

International Yoga Day Celebration – 2025

The International Day of Yoga was celebrated at AMC Dental College & Hospital on 21st June 2025 with enthusiastic participation from faculty members, staff, postgraduate students, and interns. The guest and yoga instructor, Ms. Urvi Pandya, trained the attendees in various yoga asanas and meditation techniques, emphasizing the importance of yoga for health and well-being. The session concluded with a felicitation ceremony to honor the instructor, followed by light refreshments for all participants. The event successfully reinforced the value of yoga in maintaining physical fitness, mental relaxation, and professional wellness.

