



International Day of Yoga Celebration – 21st June 2026

SGT Dental College, Hospital and Research Institute, SGT University, Gurugram, celebrated International Day of Yoga programme on 21 June 2026. The event aimed to promote physical, mental, and emotional well-being among students, faculty members, interns, postgraduate students, and staff through awareness and practical application of yoga and meditation.

The programme was organized under the guidance of Dean, Dr Sumit Singh Phukela, SGT Dental College, Hospital and Research Institute SGT University, Dr Namrata Dogra, Associate Dean, SGT Dental College, Hospital and Research Institute, SGT University, Dr. Puneeta Vohra, Professor and Head, Department of Oral Medicine and Radiology, and coordinated by Dr. Bhawna Saini, Assistant Professor, Department of Oral Medicine and Radiology.

The session was conducted by Dr. Akshatha Rao K. L. and Dr. Krishma, experts in the field of Swasthavritta and Yoga. Dr. Akshatha Rao K. L., Bachelor of Ayurvedic Medicine and Surgery (BAMS) and MD in Swasthavritta & Yoga has a strong academic background with research presentations at various national forums and keen interests in traditional Ayurveda and preventive healthcare. Dr. Krishma, Bachelor of Ayurvedic Medicine and Surgery (BAMS) and MD in Swasthavritta & Yoga, specializes in lifestyle modification, preventive healthcare, counselling, and yoga-based management of lifestyle disorders.

The programme commenced with two informative and engaging lectures delivered by experts. Dr. Akshatha Rao K. L. conducted the first lecture “**Yoga Asanas: The Foundation of Holistic Health**” focused on the significance of **Yoga Asanas** and their role in promoting physical fitness, flexibility, posture correction, muscular strength, and overall well-being. Participants were introduced to the scientific basis of various yogic practices and their benefits in improving physical health, enhancing body awareness, and preventing lifestyle-related disorders. The session highlighted the importance of incorporating yoga into daily routines as a simple yet effective means of maintaining a healthy and balanced lifestyle.

Dr. Krishma conducted the second lecture “**The Art of Mindfulness: Pathways to Mental Well-being**” which centered on **Meditation and Mindfulness**, emphasizing their importance in achieving mental clarity, emotional stability, and inner peace. The resource persons discussed the growing relevance of meditation in today's fast-paced world and explained how mindfulness

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practices can help reduce stress, anxiety, and mental fatigue while improving concentration, productivity, and emotional resilience. The lectures were attended by **208 participants**, including students, faculty members, interns, postgraduate students, and staff members, the lectures generated considerable interest and interaction. The speakers encouraged participants to embrace yoga and meditation as integral components of a holistic approach to health, fostering harmony between the body, mind, and spirit.

Following the lectures, 83 participants, including students, faculty members, interns, postgraduate students, and staff members actively engaged in a practical yoga session beginning with loosening exercises for overall joint and muscle warm-up.

The yoga practice included

- **Tadasana**
- **Vrikshasana**
- **Trikonasana**
- **Baddha Konasana**
- **Vajrasana, Ustrasana**
- **Setu Bandhasana**
- **Ananda Balasana**
- **Bhujangasana**
- **Dhanurasana**

The pranayama session comprised

- **Surya Bhedana Pranayama**
- **Chandra Bhedana Pranayama**
- **Nadi Shuddhi Pranayama**


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- **Bhramari Pranayama**
- **Bhastrika Pranayama**
- The above were followed by **three rounds of Omkar (ॐ)** chanting

The session focused on improving balance and posture, enhancing hip and spinal mobility, opening the chest and shoulders, strengthening the back, regulating the nervous system through pranayama, and promoting mental calmness and concentration through meditation and chanting. Participants enthusiastically took part in all activities and appreciated the practical techniques demonstrated for maintaining overall health and well-being.

The programme concluded successfully with active participation and effectively fulfilled the objectives of the International Day of Yoga by creating awareness regarding preventive healthcare, wellness, and holistic living.


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