

NAME OF THE EVENT – Workshop & Guest Lecture titled “**Yoga and Meditation**”

Date- 20th June 2026

Department of Public Health Dentistry, Subharti Dental College & Hospital, Swami Vivekanand Subharti University, Meerut, under the dynamic leadership of Principal & Dean, Dr. Nikhil Srivastava Sir had organized a Workshop & Guest Lecture titled “Yoga and Meditation” by Dr Archana AnilKumar, Asst. Professor, Subharti College and Hospital of Naturopathy and Yogic Sciences, for our faculty members and undergraduate students on 20th June 2026.

The session focused on various yogic practices, breathing techniques, and stress management strategies which are beneficial for students in their academic and professional lives. The session also guided participants through simple meditation techniques to enhance concentration, reduce stress, and foster a sense of inner calm and overall wellness.

TOTAL NO OF STUDENT – 65

TOTAL NO OF FACULTY MEMBERS - 3

