



BHARATI VIDYAPEETH
(DEEMED to be UNIVERSITY)
DENTAL COLLEGE AND HOSPITAL, SANGLI
Accredited with 'A+' Grade (2017) by NAAC

“International Yoga Day”



N.S.S. unit of Bharati Vidyapeeth (Deemed to be University) Dental College and Hospital, Sangli celebrated the “**International Yoga Day**” on 21st June 2021 in the Dental College Auditorium.

The chief dignitary for the program was respected Dr. Vidya Dodwad, Principal, BVDU Dental College and Hospital, Sangli. Other dignitaries who attended the program were the Faculty Members and Interns of BVDU Dental College and Hospital, Sangli with maintenance of social distancing.

The theme for the year 2021 was “Yoga for well-being”. The chief guest of honour was Dr. Ruchika Patil, who is an ayurvedic doctor along with being a certified yoga instructor. She is currently teaching at J.J Magdum college of Ayurveda, Jaysingpur.

Dr. Samruddhi Metha, NSS Programme Officer and Dr. Swapnil Metha, Assistant Programme officer organised the event and the host for the event was Miss. Keerthi Nair, Intern.

The program commenced by welcoming all dignitaries, faculty members and interns. They were explained the importance of yoga along with its benefits followed by a small video construing the same.

The chief guest was then humbly welcomed onto the stage where she delivered a speech on Scientific Benefits of Various Yoga Asanas proceeded with her demonstration of various asana that is various body postures while standing, sitting, and in supine positions.

The program was concluded by Dr. Samruddhi Metha proposing the vote of thanks followed by handing over the Certificate as token of appreciation to the chief guest by the auspicious hands of Dr. Vidya Dodwad, Principal, Bharati Vidyapeeth (Deemed to be University) Dental College and Hospital, Sangli.



The program was very well received and active participation by all faculty members and students was perceived.

Dr. Vidya Dodwad
Principal