

Yoga Camp and International Day of Yoga 2026

On the occasion of 12th International Day of Yoga 2026, the inaugural function and 10 days of Yoga camp was held with great enthusiasm at the Srinivas Institute of Dental sciences on 12th June 2026. The event was organized to promote the physical, mental, and spiritual well-being of students and staff through the ancient practice of yoga. The programme commenced with a prayer by Ms Chaitra and the ceremonial lighting of the lamp, marking an auspicious beginning followed by the welcome address delivered by Prof. (Dr) Shreekanth N G. Yoga instructor Mr. Hemanth from Sharadha Yoga and Naturopathy Medical College and Hospital mangalore spoke elaborately about the history and philosophy and importance of yoga in the daily life. He also emphasised practicing yoga to improve concentration, reduce stress and developing a positive attitude towards life. Dean Prof. (Dr) K. Reshma Pai then addressed the gathering highlighting the importance of integrating yoga into daily life for holistic development. The inaugural event concluded with a heartfelt vote of thanks delivered by Dr Varsha Shetty, who expressed gratitude to the management, yoga instructor, dignitaries, organizers, and participants. Overall program was co ordinated by Dr. Ravichandra Udupa and Dr. Pooja Naik. Mr. Hemanth and Ms. Jyothishree U M renowned yoga instructors, conducted a comprehensive yoga session in the college premises for next 10 days (12th June to 21st June 2026). They provided valuable theoretical insights into the philosophy and benefits of yoga, which was followed by a guided practical session. The exercises included warm-up stretches, basic asanas (postures), pranayama (breathing techniques), and a short meditation. The sessions were well-structured, making it accessible for beginners while still being beneficial for regular practitioners. The event saw an impressive participation of students, reflecting the growing awareness and interest in health and wellness practices.





International Yoga Day celebrated at Srinivas Institute of Dental Sciences on 21st June 2026.

On this occasion the 10 days long yoga camp was organised in association with RGUHS and Sharada Yoga and Naturopathy Medical college Mangalore. The camp culminated with the celebration of the 12th International Day of Yoga on 21st June 2026. The function was graced by Dr. Anupriya P. Rao, Medical officer and Lecturer at Sharada Yoga and Naturopathy Medical College, as the Chief Guest. The programme was presided over by Prf. Dr. K. Reshma Pai. Prof. Dr. Hemanth M, welcomed the gathering, Dr. Anupriya Rao delivered an insightful seminar on the importance of yoga in dentistry, highlighting the role of yoga in stress management, posture correction, musculoskeletal health, and overall professional well-being among dental practitioners. The seminar was followed by a mass yoga session in which faculty members, postgraduate students, interns, and undergraduate students participated enthusiastically. The programme successfully reinforced the significance of incorporating yoga into daily life for achieving a healthier and more balanced lifestyle. Ms Vaishnavi Pai delivered vote of thanks and compered the event.



