



INTERNATIONAL YOGA DAY 2026 REPORT

Theme: "Yoga for Healthy Ageing"

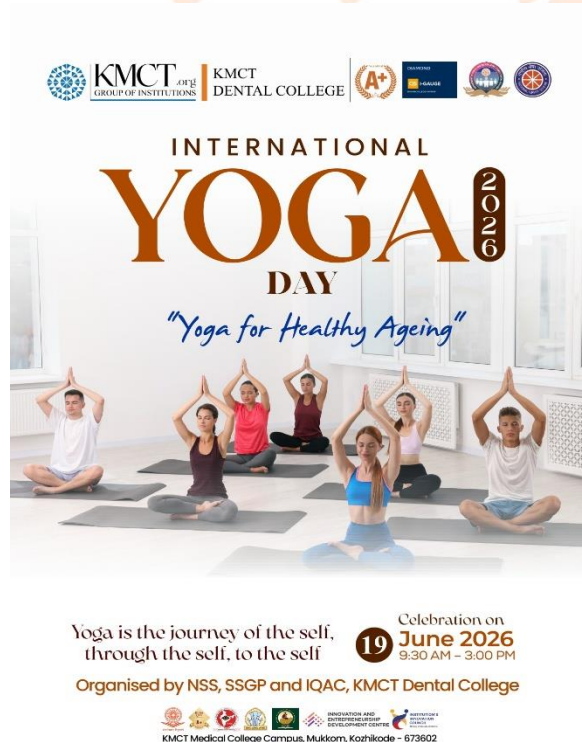
Date: 19 June 2026

Time: 9:30 AM – 3:30 PM

Venue: Mini Auditorium and Lecture Hall 4, KMCT Dental College

Organized by: National Service Scheme (NSS), Student Support and Guidance Programme (SSGP), and Internal Quality Assurance Cell (IQAC), Public Health Dentistry, KMCT Dental College

As part of the observance of International Day of Yoga 2026, and in alignment with the national theme 'Yoga for Healthy Ageing,' KMCT Dental College organized a comprehensive wellness programme on 19 June 2026. The programme aimed to promote physical fitness, mental well-being, healthy ageing, preventive healthcare practices, and holistic wellness among students, teaching faculty, and non-teaching staff." The event witnessed enthusiastic participation from students, teaching faculty, and non-teaching staff, reflecting the institution's commitment to fostering a culture of health, wellness, and preventive healthcare.



ABOUT THE PROGRAMME

International Yoga Day 2026 aims to promote physical fitness, mental well-being, healthy ageing, and holistic wellness. The programme highlights the importance of integrating yoga, balanced nutrition, and preventive healthcare practices to enhance quality of life and foster healthy lifestyle choices among students and faculty.

PROGRAMME SCHEDULE

09:30 AM	Invocation
09:40 AM	Mass Yoga Session Venue: Mini Auditorium
10:30 AM	Welcome Address
10:15 AM	Principal's Address
10:25 AM	Prize Distribution (Best Yoga Pose Photography Competition)
10:30 AM – 11:30 AM	Expert Talk Mr. Shakish P. V. Yoga Instructor Chaitanya Yoga and Physical Fitness Research Centre Topic: Yoga for Healthy Ageing: Enhancing Physical, Mental and Emotional Well-being
11:30 AM – 12:00 PM	Second Talk Ms. Sreelekshmi J.K. Msc. CDE, Clinical Dietician Department of Nutrition & Dietetics KMCT Medical College Hospital Topic: Mindless to Mindful Eating: Your Blueprint for Balanced Nutrition
12:00 PM	Vote of Thanks

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PROGRAMME HIGHLIGHTS

Mass Yoga Session

The programme commenced with an invocation followed by a Mass Yoga Session conducted under the guidance of trained yoga instructor. Participants actively engaged in various yogic postures, breathing exercises, and relaxation techniques designed to enhance flexibility, balance, stress management, and overall well-being.

Awareness and Educational Sessions

An expert lecture was delivered by Mr. Shakish P. V., Yoga Instructor, Chaithanya Yoga and Physical Fitness Research Centre, on the topic:

“Yoga for Healthy Ageing: Enhancing Physical, Mental and Emotional Well-being”

The session emphasized the scientific benefits of yoga in promoting active ageing, preventing lifestyle disorders, improving mental resilience, and enhancing quality of life.

A second expert session was conducted by Ms. Sreelekshmi J. K., Clinical Dietician, Department of Nutrition and Dietetics, KMCT Medical College Hospital, on the topic:

“Mindless to Mindful Eating: Your Blueprint for Balanced Nutrition”

The session highlighted healthy dietary practices, mindful eating habits, nutritional requirements across different age groups, and the role of balanced nutrition in disease prevention and healthy ageing.



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YOGA DAY CELEBRATION



WELCOME ADDRESS AND INVOCATION



MASS YOGA

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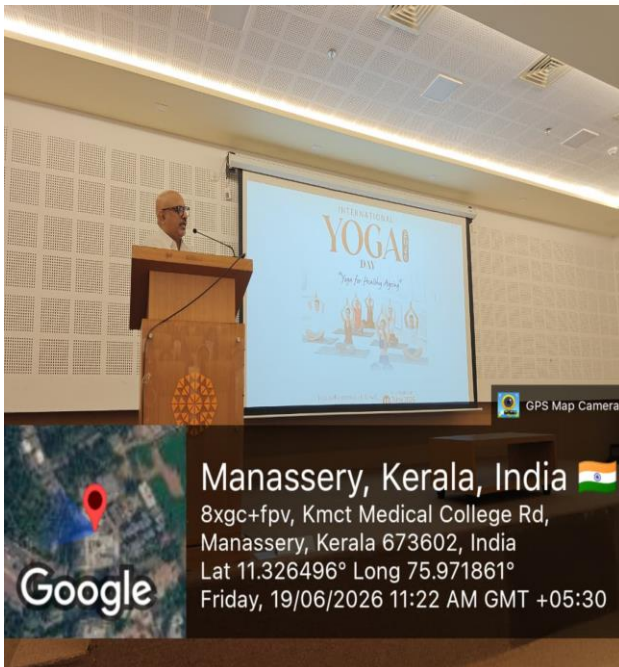


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TOKEN OF APPRECIATION TO THE RESOURCE PERSON



PRINCIPAL'S ADDRESS



TALK BY YOGA INSTRUCTOR

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TALK BY CLINICAL DIETITIAN

Best Yoga Pose Photography Competition

To encourage creativity and promote awareness regarding yoga practices, a Best Yoga Pose Photography Competition was organized for students and faculty members. Participants showcased their flexibility, balance, and commitment to healthy living through creative photographic entries. Winners were recognized and felicitated during the programme.

Winner: Vismaya VV – 3rd BDS student

BEST YOGA POSE PHOTOGRAPHY COMPETITION

Showcase Your Flexibility, Balance and Creativity!
Capture your best yoga pose and stand a chance to win exciting prizes.

Competition Guidelines

- Open to all Students and Faculty
- Photograph should depict a yoga posture/asana
- Original photographs only
- One entry per participant

Last Date for Submission **18 JUNE 2026**

Submit entries through: WhatsApp

Dr. Makal NSS Coordinator **99 4636 4026**



Winners will be Honoured During the International Yoga Day Programme



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Wellness Screening and Health Assessment Camp

As part of the observance, a comprehensive Wellness Screening Camp was conducted for students, teaching faculty, and non-teaching staff. A structured Health and Wellness Assessment Proforma was utilized to evaluate participants' health status and lifestyle practices.

The screening included:

- Blood Pressure Assessment
- Height, Weight and BMI Evaluation
- Pulse Rate Recording
- General Health Assessment
- Lifestyle Assessment
- Stress and Well-being Evaluation
- Dietary Assessment and Wellness Counselling

The assessment tool covered personal health information, medical history, lifestyle practices, stress levels, and wellness indicators to facilitate individualized counselling and recommendations. The wellness camp proforma included evaluation of physical activity patterns, dietary habits, sleep quality, stress levels, and preventive health practices.

Wellness Mapping and Individual Counselling

A Wellness Mapping Exercise was conducted to identify individual wellness profiles and health-risk indicators among participants. Based on the findings, personalized counselling and guidance were provided.

Medical Evaluation Team:

- Dr. Sajil Haq, Department of Family Medicine
- Dr. Abdulla Lamees, Department of Family Medicine

Nutrition and Lifestyle Counselling Team:

Ms.Sreelekshmi JK

Ms.Aneesha CK



Ms.Shwetha P

Ms.Nikhila CP

Nurses for recording basic health parameters

- Ms. Seena Thomas,
- Ms. Jasmila PK,

The team provided evidence-based recommendations on healthy lifestyle practices, stress management, nutrition, physical activity, and regular yoga practice. Participants requiring further evaluation were advised appropriate medical follow-up.

OUTCOMES OF THE PROGRAMME

- Increased awareness regarding the importance of yoga in promoting healthy ageing and overall well-being.
- Enhanced understanding of preventive healthcare and healthy lifestyle practices.
- Improved awareness of balanced nutrition and mindful eating habits.
- Identification of wellness indicators and health-risk factors through structured screening.
- Provision of individualized medical and dietary counselling.
- Strengthened institutional commitment towards health promotion and wellness-oriented initiatives.

The International Yoga Day 2026 celebration at KMCT Dental College was successfully conducted with active participation from students, faculty, and staff. The integration of yoga practice, expert educational sessions, wellness mapping, health screening, and personalized counselling created a holistic platform for promoting physical, mental, and emotional well-being.

The programme effectively reinforced the institution's commitment to preventive healthcare, healthy ageing, and the promotion of a wellness culture within the academic community.

Number of Participants:

Students: 160

Teaching Faculty: 50

Non-Teaching Staff: 40

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WELLNESS SCREENING CAMP

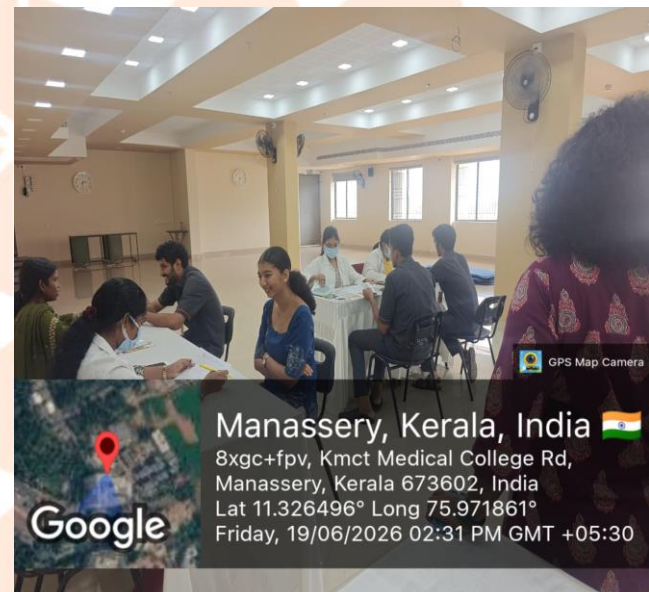
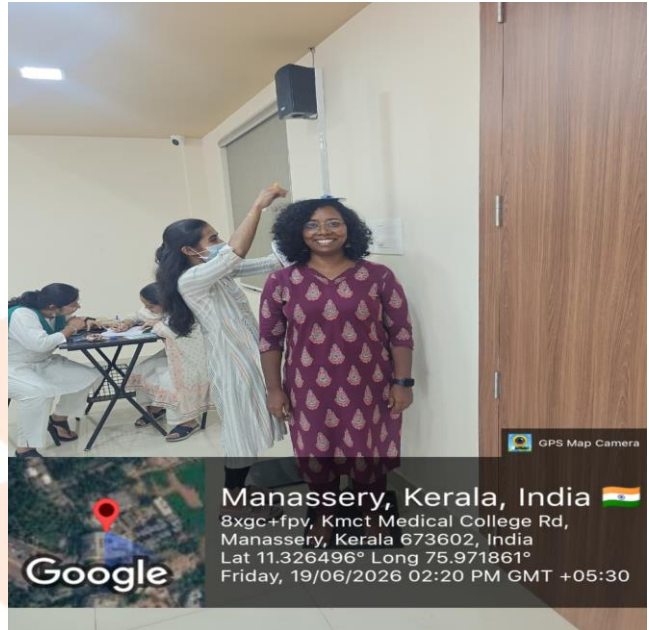


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Prepared by:

NSS Unit and IQAC

KMCT Dental College, Kozhikode

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INTERNATIONAL YOGA DAY 2026

Sl No	Name	Faculty/Student	Signature
1.	Dr. MAYEESH R	PA CULTY	
2.	Dr. Anan .C.B (OMBS)	Faculty	
3.	Dr. Asmin (PHD)	"	
4.	Dr. Aramel (PHD)	"	
5.	Dr. Aparna (PHD)	"	
6.	Dr. Dhanya Muralidharan (PHD)	"	
7.	Dr. Nanya (Perio)	"	
8.	Dr. Aparna (Perio)	"	
9.	Dr. Sowmya (Perio)	"	
10.	Dr. Swapna (Prosth)	"	
11.	Dr. Usha (OPD)	"	
12.	Dr. Aswathy. (OMR)	"	
13.	Dr. Afreena	"	
14.	Athira	Student.	
15.	Aswathi	Student	
16.	Dr. Abu Nazim N	Faculty	
17.	Malanka	Student	
18.	Jini	Student	
19.	Mohd. Rezi-p	Student	
20.	Ashwathy . B.	OMTS	

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Sl No	Name	Faculty/Student	Signature
21	ANANDU LAXMAAL	Student	Anand
22	ANANYA A.K.	Student	Ananya
23.	Hanshanku S Balan	Intern	Hanshanku
24.	Vasun	Intern	Vasun
25.	Hashim p hakeem	Intern	Hashim
26.	Riswan sheik umma	Intern	Riswan
27	Aijasa Madhu	Intern	Aijasa
28	Dr. Asmathi. S	Sr. Lecturer	Asmathi
29.	Dr. Aparna. T. K	Reader	Aparna
30.	Dr. Nania George	Reader	Nania
31.	Dr. Saunnya Gopal	Professor	Saunnya
32.	Dr. Anish Varkey	Reader	Anish
33.	Dr. Abhishek. S.	Sr. Lecturer	Abhishek
34.	Soorga selvaraj. P	Sweeper	Soorga
35	Thonkcom. P.P.	Sweeper	Thonkcom
36	Dr Asif Ismail	STAFF	Asif
37	De Anjana. T.R	PGI	Anjana
38	De Anjana. L	"	Anjana
39	De Greenhime. K	"	Greenhime
40	De Aashika.	"	Aashika
41	De Wafa. P	"	Wafa
42.	Naseeba K.P	Receptionist	Naseeba

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Sl No	Name	Faculty/Student	Signature
43	Hecaa. P	Inteen	
44	Hiba - ck	Inteen	
45	Dr George	Faculty	
46	Dr Kapane nam	Faculty	
47	PRIVANKA. KK	FACULTY	
48	L. SADHIKA	STUDENT	
49	Nitin. M	STUDENT	
50	Saad h. k. n	Student	
51	SHAMILA V.P	STUDENT	
52	Reshma Manoharam	Student	
53	Fethima. R.	Student	
54	Amisha. k	Librarian	
55	Anupama. om	Student	
56	Afra	Student	
57	Akhil. N. K	Non teaching	
58	Aswathi Cupal. k	Non Teaching	
59	Varsha. c	Non Teaching	
60	Athira. k	Non Teaching	
61	Rishba c. k	Non Teaching	
62	Salu. T. s	Non Teaching	
63	Theenth. A. P	Intern	
64	Dnyu.	Intern	

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WELLNESS SCREENING CAMP 2026

Sl No	Name	Faculty/Student/Non Teaching Staff	Signature
1.	Dr. Usha	Professor	
2.	Dr. Arun Kumar C.B	Sr. Lecturer	
3.	Dr. Asnathi.S	Sr Lecturer	
4.	Dr. Priyanka	Sr. Lecturer	
5.	Dr. Saurmiga Gopal	Professor	
6.	Dr. Sreedakshmi.B.S	Sr. Lecturer	
7.	Dr. Aghila.S. Abobackel	Sr. Lecturer	
8.	Dr. Nila.S DAS	Sr Lecturer	
9.	Dr. MONISHA.	Reader	
10.	Alhira.C	Non teaching	
11.	Ramshreena Fajon. C.K	Non Teaching Staff	
12.	Sheeba. PK	Non Teaching Staff	
13.	Dhanasree. C	" " "	
14.	Jishu.K.P	" "	
15.	Athira. T	Non Teaching Staff	
16.	Aswani.Kc	Non teaching "	
17.	Amisha .K	Librarian.	
18.	Aswathi Gopal K.P.	Non teaching.	
19.	Varsha. C	Non teaching	
20.	Athira K.	Non teaching	

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Sl No	Name	Faculty/Student/Non Teaching Staff	Signature
21.	Nayana. Paulose	Student	Nayana.
22.	Kripa. E P	Student	Kripa.
23.	Nithya. N	Student	Nithya.
24.	Sujitha. P	Student	Sujitha.
25.	Pranav	non Teaching	Pranav
26.	Vijaya. K T	non Teaching	Vijaya
27.	Sathi. V	"	Sathi
28.	Adithyan	"	Adithyan
29.	Minimol. K	"	Minimol
30.	Saravara pallancheri	"	Saravara
31.	Suchithra EC	non teaching	Suchithra
32.	Sheeba. VP	"	Sheeba
33.	Rajitha	Receptionist	Rajitha
34.	Molresh	Non-Teaching	Molresh
35.	Naseeba K.P	Receptionist	Naseeba
36.	Salu.T.S	Receptionist	Salu
37.	Mahitha. E	CSA	OMP
38.	Rinsha. CK.	Non teaching.	Rinsha
39.	Salu T.S.	Non teaching.	Salu
40.	Sheeba. A	non teaching	Sheeba
41.	Sreerigan S	Student	Sreerigan

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Sl No	Name	Faculty/Student	Signature
42.	Nanya.L.	Student	
43.	Neha Reji.	Student	
44.	Sandra Sanjith	Student	
45.	Poojakrishna	Student	
46.	Nimisha.P. madhu	Student	
47.	Sarilha.	Non-Teaching	
48.	Dr. shebna.	Staff [Faculty]	
49.	Dr. Nejiye	sl.c/[Faculty]	
50.	Dr. Kavya Belaram	Faculty	
51.	Dr. Navaneeth Krishna	Staff (Faculty)	
52.	Dr. Veena.M.V	Staff.	
53.	Dr. Meghna Sombad	Staff	
54.	Dr. Ashwini A Narayana	Faculty	
55.	ADITHA . A	Non teaching	
56.	Meera.	Non Teaching	

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