

**SREE BALAJI MEDICAL COLLEGE & HOSPITAL  
CHENNAI – 600044**

**CIRCULAR**

Ref. No.3790 /SBMCH/CME/2026

Date :02.03.2026

**Sub :SBMCH, Chromepet – National Conference** by the Department of **Physiology**  
on **12.03.2026 & 13.03.2026** - Reg.

The Department of **Physiology** and the Medical Education Unit of Sree Balaji Medical College & Hospital are conducting **National Conference** as detailed below.

**Name of the Programme** : **National Conference & Workshop  
on YOGA – Align 2026**

**Name of the Topic** : **“ALIGN 2026 –Physiology of Yoga”  
: 24:24 – A timed Flow for Total Reset**

**Speaker** : **Dr.N. Anuradha**  
Associate Professor, SBMCH  
**Dr.Revathy Arumugam, Assistant Professor,**  
**SRM University**  
**Dr.Y.Dhanalakshmi,**  
**Professor of Physiology,**  
**JIPMER, Puducherry**  
**Dr.M.Rajeyakumar,**  
Associate Professor,  
**Saveetha Medical College & Hospital,**  
**SIMATS, Thandalam**  
**Dr.S.T.Venkateswaran,**  
**Dept.of Yoga, Government Yoga &**  
**Naturopathy Medical College and Hospital,**  
**Chennai.**

**Time** : **12.00 noon to 1.00 pm**

**Date** : **12.03.2026 & 13.03.2026**

**Venue** : **Mammalian Lab, Department of Physiology,  
Hippocrates Hall & Lecture Hall**

All the Faculty, Residents and Medical Students are requested to attend the above program and be benefitted by the session.

  
**DEAN**

**To:**

All HOD's College, Hospital & Super Specialty Departments.  
(For Circulation among the Doctors & Students)

**Copy to :**

- Advisor
- Medical Superintendent
- Vice Principal
- Director of Anaesthesiology
- Professor & HOD of Concerned Department
- Dr. G. Durga Devi, MEU Coordinator
- Dy. Medical Superintendent /Meeting Hall In-charge / Dean's File / Photographer