



KMCT.org
GROUP OF INSTITUTIONS

KMCT
DENTAL COLLEGE



INTERNATIONAL YOGA DAY

2026

"Yoga for Healthy Ageing"



Yoga is the journey of the self,
through the self, to the self

19

Celebration on
June 2026
9:30 AM – 3:00 PM

Organised by NSS, SSGP and IQAC, KMCT Dental College



INNOVATION AND
ENTREPRENEURSHIP
DEVELOPMENT CENTRE



KMCT Medical College Campus, Mukkom, Kozhikode – 673602

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

10:10 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

Chaithanya 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

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

WELLNESS SCREENING CAMP

Venue : Lecture Hall 4

Time : 1:30PM – 3:30PM

Health screening and wellness assessment for students and teaching and non teaching faculty including:

- Blood Pressure Screening
- BMI Assessment
- General Health Evaluation
- Lifestyle & Wellness Guidance

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