

International Yoga Day

The International Yoga Day was organized in the auditorium of Medical College on 21/06/2019 at 10:00 a.m. This event was attended by Dr. R. B. Kulkarni - Dean, Medical College & Hospital, Sangli, Dr. Vidya Dodwad, Principal, Dental College and Hospital, Sangli, Dr. D. G. Mote, Medical Superintendent, Dr. G. B. Dhumale - Deputy Dean, Dr. Sunil Patil, Deputy Dean.

Dr. Sachin Shetti from Dept. of Physiotherapy welcomed the guests and audience. Dr. G. J. Belwalkar from Dept. of Biochemistry, explained the Importance of Yoga Day. This was followed by the felicitation of experts in the field of Yoga who were invited for this event.

1. Capt. Shrikant Walavalkar – Yoga Expert
2. Mr. Harshad Gadgil
3. Mr. Satish Gadgil
4. Kum. Ketaki
5. Kum. Sejal

Capt. Shrikant Walavalkar gave valuable information on various forms of yoga and explained the different YOGA ASANAS to the participants. Along with this other YOGA experts demonstrated different YOGA postures and techniques. The YOGA team members demonstrated all the ASANAS along with their scientific and medical importance and benefit in a simple way.

The participating members in the audience were also involved in doing various YOGA postures which will benefit in day to day activities. The programme was concluded with the vote of thanks presented by Dr. Sachin Shetti, HOD of Physiotherapy.



BHARATI VIDYAPEETH
(DEEMED TO BE UNIVERSITY)
DENTAL COLLEGE and HOSPITAL SANGLI

INTERNATIONAL YOGA DAY

21st JUNE 2019

