



**MALABAR MEDICAL COLLEGE
HOSPITAL & RESEARCH CENTRE**

Discover a new life

INTERNATIONAL YOGA DAY 2025 PROGRAMME REPORT

Date: 21/06/2025

Time: 9Am to 10am

Venue : Yoga hall, 5th floor, Academic block

Organised by Student Union in collaboration with Department of Physical Medicine:

Programme :

1. Speech on Importance of Yoga by Dr. Rijesh (Vice Principal)
2. Yoga performance by MBBS Students

As a part of International Yoga Day a programme was conducted on June 21, 2025, in front of sapphire hall (Academic block MMC) to promote physical, mental, and spiritual well-being. The programme was organised by Department of Community Medicine in collaboration with Department of Physical Medicine.

The event began with an introductory speech on the importance of yoga by Dr. Rijesh (Vice Principal), Administrative officer Mr. Krishnan, Dr. Anu (Associate Professor, Department of Pharmacology), Dr Arjun B Sanora (Senior Resident, Department of Community Medicine), Mr. Rajeev (Physical Education). A certified instructor led the session. Over 12 students participated actively, performing yoga with enthusiasm and discipline.

The program highlighted the holistic benefits of yoga, such as improved flexibility, concentration, and stress relief. MBBS undergraduate students and BSc Nursing students attended the programme. It was a successful initiative to encourage a healthier lifestyle among students.



