



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



**NATIONAL SERVICE SCHEME**

**Celebration of  
"International Yoga Day"**



- **Name of Activity** –: Celebration of International Yoga Day
- **Date** –: 21<sup>st</sup> June 2024
- **Time** -: 10:30 am
- **Venue** –: Examination Hall of Bharati Vidyapeeth (Deemed to be University) Dental College and Hospital, Sangli

- **Organiser –:** NSS Committee
- **Name of Presenter -:** Mrs. Archana Biyani, Yoga Instructor.
- **Faculty In-charge–:** Dr.Samruddhi Metha, Dr.Shweta Gangavane
- **Nature of Activity –:** Indoor
- **Number of Participants –:** 242

N.S.S. unit of Bharati Vidyapeeth Deemed to be University, Dental College and Hospital, Sangli in collaboration with Nursing College, Sangli celebrated the International day of Yoga on 21/06/2024 in the Dental College Auditorium.



The theme for the year 2024 was “Yoga for Women Empowerment, Self and Society”. The chief guest of honour was Mrs. Archana Biyani, who is a Yoga Instructor since 12 years and Sangeet Visharad in Classical music and Kriyayogn Trainer of Hari Govind Pratishtan, Alandi and Mrs. Poonam, Yoga teacher, Sangli.



The Programme commenced with felicitation of chief Guest and dignitaries. The Chief dignitary for the program was respected Dr. H.M. Kadam, Regional Director, BVDU, Sangli Campus, Dr. Sharad Kamat, Principal, BVDU Dental College and Hospital, Sangli, Dr. Nilima Bhore, Dean, Nursing College, Sangli. Other dignitaries who attended the program were the Faculty Members and Students of BVDU Dental College and Hospital and College of Nursing, Sangli. Dr. Samruddhi Metha, NSS Programme Officer, Dental College and Dr. Nirmala, Programme Officer, College of Nursing, Sangli had organised the event and the host for the event was Ms. Mansi, Intern who welcomed all dignitaries, faculty members and students. They were explained the importance of yoga along with its benefits.

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 Dr. Nirmala, Programme Officer, College of Nursing, Sangli. The program was very well received and active participation by all faculty members and students was perceived. Everyone enjoyed the Tea at the end.

Male – 98 , Female – 144, Total Participants - 242

**Dr. Samruddhi Metha**  
**NSS Programme Officer**

**Dr. Sharad Kamat**  
**Principal**