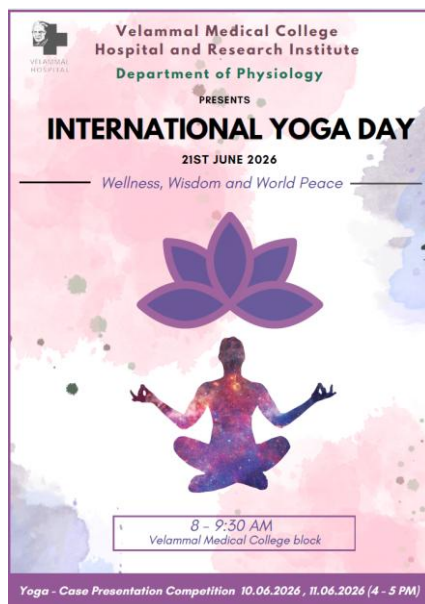




International Yoga Day 2026



This year as part of the **International Yoga Day celebrations**, the department of Physiology had organized a Yoga Integrated Case Presentation competition. 11 teams (Each team had 3 members) had enrolled for the competition and we conducted the competition in two sessions on 10.06.2026 and 11.06.2026 from 4 PM to 5 PM at Yoga lab, Department of Physiology, Velammal Medical College Block.

Yoga Integrated Case Presentation Competition

Day 1 Competition

Team order of presentation	Teams	Topic	Prize
1	Varsheni Sudha Sanjuktha (2022 Batch)	Diabetes	Third Prize
2	Sornashree Surya Zahra Maryam Nazar (2025 Batch)	Dysmenorrhea	
3	Arunashri Thangam Reshma B Reshmi B (2024 Batch)	Refractive error	First Prize



4	Tapasaya Suraj Srivathsav Uma Deepika (2025 Batch)	Migraine	Second Prize
5	Vimal Vishal Vasudev Omesha (2022 Batch)	Autism	
6	Anoushka Verma Arundhathi Kamalakannan Rooman Noorul Fathima (2024 Batch)	Obesity	

Judges:

Dr. S. Kavi Prasanna, Assistant Professor, Department of Physiology, Sri Lakshmi Narayana Institute of Medical Science Medical College & Hospital, Puducherry

Dr. R. Muthu Meera, Assistant Professor, Department of Pharmacology, VMCH & RI



Day 2 Competition

Team order of presentation	Teams	Topic	Prize
1	Dr. Raghul Dr. Rafa Furgana (2021 Batch)	PCOD	Second
2	Tamizhranjani T Ovviya Vallabi Manishankar. S (2022 Batch)	Dysmenorrhea	
3	G.Krittika K.Keerthika P.Jeeva Jeevitha (2024 Batch)	Osteoarthritis	



4	Arundhati Arun Keya Madhuvanthika Saravanan Ruqayat Tasneem (2025 Batch)	Infertility	First
5	M.Vishnupriya K.K.Vishruthi V.Yokith (2025 Batch)	Asthma	Third

Judges:

Dr. Ananthalakshmi, Professor & Head, Department of Physiology, AIIMS - Madurai

Dr. K. Santha Sheela Kumari, Assistant Professor, Department of Community Medicine, VMCH & RI



A special category was allotted for performing the concerned yoga poses and also for validating with the literature evidence.

Winners	Day 1	Infertility – First Prize PCOD – Second Prize
	Day 2	Refractive error – First Prize Migraine – Second Prize





International Yoga Day event

Students of MBBS I, II and IV years participated in the Yoga Day event. A total of **447 students participated** in this event which was conducted in 3 sessions. They were guided by their instructors. The students were made to assemble in the college portico and as well as in the college foyer. The instructors took centre stage and were demonstrating the yoga poses with perfection and poise.

Instructors:

1. Mr. Sivachidambaram (PE director)
2. Mrs. Malar (PE assistant director)
3. Miss.Subhathra (Yoga Club Member and Final year MBBS student)
4. Mr.Vishnu (Yoga club member and II year MBBS student)

MBBS Year	Timing	Instructors
Second year	08:00 to 09:00 AM	Mrs. Malar and Mr. Vishnu
First year	02:00 to 03:00 PM	Mr. Sanjay and Ms. Subhathra
Final year	03:00 to 04:00 PM	Mrs. Malar and Ms. Subhathra





Department of Physiology,
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For the afternoon session, our Vice Principal was present to witness the yoga session, joined in by Dr. S. Anu MD, Professor and HOD, Department of Physiology and also the nodal officer for the institute for the celebration of International Yoga Day 2026.





**Department of Physiology,
Velammal Medical College Hospital & Research Institute, Madurai**

