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2.16.25

**Report on Yoga Day Celebration organized by SSGP in association with
Department of Physiology and Community Medicine at
Amala Institute of Medical Sciences, Thrissur**

In the spirit of the theme for International Day of Yoga 2025, "Yoga for One Earth, One Health," which highlights the deep connection between personal well-being, environmental sustainability, and global health, Amala Institute of Medical Sciences organized yoga sessions for MBBS students to promote awareness of holistic health and inspire a sense of responsibility towards a healthier self and a healthier world.

The Yoga Day Celebration for Phase I 2024 MBBS students of Amala Institute of Medical Sciences, Thrissur, organized by SSGP was conducted on June 11, 2025, from 9:00 AM to 11:00 AM at the MEU Hall, St. Joseph Block. The session was organized to promote the physical and mental well-being of students through the practice of yoga, in line with the objectives of International Yoga Day. The session was led by Ms. Ancy T.A., Physical Trainer, who introduced the students to various foundational yoga practices and highlighted their benefits for health, stress management, and concentration. Students actively participated in the practical demonstrations and responded positively to the experience.

As a follow-up to this event, a special session focusing on Breathing Exercises was conducted by Ms. Ancy T.A. on June 18, 2025, from 3:30 PM to 4:00 PM at Lecture Hall II. The session emphasized the importance of proper breathing techniques in enhancing lung capacity, reducing anxiety, and improving mindfulness. Both sessions were well received and contributed significantly to the students' awareness of holistic health practices.

In addition to the above celebrations special Yoga session and demonstration classes were conducted for staff and students on June 19th, 2025 at 2.30 pm to 3.30 pm at Amala Auditorium, organized by Amala Ayurvedic Hospital and Research Centre

21-06-2025



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Dr. Nisha James & Dr. Mathew Joseph
SSGP Nodal Officers
Amala Institute of Medical Sciences, T





Thrissur, Kerala, India

H569+4fw, Amalanagar, Thrissur, Kerala 680555, India

Lat 10.560468° Long 76.168889°

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Note: Captured by GPS Map Camera

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Thrissur, Kerala, India

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