



BHARATI VIDYAPEETH

(Deemed to be University)

Accredited with A++ Grade (2024) by NAAC with CGPA 3.60

DENTAL COLLEGE AND HOSPITAL, SANGLI



Celebration of “International Yoga Day”



- **Name of the Activity** –: Celebration of International Yoga Day
- **Date of the Activity** –: 21st June 2025
- **Time** -: 7.30 AM to 10.30 AM.
- **Venue of the Activity** –: Examination Hall of Bharati Vidyapeeth (Deemed to be University) Dental College and Hospital, Sangli
- **Organiser** -: Department of Oral Medicine and Radiology
- **Event Faculty In-charge** – Dr. Samruddhi Metha, NSS Programme Officer, Assistant Professor, Department of OMDR, BVDUDC&H, Sangli.
- **NSS Incharge** -: Dr. Samruddhi Swapnil Metha, Assistant Professor
- **Nature of Activity** -: Indoor
- No. of Staff Participated – 25
- No. of Students Participated - 85
- Total No. of Participants -: 110

Details of the Activity -

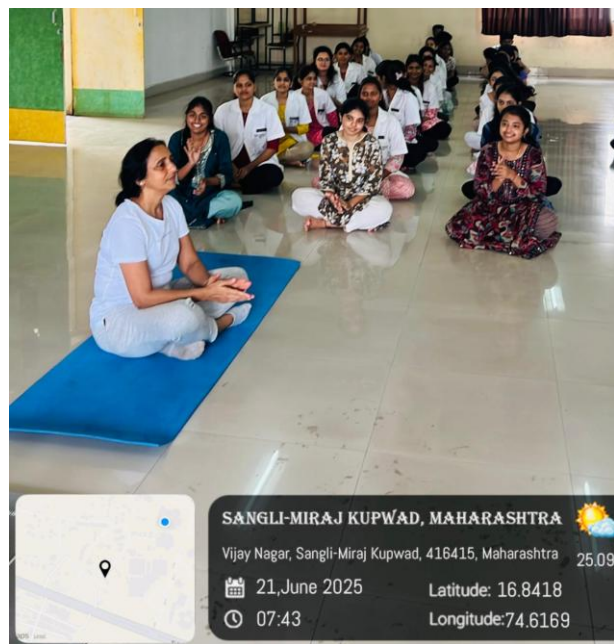
N.S.S. unit of Bharati Vidyapeeth Deemed to be University, Dental College and Hospital, Sangli in collaboration with College of Nursing, Sangli celebrated the International day of Yoga on 21/06/2025 in the Examination Hall of BVDU, Dental College and Hospital, Sangli.



The theme for the year was “Yoga Sangam”. The chief guest of honour was Mrs. Archana Biyani, who is a Yoga Instructor since 13 years and Sangeet Visharad in Classical music and Kriyayoga Trainer of Hari Govind Pratishthan, Alandi and Mrs. Poonam, Yoga teacher, Sangli.

The Programme commenced with felicitation of chief Guest and dignitaries. The dignitaries for the program were Dr. Sharad Kamat, Principal, BVDU Dental College and Hospital, Sangli, Dr. Sureshkumar Ray, I/C Principal, 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. Isha, NSS Representative, 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. The program was very well received and active participation by all faculty members and students was perceived. Everyone enjoyed the Tea at the end.



Dr. Samruddhi Metha
NSS Programme Officer

Dr. Sharad Kamat
Principal