

Netaji Subhas Medical College & Hospital

Amhara, Bihta, Patna, Bihar-801106

Report on 'Yoga Sangam' – International Yoga Day Celebration

Date: 21st June 2025

Venue: NSMCH Auditorium, Netaji Subhas Medical College and Hospital, Bihta

Reference No: **YS1750397190139**

On the occasion of **International Yoga Day**, a special event titled '**Yoga Sangam**' was organized on **21st June 2025** at the auditorium of **Netaji Subhas Medical College and Hospital (NSMCH), Bihta**. The event aimed to promote the physical, mental, and spiritual well-being of all participants through the practice of yoga.



A total of **80 MBBS students** along with **20 doctors and staff members** actively took part in the event. The session was conducted under the expert guidance and supervision of **Professional Yoga Trainer Shri Sanjay Kumar Pathak**.



The program began with a **prayer**, setting a peaceful and focused tone for the session. It was then conducted strictly in accordance with the **Common Yoga Protocol** issued by the Ministry of AYUSH. Participants enthusiastically performed various yoga asanas, pranayama, and meditation exercises designed to improve overall health and mindfulness.

The event was a great success, fostering awareness about the importance of yoga in daily life and encouraging participants to adopt it as a regular practice. The initiative was highly appreciated by all attendees and concluded on a positive and refreshing note.

