

INTERNATIONAL YOG DAY

Report: Observation of “INTERNATIONAL YOG DAY” at AMC Dental College and Hospital, Ahmedabad

Date: 21st and 22nd June 2023

Venue: Examination hall, AMC dental College and Hospital.

Activities done:

- 1) Morning session (21-06-23) Time: 9:15 am to 10:00 am
Yog session: Theme “योग: कर्मसु कौशलम् ”
- 2) Afternoon session (22-06-23) Time: 3:30 pm to 4:30 pm
Meditation session: Theme “Meditation for life excellence”

Summary:

AMC dental college and hospital had organized two days program to celebrate international yog day. On 21st of June, Yog session was conducted by Dr Rajesh Pandya (MDS Oral pathology) in the morning. Faculty and students performed Yogasan, Sun salution, and Pranayam under the guidance of sir which was followed by a small talk on this year’s theme “वसुधैव कुटुम्बकम्”

On 22nd June, meditation session was conducted by Dr Neeta Patel(MDS Conservative and Endodontics) in the afternoon session. Session started with a scientific talk on Positive effects of meditation on our body” and followed by meditation session. Registered participants received blessing cards. Feedback of the program was very good and all participants felt positive vibes and soothing effect while attending the session.

Day 1



Day 2

