



**NATIONAL SERVICE SCHEME UNIT
M.G.M DENTAL COLLEGE AND HOSPITAL,
KAMOTHE, NAVI MUMBAI.**



COUNTDOWN TO INTERNATIONAL DAY OF YOGA

Event: Countdown to International yoga day, 2022- session by Kajal Sanghvi

Date: 17th May, 2022

Venue: MGM Dental College and Hospital

Organisation: NSS UNIT, MGM DCH

No. of participants: Faculty-5, Students-107

REPORT

Yoga is very necessary and beneficial for you if it is practiced on a daily basis in the morning. This was very well explained and demonstrated by Yoga Trainer Ms. Kajal Sanghvi.

Ms. Sanghvi started the session with the chanting of the "Om" upchar. She followed this by demonstrating easy Asanas that can be inculcated in our daily routine and explained the importance for the same. Special emphasis was given to Yogasanas important for Dentists to live a healthy lifestyle. After a series of exercises, the session was concluded by describing the essence of Yoga, centering oneself and ignoring the inevitable distractions. Ms. Kajal Sanghvi was then felicitated by Dr. Priyanka Tidke and a Vote of Thanks by Dr. Vaibhav Thakkar.



Demonstration and performance of different steps of Yoga Asanas



**Staff and Students performing the
Yoga Asanas**