

REPORT ON 11th INTERNATIONAL YOGA DAY CELEBRATION

The Institute of Dental Sciences, Bareilly, under the aegis of Bareilly International University, celebrated 11th **International Yoga Day** on **21st June 2025** with great enthusiasm and spirit on the theme 'Yoga for one earth, one health'. The event aimed to highlight the significance of yoga in maintaining a healthy mind and body and to promote awareness of holistic wellness among students and staff.

The celebration commenced in the morning hours on the university campus, where students, faculty, and staff gathered to participate in the yoga session. The event was **graciously hosted by Dr. Ashok Agarwal, the Pro Chancellor of Bareilly International University**, who addressed the gathering with an inspiring message emphasizing the relevance of yoga in the fast-paced and stressful lives of today's youth, especially healthcare professionals.

The major highlight of the day was the **performances and demonstrations by BDS undergraduate students**. Dr. Patil Vidhina Bapurao, P.G. student from Dept of Pedodontics gave a dance performance. Dr. Neetu Sharma directed the events. The students actively showcased various **asanas**, and **meditation practices**, reflecting discipline, coordination, and awareness of yogic principles. Their presentation not only reflected their dedication but also motivated their peers to incorporate yoga into their daily routine.

Faculty members also joined in the session, making it a collective experience of health, unity, and well-being. The event concluded with the distribution of mementos as a token of appreciation to the performers. Certificates were distributed to all the participants.

The celebration served as a reminder that yoga is not merely a form of exercise but a way to attain inner peace, strength, and balance. The Institute of Dental Sciences continues to uphold the values of health and wellness, aligning with the university's vision of creating a holistic academic environment.

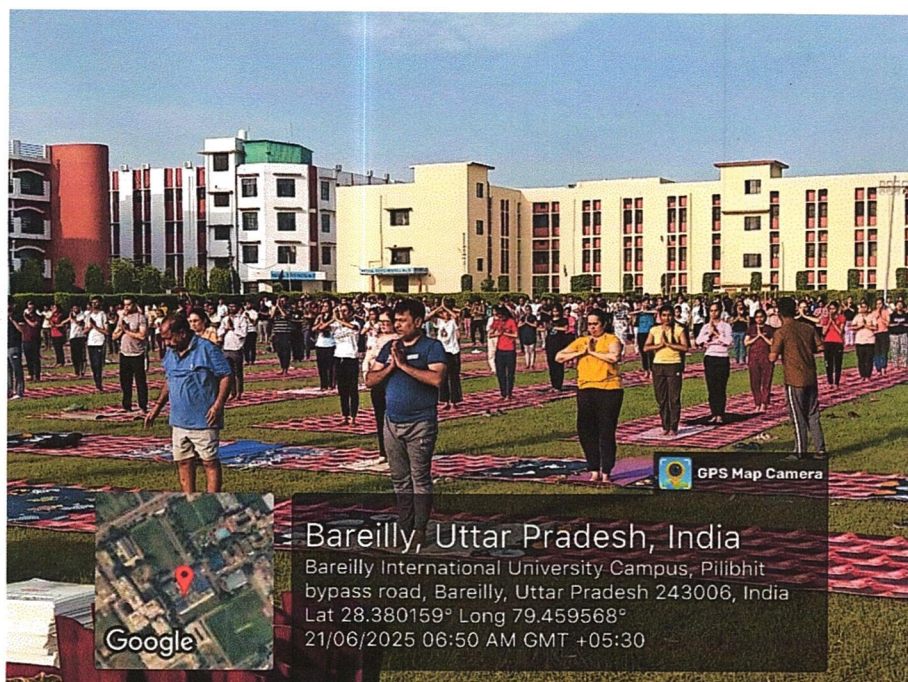
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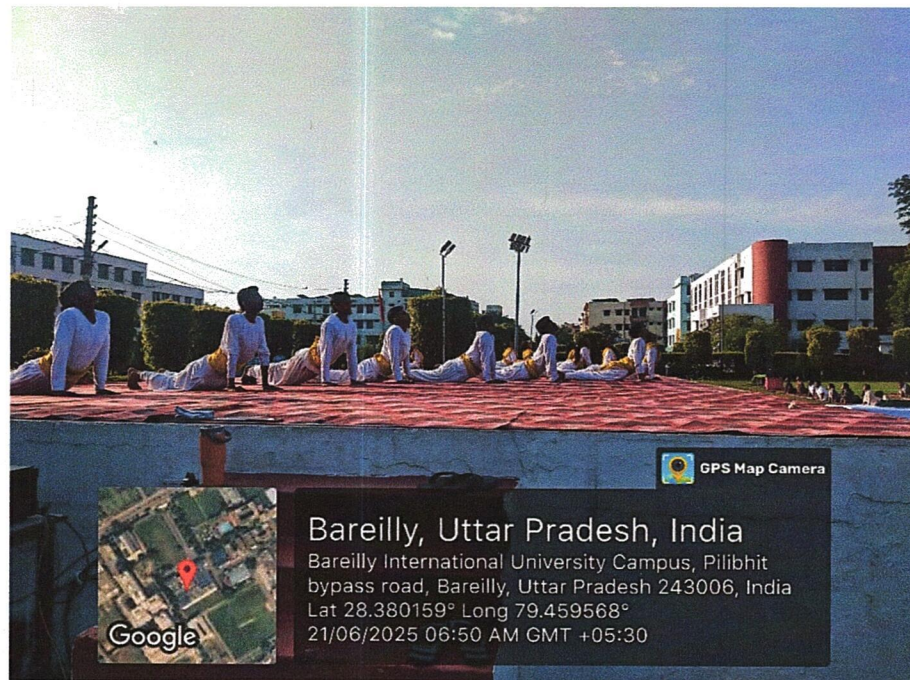
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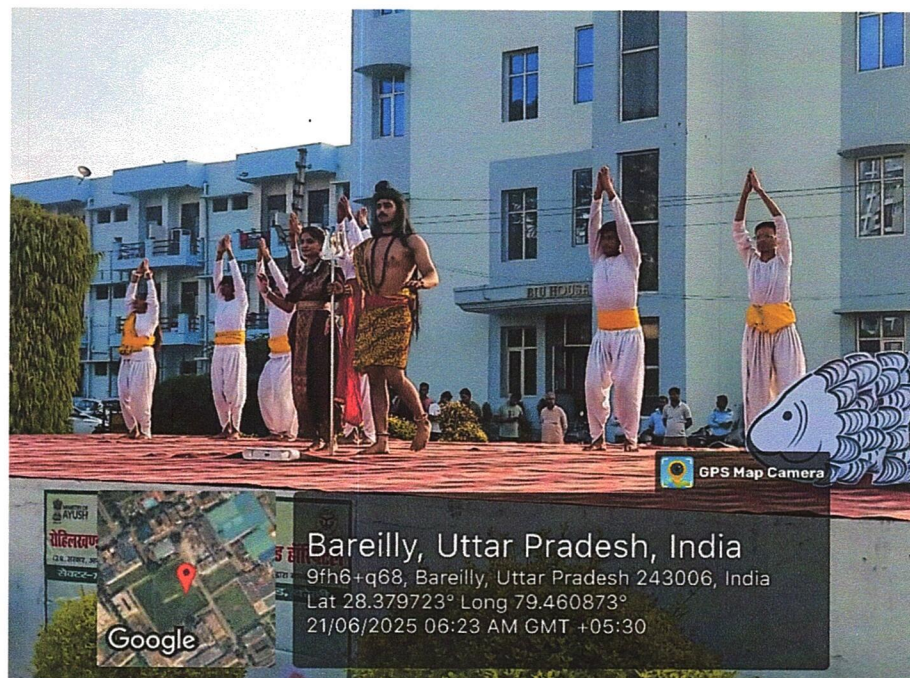
Students and faculty members gathered to participate in the yoga session during morning hours



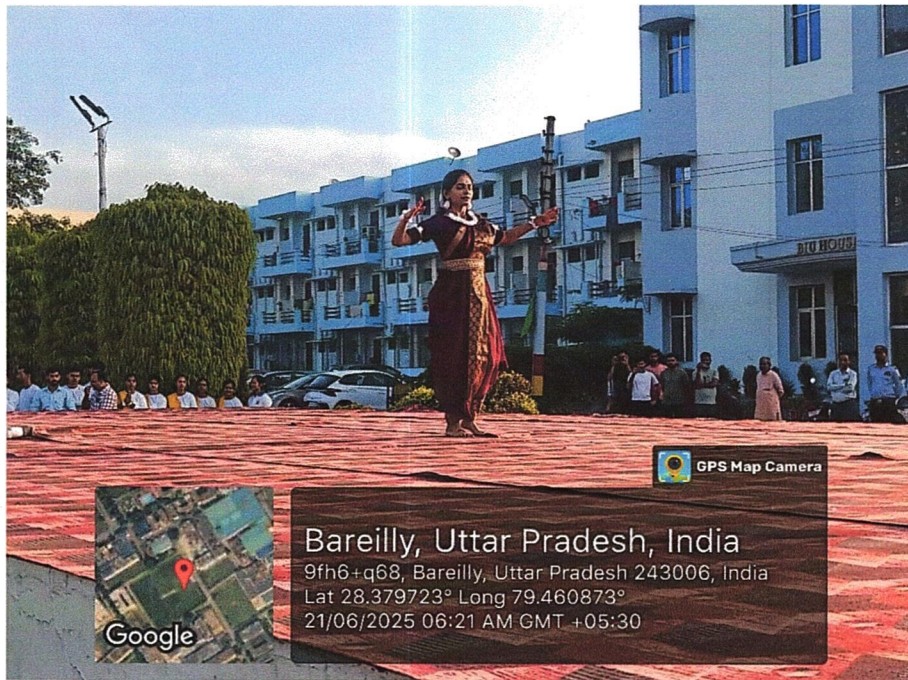
Participants performing Yoga Asanas



Students Demomstrating the Surya Namaskar



Students showcasing the skills by performing Yoga Awarness related cultural events



Dance Performance



Certificate and mementos as token of gratitude



Prize distribution by Dr. Sathyajith Naik, Principal, IDS, Bareilly



Group Photograph with the participants