REPORT ON INTERNATIONAL YOGA DAY CELEBRATION AT GRAMA SUYARAJ ELDERS HOME

Theme : " Yoga for one Earth, One Health"

Date : 21 June 2026

Venue : Senior Citizen Home, Sellam Nagar, Kulathur,Pudukkottai, Tamilnadu

A specially designed 45 minutes yoga session was conducted keeping in mind the needs and limitations of elderly participants. The session began with Sukshma Vyayama (joint movement exercises ) involving gentle movements of the neck, shoulders, elbows and ankles to reduce stiffness and improve flexibility.

The residents then performed seated and supported asanas, including chair based stretching exercises and Tadasana (palm tree pose). This was followed by Pranayama, where participants practiced Bhramari (Humming Bee Breath) Nadi Shodhana (Alternate Nostril Breathing) to improve breathing capacity and promote relaxation.

The programme concluded with Dhyana (Meditation), a 10 minute guided meditation session that helped the elderly residents experience peace of mind and emotional wellbeing.

The yoga session provided several benefits. Participants reported improved joint flexibility, reduced body pain, better breathing and lower stress levels. The event also strengthened social bonds among the residents and staff, creating a joyful and supportive atmosphere .

The 12$^{th}$ international Yoga Day celebration done in a good way successfully. This events encouraged the elderly residents to adopt yoga as a regular practice for a healthier and happier life.

Dear Sir,

Greetings from Grama Suyaraj!

Thankyou very much for sending your e-mail dated on 5th June 2026. As per your guidelines, we celebrated international yoga day on 21st June 2026 at Grama Suyaraj Elders Home, Sellam Nagar, Kulathur, Pudukkottai District, Tamilnadu State. During the day all our capable Elders were participated in the yoga day.

We attached herewith report, photos and videos for your kind perusal and favourable consideration.

Thanking you,

Yours Sincerely

(Sd xxxx)
A.BALA
Executive Secretary