

Report
International Yoga Day Celebration 2024
AMC Dental College and Hospital

Date: 21st June 2024

Venue: Examination Hall, AMC Dental College

Theme: Yoga for self and society

On the occasion of the 10th International Yoga Day, celebrated worldwide on 21st June, AMC Dental College organized a special event focusing on the theme "Yoga for self and society." The event aimed to promote the practice of yoga among students and staff for holistic well-being.

Event Overview

The event commenced with a warm welcome extended by Dean Dr. Dolly Patel, who expressed her enthusiasm for the transformative power of yoga in personal and community life. The yoga session was conducted by instructors from Heartfulness Institute, renowned for their expertise in yoga and meditation techniques.

Activities

1. **Asanas:** The session began with various yoga asanas designed to improve flexibility, posture, and overall physical health. Students and staff actively participated in performing these asanas under the guidance of the instructors.
2. **Pranayama:** Following the asanas, emphasis was placed on pranayama (breathing exercises) aimed at enhancing respiratory functions, reducing stress, and increasing mental clarity. Participants learned the correct techniques and benefits of different pranayama practices.
3. **Meditation:** The session concluded with a guided meditation session, focusing on mindfulness and relaxation techniques. Participants were encouraged to find inner peace and calm amidst their academic and professional lives.

Acknowledgment and Appreciation

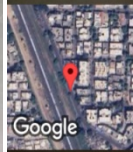
After the yoga and meditation session, Dean Dr. Dolly Patel expressed gratitude to the instructors from heartfulness for their valuable contribution to the event. As a token of appreciation, the Dean and the college staff presented small mementos to the instructors, acknowledging their efforts in making the event a success.

Conclusion

The International Yoga Day celebration at AMC Dental College not only promoted physical fitness and mental well-being but also underscored the importance of yoga in fostering a harmonious relationship between self-awareness and social responsibility. The event left a positive impact on all participants, inspiring them to integrate yoga into their daily routines for a healthier and more balanced lifestyle.



GPS Map Camera



AMC Dental College, Gujarat, India
World Yoga Day 2024 AMC Dental college
Lat 22.989303°
Long 72.616296°
21/06/24 09:25 AM GMT +05:30

