



TAGORE MEDICAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai - 600127

Phone: 044-30101111, Fax: 044-222 5555, Email: tagoremch@gmail.com



(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	2 nd World Meditation Day
Date	22.12.2025
Venue	Tagore Medical College, 3 rd Floor lecture Hall -2
Participation	II Year MBBS Students
Number of students	150 Students and Faculties
Program Organized By	Department of Physical Education
In-charge Person	Dr.C.Dhanalakshmi - PD Mr.Rajasekaran- PD
Objective of the Program	To showcase the Meditation Awareness, performance, demonstrating exceptional skill and teamwork.



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Details report of the program

The 2nd World Meditation Day was celebrated in Tagore medical College, 3rd Floor lecture Hall-2 on 22nd December, 2025, at 10.30am to 12.30pm, college Premises. The program started with Prayer and Tamil Thai Vazhthu, welcome address by Dr.C.Dhanalakshmi, Physical Director, TMCH.

Chief Guest honored by Prof.Dr.J.Muthukumaran, Dean, TMCH, Prof.Dr.S.Habeeb Mohammed Medical Superintendent, TMCH, honored with Memento, Bouquet and Shawl.

Chief Guest, Yoga Ratna A.S.Anuradha, B.B.M, M.Sc Yoga, Tamil Nadu best Yoga Teacher Awardee, Yoga Ratna Awardee, Her delivered the World Meditation Day awareness to students, demonstrated the meditation and explained benefits of the meditation in our life. Participated around 150 members students, Teaching and Non Teaching staffs.

Vote of Thanks address by Mr.C.Rajasekaran, Physical Director, TMCH. Finally program closed with National Anthem.



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TAGORE MEDICAL COLLEGE & HOSPITAL.
(Affiliated to The Tamil Nadu Dr. M.G.R. Medical University)
University Road, Rathinamangalam, Chennai - 600127

DEPARTMENT OF PHYSICAL EDUCATION

2nd World Meditation Day
Theme "Inner peace, Global Harmony"

Chief Guest



Yoga Ratna **A.S. ANURADHA, B.B.M., M.Sc YOGA**
Tamilnadu Best Yoga Teacher Awardee,
Yoga Ratna Awardee.

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DEPARTMENT OF PHYSICAL EDUCATION
Cordially invites all faculty & Students

WORLD MEDITATION DAY

2nd World Meditation Day
Theme "Inner peace, Global Harmony"

Date : 22.12.2025.
(Monday, 10.30 am to 12.30 pm)
@ Tagore Medical College,
3rd Floor Lecture Hall-2

Chief Guest
The Hon. A.S. ANURADHA, B.B.M., M.Sc YOGA
Tamilnadu Best Yoga Teacher Awardee,
Yoga Ratna Awardee.

CONVENER
Prof. Dr. M. MALA, M.A., M.Phil, Ph.D.
Chairperson & Managing Trustee
Tamil Nadu Educational Trust

TRUSTEE
Mr. G. MANIKANDAN, M.A.
Managing Trustee
Tamil Nadu Educational Trust

MISS. RAKSHANA,
Trustee
Tamil Nadu Educational Trust
CEO-JEIG

PROF. DR. J. MUTHUKUMARAN, M.S.MCH
Dean, TMCH

PROF. DR. S. HABEES MOHAMMED,
M.B., B.S., F.R.C.S., F.R.C.S.(P), F.R.C.S.(G)
Medical Superintendent, TMCH

PROF. DR. D.H. GOPALAN, M.D., Ph.D., ACME
Vice Principal, TMCH, Lecturer, TMCH

ORGANIZING COMMITTEE
Dr. C. Dhanalakshmi
Physical Director

Mr. C. Rajasekaran
Physical Director

Mrs. R. Roja
Yoga Instructor





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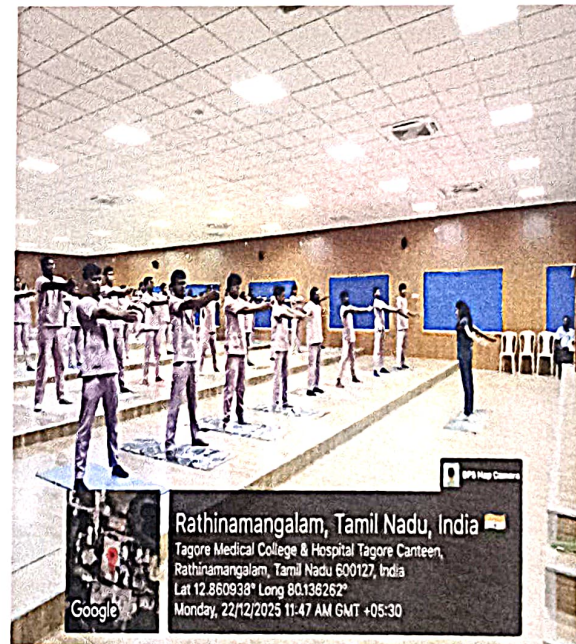
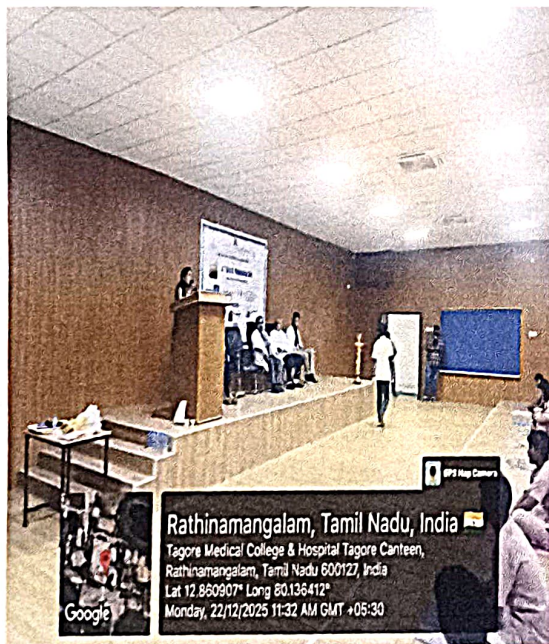
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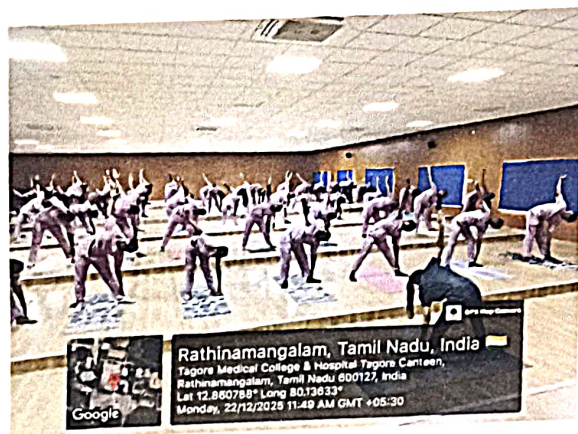
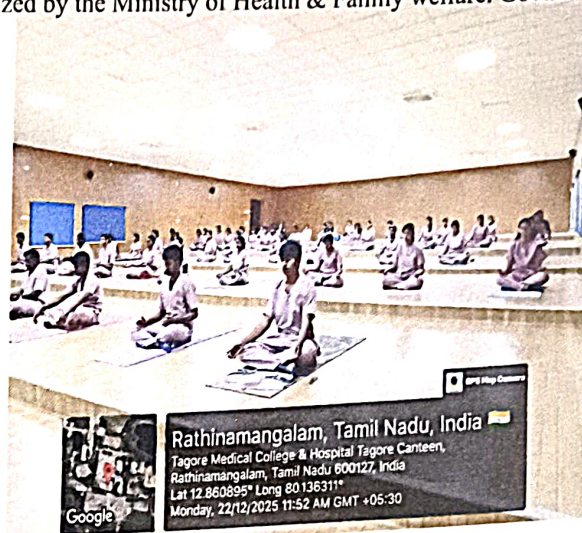
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Head of the Institution

DEAN

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RATHINAMANGALAM, MELAKOTTAIYUR POST,
Chennai-600 127.