



Yoga Marathon 2025- A celebration of wellness, strength and spirit

Date: 17/06/2025

On the celebration International Yoga Day and in alignment with the vision of promoting holistic well-being among healthcare professionals, the College of Medical Technology and Allied Health Sciences (CMT & AHSc.) successfully organized a Yoga Marathon in the morning of 17th June 2025.

The event began at 6:00AM from CMT building and covered almost 2-3 KM ending to Lake Area within SGPGIMS campus. A vibrant group of more than 80 students from CMT and nursing, along with faculty members and staff took part in this Marathon.

The session was graced by Dr. Shaleen Kumar, Dean, SGPGIMS. He urged students to incorporate yoga into their daily lives and encouraged them to develop a healthy lifestyle, particularly eat healthily and also to adopt early eating habits.

The event was coordinated by Dr. Krishna Kant to ensure a smooth and impactful event under the guidance of Dr. Lokendra Sharma, Nodal Officer, CMT & AHSc.

To recognize the spirit of participants and commitment, certificates were awarded to all the attendees. Medals were given to the top three male (Vikas Gupta, Ajeet Patel, Aman Saroj) and female (Awantika Singh, Shyama Gupta, Preeti Rai) performers.

The celebration concluded with light refreshments and thanks to all the participants.



