



YOGA SANGAM PATRA

This is to certify that

M/s Al-falah school of medical sciences and research

organized Yoga Sangam event to mark the International Day of Yoga on 21st June 2025.

The event was organized

at Dhauj Faridabad and had the participation of 170 people.

It is also to certify that this event was held simultaneously and in harmony with the national event of International Day of Yoga 2025, led by the Hon'ble Prime Minister at Visakhapatnam, Andhra Pradesh.



Prataprao Jadhav

Union Minister of State (IC), Ministry of Ayush and
Minister of State, Ministry of Health and Family Welfare

Date: 21st June 2025
New Delhi



AL FALAH UNIVERSITY

AL FALAH SCHOOL OF MEDICAL SCIENCE AND RESEARCH CENTRE

REPORT BY YOGA CLUB COMMITTEE

Yoga Sangam Patra – International Day of Yoga (IDY) 2025

Theme: Yoga for one earth, one health

DATE: 21st JUNE 2025

To commemorate the 11th International Day of Yoga (IDY), the Yoga Club Committee of Al-Falah School of Medical Science and Research Centre organized a week-long celebration titled “Yoga Sangam Patra” from 12th to 21st June 2025. The event was specially curated for the first-year MBBS students of Batch 2024 and saw enthusiastic participation from over 150 medical students and 30 faculty members.

Highlights of the Event:

1. Inaugural Session: The session commenced with the chanting of a mantra by Khwahish (AFMG24), setting a serene and spiritual tone for the morning.
2. Theme Introduction and Speeches: Both students highlighted the significance of yoga in managing stress, building inner resilience, and fostering overall wellness, especially for medical students.
 - In English by Nabiha
 - In Hindi by Madhusudan
3. Talk by Principal Dr. Bhupinder Kaur Anand: The Principal of the institution, Dr. Bhupinder Kaur Anand, addressed the gathering with an inspiring talk on holistic health and physical well-being. She emphasized the importance of incorporating yoga into the daily routine for a balanced and healthy life.
4. Expert Talk by Dr. Shweta Sehgal: Dr. Shweta Sehgal (Prof. Dept. Of Physiology), one of the esteemed faculty members, delivered an insightful guest talk on understanding the relevance of yoga in managing stress, building inner resilience, and fostering long-term well-being among medical students.
5. Guest Lecture by Dr. S. Shukla: Dr. S. Shukla addressed the audience with an enlightening guest lecture that further deepened the understanding of yoga's role in physical and mental harmony.
6. Yoga Demonstration: A yoga session was conducted by Ms. Harshita Kanboj, a certified yoga instructor, who led the participants through a series of postures, breathing techniques, and mindfulness practices.

Conclusion:

The session concluded with the recitation of “Shanti Path”, followed by the certificate distribution ceremony to all participating students, presided over by the Principal, Dean Academics, and the Registrar of the institution.

The event successfully promoted awareness about the importance of yoga in daily life and inspired the students and faculty alike to integrate wellness practices into their routines.

DR. SHWETA SEHGAL

PROF. DEPT. OF PHYSIOLOGY
INCHARGE YOGA CLUB COMMITTEE

