

THEME:

FIGHT STRESS AND FIND STRENGTH-YOGA IN PANDEMIC



SMIMS SIKKIM
MANIPAL
UNIVERSITY

SIKKIM MANIPAL INSTITUTE OF MEDICAL SCIENCES

**SIKKIM MANIPAL INSTITUTE OF
MEDICAL SCIENCES 5TH MILE,
TADONG, GANGTOK-737102
(CONSTITUENT COLLEGE OF SIKKIM
MANIPAL UNIVERSITY)**



INTERNATIONAL YOGA DAY 2020 WEBINAR

DATE: 21ST JUNE, 2020

TIME: 11AM ONWARDS

DEPARTMENT OF PHYSIOLOGY, SMIMS

FREE REGISTRATION

[CLICK HERE TO REGISTER](#)

*Certificates will be sent to Registered Email after
Completion of Webinar*



ORGANISED BY:

**DEPARTMENT OF PHYSIOLOGY
SIKKIM MANIPAL INSTITUTE OF
MEDICAL SCIENCES**



OBJECTIVES:

TO PROMOTE PHYSICAL FITNESS,
POSITIVE MENTAL HEALTH AND TO
ENABLE THE FACULTY AND STUDENTS
TO BOOST IMMUNITY THROUGH YOGA
PRACTICES

WHY THIS WORKSHOP IS SPECIAL?

- INTERACTIVE WEBINAR BY RENOWNED AND EXPERIENCED SPEAKERS
- YOGA LIVE DEMONSTRATION BY YOG GURU & TEAM





WEBINAR SESSION SCHEDULE

Sl. No.	EVENT	TIME	TOPIC OVERVIEW	RESOURCE PERSON
1.	Introduction	11:00 AM	Introduction on Yoga Day & intimation of program structure	MC Ms. Suprabha Sharma
2.	Inauguration	11:05 AM-11:07 AM	Inauguration	Lt. Gen. (Dr) M D Venkatesh (VSM) VC SMU, Prof (Dr) Karma Sonam Sherpa Registrar SMU Brig (Dr) V K Mehta Dean SMIMS
3.	Welcome Address	11:07 AM-11:10 AM	Welcome Address	Prof (Dr) Sanjay Kumar HOD Physiology SMIMS
4.	Address by Vice-Chancellor Sikkim Manipal University	11:10 AM-11:15 AM	Address the Occasion	Lt. Gen. (Dr) M D Venkatesh (VSM) Vice-Chancellor Sikkim Manipal University
5.	Ministry of AYUSH	11:15 AM-11:17 AM	Video Message	Response Awaited
6.	Health & Family Welfare Department Govt. of Sikkim	11:17 AM-11:20 AM	Video Message	Hon'ble Health Minister Sikkim
7.	AYUSH MISSION (Sikkim)	11:20 AM-11:23 AM	Video Message	Dr. Karma Chaden Bhutia Joint Director cum State Program Officer AYUSH MISSION
8.	Session 1	11:25 AM-11:40 AM	Guest Lecture	Dr. Shirley Telles Director of Research Patanjali Yogpeeth & Head ICMR, Centre for Advance Research in Yoga and Neurophysiology
9.	Session 2	11:40 AM-11:55 AM	Guest Lecture	Dr G. Manjunath Associate Professor S-VYASA Bangalore
10.	Session 3	12:00 AM-12:45 PM	Yoga Online Demonstration	Mr. S T Bhutia (Yog Guru) & Team
11.	Summary of the program	12:45 PM-12:50 PM	Concluding Remarks & Vote of Thanks	Dr Naushi Mujeeb Associate Professor, Physiology SMIMS



ADDRESS FOR COMMUNICATION
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