



# **The Tamilnadu Dr. M.G.R Medical University**

*An Event of*  
**International YOGA DAY**  
*Celebration*

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Date : **29.06.2015**  
Venue : **Senate Hall**  
Time : **10 a.m**  
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**CHIEF GUEST : Thiru. RAJ SITARAMAN, PG, IRMA  
VICE PRESIDENT**

**SHRI RAM GROUPS**

Organised By :

**The Tamilnadu Dr.MGR Medical University**  
69, Annasalai, Guindy  
Chennai – 600 032

Email : [mail@tnmgrmu.ac.in](mailto:mail@tnmgrmu.ac.in)

Website : [www.tnmgrmu.ac.in](http://www.tnmgrmu.ac.in)

***All are Invited***

**Dr. D.SHANTHARAM, M.D., D.Diab.**  
**VICE CHANCELLOR**

**Dr. P. ARUMUGAM, M.D.,**  
**REGISTRAR i/c**

**PROGRAMME AGENDA**

**DATE: 29/06/15**

**VENUE : SENATE HALL, FIRST FLOOR, THE TAMILNADU DR. M.G.R. MEDICAL UNIVERSITY**

<b>TIMING</b>	<b>TOPIC</b>	<b>PARTICULARS</b>
10:30 am		<b>Inauguration</b>
11:00 to 11:30 am	<b>Yoga and Diabetics</b>	<b>Dr. A. Paneer Selvam, M.D.,</b> Diabetologist,
11:45 – 12:15 Noon	<b>Physiological benefits of YOGA</b>	<b>Dr.Padma M.D.</b> Director, Institute of Physiology, Madras Medical College
12:15 to 01:00 PM	<b>Lifestyle Management in Stress &amp; Health</b>	<b>Dr.S.T.Venkateswaran, N.D., M.Sc., PGDY.</b> H.O.D., Dept. of YOGA, Govt. Yoga & Naturopathy Medical College.
01:00 to 01:30 pm	<b>Demystifying Yoga</b>	<b>Mrs. C.Keerthi, ISHA Yoga</b> Foundation

**11.30 to 11.45 - Tea Break**