



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



INTERNATIONAL DAY OF YOGA 2022

Event: Week Long Yoga Program on Occasion of International Day of Yoga

Date: 15- 22nd June, 2022

Venue: MGM Dental College & Hospital

Organizing Unit: NSS Unit, MGMDCH

Collaborating Agency: Patanjali Yog Samiti, Panvel

No. Of Participants: Faculty-06, Students-205

REPORT

On the occasion of International yoga day, the NSS Unit of MGM Dental College and Hospital, Navi Mumbai organised a week long yoga program. All the volunteers were asked to perform yoga exercise daily to inculcate the habit of yoga in our daily routine life

The message of yoga practice in our routine life plays an important role it helps in keeping our metabolism healthy, peaceful mind, energetic, good for our weight loss

Recognizing this important role of yoga, this year's commemoration of the 8th International day of yoga focuses on "yoga for well-being" - how the practice of yoga can promote the holistic health of every individual. This session was conducted for our staff, interns and students by Patanjali Yog Samiti Panvel. They taught us various kinds of yoga exercises and their significance.



Students Doing Pranayam



Students with the Instructor