



GOVT. COLLEGE OF DENTISTRY, INDORE (M.P.)

1, Sardar Patel Marg, Opp. M.Y. Hospital (M.P.) 452001

Ph.: 0731-2701808, Telefax: 0731 – 2701608, 2703737

E-mail: indoregdc@gmail.com, Website: www.gdcindore.com

International Yoga Day Report

21 June 2026

International Yoga Day was celebrated with great enthusiasm on 21 June 2026 in our institution. The program commenced at 7:30 a.m. with the gathering of students, teachers, and staff members.

The event began with instructions by Yoga instructor, who highlighted the importance of yoga in maintaining physical fitness, mental peace, and overall well-being. The instructor also guided the participants through various yoga postures (asanas), breathing exercises (pranayama), and meditation techniques.

More than 100 students and staff members actively participated in the session. The participants performed different asanas such as Tadasana, Vrikshasana, Bhujangasana, Anulom Vilom and Surya Namaskar. The participants followed the instruction with great enthusiasm and all were very happy after the session.

The celebration created awareness about the significance of yoga and inspired participants to adopt a healthy and balanced lifestyle.

Principal

Govt. College of Dentistry, Indore

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(Government of Madhya Pradesh)