



D.J. COLLEGE OF DENTAL SCIENCES & RESEARCH

(Run by : Jassar Dental Medical Education Health Foundation)

AJIT MAHAL, NIWARI ROAD, MODINAGAR - 201204 (Distt. Ghaziabad) U.P.

DJ College of Dental Sciences & Research

International Yoga Day Celebration

Event Report 2026

Name of Event: International Yoga Day Celebration

Date(s): 21st June 2026

No. of Participants: 108 participants, including 10 faculty members, UG students both girls and boys, hostel wardens and security guards actively participated in the program with great enthusiasm and zeal. Their wholehearted involvement and keen interest contributed significantly to the success of the event

Brief Description of Event:

International Yoga Day was celebrated on 21st June 2026 at DJ College of Dental Sciences & Research with enthusiastic participation from students, faculty members, and staff. The event aimed to spread awareness about the importance of yoga in maintaining physical fitness, mental health, and overall well-being.

1. Introduction to International Yoga Day
2. Mass Yoga Practice Session
3. Breathing Exercises and Meditation
4. Awareness Talk on Benefits of Yoga

International Yoga Day Celebration at DJ College of Dental Sciences & Research, Modinagar

The International Yoga Day Celebration was organized with the objective of promoting a healthy lifestyle and encouraging participants to incorporate yoga into their daily routine. The event highlighted the role of yoga in reducing stress, improving concentration, and enhancing physical and mental health.

Objectives:



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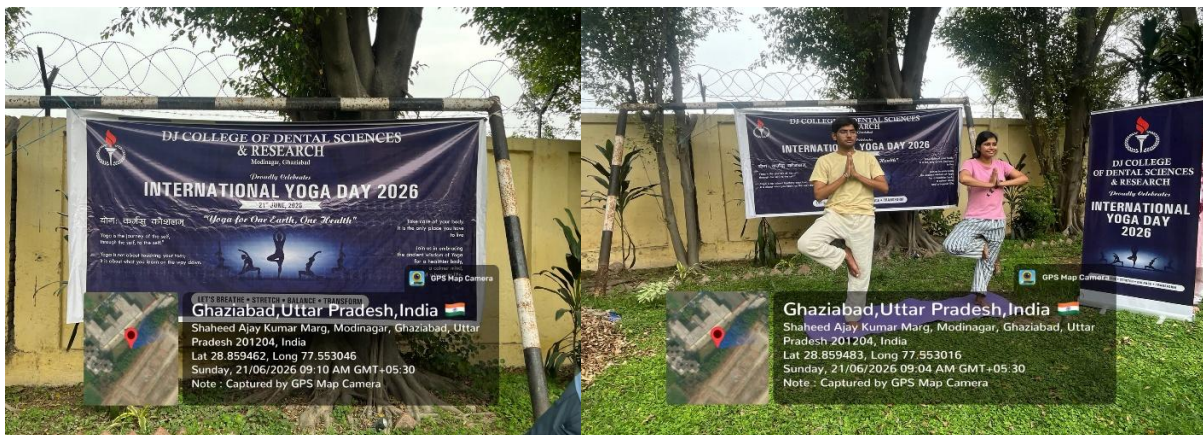
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- To create awareness about the benefits of yoga.
- To encourage healthy lifestyle practices among students and staff.
- To promote physical fitness and mental well-being.
- To educate participants about various yoga postures and breathing techniques.
- To foster a positive and stress-free academic environment.

Activities:

1. Introduction to International Yoga Day

The program commenced with a brief introduction to the significance of International Yoga Day and the importance of yoga in achieving a balanced and healthy life.



Caption: Introduction to International Yoga Day.

2. Mass Yoga Practice Session

Students, faculty members, and staff actively participated in a guided yoga session. Various yoga postures were demonstrated and practiced to improve flexibility, strength, and posture.

Caption: Participants performing yoga asanas.

3. Breathing Exercises and Meditation

A session on pranayama and meditation was conducted to help participants understand techniques for relaxation, stress management, and mental peace.

Caption: Pranayama and meditation session.



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4. Awareness Talk on Benefits of Yoga

An informative talk was delivered highlighting the physical, mental, and emotional benefits of regular yoga practice and its relevance in modern life.

Caption: Awareness session on the benefits of yoga.

Conclusion:

The International Yoga Day Celebration was successfully conducted and received an enthusiastic response from all participants. The event effectively promoted awareness about the importance of yoga and inspired participants to adopt yoga as a part of their daily lifestyle for better health and well-being.

Outcomes:

- Increased awareness regarding the importance and benefits of yoga.
- Improved understanding of yoga postures, breathing exercises, and meditation techniques.
- Encouraged participants to adopt healthy lifestyle habits.
- Promoted physical fitness, mental relaxation, and stress management.
- Strengthened the institution's commitment to health and wellness activities.