

# TAGORE GROUP OF INSTITUTIONS

- COLLEGE OF PHARMACY
- INSTITUTE OF ALLIED HEALTH SCIENCES
- COLLEGE OF PHYSIOTHERAPY
- COLLEGE OF NURSING



In association with

The Tamil Nadu Dr.M.G.R. Medical University

celebrates

## 11<sup>th</sup> International Day of Yoga (IDY) - 2025

Theme: "YOGA FOR ONE EARTH, ONE HEALTH"

INAUGURAL CHIEF GUEST



**Prof. Dr. K. NARAYANASAMY, M.D., D.M. (Gastro),**

Vice - Chancellor, The Tamil Nadu Dr. M.G.R. Medical University, Chennai.

**PRESIDED BY**



**Prof. Dr. M. MALA, M.A., M.Phil., Ph.D.**

Chairperson & Managing Trustee  
Tagore Educational Trust

**Shri. G. MANIKANDAN**

Trust Secretary,  
Tagore Educational Trust



**Selvi. RAKSHANA**

Trust Member,  
Tagore Educational Trust



**20<sup>th</sup> JUNE, 2025 @ 06:30am**

**Venue: Open Auditorium**

**Tagore Group of Institutions**, functioning under the aegis of Tagore Educational Trust, celebrated a landmark event on **20th June 2025**, commemorating the **11th International Day of Yoga (IDY 2025)**. The dual observance reflected the institution's holistic vision of integrating pharmaceutical education with traditional and evidence-based wellness practices like yoga. The event was organized in proud association with The Tamil Nadu Dr. M.G.R. Medical University, Chennai.

The theme for this year's Yoga Day, **"Yoga for One Earth, One Health"**, was embraced in its truest spirit by bringing together students, faculty, health professionals, and yoga practitioners in a collective celebration of health, harmony, and knowledge. The event was enriched by the gracious presence of **Prof. Dr. K. Narayanasamy, M.D., D.M. (Gastro), Vice Chancellor** of the University, who inaugurated the celebration as the Chief Guest.

## **1. OBJECTIVES OF THE EVENT**

- To highlight the importance of yoga in promoting physical, mental, and emotional health.
- To encourage interdisciplinary collaboration among healthcare institutions within the Tagore Group.
- To create awareness about sustainable health practices among students.
- To align institutional activities with national and global health promotion missions.

## **2. EVENT FLOW AND ACTIVITIES**

### **• Arrival and Reception (06:00 AM – 06:15 AM)**

The event commenced with the dignified and traditional reception of the Chief Guest, Prof. Dr. K. Narayanasamy, Vice Chancellor of The Tamil Nadu Dr. M.G.R. Medical University, and other dignitaries. Students in traditional attire lined the entrance with floral garlands, and the atmosphere was made lively with ceremonial music and decorative arrangements. The event volunteers ensured smooth escort and seating arrangements for all invitees and faculty members.

- **Inaugural Ceremony (06:15 AM – 06:30 AM)**



The formal program began with the respectful rendition of **Thamizh Thaa Vazhthu**, creating a patriotic and solemn atmosphere.

- **Welcome Address:**



Dr. D. Thiagarajan, Principal of Tagore College of Physiotherapy, extended a warm welcome to all present and emphasized the institution's commitment to holistic health education. He highlighted the importance of yoga in enhancing mental and physical well-being and acknowledged the contributions of both pharmacy and allied health science professionals in advancing healthcare.

- **Theme Briefing:**



**Dr.K.Ilango,** Principal of Tagore College of Pharmacy, introduced the theme "Yoga for One Earth, One Health." He elaborated on how this theme integrates planetary well-being with individual health. He underscored the role

of pharmacists in preventive healthcare and drew connections between pharmaceutical care practices and yogic principles of balance, mindfulness, and sustainability.

- **Chief Guest Address:**



**Prof. Dr. K. Narayanasamy** delivered an insightful and motivational speech. He commended the Tagore Group for taking the initiative to align their academic celebrations with national health movements. The Vice Chancellor spoke about the need for integrating evidence-based yoga therapy in academic healthcare training and the importance of promoting preventive healthcare in community practices.

## • Felicitation Ceremony:



The institution honored Chief Guest, **Prof. Dr. K. Narayanasamy**, Vice Chancellor of The Tamil Nadu Dr. M.G.R. Medical University, for his outstanding contributions in spreading yoga awareness. He was presented with a shawl and memento as a token of appreciation. His efforts in bridging traditional practices with youth wellness were widely applauded.

## Yoga Demonstration (06:30 AM – 07:30 AM)

A vibrant and interactive yoga demonstration was organized under the guidance of Dr. P. Rajnikanth, Director of Physical Education, and Mrs. V. Nandhini, Assistant Director of Physical Education. Mrs. R. Prapavathi, Yoga Instructor guided a session of Yoga Poses and Breathing Exercises. This session involved the participation of over **400 students and staff**. The demonstration included loosening exercises, asanas such as Tadasana, Vrikshasana, Trikonasana, and Bhujangasana, pranayama techniques such as Nadi Shodhana and Bhramari, and meditation and relaxation techniques for emotional and mental calmness. The synchronized participation created a collective energy and instilled the value of discipline, mindfulness, and body awareness among the attendees.



## Surya Namaskar (Sun Salutation) Sequence

### 1. Pranamasana (Prayer Pose):

Stand upright with feet together. Bring your palms together in front of your chest in a prayer position.



### 2. Urdhva Hastasana (Palm Tree Pose):



Inhale and raise both arms overhead. Gently arch your back and stretch your arms backward.

### 3. Hasta Padasana (Standing Forward Bend):



Exhale and bend forward from the hips. Touch the floor with your hands, keeping your legs straight.

### 4. Ashwa Sanchalanasana (Equestrian Pose / Low Lunge):



Inhale and step your right leg back. Lower your knee to the floor and look forward, keeping your hands on the ground.

## 5. Dandasana (Plank Pose):



Step your left leg back, bringing your body into a straight line. Keep your arms straight and shoulders above the wrists.

## 6. Ashtanga Namaskara (Eight-Limbed Pose):

Lower your knees, chest, and chin to the floor, keeping your hips slightly raised. Eight parts of the body touch the ground: two feet, two knees, two hands, chest, and chin.



## 7. Bhujangasana (Cobra Pose):



Slide your body forward and raise your chest upward. Keep your elbows slightly bent and shoulders relaxed, lifting into a gentle backbend.

## 8. Adho Mukha Svanasana (Downward-Facing Dog):



Exhale and lift your hips up and back, forming an inverted V shape. Press your hands and heels toward the floor.

## 9. Sukhasana (Easy Pose):

It involves sitting cross-legged with a straight spine, promoting relaxation and inner peace.



## 10. Tadasana (Mountain Pose):



It helps in reducing the stiffness and pain related to arthritis. It promotes proper circulation of blood in the hip area. It reduces the cramping in the thigh region.

## Vote of Thanks (07:30 AM – 07:45 AM)

**Dr. V. Vijayalakshmi**, Principal of Tagore Institute of Allied Health Sciences, delivered the Vote of Thanks. She expressed deep gratitude to the Hon'ble Vice Chancellor for his inspirational presence, the yoga instructors for their dynamic guidance, the organizing team,

faculty members, and students for their enthusiasm and cooperation. Special thanks were extended to the Tagore Educational Trust for their unwavering support in making the event a grand success.



The 11<sup>th</sup> International Yoga Day was observed at Tagore Group of Institutions campus. The Tamil Nadu Dr. M.G.R. Medical University Vice Chancellor Dr. K. Narayanasamy was the Chief Guest. Large number of students participated in the yoga session. Dr. K. Haung - Principal, Tagore College of Pharmacy, Dr. D. Thiagarajan - Principal, Tagore College of Physiotherapy, Dr. V. Vijayalakshmi - Principal, Tagore Institute of Allied Health Sciences, Dr. V. Jayanthi - Principal, Tagore College of Nursing, Dr. P. Ranjinkanth - Physical Education Director, Tagore Group of Institutions, Mrs. V. Nandhini - Assistant Physical Education Director, Tagore Group of Institution, Mrs. R. Prapavathi - Yoga Instructor, SKYYOGA Chennai were also present at the event.

