



**ANDAMAN & NICOBAR ISLANDS INSTITUTE OF MEDICAL SCIENCES (ANIIMS)**

**Department of Physiology, ANIIMS, Port Blair**

**International Yoga Day Celebration Report-2022**

Date: 22-06-2022

Reference: Department of Ayush, Port Blair

F.No. 4-33/ANSAS/IDY/2022/ 107, dated 10 th June, 2022

As per guidelines issued by UGC and Ministry of AYUSH, Government of India, 8 th International Day of Yoga (Theme- Yoga for Humanity) was celebrated at ANIIMS, Port Blair dated on 21-06-2022 (Tuesday) in the given venues under the guidance of Director, ANIIMS.

**1. Flag Point, Port Blair 6.00 to 8.00 am**

The International Day of Yoga (Yoga for Humanity) was celebrated with harmonious demonstration of 45-minute Common Yoga Protocol (CYP) by trained medical students. The hundreds of medical students including Director (ANIIMS) faculties, staffs from Pre, Para and clinical departments were gathered in this iconic place and observed IYD 2022. Bhuvan app was downloaded and uploaded photos of the event by President and students' council members, ANIIMS before 09.00 AM, 21/06/2022.

The program schedule was followed as given below

S. No	Time	Program
1	06.00 to 6.30 am	Gathering and assembly of volunteers by President and members of students council, ANIIMS.
2	06.40 to 07.00 am	Welcome message by <b>1.Dr. Omkar Singh</b> , Director, ANIIMS <b>2.Dr.M.Rajajeyakumar</b> , Yoga Coordinator and Nodal officer, ANIIMS
3	07.00 to 7.45 am	Common Yoga Protocol (CYP) demonstration by trained ANIIMS medical students <b>Miss. Taurasi</b> <b>Miss. Rati</b> <b>Miss. Sonali</b> and Yoga instructors <b>Mrs. Chandramathi and Mrs. Swecha</b>
4	07.46 am	National Anthem









## 2. Wandoor Beach- 9.00 am-10.00 am

Followed by iconic place flag point, the medical students were assembled and performed beach yoga in Wandoor beach under supervision of Dr.M. Rajajeyakumar, Yoga -Coordinator and Nodal officer, ANIIMS and trained ANIIMS medical students Miss. Taurasi ,Miss. Rati, Miss. Sonali and Yoga instructors Mrs. Chandramathi and Mrs. Swecha.



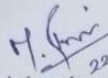
## 3. ANIIMS Main Campus Lecture Hall-4 and 5, Corbyn's Cove (3 pm to 4 pm)

The medical faculties, students and staffs were gathered in the Main Campus of ANIIMS, Lecture Hall-4 and 5, Corbyn's Cove.

The program schedule was followed as given below

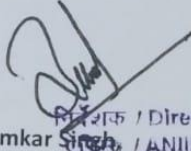
S. No	Time	Program
1	03.00 to 3.05 pm	Gathering and assembly of volunteers by President and students council members, ANIIMS
2	03.05 to 3.10 pm	Welcome address by <b>Dr.M.Rajajeyakumar</b> , Yoga Coordinator and Nodal officer, ANIIMS
3	03.10 to 03.25 pm	<b>Chief Guest address and felicitation-Importance of Yoga by Dr. Omkar Singh</b> , Director, ANIIMS
4	03.25 to 03.30 pm	Students' activity- Yoga poem written by <b>Mr. Nishanth</b>
5	03.30 to 03.50 pm	Way of life-Yoga demonstration by yoga instructors <b>Mrs. Chandramathi and Mrs. Swecha</b>
6	03.50-03.55 pm	Vote of thanks- <b>Miss. Taurasi</b>
7	03.56 pm	National Anthem



  
 22.06.2022  
 Dr.M. Rajajeyakumar  
 Programme- Coordinator and Nodal Officer  
 International Yoga Day-2022  
 ANIIMS, Port Blair

**Dr. M. Rajajeyakumar**, MBBS,  
 Reg. No. 76469  
 Assistant Professor, Physiology  
 ANIIMS, Port Blair



  
 निदेशक / Director  
 Dr. Omkar Singh / ANIIMS  
 भण्डगान तथा निकोबार प्रशासन  
 Director, A & N Administration  
 ANIIMS, Port Blair

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3. ✓ OSD, ANIIMS for Information
4. ✓ Medical Superintendent, GB Pant Hospitals, ANIIMS, for information
5. ✓ Dean, Academics, ANIIMS, for information
6. ✓ Deputy Director (AYUSH), Port Blair for information
7. Through HOD's of all departments for information to faculty members and students
8. ✓ IT cell to upload in the college website
9. Students' Council President, ANIIMS for Information to all MBBS students