



NOT ME BUT YOU

Government Dental College, Thrissur
National Service Scheme

&

Department of Community Dentistry

KUHS/FU/7



INTERNATIONAL YOGA DAY

Yoga awakens the Mind

JUNE 21 : THEME 2026 : YOGA FOR HEALTHY AGEING

The college cordially invites all faculty members, students and non-teaching staff to participate in the program conducted in observance of International Yoga Day.

Let us unite in embracing the ancient wisdom of yoga and reaffirm our commitment to physical health, mental well-being, and inner peace.

Venue: Central Hall

Date :  JUNE 22

Time : 12:30 pm

Your gracious presence and active participation are highly appreciated.