



AL-FALAH SCHOOL OF MEDICAL SCIENCES & RESEARCH CENTRE



REPORT: 12th INTERNATIONAL DAY OF YOGA

21st JUNE 2026

Theme: 'Yoga for Healthy Ageing'

Highlights India's Holistic Vision for Longevity and Well-Being

Yoga, a timeless gift of India's ancient heritage, embodies the unity of mind, body, and spirit. It has gained worldwide recognition as an effective means of promoting holistic health and well-being. In recognition of its universal benefits, the **12th International Day of Yoga** was observed on 21st June, 2026, under the theme "**Yoga for Healthy Ageing**".

To commemorate the 12th International Day of Yoga, our medical College organised a series of activities under the aegis of **Yoga club committee** from **11th June to 21st June, 2026**. As a part of the celebrations, a **10-day Yoga Intervention program** was conducted for the first-year MBBS Batch 2025 to introduce students to various Yogic practices and their health benefits. The program included daily Yoga sessions, participant feedback through Pre and Post-Intervention questionnaires, and various awareness activities. The celebration culminated on the **21st June 2026**, with the observance of the **International Day of Yoga**, featuring *Yoga Pledge*, expert talks, cultural activities, and recognition of participants.



Day 1 of 10-day Yoga Intervention Program, with faculty members and volunteers at the inaugural yoga session

Yoga Club Committee In-Charge - Dr. Shweta Sehgal

Yoga Instructor- Mr Milind Raj

Other Senior Faculty Members - Dr. Mohammad Monis, Dr. Mohd Khalid, & Dr. Sanjeev

The program also witnessed the enthusiastic involvement and support of senior students and other staff whose active participation contributed significantly to the successful conduct of the 10-Day Yoga Intervention program.

**YOGA TRAINING
PROGRAMME**

BATCH 2025

12th International
Day of Yoga

Yoga for
Healthy Ageing

11TH JUNE TO 21ST JUNE 2026
08:00 - 9:00 AM
Yoga for Strength, Serenity,
and Self-Discovery.



योग

प्रशिक्षण कार्यक्रम:

निरोगी वृद्धावस्था

बैच 2025

योग भारत की प्राचीन संस्कृति की अमूल्य धरोहर है।
यह केवल शारीरिक व्यायाम नहीं, बल्कि शरीर, मन और आत्मा
के बीच संतुलन स्थापित करने की एक वैज्ञानिक पद्धति है।
नियमित योगाभ्यास से शारीरिक स्वास्थ्य, मानसिक शांति, एकाग्रता
और आत्मविश्वास में वृद्धि होती है।

अपने योगा मैट साथ लाएं और स्वास्थ्य,
ऊर्जा और खुशहाली की इस यात्रा में शामिल हों!

Celebration of the 12th International Day of Yoga

The 12th International Day of yoga was celebrated with great enthusiasm on **21st June, 2026** at our medical college, witnessing active participation from students, faculty members, and staff.

The program comprised the following activities:

- **Yoga Pledge**: The program commenced with the administration of the Yoga pledge in Hindi by *Amandeep* and in English by *Aryan*. All participants pledged to embrace Yoga as an integral part of their daily lives and spread awareness about its benefits for physical, mental and emotional well-being.
- **Yoga Geet**: A Geet was presented by participants, creating a positive and serene atmosphere, and highlighting the cultural and spiritual essence of yoga.
- **Insights On Yoga**: An informative session was conducted on the significance of yoga, its scientific basis with emphasis on its rich heritage, contribution to holistic health, and its relevance in modern day life
- **Expert Lectures**: Esteemed professors and Yoga experts addressed the gathering and shared valuable insights on the role of yoga in stress management, life, disease prevention, mental health, and overall well-being.
- **Certificate Distribution**: Participants and volunteers were recognised on the basis of their sincere participation and commitment throughout the program.

10-Day Yoga Intervention Programme (11-20 June 2026)

The primary objective of the **10-Day yoga Intervention Program** was to introduce first-year medical students and healthcare professionals to the principles and practice of yoga as an evidence based approach to promoting physical, mental and emotional well-being.

Daily sessions were conducted under the guidance of Yoga club committee and our Yoga instructor, **Mr. Milind Raj**.

Yoga Asanas Practiced and Their Benefits:

- ***Tadasana***: improves posture, balance, and strengthens the legs and spine.
- ***Vrikshasana***: enhances concentration, coordination, and body balance.
- ***Trikonasana***: increases flexibility and strengthens the muscles of the leg and torso.
- ***Bhujangasana***: improves spinal flexibility, strengthens the back muscles, and opens the chest.
- ***Vajrasana***: aids digestion and promotes mental calmness.
- ***Paschimottanasana***: improves flexibility, reduces stress.
- ***Pavanmuktasana***: helps improve digestion and relieve abdominal discomfort.
- ***Setu Bandhasana***: strengthens the back and improves blood circulation
- ***Suryanamaskar***: complete body workout that enhances flexibility, endurance, and cardiovascular fitness

Pranayama techniques such as ***Anulom Vilom***, ***Kapalabhati*** and ***Bhramari*** were also practised to improve respiratory function, mental clarity, and emotional balance.



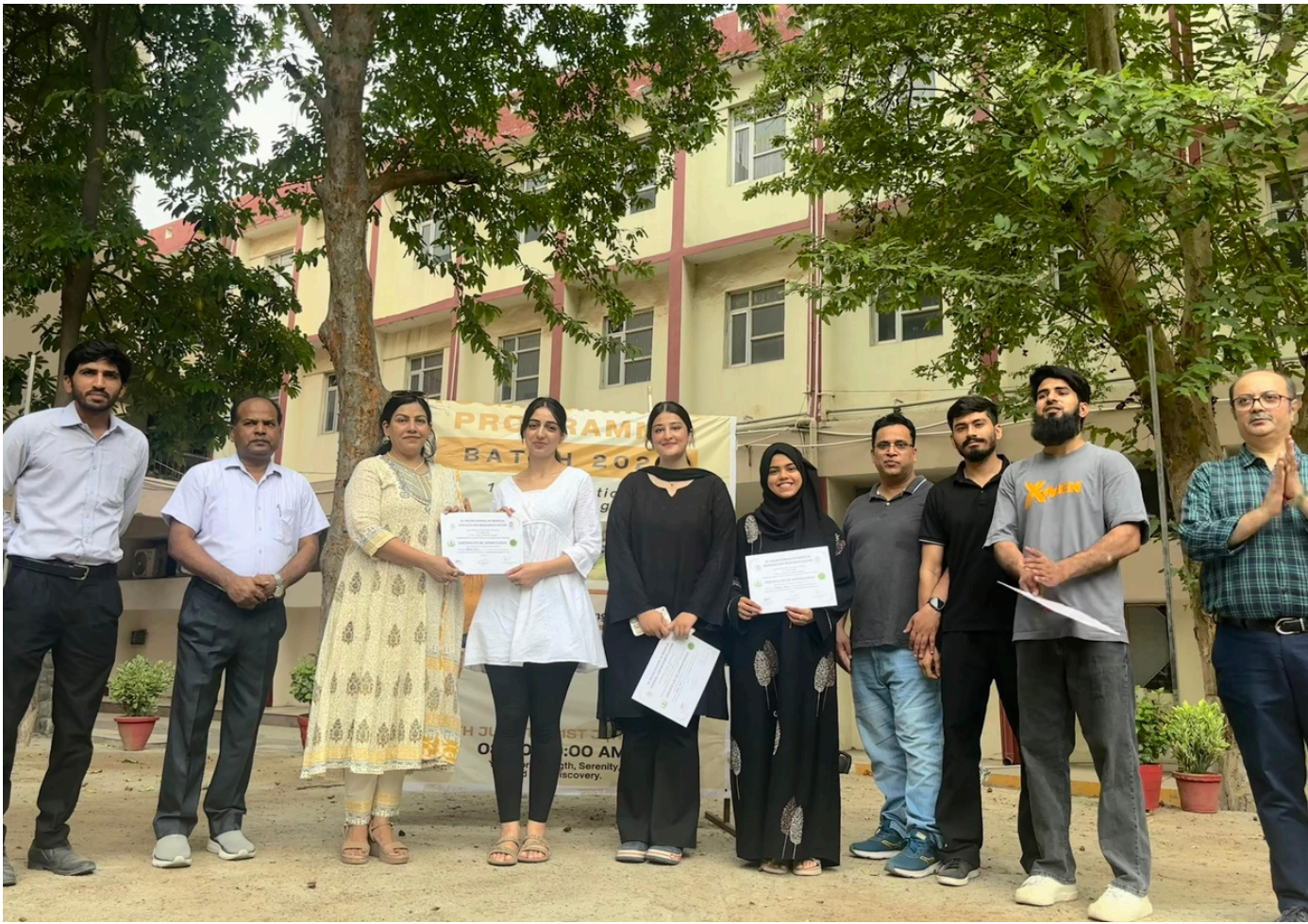
Yoga Session with Faculty Members



Yoga Pledge

Expert's Talk





Felicitation and Certificate Distribution





Highlights of the 10-Day Yoga Intervention Programme

Scientific Benefits of Yoga Practice

Scientific research has demonstrated that regular yoga practice offers numerous physiological and psychological benefits.

- Regular practice of Yoga Asanas and Pranayama has shown beneficial effects on metabolic disorders such as diabetes mellitus and obesity by improving insulin sensitivity, enhancing metabolic rate and supporting weight management.
- It also plays a supportive role in endocrine regulation, including conditions like thyroid dysfunction.
- In respiratory disorders like bronchial asthma, Yogi breathing techniques improve respiratory function and control.
- Additionally, Yoga is also effective in issues like cervical pain by improving posture and flexibility.

Overall Yoga promotes stress reduction, autonomic balance, and holistic physical and mental well-being.

Pre- and Post-Intervention Questionnaire Assessment

A structured pre-and post intervention questionnaire assessment was conducted among the first-year medical students to evaluate the impact of 10 day yoga intervention program.

The pre-intervention responses provided a baseline understanding of the students, existing knowledge, lifestyle habits, while the post intervention responses demonstrated a marked improvement in awareness, perceived stress reduction, better focus, enhanced physical well-being, and increased appreciation of yoga practices.

Interview with the Yoga Club Committee In-Charge **- Dr. Shweta Sehgal**

The discussion was guided by the following questions:

Q. What motivated the committee to organise this yoga program for medical students?

A. The primary motivation for organising the program was compliance with NMC guidelines, which recommended **10-day Yoga Intervention** for the first-year medical students focusing on their overall well-being. Additionally, being associated with the Ministry of Ayush, it allowed the Yoga club committee to further strengthen the initiative. The program was also driven by the aim of promoting health and well-being among students and faculty by encouraging regular practice and a healthy lifestyle.

Q. How do you think regular yoga practice benefits medical students, especially considering their demanding academic schedules?

A. Regular yoga practice is highly beneficial for medical students as it improves concentration, learning ability, and memory retention. Practices such as meditation and Pranayama are especially helpful in enhancing focus. Techniques like Bhramari Pranayama help in calming the mind and improving concentration. Yoga is also very flexible and does not always require a mat; it can be practiced anywhere, even on a chair. Even 2–3 minutes of chair yoga or meditation during a busy schedule can improve posture, reduce stress, and support overall well-being.

Q. What message would you like to give to students who are hesitant to participate in yoga sessions?

A. Students should engage in any form of physical activity they are comfortable with. It is not necessary to limit themselves only to yoga on a mat. Activities such as swimming, cycling, or other forms of exercise can also be chosen based on individual preference. The key focus should be to adopt and maintain a healthy lifestyle and overall well-being. During this phase of medical education, anxiety and stress levels are often high, so it is important for students to take care of their health and actively manage stress through regular physical activity and mindful practices.

Q. Would you like to see similar wellness initiatives organized in the future?

A. Yes, we would definitely like to continue such initiatives. The Government of India and the Ministry of AYUSH regularly inform us about various programmes like the Khelo India Movement, Sankalp Movement, and marathon initiatives which promote health and fitness among students. We look forward to participating in more such programmes in the future to encourage a culture of wellness and active living.

Q. Any advice you would like to give to the medical students/participants?

A. Students should focus on maintaining good health and a healthy lifestyle. They should follow proper dietary habits, ensure adequate sleep, engage in regular physical activities, reduce screen time, and respect their elders and teachers. These habits are essential for preventing health problems and promoting overall well-being.

The interview was highly informative and insightful, highlighting the importance of yoga in the overall well-being of medical students. It reinforced the value of such initiatives in promoting a healthy and balanced lifestyle.

Faculty & Student Feedback

Throughout the 10-Day Yoga Intervention Programme, students participated actively with strong attendance and consistent engagement in all sessions. Both faculty members and students reported positive outcomes, including improved concentration, better focus during academic activities, and enhanced physical and mental well-being. The overall feedback reflected high satisfaction with the programme, with many participants expressing that such sessions should be continued regularly and, if possible, incorporated into daily or routine academic schedules to further support student health and well-being.

Conclusion

The celebration of the 12th International Day of Yoga 2026, along with the 10-Day Yoga Intervention Programme, was highly successful and impactful. The programme effectively promoted awareness regarding the importance of yoga in maintaining a healthy lifestyle, especially among first-year medical students. Active participation from students, faculty members, and volunteers reflected a strong commitment towards adopting yoga as a regular practice.

The initiative proved beneficial in enhancing physical fitness, improving concentration, and reducing stress levels among participants. Overall, it successfully promoted the concept of a healthy lifestyle and holistic well-being, reinforcing the relevance of yoga in medical education and daily life.



*Commemorative Group Photograph Following the
Successful Completion of the Programme*

Acknowledgement

We extend our sincere gratitude to all faculty members, the **Yoga Club Committee**, and the yoga instructor, **Mr. Milind Raj**, for their constant guidance and support throughout the programme.

The successful execution of the programme was made possible through the dedicated efforts of the student volunteers, whose names are listed below:

- Coordinators -
Mohammad Asad (AFMG-971)
Anant Arora (AFMG-996)
Vridhhi Bhardwaj (AFMG-938)
- Report-Preparation & Digital Designer - Eisha Rashid (AFMG-973)
- Poster Designers-
Fareeha Khan (AFMG-968)
Riddhee Singh (AFMG-1000)
- Photography - Syed Faiza (AFMG-950)
- Videography - Tejaswini (AFMG-1027)
- Disciplinarians -
Shavez (AFMG-942)
Shaurya (AFMG-1053)
Kunal (AFMG-980)

The smooth conduct and discipline of the entire event were effectively maintained by approximately **20** faculty members, who were assigned specific duties across various areas such as coordination, crowd management, session supervision, and overall event monitoring. Their continuous presence and guidance ensured the orderly and efficient execution of all activities during the 10-Day Yoga Intervention Programme and the International Day of Yoga celebration.

Dr. Shweta Sehgal
Professor, Dept. of Physiology
In-charge, Yoga Club Committee
AFSMS & RC