



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



Surya Namaskar for Vitality

Event: Surya Namaskar for Vitality

Date: 14th January, 2022

Venue: MGM dental college and hospital

Organizing Unit: NSS unit, MGM DCH

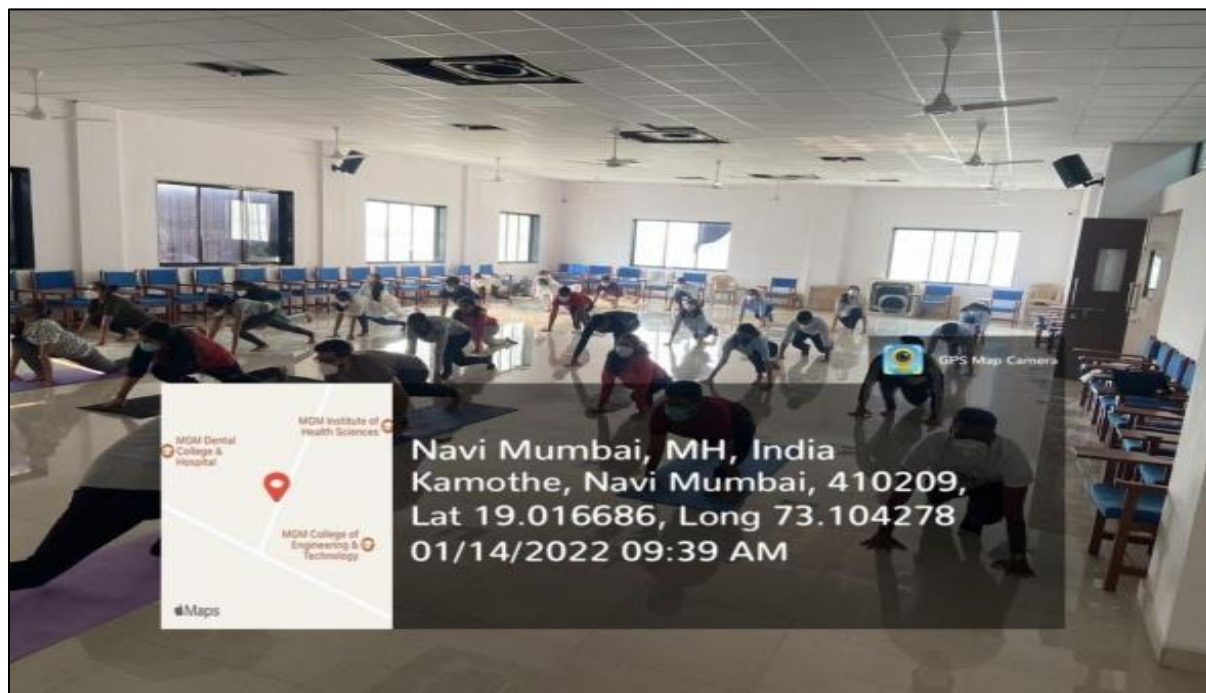
No. Of participants: Faculty-5, Students-64

Report

On the occasion of Makar Sankranti, the NSS unit of MGM Dental College and Hospital, Navi Mumbai organised a session on Surya Namaskar for the volunteers and faculty members. Intern Chaitanya Pinge guided the assembled crowd and taught them how to do Surya namaskar.

The message of yoga in promoting both the physical and mental well-being of humanity has never been more relevant. A growing trend of people around the world embracing yoga to stay healthy and rejuvenated and to fight social isolation and depression has been witnessed during the pandemic. Yoga is also playing a significant role in the psycho-social care and rehabilitation of covid-19 patients in quarantine and isolation. It is particularly helpful in allaying their fears and anxiety.

Recognizing this important role of yoga, this year's commemoration of the international day of yoga focuses on "yoga for well-being" - how the practice of yoga can promote the holistic health of every individual.



Staff and Volunteers performing the Surya Namaskar



NSS Volunteers s and Faculty members in Prayer pose