

PROGRAM / EVENT REPORT	
Name of the program	“CME ON HEALTHY AGEING THROUGH YOGA 2026 ”
Date and Time	20 th June 2026 09:00 AM – 01:00 PM
Venue	Lecture Hall 3, TMCH
Target audience	Phase II MBBS Students
Number of Participants	174
Program Organised by	Department of Physiology
Resource person	Mrs G. Nishanthi, B.Tech, M.E, M.A(Yoga), Founder – YOGABLISS. Dr. S. Subhashri, M.D. Associate Professor, Department of Physiology, TMCH
Objective of the Program	• To disseminate knowledge about various benefits of yoga and to inspire the practice of yoga regularly • To shift the paradigm from merely extending life span to actively maximizing healthy ageing span. • To incorporate yoga and mindfulness practices into student for their wellness

Detailed report of the program

“CME on **HEALTHY AGEING THROUGH YOGA 2026**” was organized by the Department of Physiology, Tagore Medical College and Hospital on 20th June 2026. This event was conducted to reflect the growing importance of yoga in supporting healthy longevity, active lifestyles, and improved quality of life across all age groups.

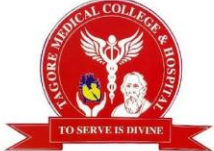
The event started in Lecture Hall 3 compered by our second MBBS students, Faizal and Deeksha with Thamizh Thai Vazhthu, following which the welcome address was delivered by Dr. Deepika K, Assistant Professor, Department of Physiology.

The first session was led by our guest speaker on the vital theme “Healthy ageing through yoga” by Mrs. G. Nishanthi, B.Tech, M.E, M.A(Yoga), founder – YOGABLISS who emphasized that yoga offers a holistic, high impact pathway to maintain independence, protect physical mobility and nurture mental clarity. The session concluded with mass pranayama performance, where audience did Bhramari under the guidance of the speaker on demonstration.

The second session on “Yoga for brain health: A Neurophysiology perspective” by Dr. S. Subhashri M.D. Associate Professor, Department of Physiology, TMCH threw light on neurophysiology about the effect of yoga on the various neurophysiological methods like EEG, VEP, BERA and nerve conduction studies. It was a scientific session which reinforced the effect of yoga on our brain health.

After refreshments through High Tea total of 8 events were conducted on the day- Asana competition, Creative corner (digital poster, poetry, blind drawing, cooking without fire, face and hand painting, clay modeling and comic strip).

Asana competition was held in Lecture Hall 3 was coordinated by the students Shazmeen, Abhinaya and Rahul Kanna. The event was judged by Mrs. G. Nishanthi, founder – YOGABLISS.



Creative corner was conducted in Clinical Laboratory had 35 team of participants judged on the basis of layout, explanation and timing. The event was judged by faculty members from the Department of Physiology

After all the competitions were concluded, the valedictory ceremony in Lecture Hall 3. The ceremony commenced with Dr. Navin Rajaratnam, Professor and Head, Department of Physiology, who welcomed the gathering with his inspiring words.

Dr. D.H. Gopalan, the Vice principal, addressed the audience and appreciated the students for their creativity and efforts. The dignitaries felicitated the speakers with certificates and momentos. Prizes were given to all the winners of the competition by the dignitaries. The vote of thanks was delivered by Mr. Pavithran M, Tutor, and Department of Physiology. The event was concluded with the National Anthem.



TAGORE MEDICAL COLLEGE & HOSPITAL

(Affiliated to the Tamil Nadu Dr. M.G.R. Medical University)

Vandalur - Kelambakkam Road, Rathinamangalam, Chennai - 600127.

DEPARTMENT OF PHYSIOLOGY

Cordially invites HODs, Faculty members and students for

CME ON

"YOGA FOR HEALTHY AGEING"

12th INTERNATIONAL DAY OF YOGA : 2026



Date : 20th June - 2026



Time : 9.00 AM to 1.00 PM

Venue : Lecture Hall 3, Second Floor, TMCH.

CHIEF PATRONS



Prof. Dr. M. MALA

M.A., M.Phil., Ph.D

Chairperson & Managing Trustee
Tagore Educational Trust



Mr. G. MANIKANDAN

MBA

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MD, DCH
Medical Superintendent, TMCH

Prof. Dr. D.H. Gopalan,

M.S., Ph.D., ACME
Vice Principal, TMCH

Prof. Dr. Navin Rajaratnam M.D., M.Phil.

HOD, Department of Physiology,
TMCH

PROGRAMSCHEDULE

TIME	PROGRAM
9.00 AM to 9.45 AM	Speaker 1: Yoga for Brain Health: A Neurophysiology Perspective Dr. S. Subhashri M.D. Associate Professor, TMCH
9.45 AM to 10.00 AM	Inauguration
10.00 AM to 10.15 AM	Tea break
10.15 AM to 11.15 AM	Speaker 2: Yoga for Healthy Ageing Dr. G. Nishanthi, B.Tech, M.E, M.A(Yoga), Founder - YOGABLISS
11.15 AM to 12.30 PM	Events and competition 1. Asana competition 2. Creative corner 3. Painting
12.30 PM to 1.00 PM	Valediction

ORGANIZING COMMITTEE

ORGANIZING CHAIRPERSON

Prof. Dr. NAVIN RAJARATNAM M.D., M.Phil.
HOD, Department of Physiology, TMCH

ORGANIZING MEMBERS

Dr. S. SUBAMALANI M.Sc., Ph.D
Professor, TMCH

Dr. S. SUBHASHRI M.D.
Associate Professor, TMCH

Dr. K. DEEPIKA M.D.
Assistant Professor, TMCH

MR. M. PAVITHRAN, M.Sc.
Tutor, TMCH

Dr. S. VINITHA M.B.B.S.
Tutor, TMCH

Dr. SUBASH CHANDRA BOSE, M.B.B.S.
Tutor, TMCH

Dr. T. KAVIARASU, M.B.B.S.
Tutor, TMCH

Dr. JAMUNA DEVI, M.B.B.S.
Tutor, TMCH

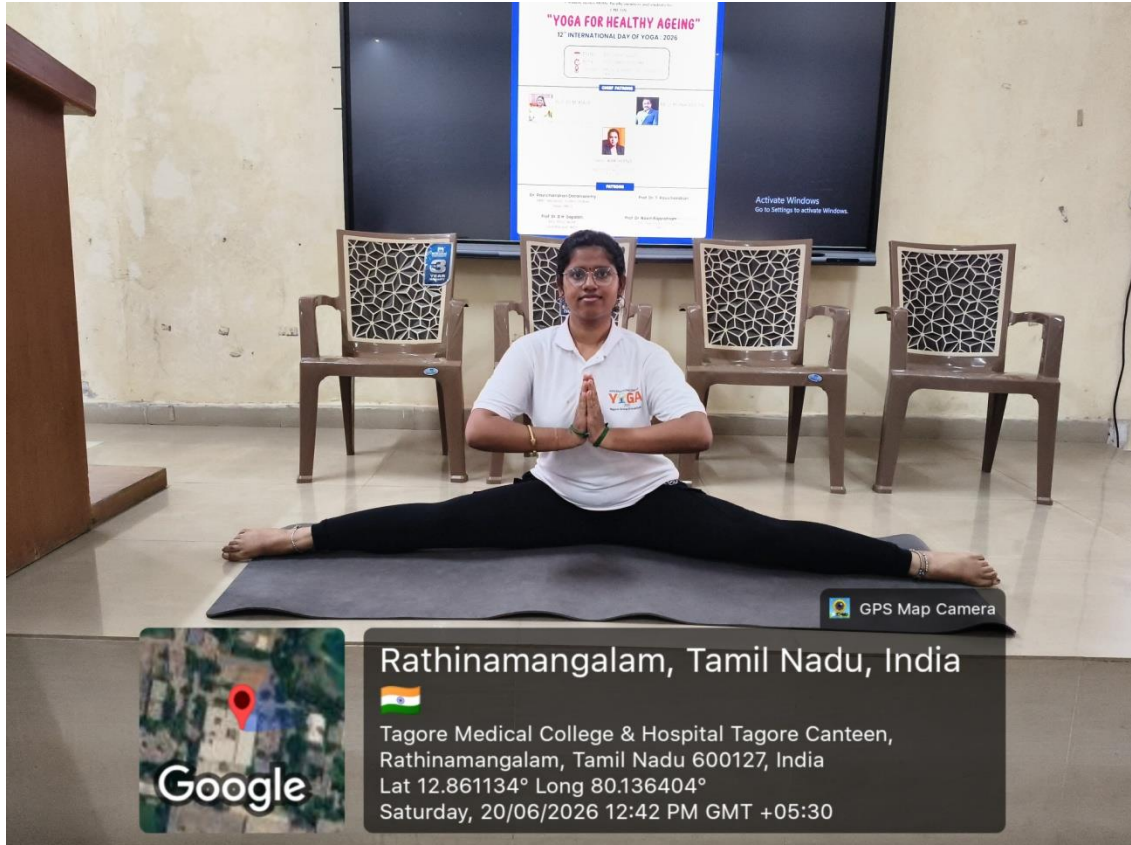
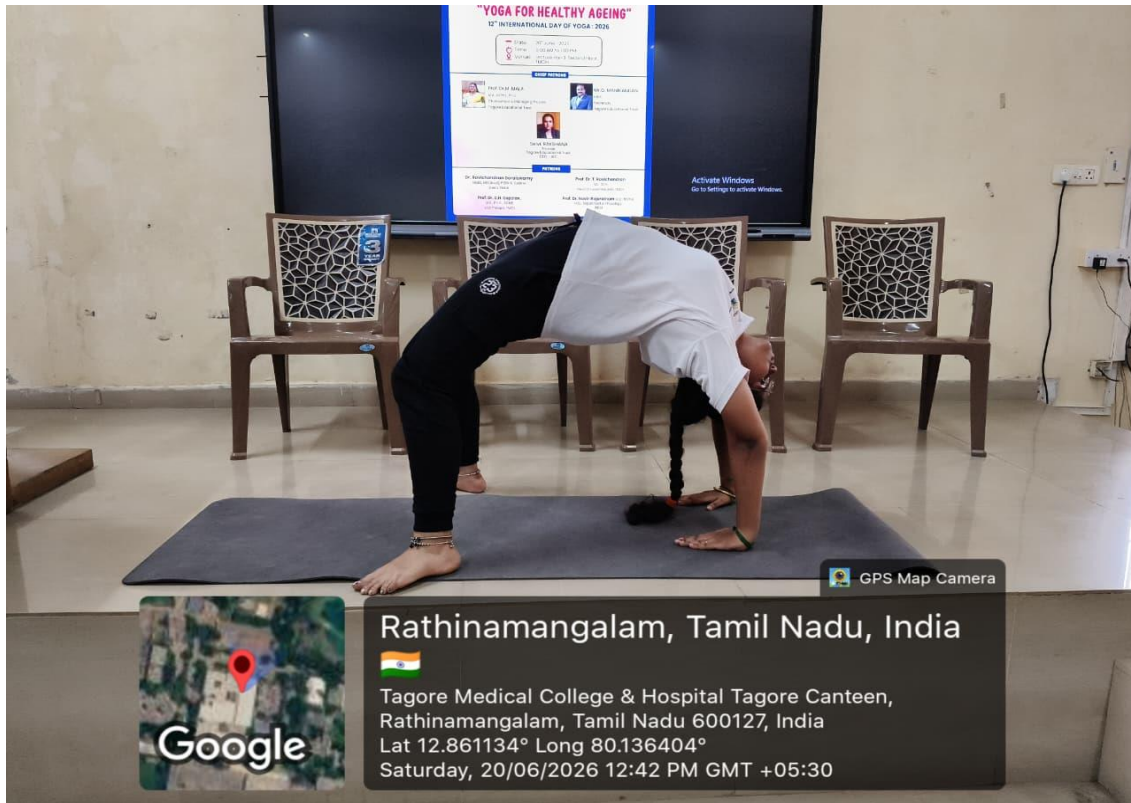
Dr. MEIYAPPAN, M.B.B.S.
Tutor, TMCH

Dr. T.A.R. VINOTH, M.B.B.S.
Tutor, TMCH

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Certificate Of Participation

This is to certify that Mr / Mrs / Dr. Harshini N of 2nd MBBS 2024-2025 in CME on Yoga for Healthy Ageing has secured First / Second / Third place in Asana competition held on 20-06-2026 conducted by Department of Physiology at Tagore Medical College and Hospital



Organizing Secretary



Dean







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Certificate Of Participation

This is to certify that Mr / Mrs / Dr. Mathirvel. A. of 4th MBBS 2022-2023 in CME on Yoga for Healthy Ageing has secured First / Second / Third place in Asana Competition held on 20.06.2026 conducted by Department of Physiology at Tagore Medical College and Hospital



Organizing Secretary



Dean





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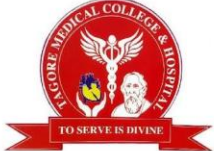
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S.no	Event	First place	Second place
1.	Asana competition	A. Kathirvel	Harshini
2.	Cooking without fire	Sam Richard Nithish Lavanya Divya Aleena Chrystal Rafah Afifa	Tharun Ganesh Vaishnavi AG Maanasaa Nandhitha Pradeepa Himaja Jincy Kamale
3.	Clay modeling	Sushil Prasad	Maanasaa
4.	Face and hand painting	Shraya Venunath M. Sanjana E. Soniya Devi Abhirami Shruthi	P. Thilak Raj S. Maha Vignesh T.A. Hemanth
5.	Blind drawing	Vishaal Tresa vipin nandhitha punitha	Sam Richard Nithish Maha vignesh Hemanth .T.A
6.	Comic strip	Vishaal	Mahavignesh
7.	Poetry	Kaamesh	Faizal al haie
8.	Digital poster	Faizal al haie	Tresa vipin

Prepared by	Verified By
Organizing Chairperson	