stressed the importance of mindful activities of Yoga in improving attention span. **Dr Rajalakshmi, Assistant Professor,** delivered the vote of thanks.

The program was followed by an **Online Yoga Practice session**, under the guidance Dr. Arun Thejaus K.P, and around 35 members of the staff, students and their family members. The program came to an end by 11.15 AM.

# Online International YOGA Day Celebrations 2020



Sree Chitra Tirunal Institute for Medical Sciences and Technology  
Sunday, 21st June, 2020

10:00 AM Welcome Address : Dr. Maya Nandakumar A, Scientist G, SCTIMST

Inaugural Address : Prof. Asha Kishore, Director, SCTIMST

Felicitation : Dr. Harikrishna Varma P.R. Head, BMT Wing

Vote of Thanks : Dr. Rajalakshmi P Asst. Professor, SCTIMST

10:30 AM - 11:15 AM  
Yoga Sessions : Dr. Arun Thejaus (MD Yoga - Clinical, BNYS)

**All are Invited to Join Online**  
webex.com - Join ID : 156 488 8372, Passwrod: 12345

