

Report on International Yoga Day Celebration

Venue: National Dental College and Hospital

Dates: 20th–21st June 2026

National Dental College and Hospital celebrated International Yoga Day with great enthusiasm and active participation from faculty members, postgraduate students, interns, and undergraduate students. The celebration was organized over two days with the objective of promoting physical fitness, mental well-being, and a healthy lifestyle among the 100 participants.

On **20th June 2026**, an informative lecture on the importance of yoga was conducted. The session highlighted the role of yoga in maintaining physical health, reducing stress, improving concentration, and enhancing overall quality of life. The speaker Dr. Ashu Jhamb, Professor and HOD of Conservative dentistry and Endodontics, emphasized the significance of incorporating yoga into daily routines, especially for healthcare professionals who often experience demanding schedules and occupational stress. The lecture was interactive and encouraged participants to adopt healthy lifestyle practices through regular yoga and meditation.

On **21st June 2026**, a yoga session was organized in observance of International Yoga Day. The session commenced with a brief introduction to the importance of yoga, followed by the performance of various yoga asanas, breathing exercises (pranayama), and meditation techniques. Participants actively engaged in the activities and experienced the benefits of relaxation, improved flexibility, and mindfulness.

The event successfully created awareness regarding the importance of yoga in maintaining physical and mental health. It inspired participants to incorporate yoga into their daily lives and reinforced the message of holistic well-being.

The celebration concluded with a vote of thanks to the organizers, faculty members, and all participants for making the event a grand success.



nic College



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Dandrala, Punjab 140507, India

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NATIONAL DENTAL COLLEGE
AND HOSPITAL, Bhagat
Singh Nagar, Bir Dandrala,
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Singh Nagar, Bir
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