

M. A. RANGOONWALA COLLEGE OF DENTAL SCIENCE AND RESEARCH CENTRE

8th INTERNATIONAL YOGA DAY CELEBRATION REPORT

Yoga is a type of mind-body exercise that involves moving through different physical postures. Many styles of yoga exist, from gentle and slow-moving to intense and fast-paced. Yoga is not only a great way to workout, but it can also ease anxiety and stress.

International Yoga week.

Our college celebrated the 8th International Yoga Day on 21st June 2022.

On 15th June 2022 a **Treasure Yoga Hunt** was conducted for the first and second year BDS students . This outdoor event in our campus was a great success and about 80 students participated in the treasure yoga hunt . First three teams were chosen for the prize awards .

On 16th June 2022 **Flower Meditation Day** was celebrated with great fervor by the teaching and non teaching staff.

On 21st 2022, **International Yoga Day** was celebrated to propagate the theme, '**Yoga for Humanity**'.

The students and staff performed various asanas and pranayama under the guidance of yoga expert.

Miss Sarika Jain.



