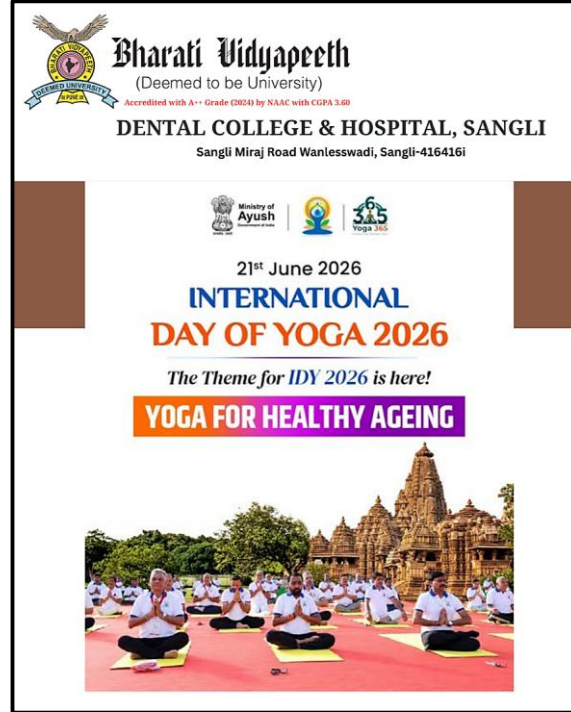




**BHARATI VIDYAPEETH**  
(Deemed to be University)  
Accredited with **A++** Grade (2024) by NAAC with **CGPA 3.60**  
**DENTAL COLLEGE AND HOSPITAL, SANGLI**  
Sangli Miraj Road, Wanlesswadi, Sangli-416416

## Report on International Yoga Day Celebration



Bharati Vidyapeeth (Deemed to be University) Dental College & Hospital, Sangli observed **International Yoga Day** on **21<sup>st</sup> June 2026** with great enthusiasm and active participation from faculty members, postgraduate students, undergraduate students, interns, and staff.

The programme was organized to promote the importance of yoga in maintaining physical, mental, and emotional well-being. **Ms. Bhakti Shah, Yoga Teacher**, was invited as the Resource Person to conduct the session.

Ms. Bhakti Shah delivered an informative lecture on the "**Benefits of Yoga in Maintaining a Healthy Lifestyle.**" She highlighted the significance of incorporating yoga into daily life for improving physical fitness, reducing stress, enhancing mental health, and promoting overall wellness.

Following the lecture, she conducted a practical yoga session, demonstrating various yoga asanas, breathing exercises (Pranayama), and relaxation techniques. The participants enthusiastically performed the yoga practices under her guidance.

The programme received an overwhelming response, with approximately **385 participants**, including faculty members, postgraduate students, undergraduate students, interns, and staff members of the institute.

The event concluded with the presentation of an **Appreciation Certificate** to Ms. Bhakti Shah in recognition of her valuable contribution. The programme was a grand success and effectively created awareness about the importance of adopting yoga as a part of a healthy lifestyle.

The inauguration photographs, yoga demonstration photographs, and photographs of the Appreciation Certificate presentation are enclosed with this report.



*Sharad*

**Dr. Sharad Kamat**  
 Principal  
 BVDU, Dental College & Hospital, Sangli