

SARASWATI AYURVED HOSPITAL & MEDICAL COLLEGE, GHARUAN, MOHALI, PUNJAB

11th AYURVEDA DAY 2026 – YOGA AWARENESS & WELLNESS SESSION

Theme: “Ayurveda for a Healthier Tomorrow”

Programme Details	
Date	23 September 2026
Venue	Saraswati Ayurved Hospital & Medical College, Gharuan, Mohali, Punjab
Participants	Patients – 50 Staff – 40 Students – 150
Yoga Faculty	Dr. Vikrant Sharma (Professor) Dr. Suhas Sakhare (Associate Professor) Dr. Diksha Sharma (Assistant Professor)
Guidance	Dr. Nitin Juneja, Principal
Refreshments	Refreshments were provided to participants after completion of the yoga session.

Minute-to-Minute Report	
06:00–06:05 AM	Participants assembled, arranged yoga mats and prepared for the morning wellness session.
06:05–06:15 AM	Initial centering, warm-up, stretching and introductory guided yoga practices commenced.
06:15–06:21 AM	Participants performed guided asanas, coordinated breathing and relaxation-oriented movements.
07:04 AM	Group awareness/documentation activity was conducted with participants and faculty around the 11th Ayurveda Day display.
07:22–07:27 AM	Standing postures, stretching and guided preparatory movements were practised on the college lawn.
07:28–07:32 AM	Floor-based yoga, relaxation and coordinated posture sequences were continued.
07:35–07:37 AM	Participants continued seated breathing and pranayama-oriented practices under expert guidance.
07:39–07:41 AM	Guided eye/face relaxation, breathing, meditation and final relaxation practices were documented.
Post-session	The programme concluded with wellness awareness and refreshments for the participants.

Yoga Awareness & Health Promotion
Yoga as a component of healthy living: Yoga was presented as a practical approach to support physical activity, flexibility, posture, breathing awareness, relaxation and mental well-being. The session encouraged participants to incorporate simple, regular yoga practices into daily routines according to individual capacity and under appropriate guidance. Ayurveda and Yoga: The programme highlighted the complementary role of yoga within a healthy lifestyle, with emphasis on <i>Dinacharya</i>, disciplined daily routines, balanced diet, adequate rest, mindful breathing and preventive health practices. Participants were encouraged to develop sustainable habits rather than relying only on treatment after illness occurs. Community awareness: Faculty and students demonstrated yoga practices and encouraged active participation among patients, staff and students. The activity created an interactive platform for discussing preventive health, stress management, physical activity and the importance of maintaining regular routines. Key awareness messages: Regular movement • Conscious breathing • Proper posture • Relaxation and mindfulness • Healthy daily routine • Balanced diet • Adequate sleep • Personal capacity and safe practice • Consistency in wellness habits.

Outcome & Theme Promotion
The yoga awareness programme brought together patients, staff and students in a structured morning wellness activity. The session demonstrated a range of guided postures, breathing practices, relaxation and meditation-oriented activities. The programme reinforced the message that yoga and healthy daily routines can be integrated into community wellness initiatives. The theme “Ayurveda for a Healthier Tomorrow” was promoted throughout the programme.

PHOTO DOCUMENTATION – YOGA AWARENESS SESSION



GPS time: 06:05 AM | 23/09/2026



GPS time: 06:06 AM | 23/09/2026



GPS time: 06:07 AM | 23/09/2026



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