



TAGORE MEDICAL COLLEGE & HOSPITAL

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(Affiliated to the Tamil Nadu Dr.MGR Medical University & Recognized by the Ministry of Health & Family welfare. Govt. of India New Delhi)

PROGRAM / EVENT REPORT	
Name of the program	“International Day of Yoga”
Date and Time	21 st June 2025 06:00 AM – 08:00 AM
Venue	Cricket Ground, TMCH
Target audience	MBBS and BDS Students
Number of Participants	1017
Program Organised by	Tagore Group of Institutions
Resource person	
Objective of the Program	To gain knowledge about various benefits of yoga and to inspire the practice of yoga for a healthier life style.



Detailed report of the program

“International Day of Yoga 2025” was organized by the Tagore Group of Institutions, on 21st June 2025 aligning with the global theme for 2025 “Yoga for One Earth, One Health”. This event had a wide spread participants showing the institution’s commitment to holistic well-being and promoting a healthy lifestyle.

The event was conducted in College Cricket Ground at 6.30 am to 08.00 am in synchronization with the Live Yoga session done by Prime Minister of India with 1017 participants including Students and Faculties of Tagore Medical College and Hospital & Dental College and Hospital by the Department of Yoga, Department of AYUSH & Department of Physical Education. The mass yoga performance session started following the common yoga protocol by the MBBS and BDS students and Faculties with the guidance of Mrs. Roja Prabhakaran and Mr. Deva Prakash Yoga teachers, Dr. Jagadeesh Babu, Medical officer Department of AYUSH, Dr. Dhanalakshmi. Mr. Rajasekaran, Dr. Rajini kumar, Mrs. Nandhini and Dr. Natarajan Physical education Directors of Tagore group of institutions. Later pledge was taken up by the participants. Following it the valedictory ceremony was started, Dr. Deepika. K, Asst.Professor, Department of Physiology, welcoming the participants. Dr. J. Muthukumaran, the Dean, Tagore Medical College and Hospital, delivered the key note address where he expressed his appreciation and encouraged the students for their enthusiastic participation. Dr. D.H. Gopalan, the Vice principal, Tagore Medical College and Hospital, Dr. Sai krishna, the Vice principal, Tagore Dental College and Hospital, addressed the gathering and appreciated the students for their participation. The vote of thanks was delivered by Dr. Navin Rajaratnam, Professor and Head, Department of Physiology. The International Day of Yoga 2025 celebration was a resounding success, serving as a powerful reminder of Yoga’s transformative potential. The institution remains committed to integrating such initiative into its regular calendar to ensure the continued well – being of its entire community. The event was concluded with the National Anthem.



Detailed report of the program

“International Day of Yoga” was organized by the Tagore Group of Institutions, on 21st June 2025 aligning with the global theme “Yoga for One Earth, One Health”. This event had a wide spread participants showing the institution’s commitment to holistic well-being and promoting a healthy lifestyle.

The event started in College Cricket Ground in the presence of Dr. J. Muthukumaran, the Dean, Tagore Medical College and Hospital, Dr. D.H. Gopalan, the Vice principal, Tagore Medical College and Hospital, Dr. Navin Rajaratnam, Professor and Head, Department of Physiology, Tagore Medical College and Hospital, Dr. Sai krishna, the Vice principal, Tagore Dental College and Hospital. The mass yoga performance session started following the common yoga protocol by the MBBS and BDS students and Faculties with the guidance of Mrs. Roja Prabhakaran and Mr. Deva Prakash Yoga teachers, Dr. Dhanalakshmi. Mr. Rajasekaran, Dr. Rajini kumar, Mrs. Nandhini and Dr. Natarajan Physical education Directors of Tagore group of institutions in synchronization with the Live Yoga session done by Prime Minister of India. The yoga session started with Invocation and loosening(Sadhana Kriya), standing postures, seated postures, prone postures finally concluded with Pranayama and Dhyana. Later pledge was taken up by the participants. Following it was the address by Dr. J. Muthukumaran, the Dean, Tagore Medical College and Hospital, delivered the key note address where he expressed his appreciation and encouraged the students for their enthusiastic participation. Dr. Navin Rajaratnam, Dr. D.H. Gopalan, the Vice principal, TMCH Dr. Sai krishna, the Vice principal, TDCH addressed the gathering and appreciated the students for their participation. The vote of thanks was delivered by Dr. Navin Rajaratnam, Professor and Head, Department of Physiology. The event was concluded with the National Anthem.