

# SIR ISSAC NEWTON NATUROPATHY AND YOGA MEDICAL COLLEGE AND HOSPITAL

## 11<sup>th</sup> INTERNATIONAL DAY OF YOGA

### YOGA UNPLUGGED:

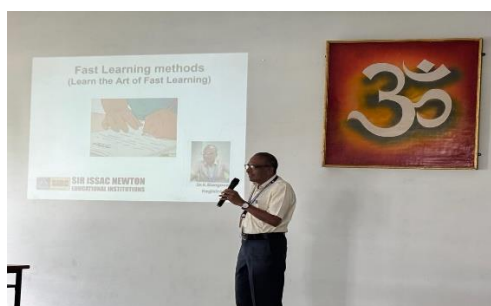
The month of June 2025 was marked by vibrant and purposeful celebration at Sir Issac Newton Naturopathy and Yoga Medical College (SINNYMC) in commemoration of the 11<sup>th</sup> International Day of Yoga (IDY). A series of Yoga sessions, wellness programs, and educational events were conducted across various institutions of Sir Issac Newton Group of Institutions, aiming to promote holistic health, mental well-being and academic excellence.

The celebrations began with the launch of a week-long Yoga program under the theme “Yoga Unplugged”, intended to make Yoga more engaging and youth-friendly. The inaugural session was conducted on 16th June 2025 at Sir Issac Newton Girls’ Hostel from 5:30 to 6:15 a.m. by Dr. N. Subashini, Dr. R. Dhaarini and other faculty members. The enthusiastic participation from hostel students set a positive tone for the week. This initiative was made possible with the encouragement and support of Dr. T. Ananth, our respected Chairman and the management.



As part of the academic enrichment initiatives, a special session on “Fast learning methods” was held at SINNYMC by Registrar

Dr. K. Elangovan, Registrar of Sir Issac Newton Group of Institutions. The session was attended by students, faculty members and the Principal. Dr. K. Elangovan shared various techniques to enhance learning efficiently and also addressed students concerns regarding study stress and exam anxiety, offering practical solutions. The session was well-received and appreciated by all the attendees.



The Yoga Unplugged initiative was extended to other colleges as well on 18<sup>th</sup> June 2025, Chair Yoga sessions were conducted for the students of Nursing, Pharmacy and Physiotherapy Colleges. Each session focused on simple yet effective yoga practices with an emphasis on improving concentration, relaxation and posture.

1. Sir Issac Newton college of Nursing (10:00 – 11:00 a.m.) by Dr. M. Divya.



2. Sir Issac Newton College of Pharmacy (10:30 – 11:30 a.m.) by Dr. N. Subashini.



3. Sir Issac Newton College of Physiotherapy (3.30 – 4:30 p.m.) by Dr. D. Sruthi.





Further extending the reach on 19<sup>th</sup> June 2025, a series of Chair Yoga and Pranayama sessions titled “Yoga for youth” were organized across multiple institutions. The schedule included:

1. Sir Issac Newton Law College (10:00 – 11:00 a.m.) by Dr. M. Sivaranjani.



2. Sir Issac Newton CBSE and Matriculation Schools (11:00 – 12:00 p.m.) by Dr. N. Subashini



3. Sir Issac Newton College of Education (2:30 – 3:30 p.m.) by Dr. B. Gayathri



4. Sir Issac Newton Polytechnic College (3:00 – 4:00 p.m.) by Dr. N. Subashini.



5. Sir Issac Newton Physiotherapy College (3:00 – 4:40 p.m.) by Dr. R. Karthika.



These sessions focused on enhancing mental clarity, memory, and stress reduction.

On 18<sup>th</sup> June 2025, a dedicated Yoga Nidra session was held from 10:30 to 11:30 a.m. for the principals and administrative staff of all the colleges by Dr. M. Ezhil Ratnakumari, the Principal and Medical superintendent of SINNYMC. The session aimed at de-stressing institutional leaders and concluded with healthy refreshments including herbal tea and snacks. Participants appreciated the thoughtful initiative and gave positive feedback at the end of the session.





## VIROPANA:

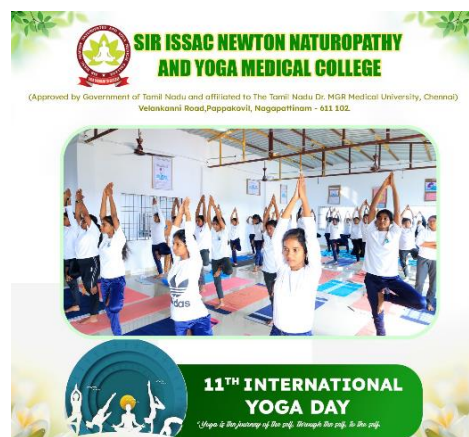
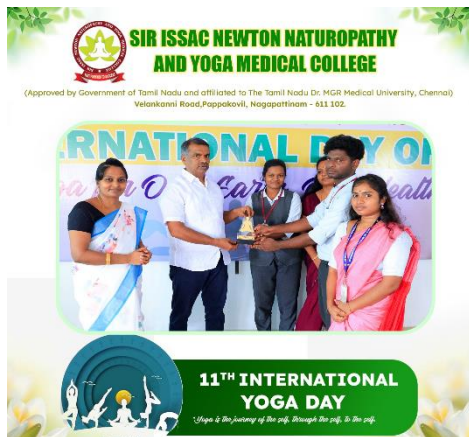
In association with IDY 2025, a workshop viropana, - Meaning 'Holistic health and wellness' programme associated with yoga and meditation was conducted on 20<sup>th</sup> June 2025. A total of 280 students participated and gained knowledge on recent trends in the field of Yoga. The session included paper presentation, Chair Yoga, Laughter therapy and Cyclic meditation session. Dr. D. Lingeshwari, Associate Professor was the resource person. The event was concluded with Music yoga.



## YOGA SANGAM:

The grand celebration of the 11<sup>th</sup> International Day of Yoga (IDY) took place on 21<sup>st</sup> June 2025. The theme of the current year is 'One Earth, One Health'. Our esteemed Chairman, Dr. T. Ananth, served as the Chief Guest and addressed the gathering on the vital role of Yoga in maintaining a healthy lifestyle. A Mass Yoga Session was performed by the students of Sir Issac Newton Naturopathy and Siddha Medical Colleges, following the IDY protocol.





The day also featured:

1. A Yoga art expo, fruit carving displays and creative Yoga formation by students.
2. Distribution of prizes and shields to winners of various competitions.
3. Yoga Nidra and laughter therapy sessions were conducted for non-teaching and administrative staff, which were met with active participation and positive feedback.

Overall, the June 2025 activities successfully fostered a spirit of unity, wellness, and knowledge-sharing. SINNYMC expresses heartfelt gratitude to our Chairman Dr. T. Ananth, the management, and our Registrar Dr. K. Elangovan for their consistent encouragement and support in making the month-long Yoga celebration a grand success.

Report prepared by

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