

M.C.E SOCIETY'S

M.A.RANGOONWALA COLLEGE OF DENTAL SCIENCES AND RESEARCH CENTRE, PUNE-01.

On the 14th of January, 2022, M.A.Rangoonwala College Of Dental Science And Research Center, Pune celebrated Yoga Day to create awareness on the physical and mental well being.

Interns along with the staff members actively took part in the Yoga session that was held on our college terrace. Our Yoga instructor **Dr.Thind** started the demonstration with the yoga prayer after which a few asanas were performed by the students and the staff members .The importance of these asanas was explained simulataneously. Our principal **Dr. Ramandeep Dugal** encouraged the students to practice yoga and meditation on a regular basis for maintaining a healthy lifestyle. The event was organized by **The NSS unit** along with the **student council** who put in a lot of efforts to make this day a great success.





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College of
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and Research
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Night College

Compass Careers
And Coaching
Classes

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