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SREE BALAJI MEDICAL COLLEGE & HOSPITAL
CHROMPET, CHENNAI



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Registration details

Registration (including TNMC)	OFFLINE	ONLINE
Faculty	Rs. 1200 /-	Rs. 800 /-
PG / Ph. D	Rs. 1100 /-	Rs. 600 /-
UG	Rs. 300 /-	
Workshop (offline only)	Rs. 600 /- (Limited to 30 participants)	

FOR PAYMENT & QUERIES CONTACT

Dr. S. Vimala Rani - 9659865137
Dr. S. A. Agestly - 8124400517
Dr. N.S. Sridevi - 9941441218

HYBRID NATIONAL CONFERENCE ON YOGA

ALIGN 2026

“WHERE BODY, BREATH & MIND MEET”



ORGANIZED BY

DEPARTMENT OF PHYSIOLOGY, SBMCH

Venue-1st Year Lecture Hall & Hippocrates hall, College block, SBMCH

[CLICK HERE FOR REGISTRATION](#)

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PROGRAM SCHEDULE

12.03.2026 - Day 1 - PRE-CONFERENCE WORKSHOP ON YOGA

8:30 am - 12:30 pm	24 : 24 - “A Timed Flow for Total Reset”	Dr. N. Anuradha, Associate Professor of Physiology, SBMCH Dr. Revathy Arumugam, Assistant Professor, SRM University
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13.03.2026 - Day 2 - ALIGN 2026 NATIONAL CONFERENCE

8:30 am - 9:00 pm	REGISTRATION	
9:00 am - 10:00 am	“Physiology of Yoga - Pranayama & Meditation”	Dr.Y. Dhanalakshmi, Professor of Physiology, JIPMER, Puducherry
10:00 am - 10.30 am	Inauguration	
10:30 am - 11.00am	Tea Break	
11:00am- 12:00 noon	“Benefits of Yoga & Meditation on Health and Diseases”	Dr. M. Rajajeyakumar, Clinical Neurophysiologist & Associate Professor of Physiology, SMCH, SIMATS, Chennai
12:00 noon - 1:00 pm	“Yoga : Why Doctors Can't Ignore It”	Prof. Dr. S. T. Venkateswaran, Director i/c, International Institute of Yoga & Naturopathy Medical Sciences, Chengalpattu
1:00pm - 2:00pm	Lunch Break	
2:00 pm - 4:00pm	Scientific Presentations	
4:00 pm - 4:30pm	Valedictory	

Payment details

Account number: 6807101000546
Account name: SREE BALAJI MEDICAL COLLEGE &
HOSPITAL
Branch name: CANARA BANK, SREE BALAJI MEDICAL
COLLEGE & HOSPITAL CAMPUS, CHROMPET, CHENNAI -
600044
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