



Netaji Subhas Medical College & Hospital

AMHARA, BIHTA, PATNA-801106



NABH



NABL, Accredited 950 Bedded Superspeciality Hospital

12th INTERNATIONAL YOGA DAY 2026

ORGANISED BY
DEPARTMENT OF PHYSIOLOGY, NSMCH
BIHTA, PATNA

“YOGA FOR HEALTHY AGEING”



Speaker

Dr Varun Malhotra

MBBS, MD, DNB, MNAMS

Diploma in Naturopathy & Yoga

Professor Department of Physiology

AIIMS, Bhopal



Speaker

Dr. Sanjay Kumar

MBBS, MD, PGCD-UK, ACME

Dean & Professor, Physiology

NSMCH



Yoga Instructor

Sanjay Kumar Pathak

NSMCH

HIGHLIGHTS OF PROGRAM

- Webinar
- Poster Presentation
- Debate
- Common Yoga Protocol Session
- Walkathon

DATE:- 21st JUNE 2026

VENUE:- AUDITORIUM NSMCH

Contact Dept. Of Physiology

☎ 77208 24209, 79038 55262





Netaji Subhas Medical College & Hospital

AMHARA, BIHTA, PATNA-801106



Celebrates

12th INTERNATIONAL DAY OF YOGA 2026

Theme: "Yoga for Healthy Ageing"

Organized by the Department of Physiology

Date: 20-06-2026

Venue: L.T- 4

Programme:	Time
Poster Presentation	10:30 AM – 11:30 AM
Scientific Talk & WEBINAR	
Speaker -1 Prof. (Dr.) Sanjay Kumar Topic- Effects of Yoga on the cardiovascular, respiratory and nervous system	11:45 AM – 12:00 Noon
Speaker -2 Prof.(Dr.) Varun Malhotra Topic- Role of Yoga in stress reduction, lifestyle disorder and preventive medicine	12:00 Noon – 12:30 PM
Debate	12:30 PM – 01:00 PM
Inauguration	01:00 PM Onwards
Valediction ceremony	
Vote of Thanks	

Organising Committee

Patrons	Mentors	Organising Chairperson
Hon'ble Shri KRISHNA MURARI Managing Director, NSMCH	Prof.(Dr.) ARVIND PRASAD Joint Director,NSMCH	Prof. (Dr.) Malti Kumari
Prof. (Dr.) HARIHAR DIKSHIT Principal, NSMCH	Prof.(Dr.)ASHOK SHARAN Director (HR),NSMCH	Organizing Secretary Dr. Indira Jha
Prof. (Dr.) SANJAY KUMAR Dean, NSMCH	Prof.(Dr.) RANJIT KUMAR SINGH Medical Director,NSMCH	Organizing Co-Secretary Dr. Sunil Kumar
Prof. (Dr.) UDAY NARAYAN SINGH Medical Suprintendent, NSMCH		Debate, Poster, Walkathon Coordinator
Prof.(Dr.) RAMJI PRASAD SINGH Emeritus Professor, Anatomy Joint Director NSMCH		Dr. Pallavi Anand Dr. Harshwardhan Dr. Jay Prakash Singh Rajput Dr. Suchita Kumari Dr. Rupam Dr. Saurabh Kumar Dr. Shikha Kumari Dr. Neha Nupur

Date: 21-06-2026

Walkathon	07:00 AM – 07:40 AM
Yoga Sangam (Ministry of Ayush's Common Yoga Protocol)	07:40 AM – 08:30 AM
Yoga Instructor: Shri Sanjay Pathak. Prog.Incharge: Dr Jay Singh	
Valedictory session	