

# **A Report of International Yoga Day celebration at Government Dental College and Hospital: 21st June 2025**

## **The session was conducted under the guidance of the Dean**

### **DR. Rupal Shah**

**Dr Falguni Mem & DR. Parth Pandya sir** who is well-versed in yoga and wellness practices. She educated the participants about the importance of yoga for mental and physical health and demonstrated various types of yoga, including:

On the occasion of International Yoga Day dated 21st June, a special yoga session was organized at the Government Dental College and Hospital. The event was actively celebrated by all academic staff, students, and administrative staff members.

The event began with a brief introduction about the history and significance of International Yoga Day. **DR. Falguni Ma'am & DR. Parth Pandya sir** then led the group through a warm-up session followed by yoga demonstrations. they emphasized the correct posture, breathing, and concentration during each asana

- Pranayama (Breathing Techniques)
- Asanas (Postures) such as Tadasana, Vrikshasana, Bhujangasana, Trikonasana, and Padmasana
- Meditation Techniques for stress relief and mental calmness
- Surya Namaskar (Sun Salutation) – a sequence of twelve powerful yoga poses

**Date: 21/06/2025**

**Time: 6.00 to 8.00 AM**

**Location: 7<sup>th</sup> Floor Lecture Hall**

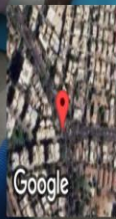






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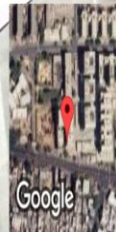
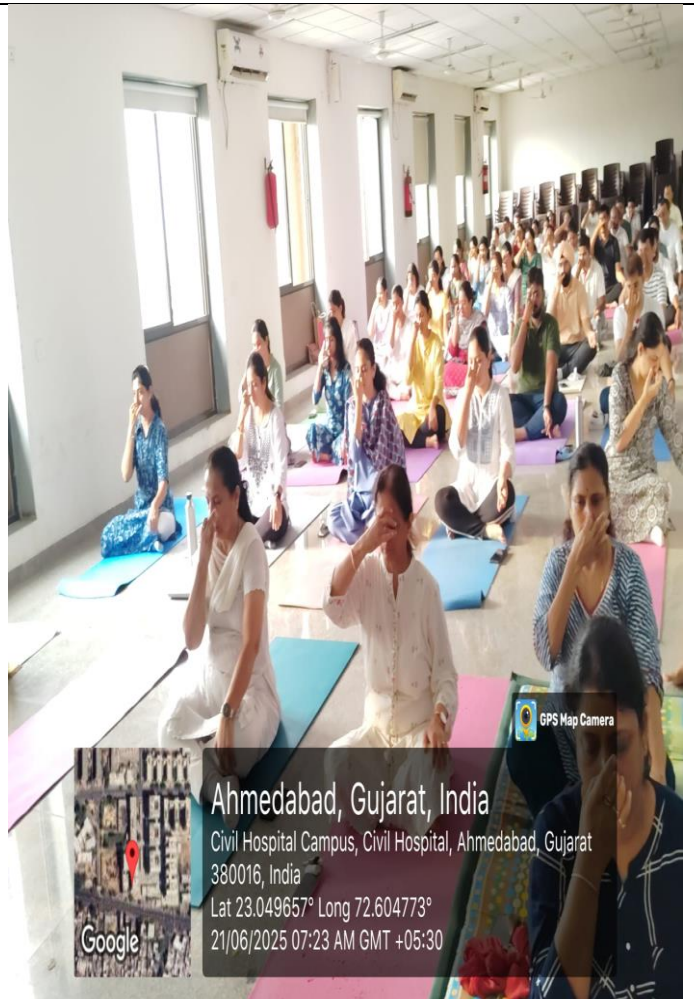
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