

International Yoga day Program 2026



GOVT.DENTAL COLLEGE AND HOSPITAL,AHMEDABAD (NAAC ACCREDITED GRADE A+)

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Ref: _____

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A Report on International Yoga Day Program 2026

12th International Yoga Day program was celebrated with great enthusiasm and active participation from students & staff. The event was organized in alignment with the global observance of the International Day of Yoga, which promotes physical, mental, and spiritual well-being through the practice of yoga.

The main objectives of the program were:

- To create awareness about the importance of yoga in maintaining a healthy lifestyle
- To encourage regular practice of yoga among faculty staff & students participants
- To promote mental peace, concentration, and physical fitness

Program Details

The event began early in the morning 7:00AM with a brief introduction explaining the significance of yoga in daily life. A trained yoga instructor guided the participants through various yoga asanas and breathing exercises (pranayama). The session included common practices such as Tadasana, Vrikshasana, Bhujangasana, and Surya Namaskar.

Participants followed the instructor attentively and performed the exercises in a calm and disciplined environment. The session also included Savasana, which helped participants experience relaxation and inner peace.

Participation and Activities

A large number of participants, including students & Faculty staff actively took part in the program. The enthusiasm and discipline shown by the participants made the event successful.

The International Yoga Day celebration 2026 concluded on a positive note. It reinforced the message that yoga is a powerful tool for maintaining overall well-being and should be practiced regularly in daily life.

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Government Dental College & Hospital
Ahmedabad

International Yoga day Program 2026



Yoga Instructors



Faculty Participation



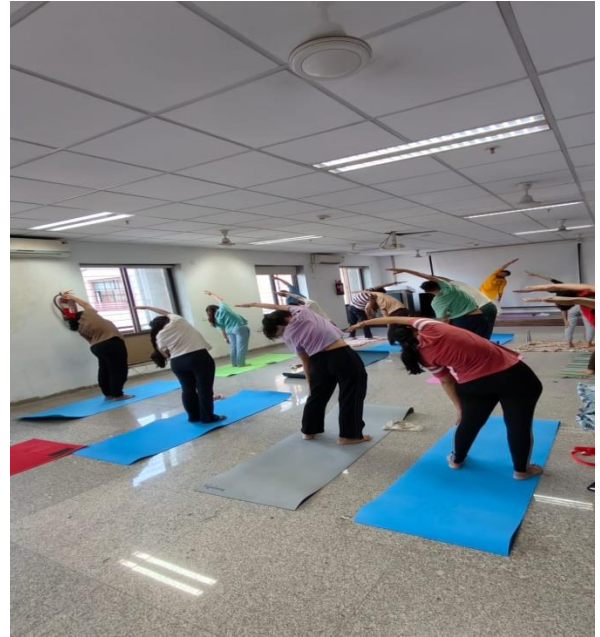


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Sunday, 21/06/2026 07:27 AM GMT +05:30


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GPS Map Camera

Students Participation



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Awareness program on the benefits of Yoga & Healthy lifestyle

