



TAGORE COLLEGE OF PHARMACY

(Affiliated to The Tamil Nadu Dr. MGR Medical University, Chennai, Tamil Nadu)
(Approved by Govt. of Tamil Nadu, Pharmacy Council of India - New Delhi)

INTERNATONAL DAY OF YOGA 2026

REPORT

Name of the event	Yoga awareness and practice sessions Theme: “Yoga for Healthy Ageing”
Date & Time	21 st June 2026; 7:30 AM – 9:00 AM
Organized by	Tagore College of Pharmacy in collaboration with Tagore College of Physiotherapy, Tagore Institute of Allied Health Sciences, and Tagore Engineering College
Venue	Open Ground, Tagore College of Pharmacy, Tagore Engineering College Campus, Tagore Group of Institutions, Rathinamangalam, Chennai – 600127
No. of Participants	56 Pharmacy students
Chief guest/ Resource Person	Mrs. P. Roja, Yoga Instructor, Tagore group of Institutions Dr. P. Rajinikanth, Physical Director, Tagore Engineering College, Tagore group of Institutions
Report In observance of the International Day of Yoga 2026, Tagore College of Pharmacy, a constituent College of Tagore Group of Institutions organized a Yoga Awareness Programme with the theme “Yoga for Healthy Ageing” on 21/6/2026. The programme commenced at 7:30 AM with inauguration note by the Dr. R. Seetharaman, Principal, Tagore College of Pharmacy, Dr. D. Thyagarajan, Tagore College of Physiotherapy and Dr. P. Rajinikanth, Physical Director, Tagore group of Institutions. The inaugural was followed by a Yoga Awareness Session on “Benefits of Yoga” between 7:30 AM to 8:00 AM. The resource person Mrs. P. Roja, Yoga Instructor, Tagore group of Institutions, highlighted the significance of yoga in promoting holistic health, improving flexibility, enhancing concentration, reducing stress, preventing lifestyle disorders, and supporting healthy ageing. Following the awareness programme, a Yoga Practice Session was conducted from 8:00 AM to 9:00 AM under the guidance of yoga instructor. Participants actively performed various yoga asanas, breathing exercises (Pranayama), and meditation techniques. The session emphasized proper posture, breathing patterns, relaxation methods, and the role of regular yoga practice in achieving physical and mental wellness. Students and faculty members from the constituent institutions of the Tagore Group enthusiastically participated in the programme. The event witnessed active involvement and positive engagement from all participants. Around 56 students from Tagore college of Pharmacy participated.	



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➤ COLLEGE OF ENGINEERING
➤ COLLEGE OF PHYSIOTHERAPY

➤ COLLEGE OF PHARMACY
➤ INSTITUTE OF ALLIED HEALTH SCIENCES

TAGORE GROUP OF INSTITUTIONS

International Yoga Day-2026

Theme: "YOGA FOR HEALTHY AGEING "

 Sunday, 21/06/2026 Time: 6.30AM // @ Open Ground

CHIEF PATRONS



Prof. Dr. M. MALA, M.A., M.P.H., Ph.D.
Chairperson & Managing Trustee
Tagore Educational Trust



Shri. G. MANIKANDAN, MBA
Trust Secretary,
Tagore Educational Trust



Selvi. RAKSHANA
Trustee,
Tagore Educational Trust
CEO-JEC

PATRONS

Dr.S. NAGARAJAN, LL.M., Ph.D.
Principal,
Tagore Engineering College

Dr.R.SEETHARAMAN, M.Pharm., Ph.D.
Principal,
Tagore College of Pharmacy

Dr.D.THAGARAJAN, MPT, Ph.D. (H)
Principal,
Tagore College of Physiotherapy

Dr.V.VIJAYALAKSHMI, M.Sc. Nursing, Ph.D.
Principal,
Tagore Institute of Allied Health Sciences

ORGANIZING COMMITTEE

Dr.P.RAJINIKANTH
Physical Director

Mrs.P.ROJA
Yoga Trainer

Mr.A.S.MANIPANDI
NSS Coordinator



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