



**Report On Cleanliness Drive Conducted On The Occasion Of
International Day of Yoga on 20 June 2024**

In observance of the **International Day of Yoga**, **Cleanliness Drive** was organized by **ESIC Dental College & Hospital, Kalaburagi**, on **20th June 2024**. This initiative was part of broader efforts to promote a healthy and clean environment, aligning with the principles of yoga that emphasize holistic well-being. The cleanliness drive commenced at 10:00 am and concluded at 11:00 am, during which the entire surroundings of the institute were meticulously cleaned. The event witnessed active involvement from faculty members and supporting staff. The Dean, Professors, and other academic staff played a pivotal role in leading the efforts. The administrative and maintenance staff also contributed significantly, showcasing their dedication to maintaining a pristine and welcoming environment for all.

Several activities were carried out as part of the cleanliness drive, including solid waste collection, sweeping, and cleaning. Participants collected litter from various parts of the campus. The surroundings were swept, and debris was removed to ensure a tidy and safe environment. Efforts were made to segregate waste to promote eco-friendly disposal practices. Overall, the event was a testament to the power of collective action in fostering a healthier and more sustainable environment.

The photographs of event are attached below:



Fig 1: The college premises of ESIC Dental College & Hospital, Kalaburagi before the cleanliness drive



Fig 2: Faculty, administrative and maintenance staff of ESIC Dental College & Hospital, Kalaburagi during the cleanliness drive conducted on 20th June 2024 on the occasion of International Day of Yoga



Fig 3: Faculty and administrative staff of **ESIC Dental College & Hospital, Kalaburagi** during the **cleanliness drive** conducted on **20th June 2024** on the occasion of **International Day of Yoga**



Fig 4: The college premises of **ESIC Dental College & Hospital, Kalaburagi** after the **cleanliness drive** conducted on **20th June 2024** on the occasion of **International Day of Yoga**

*Report On Yoga Training Session Conducted On The Occasion Of
International Day of Yoga on 21 June 2024*

In celebration of the **International Day of Yoga**, a **Yoga Training Session** was organized at **ESIC Dental College & Hospital, Kalaburagi**, on **21st June 2024**. The session was led by **Mr. Bandayya Swami**, a yoga instructor, and was attended by faculty members, students, and supporting staff.

The yoga session took place from 8:00 AM to 9:15 AM, providing a comprehensive introduction to various yoga practices and techniques. The session started with gentle warm-up exercises followed by a series of yoga postures to improve flexibility, strength, and balance, and pranayama techniques to enhance respiratory function and promote relaxation. **Pamphlets** related to **Yogasanas for Daily Practice** were distributed to all participants, providing them with valuable information to continue their yoga journey at home. These pamphlets included detailed instructions and illustrations to help integrate yoga into their daily routines.

The yoga training session had a positive impact on the participants and the institute as a whole. Participants reported feeling more energized and physically refreshed. At the end, Dr. Prashant B. Patil, Dean addressed the gathering, emphasizing the importance of incorporating yoga into daily life and encouraging everyone to make it a regular practice.

The photographs of event are attached below:



Fig 1: Faculty, interns and supporting staff during the **Yoga Training Session** at **ESIC Dental College & Hospital, Kalaburagi** conducted on **21st June 2024** on the occasion of **International Day of Yoga**



Fig 2: **Mr. Bandayya Swami** conducting **Yoga Training Session** at **ESIC Dental College & Hospital, Kalaburagi** on the occasion of **International Day of Yoga_21st June 2024**



Fig 3: Faculty, interns and supporting staff during the **Yoga Training Session at ESIC Dental College & Hospital, Kalaburagi** conducted on **21st June 2024** on the occasion of **International Day of Yoga**



Fig 4: **Yoga Training Session** conducted at **ESIC Dental College & Hospital, Kalaburagi** on **21st June 2024** on the occasion of **International Day of Yoga**.