

M.R. Ambedkar Dental College & Hospital,

1/36, Cline Road, Cooke Town, Bengaluru 560005

Ref. No: MRADC&H/Cir/13 / 2026-27

Date:12-06-2026

CIRCULAR

Subject: Celebration of International Yoga Day – 2026

In observance of **International Yoga Day**, a Yoga Session has been organized at the college to promote physical well-being, mental health, and a healthy lifestyle among students and staff.

It is mandatory for all the Staff & Students to attend the Yoga session.

The details of the program are as follows:

Date: 21st June 2026 (Sunday)*

Time: 9:00 AM to 10:00 AM

Venue: Examination Hall

Coordinator: Dr. Rukmini, Department of Public Health Dentistry

The program aims to create awareness about the importance of yoga in maintaining physical fitness, mental balance, and overall well-being



To,
All the Teaching Staff, & Students,
MRADC&H, Bangalore.

Copy to:

- 1) The Chairman GC, MRADC&H
- 2) The Medical Superintendent, MRADC&H
- 3) The I/c Manager, MRADC&H
- 4) Office copy.

Shyamali T.R.
PRINCIPAL
12/06/26

M.R. Ambedkar Dental College & Hospital
Bengaluru-560 005