

11th International Yoga Day Celebration at SCTIMST on 21 June 2025



Theme: YOGA FOR ONE EARTH, ONE HEALTH



The Sree Chitra Tirunal Institute for Medical Sciences and Technology (SCTIMST) celebrated 11th International Yoga Day 2025 on 21 June 2025 in both the campuses with enthusiastic participation from Faculty, Nurses, students and staff members. The inauguration ceremony in the hospital campus was graced by several distinguished dignitaries including Dr. Kavita Raja, Medical Superintendent, SCTIMST; Dr. Srinivasan K., Dean, SCTIMST; Dr. Manikandan S., Deputy Director, SCTIMST; Dr. Narayanan Namboodiri K.K., Professor, Cardiology Dept, SCTIMST; Ms Nirmala MO, Nursing Superintendent, esteemed staff members and students.

Dr Kamalesh K Gulia welcomed all the participants emphasizing the significance of theme of this year “Yoga for One Earth, One Health” reverberating the globalization of Yoga to achieve good Health on this mother Earth. In the Inaugural Address, Dr Srinivasan K revisited the historical milestone for India when the June 21 was declared International Yoga Day (IYD) by the United Nations (UN) General Assembly (69th session) through dynamic endeavour by Prime Minister Narendra Modi in 2014. Now IYD has become such a popular program across National and International scenario. Dr Manikandan S, in his Felicitation message, elucidated effects of Yoga as a discipline in life for securing a healthy life and also emphasized its important role during long post-surgery span for leading a good healthy life. Dr Namboodiri KK discussed role of yoga for a healthy heart, by maintaining autonomic balance naturally, and thus a healthy body. Dr Kavita Raja shared her personal experience on beneficial role of yoga especially in life of women. Ms Nirmala MO shared her views on importance of yoga for nurses in keeping good health to combat stress on daily basis.

In the afternoon, IYD program was celebrated in esteemed presence of Dr. Harikrishna Varma, Head, BMT Wing; Er. Muraleedharan C.V., Associate Head; Er Nagesh DS, Senior Scientist and staff in the CD block of BMT Wing. Dr Harikrishna Varma in his inaugural address reiterated importance of Yoga in keeping a healthy and blissful life in all age groups including middle aged and elderly population. Er. Muraleedharan CV described eight limbs of Yoga and provided insights into importance of yoga for a healthy life.

The yoga training session was conducted under the expert guidance of Dr. Ashiyana Alam A. M., Ph.D. in Yoga and Naturopathy (Final Yr) from Ayurveda College in the BMT wing, and Ms. Mangamma H. R., Scientific Assistant (Lab), Department of Biochemistry at Hospital wing. They skilfully demonstrated and taught various yoga asanas on Basic yoga; Pranayam; Yoga for postural balance, ensuring active participation and engagement from all attendees. Dr Ashiyana took interesting and unique yoga engaging session of Chair Yoga which was enjoyed by everyone. This was a part of Yoga Samavesh program to engage seniors for Yoga in an effective way.

The event was marked by a spirit of unity, discipline, and rejuvenation, as participants engaged whole heartedly in the yoga demonstrations. The celebration concluded with a vote of thanks by Mr Saji KS, Programmer, Computer Division (Hospital side) and Dr Prajitha Raj, Division of Sleep Research (BMT wing) with a drive on collective reflection on Yoga,

leaving behind a renewed sense of purpose and well-being. Through this successful observance of International Yoga Day 2025, SCTIMST reaffirmed its role as a frontrunner in promoting holistic health practices and fostering a culture of wellness among every individual.









(Photography: Mr Liji, MIU, SCTIMST; Program Co-ordinating Team: Registrar, SCTIMST & Mr Chaitanya, PRO, SCTIMST)