



MEDICAL COLLEGE & HOSPITAL  
(A constituent college of BIHER)

(Declared as Deemed-to-be-University u/s 3 of the UGC Act, 1956, Accredited with NAAC 'A' Grade)

173, Agaram Main Road, Selaiyur, Chennai 600073

# Department of Physiology

*Welcomes you all to*

***“Flex, Flow and Focus - The Physioway to Fitness”***

**Workshop on Yoga**

**In commemoration of International Yoga Day 2025**

**Theme: YOGA FOR ONE EARTH AND ONE HEALTH**

**Date: 21.06.2025**

**Time: 1:30 PM - 3:30 PM**

**Venue: Lecture Hall I, College Complex I**

## **Program Schedule**

- 1:30 PM - 2:30 PM Interactive lecture on “Significance of Yoga for Wellbeing”.  
**By Mr.Anand Ganesh,Yoga Therapist,BMCH**
- 2:30 PM - 3:30 PM Student Activity - “Balance your body and center your mind”.

***All are welcome !!!***

