



NATIONAL SERVICE SCHEME UNIT
M.G.M DENTAL COLLEGE AND HOSPITAL,
KAMOTHE, NAVIMUMBAI.
INTERNATIONAL YOGA DAY

Date:21/06/17

Venue: MGM Dental College & Hospital, Kamothe Navi Mumbai

On 21st June, 2017, International yoga Day was observed in MGM Dental College & Hospital, Kamothe, Navi Mumbai. The NSS unit of the college organised various event on this occasion.

Yoga demonstration session was conducted in lecture hall no.1 from 7.00 am to 8.00 am. Miss Shukra S. Paralkar was the yoga teacher who conducted the morning yoga session. A total of 150 participants were present for the morning session. The different Asanas conducted during the morning demonstration were Upayoga, Badhakonasana, Bhujangasana, Janu Sirsasana, Ustrasana, Dhanurasana, Pranayam- analom Vilom & Aum chanting. The demonstration session was followed by a practical yoga session with all the participants. The program officers announced a best participant in the Morning session who was felicitated.

Dr. Sabita Ram, Dean, MGM Dental College & Hospital, Kamothe, Navi Mumbai, delivered a brief talk to the participants on 'Importance of Yoga in daily Life'. A yoga exhibition was organised in the college for spreading awareness on yoga to the general audience visiting hospital on International Yoga Day. Theme based posters were displayed in the exhibition.

The NSS unit also arranged an essay competition on event of International yoga day in the college. The following topics were given to the participants: A) Yoga in Health & Wellness B) Dentistry and Yoga. The essay prize winners were announced and felicitated.



