



**DEPARTMENT OF BIOMEDICAL SCIENCE
BHARATHIDASAN UNIVERSITY
TIRUCHIRAPPALLI- 620024**

REPORT ON SPECIAL YOGA PRACTICAL SESSION

Organized by

**DEPARTMENT OF BIOMEDICAL SCIENCE AND PHYSICAL EDUCATION & YOGA,
BHARATHIDASAN UNIVERSITY**

The Department of Biomedical Science, Bharathidasan University, in collaboration with the Department of Physical Education & Yoga, organized a Special Yoga Practical Session for the Biomedical Science students on 26th September 2025. A total of 31 students participated actively in the programme. The event was held from 2.15 p.m. to 5.15 p.m. at the Seminar Hall of the Department of Physical Education.

Welcome Address and Introduction:

The programme commenced with a warm welcome by Dr. A. Palanisamy, Head of the Department of Physical Education & Yoga. In his introductory address, he highlighted the importance of yoga for college students, emphasizing how regular practice enhances physical fitness, mental stability, emotional well-being, and overall academic performance.

He explained that college students often undergo academic pressure, irregular sleep patterns, and lifestyle stress, and yoga helps in maintaining discipline, improving concentration, boosting confidence, and creating balance between body and mind. His motivational introduction set a positive tone for the session.

Chief Guest: Prof. Chellam Balasundaram:

The chief guest of the day was Prof. Chellam Balasundaram, a certified practitioner and a respected retired professor of Department of Animal Science, Bharathidasan University and known for his lifelong dedication to yoga training, physical fitness, wellness education, and

holistic living. Prof. Chellam Balasundaram has been associated with yoga for many decades and has trained hundreds of students, teachers, and professionals. His expertise includes:

- Traditional and modern yoga practice
- Pranayama and breath-control techniques
- Meditation and stress-relief practices
- Health and wellness education
- Mind-body coordination
- Lifestyle correction and fitness motivation

He is widely appreciated for his simple teaching style, powerful demonstrations, and ability to connect with students through practical explanations. His contributions to spreading yoga awareness in Tamil Nadu are significant and highly valued.

Practical Yoga Session:

A detailed practical yoga session was conducted by Prof. Chellam in the Department of Physical Education.

- Demonstrated basic and intermediate asanas
- Guided students through warm-up exercises
- Taught pranayama techniques such as deep breathing, Anulom-Vilom, and Kapalbhathi
- Introduced relaxation practices including Shavasan and guided meditation
- Explained the scientific benefits of each posture
- Corrected the students' postures and encouraged regular practice

The students of the Biomedical Science actively participated and performed the yoga postures under his guidance. The hands-on experience helped them understand the practical aspects of yoga beyond theoretical learning.

Integration with the Health & Wellness Syllabus

This year, Prof. Chellam Balasundaram has delivered special lectures for Health and Wellness classes for the II-year Biomedical Science students as part of their semester curriculum. His lectures have been highly appreciated for being:

- Lively
- Motivating

- Scientifically explained
- Easy to follow
- Deeply informative

The Health & Wellness syllabus includes:

- Importance of physical fitness
- Components of exercise
- Yoga and mental health
- Stress management practices
- Lifestyle disorders and prevention
- Benefits of pranayama and meditation
- Principles of maintaining a healthy lifestyle

This yoga practical session served as a powerful extension of what students learned in class and helped them experience the real benefits of yoga.

Importance of Yoga for Students

The programme emphasized that yoga plays a transformative role in the lives of college students. Regular practice offers:

- Improved concentration and memory
- Reduced stress and anxiety
- Enhanced flexibility and posture
- Better respiratory and cardiovascular function
- Mental calmness and emotional balance
- Increased energy and productivity
- Prevention of lifestyle-related health issues
- Improved immunity and hormonal balance

In an age where students face digital overload, irregular eating habits, exam pressure, and lack of physical activity, yoga provides a natural and effective solution for maintaining total well-being.

Vote of Thanks:

The programme concluded with a formal Vote of Thanks delivered by Dr. G. Mathan, Head of the Department of Biomedical Science. He expressed deep gratitude to Prof. Chellam

Balasundaram for conducting a highly meaningful and enlightening practical session and Dr. A. Palanisamy, Head of the Department of Physical Education & Yoga, for his continuous support and collaboration. He also extended his gratitude for the faculty members and staff who assisted in organizing the event. Finally, he appreciated the students for their enthusiastic participation. He acknowledged the long-standing support of the Department of Physical Education in creating a positive and health-oriented learning environment for the students of Bharathidasan University.

Conclusion:

The half-day programme was extremely beneficial, informative, and motivating for the students. It provided them with practical exposure to yoga, enhanced their knowledge of health and wellness, and encouraged them to incorporate yoga into their daily routine. The collaboration between both departments made the event successful and impactful.

GALLERY

