

International Yoga Day – 2018

The International Yoga Day event was organized by Bharati Vidyapeeth Medical College, Dental College and College of Nursing, Sangli in the auditorium of Medical College on 21st June 2018. The teaching, non-teaching staff and students of Medical, Dental and College of Nursing actively participated in this event.

Yoga guru – Mr. Anand Madhav Limaye guided the audience regarding the benefits of Yoga. He made everyone to actively participate in yoga exercises. His colleagues demonstrated various yoga-asana and told about the benefits and indications of each asana in various health disorders. There was overwhelming response from everyone. At the end vote of thanks was given by Dr. Sachin Shetty.

