

ESIC Dental College & Hospital, Kalaburagi
Report on “*International Day of Yoga: 21th June 2025*”

In celebration of the **International Day of Yoga**, a **Yoga Training Session** was organized at **ESIC Dental College & Hospital, Kalaburagi**, on **21st June 2025**. The session was led by **Mr. Bandayya Swami**, a yoga instructor, and was attended by faculty members, students, and supporting staff.

The yoga session took place from 8:00 AM to 9:15 AM, providing a comprehensive introduction to various yoga practices and techniques. The session started with gentle warm-up exercises followed by a series of yoga postures to improve flexibility, strength, and balance, and pranayama techniques to enhance respiratory function and promote relaxation. **Pamphlets** related to **Yogasanas for Daily Practice** were distributed to all participants, providing them with valuable information to continue their yoga journey at home. These pamphlets included detailed instructions and illustrations to help integrate yoga into their daily routines.

The yoga training session had a positive impact on the participants and the institute as a whole. Participants reported feeling more energized and physically refreshed. At the end, Dr. Prashant B. Patil, Dean addressed the gathering, emphasizing the importance of incorporating yoga into daily life and encouraging everyone to make it a regular practice.

The photographs of event are attached below:



Fig 1: Faculty, interns and supporting staff during the **Yoga Training Session** at **ESIC Dental College & Hospital, Kalaburagi** conducted on **21st June 2025** on the occasion of **International Day of Yoga**



Fig 2: **Mr. Bandayya Swami** conducting **Yoga Training Session** at **ESIC Dental College & Hospital, Kalaburagi** on the occasion of **International Day of Yoga_21st June 2025**



Fig 3: Faculty, interns and supporting staff during the **Yoga Training Session** at **ESIC Dental College & Hospital, Kalaburagi** conducted on **21st June 2025** on the occasion of **International Day of Yoga**



Fig 4: **Yoga Training Session** conducted at **ESIC Dental College & Hospital, Kalaburagi** on **21st June 2025** on the occasion of **International Day of Yoga**.