NATIONAL SERVICE SCHEME UNIT

M.G.M DENTAL COLLEGE AND HOSPITAL,

KAMOTHE, NAVIMUMBAI.

4th INTERNATIONAL YOGA DAY

Date: 21/06/2018

Venue: MGM Dental College, Kamothe, Navi Mumbai

June 21st is globally celebrated as the International Day of Yoga. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being."

With reference to the **UGC Circular No. D. O. No. F.14-13/2015(CPP-II)** dated 12/06/2018 and 15/06/2018, the NSS Unit, MGMDCH organized a session where the staff and students of MGM Dental College and Hospital practiced meditation and yoga on the 4th International Day of Yoga. The session was attended by a total of 202 participants, including 73 staff members and 129 students.

Dr. Vandana Thakkar, with her apprentice Mr. Dilesh Telwane conducted a meditation session followed by yoga demonstration. This session helped staff and students learn the positive impacts of meditation and understand the benefits of yoga for dentists. The instructors listed importance of mind, body and soul nourishment through yoga. Proper scientific instructions were

given for all the yoga asanas and all the participants performed it as per instruction. Various asanas like Trikonasana, Parivartit trikinasana, Vrukshasana, Ardhachandrasana, Vakrasana, Marjarasana, Gaumukhsana, Bhujangasana, Shalbhasana, Dhanurasana, Setubandasana, Chaitanyasana, Suryanamaskar, Pranayama, Bhramari and Anulom vilom were performed and its uses were told to all. Yoga develops strength and balance as well as inner peace.

Our Administrative Officer - Lt. Cdr. Chhavi Rathi (R) enlightened us by a talk on Benefits of Yoga as well as shared her personal experiences with the audience.

This was followed by a session on Super Brain Yoga by Dr. Pankaj Mhatre. Super Brain Yoga is a scientifically validated method that will help you energize your brain and enhance its sharpness and clarity. It's a simple technique which proposes to increase intellectual capacity and sharpen both memory and concentration. He showed us how the Superbrain Yoga can provide the "energy fuel" that can keep our brain fit and functional, and how these can help counter the common mental effects of aging, memory loss, as well as dementia and Alzheimer's disease.

As part of the college event, the NSS Unit also conducted an essay competition and poster competition to enhance the benefits of yoga for dentists.

The session concluded by declaring Ms. Tanvi Malankar - Intern and Dr. Janaki Iyer – Staff, as the best yoga performers. The essay competition winners were declared as Ms. Sufiya Gawande, Ms. Sneha Purohit and Ms. Tanvi Malankar as first, second and third positions respectively. This particular program brought about enthusiasm amongst staff and students alike and many plan to pursue the yogic techniques for enhancing their mental and physical strength for better well being.

Introduction of Yoga Experts by Scientific Head of Students' Council – Prachi Gaikwad.

Enthusiastic crowd performing the asanas.

Staff and Students performing the asanas.

Demonstration and Performance of different yoga asanas.

Staff and Students performing the asanas.

Yoga experts explaining the benefits of Yoga for Dentists.

Demonstration and Performance of different yoga asanas.

Felicitation of Yoga Expert – Dr. Vandana Thakkar by Dean, Dr. Sabita M. Ram.

Demonstration of Super Brain Yoga by Dr. Pankaj Mhatre.

Felicitation of Yoga Expert – Dr. Vandana Thakkar by Dean, Dr. Sabita M. Ram.

Yoga posters on display in OPD area of Dental College.

Yoga experts with the organizing Team of 4th International Yoga Day.