



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade

Plot No. 1 & 2, Sector-01 (Old 18 & 19),

Kamothe, Navi Mumbai- 410 209

E-Mail ID: mgmdch@mgmmumbai.ac.in

Dr. Srivalli Natarajan
Dean

Tel: 022- 27436604

022- 27433185

No.MGM/DCH/ 739/2025

Date: 12/06/2025

Office Circular No. 90 /2025

The Yoga & wellness committee, NSS in association with Patanjali Yog Samiti is conducting a Workshop on Yoga on account of international Yoga Day to be celebrated on 21st June 2025 .

All BDS students, Interns, PGs, teaching, non-teaching faculty & house-keeping staff are requested to attend the same.

Kindly bring Yoga mat or bedsheet & water bottle.

The attire for yoga session: white T-shirt and track pant.

Details of which are mentioned below:

DATE: - 16th June 2025 to 21st June 2025

VENUE: - Yog Vatika, near open ground, MGM Campus/Auditorium

TIME: - 8:45 A.M to 10:00 A.M

Schedule for the Yoga Workshop

Batch	Date	Time
I BDS	16 th June 2025	8:45 am to 10:00 am
II BDS	21 st June 2025	8:45 am to 10:00 am
III BDS	17 th June 2025	8:45 am to 10:00 am
IV BDS	18 th June 2025	8:45 am to 10:00 am
Interns & PG's	20 th June 2025	8:45 am to 10:00 am
Teaching ,Non Teaching, House Keeping	19 th June 2025	8:45 am to 10:00 am



S. Srivalli
Dean

Copy to: -

All HOD's of Dental Subject





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No.MGM/DCH/ 740 /2025

Date: 12 / 06 /2025

Office Circular No. 91 /2025

This is to inform that Yoga and Wellness Committee in association with NSS is organising Debate competition competition on **21st June 2025**.

The details of programme are as below

Topic of Debate – Yoga Vs Gym

Participants - 2nd and 3rd BDS Students

Time: 2:00 to 3:00 pm

Venue – Auditorium

Kindly, please relieve the 2nd and 3rd BDS Student for participation.



S. Srivalli
Dean

Copy to: All HOD's, Dental and Medical Subjects



**MAHATMA GANDHI MISSION'S DENTAL
COLLEGE AND HOSPITAL**

KAMOTHE, NAVI MUMBAI
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**THE YOGA & WELLNESS COMMITTEE, NSS IN
ASSOCIATION WITH PATANJALI YOG SAMITI**

YOGA WORKSHOP

ON THE OCCASION OF INTERNATIONAL YOGA DAY



DATE:- 16.06.2025 TO 21.06.2025

TIME:- 8:45 AM TO 10:00AM

**VENUE:- YOG VATIKA, NEAR OPEN GROUND, MGM
CAMPUS/AUDITORIUM**

SCHEDULE FOR THE WORKSHOP

BATCH	DATE
I BDS	16.06.2025
II BDS	21.06.2025
III BDS	17.06.2025
IV BDS	18.06.2025
INTERNS & PG'S	20.06.2025
TEACHING , NON- TEACHING HOUSEKEEPING	19.06.2025





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Yoga and Wellness Committee

Workshop on Yoga 2025

List of Participants

Sr. No.	Name of participants Interns
1	APEKSHA SANGHVI
2	AKSHATA CHABUKSWAR
3	BANG SHAILVI
4	BHUCHHADA JASH
5	BIRAJDAR PRUTHVIRAJ
6	BONGE MORESHWAR
7	BORE RHUTU
8	CHATLAWAR SHEJAL
9	CHAVAN KASHISH
10	CHAYAL PRACHI
11	CHHAJWANI PRIYANSHI
12	CHILUKA PREETI
13	CHOUGULE VARDHAN
14	DARAK GAURI
15	DESHMUKH JANHAVI
16	DEHPANDE VED
17	DISHA SOMANI
18	GAVALI MAITHILEE
19	GAYDHANKAR SIMRAN
20	GORHE ADITI
21	HATISKAR NIDHI
22	HOLE KHUSHI
23	JAIN ANISH
24	JAIN CHERRY
25	JAIN SAMIKSHA
26	KADAM KANISHKA
27	KADAM SUKANYA
28	KAMBLE DEVASHREE
29	KAMBLE MAYURI
30	KAPASE PRAPTI
31	KAPSE AKSHADA
32	KHAN PARVAN TALAT ANWAR
33	KHARAT RITIKA
34	KHARAT SHEETAL



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Yoga and Wellness Committee

Workshop on Yoga 2025

35	KHARAT SHWETA
36	KHARBE INASH
37	KOPARKAR SAHIL
38	KURLE SHANTANU
39	MALI PRATIKSHA
40	MISHRA ADITI
41	MOMIN AFREEN
42	NAIR SANDRA P V
43	NANAWARE SAYALI
44	PALWE PRIYANSHU
45	PATIL JAYANI
46	PATNI DHAVAL
47	PRANJAL KAMBLE
48	PRASAD
49	RATHI AACHAL
50	RAUT SHIVANI
51	RINAL BAGDIYA
52	ROSARIO MARY BURTON
53	SALECHA PRACHI
54	SAKSHI
55	SATIKUNVAR ARYAN
	First Year BDS

1	ADITI PASHTE
2	ALFIYA ANCHAN
3	ALI FARKHANDA FARAH MIR SARFARAZ
4	AMEYA MUKUND PALVANKAR
5	BAGAL VAISHNAVEE VINAYAK
6	BAGRAO JIDNYASA SAMBHAJI
7	BEDGE GANESH SATISH
8	BHAVYA JAYAPRASAD NAIR
9	BORGAVE TANVI SACHIN
10	CHHABDA PURVA ANIL
11	CHHEDA AASHKA SWAPNESH
12	DALAL MANUSHREE PARTHIV



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13	DEDHIA AAYUSHI KALPESH
14	DESAI SANCHITA AMIT
15	DIXIT SWAYAM SANTOSH
16	DUNGRANI TUSHTI DHARMESH
17	DURGULE SHANMUKH SACHIN
18	GANDAL PRAJWAL PUNA
19	GAVHADE SHRUTI BHAGWAN
20	GHOSH SWETA TAPAS
21	GIRASE SRUSHTI JITENDRASINH
22	GUPTA KIRTI JAGESHWAR
23	HERWADE VEDANTI GURUNATH
24	INGOLE JANHAVI VASANT
25	JHAMTANI HARSHIT VIJAY
26	JOGLE SHIFA ASIF
27	JONDHALE AARCHITA SANJAY
28	KADAM ARYA AMUL
29	KADAM ESHA SANTOSH
30	KADAM PRATIBHA ANANTRAO
31	KADAM RAJNANDINI ANANTRAO
32	KANGANE SHRAVANI MANGESH
33	KARANDE PRAGATI JAYDEEP
34	KERE URVI SRIRAM
35	KHAN MARIYA NOORMOHD
36	KHANTE GAYATRI PRASHANT
37	KRUPALE MOHNISH VINOD
38	KUBADE SAYALI KAILAS
39	KULKARNI MIHIKA KAUSTUBH
40	KULKARNI PADMALI AMOL
41	LIPIKA NIRBHAY SINGH
42	MEHTA NISHI JIGAR
43	MEHTA VIHA DEWANG
44	MISHRA SHREYA SURENDRA
45	MODI ANERI VIPUL
46	MORE SAMIKSHA VIJAY



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47	NIDHI PRABHAKAR PATIL
48	NIMMI SHAH
49	NIRAL RAKESH OSTWAL
50	NISHANT JAIN
51	OZA ADITI DEEPAK
52	PAREKH UDITA SAMIR
53	PATANGE SANIKA SUBHASHRAO
54	PATEL KRIPA DILIPBHAI
55	PATEL MUKESH DINESH
56	PATIL MANASI SUDHAKAR
57	PATIL RUTUJA RANJEET
58	PATIL VARUN AJAY
59	PAWAR GAYATRI SARJERAO
60	PAWAR MADHURA ANAND
61	PAWAR SAMIYA NITIN
62	PAWAR UTKARSH PRAMOD
63	PENDALWAR SOHAM NARENDRA
64	PHANSALKAR AARYA ABHIJIT
65	POOJA KASHIRAM RAWOOL
66	PRAJAPATI ISHIKA PRAMOD
67	PRATEEK DIXIT
68	RAKA PARSHV MRAGENDRA
69	RANE RIDDHESH PRASAD
70	REDKAR SALONI SUHAS
71	RHUTUJA RAVINDRA PATIL
72	RUPAMA BANDYOPADHYAY
73	SAHYADRI KATKE
74	SAKHARE TUSHAR TULSIDAS
75	SANJEKAR SEJAL AMOL
76	SHALIGRAM ADWAIT AJIT
77	SHENDE YASHASHRI ANIL
78	SHETTY SAKSHIYA SUDHAKARA
79	SHIKHARE PRANJAL KESHAV
80	SHIMPI HARSHALI SANJAY



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81	SHINDE SAKSHI SURESH
82	SHREYA S GAIKWAD
83	SOHAM KAPADI
84	SOLE TANISHKA HEMANT
85	SONAWANE KALYANI AMIT
86	SRESHTA ABHIJIT RAY
87	SUTAR TANVI VIRBHADRA
88	SWARALI SACHIN KADAM
89	TAMBOLE SAYEE DNYANESHWAR
90	TANUSHREE ARVIND WADIKAR
91	TETAR PRACHI KETAN
92	THOMBARE RENUKA PRAMOD
93	TIDKE PRANITA SATISH
94	VAISHYA SIMRAN MAHENDRAKUMAR
95	VALMIKI SRISHTI SACHIN
96	VHATKAR SAHIL RAJENDRA
97	WAGHELA HONEY KETAN
98	YADAV NANDINI RAMENDRA
99	YADAV VAIDEHI VIJAY
100	YASH AMOL KULKARNI



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Sr. No.	III B.D.S
1	AARYA JATIN PALKAR
2	ABDUL BASIT KHALIL KHAN
3	ADISHREE PRAMOD PATIL
4	AGRAWAL KHUSHI SANJAY
5	AINAPURE HARSHALA NANASAHEB
6	ANSARI SIDRAH SOHEL
7	ANSHU BHARDWAJ
8	ATAR MUSKAN MANJUR
9	BABARIYA KRISHA MAHESHKUMAR
10	BALMIKI NOOPUR YOGESH
11	BARASKAR AKANKSHA MAHESH
12	BATHEJA SOURABH HARESH
13	CHHEDA JAHNAVI MAYOOR
14	CHIKHALE RASIKA POPAT
15	DANI REYA KAILASH
16	DESAI PRATIK DILIP
17	DESHPANDE SHREYA SUNIL
18	DESHPANDE VAIBHAVI YOGESH
19	DHONDAGE AKANKSHA RAJKUMAR
21	DURWAS ANANNYA PURUSHOTTAM
22	GAIKWAD JAGRUTI ASHOK
23	GAVIT TRUPTI ASHOK
24	GITE NEHA GAJANAN
25	GODBOLE ARUSHI
26	GORE SANKET SATISH
27	GUPTA SAKSHI MALCHAND
28	GUPTA SNEHA RAJENDRA
29	HAJERI ANVI GOPALSINGH
30	JAIN KHUSHI ASHOK
31	JAIN PRISHA MAHAVIR
32	JAIN SANYA DEVENDRA
33	JAWAL RENUKA ARUN



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34	JOSHI ATHARVA AVINASH
35	KADIWAL ATHARV CHANDRASHEKHAR
36	KAPPE RUTUJA PRAVIN
37	KAPSE ADITYA SANJAY
38	KATARIYA NAMRATA LATISH
39	KATKAMWAR VARAD SURESH
40	KHODADE SHRAWANI SUHAS
41	KOKATE PRAJAKTA SANJAY
42	KOLI DAMINI RAJU
43	KONNUR APARNA RAHUL
44	MAHAJAN MUGDHA RAJENDRA
45	MAHTO KOMAL ANIL
46	MAHURE ADITYA SANJAY
47	MANKAR ASTHA PRASHANT
48	MAYEKAR ADITI AVINASH
49	MHAISKAR KHUSHI PRAMOD
50	MOHAMMED KAIF ABDUL KADIR KURESHI
51	MRUNAL GAWALE
52	MUBASSHERA MOHAMMED SAJID
53	MURARKA RIYA RAJESH
54	NADAR JIVYAA SELVAKUMAR
55	NANDINI BHANUDAS KHATAVKAR
56	PARMAR DARSHI NILESH
57	PARTH SATISH VICHARE
58	PATANI VANSHI VIPUL
59	PATEL RAJVI VIKESH
60	PATIL AAKANSHA NILESH
61	PATIL HARSHITA CHANDRAKANT
62	PATIL KASHISH JITENDRA
63	PATIL VAISHNAVI VINAYAK
64	PATIL YUKTI RAOSAHEB
65	PILLAI NANDINI BALASUBRAMANYAN
66	PRADNYA SANDEEP SALVE
67	PREITY VAIKKUNTH PATIL



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68	PRIYANKA PADHY
69	RASKAR BHAGYASHREE DADASAHEB
70	ROHAN MANOJKUMAR CHAUDHARI
71	SALUNKHE TANISHQ CHARUDATTA
72	SANJEEVANI K PARMALE
73	SAVARDEKAR DATTATRAY RAJU
74	SHAIKH KARISHMA MOHIYODDIN
75	SHARMA KHUSHI SARIT
76	SHREEPRASAD AVINASH MAHAJAN
77	SHREYAS MANOJ MHATRE
78	SINGH SHREEGEETA MUKESH
79	SONONE ISHITA PRAMOD
80	SPRUHA MANISH SURVE
81	TALELE RUCHITA SUNIL
82	TANISHA SATURDEKAR
83	TANISHKA SANTOSH PATIL
84	TATHED REETU RAJESH
85	THAKUR SARVESH SUHAS
86	THORAT SHRUTI AMOL
87	VALECHA LAVISHA ANIL



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IV BDS	
1	ADAKANE SUYASH SANJAY
2	AIMAN AYESHA KHAWAJA NIZAMUDDIN
3	ANSARI KAZIM AKHTER ANSARI KHALEEL AHMED
5	BHANUSHALI KARISHMA AJAY
6	BORKAR KALYANI KESHAV
7	CHADHA JUPNEET RAJBIR SINGH
8	CHAPHERKAR KHUSHI MANGESH
9	CHHEDA TISHA MAYUR
10	CHOUDHARY ADITI ANAND
11	DALVI SANSKRUTI NITIN
12	DESALE SUTOSH PANKAJ
13	DHEWALE KALYANI SANJAYRAO
14	DOSHI KRISHA PRAGNESH
15	GAIKWAD MRUNMAI GIRISH
16	GAJBHIYE SANCHI SHASHANK
17	GALA MITALI KALPESH
18	GAME SAKET BHAUSAHEB
19	GHAG ISHA PRASANNA
20	GONNADE VAISHNAVI PRADEEP
21	GORDE THEA VIJAY
22	GOSAVI ADITI VIVEK
23	GULABANI NIRMITA MAHESHKUMAR
24	AYESHA AYAZUDDIN SHEERAZI
25	JADHAV AARTI RAJENDRA
26	JADHAV HIMANSHU PRATAP
27	JADHAV RAJLAXMI SACHIN
28	JAIN AASHNA NILESH
29	JAIN KINJAL DINESH
30	JAYAKAR GEETANJALI SUDHIR
31	JUDIT THOMAS KOSHY



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32	JYOTHIKA R
33	KADAM ADITI SANJEEV
34	KAMBALE NEHA SHANTARAM
35	KAMODKAR TANMAY ASHOK
36	KATKAR GAURAV VIJAY
37	KHADKIKAR GAURI SHIVKUMAR
38	KHAIRE GAURI NANDKUMAR
39	KHAN ROHMA MOHD ISLAM
40	KUMARE DIKSHA HARIDAS
41	KURIAKKOTTE MAANIKA MAHESH
42	LAKDAWALLA SARAH AMIR
43	MALI WAL KHUSHI PANKAJ
44	MALPANI ANJALI GOVIND
45	MANE PRACHI DILIP
46	MEDHA RAGHAVAN
47	MORE SAKSHI AMIT
48	MUSKAN AGARWAL
49	NAGDEVE TANUSHREE ASHOK
50	NANDA SAKSHI HEMRAJ
51	NEHA MISHRA
52	NIMJE RUCHIKA SOMESHWAR
53	PALVE PRATIK RAJESH
54	PATIL AVADHUT KRISHNAT
55	PATIL DEVASHREE SACHIN
56	PAWAR PRERANA SAHEBRAO
57	PAWASKAR TANAYA JANARDAN
58	PHULAMBRIKAR DESHNA NAGSEN
59	PINGLE SHRUTI SANJAY
60	PRASAD MAHIMA JEEWAN
61	PUNAMIYA JINAY KALPESH
62	PURI SHRAVANI ANANT
63	RAAED R HAWAI
64	RANPISE RUTUJA SHAM
65	RAWAL ANUSHKA AJAY



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67	SANGEWAR VAIBHAVI VISHAL
68	SANGLE VAIBHAV RAMAKANT
69	SARA RAJESH PRADHAN
70	SARDAR SOHAIB AHMED SHAFEEQUE AHMED
71	SAYED MUSKAAN ASLAM
72	SHAH SHRUTI RAJEEV
73	SHARMA VANSHIKA VIRENDER
74	SHRAVANI SANDEEP WABLE
75	SIDDIQUI SHAHFEEN NADEEM AHMED
76	SINGH TEJASVI VIJAYKUMAR
77	SONI DRISHTI DHANESH
78	SONI JAGRITI RISHABH
79	SHRUSHTI DATTA KHETRE
80	SURWASE BHAKTI SANJAY
	II BDS
1	ADITYA MAHESH BHARATI
2	AIBARA PORUS FARZAN
3	ANANYA SUDESH KARNIK
4	ARNAV DEVENDRA NETAM
5	ASMI SACHIN MAHALE
6	AUNDHKAR SWAYAM VIKAS
7	BAKSHI ASMA MOTASIM
8	BASU ANAHITA SUDIP
9	BHAGTANI ESHAAN ASHISH
10	BHARNE APARNA ANAND
11	BHAVSAR GAURI OM
12	BHOYE AVINASH JAYRAM
13	BORGAONKAR SHRAVAN SHRIKANT
14	CHAVAN PREETI PRASHANT
15	CHAVAN SHIVANI MAHADEO
16	CHHATRYA KUNAL RAJESH



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17	CHITALIA BANSI AMIT
18	DABHOLKAR RIYA RAKESH
19	DOSHI PRIYANSHI HITESH
20	DOSHI RIVA JIGAR
21	FAIZAN KHALID THAKUR
22	GADHIYA KEVAL PANKAJ
23	GALA MAHER JATIN
24	GARDI ANVAYI SUBHASH
25	GAWIT ADITI DEORAM
26	GEJAGE ADITYA DATTAPRASAD
27	GHARGE PRASAD RAMCHANDRA
28	GORE SANIKA RAJENDRA
29	GULAVE RUGVEDA ARUN
30	GUNJAL HARSHALI SANJAY
31	HIRUGADE TRUPTI BALASO
32	IPSHITA SINGH
33	JANGID SAKSHI RAJENDRA
34	JILL JIGNESH VYAS
35	KANCHWALA UMMEHANI HUSENI
36	KHAN AREEBA AKRAM
37	KHAN FAIZAN AHMED MOHD ASLAM
38	KHOT SARVEKSHA RAMESH
39	KOKANE SANIKA ANSURAM
40	KOLEY AHANA NETAI
41	KOTKAR SIDDHI MANOJ
42	KRUTIKA RANGNEKAR
43	LALWANI ARIHANT PRAFUL
44	MAHI VILAS SHINDE
45	MALI KAUSTUBH KAILAS
46	MANIYA KRISHA DEVDAT
47	MARATHE NEHA NITIN
48	MASKE PRATHAMA PRADNYANAND
49	MATE SHREYA BABURAO
50	MAURYA ASHWINKUMAR ARUNKUMAR



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51	MEHTA KRISHA CHAITANYA
52	MORE SAMIKSHA SHASHIKANT
53	NAGAWADE VAISHNAVI RAJENDRA
54	NAHAR KRRISHA PRAKASH
55	NAKKA TANVI SHRINIVAS
56	NANDANA R NAMBIAR
57	NEROORKAR RITUJA SACHEEN
58	NIMBALKAR JAI UMESH
59	OHAL SHRUTIKA DEVICHAND
60	PATEL MOHAMMED SUHEB JALEEL
61	PATIL MADHURA VIJAY
62	PATIL SWAYAM PRASHANT
63	PATIL VEDANT PRAMOD
64	PRABHUDABHOLKAR SIAN SAMIR
65	PRANALI RAJENDRA BAGAL
66	PRIYAL RAMESHJI DEVARE
67	RAJGURU JANHAVI ANAND
68	RATHOD SUDHANSHU SUNIL
69	RAUT SHRAVANI MANOJ
70	RAVAL YASH VIJAY
71	RUNWAL PRANIKSHA PRITAM
72	SALOT KEVAL ASHISH
73	SALUNKHE LAVANNYA SUNIL
74	SANGLE ADITI SATISH
75	SARDAR SARIVA GANESH
76	SAVLA SAUMYA JEETENDRA
77	SHAH DIVYA CHETAN
78	SHAH SALONI CHANDRESH
79	SHAIKH FATIMA BANO GULSHER
80	SHENVI TRISHA DINESH
81	SHINDE JYOTIRADITYA BABASAHEB
82	SHRUSHTI RAVATE
83	SOHAM Y YOGA
84	SOLANKI SIDDHI NARENDRA



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86	SONWANE SWATI RUPCHAND
87	SURYAWANSHI UTKARSH DAYANAND
88	TAMBOLI MAHEEN HAFIZ
89	TAYADE SANKET KAILAS
90	TAYSHETE JANHAVI MAHESH
91	VAIBHAVI RAJIV RAJADHYAKSHA
92	WAGHADE RITIK NARESH
93	YADAV NETRA RAVIKIRAN
94	YASH JAGTAP
95	YASHASVI TUSHAR TALELE



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A⁺⁺" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
Kamothe, Navi Mumbai- 410209
E-Mail ID: mgmdch@mgmmumbai.ac.in



Yoga and Wellness Committee

Workshop on Yoga 2025

Teaching , Non-Teaching and Housekeeping	
1	Dr. Jayeeta
2	Dr. Shouvik
3	Dr. Rohit
4	Dr. Manjari
5	Dr. Devanshi
6	Dr. Ashwini
7	Dr. Rupali
8	Dr. Manisha
9	Ms Kalyani
10	Ms pratiksha
11	Ms komal
12	Ms Surekha
13	Mr. Tejas
14	Mr. Ganesh
15	Mr.Ramesh
16	Mr. pravin
17	Ms. Bhagyashree
18	Ms. Sunny
19	Ms. Manisha
20	Ms Meenakshi
21	Ms. Bhama
22	Ms. Chaya
23	Ms. Bharat
24	Ms. Ram
25	Ms. Sanket
26	Ms. Kumar
27	Ms. Kranti



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Title of Program – Workshop on Yoga 2025

Number of participants – 444

Date-16th June 2025 to 21st June 2025

Report-

M.G.M Dental College and Hospital in co-ordination with Yoga and wellness committee, Patanjali Yog Samiti and NSS had organized 6 days' Workshop on yoga from 16th June 2025 to 21st June 2025.

Yoga instructors from Patanjali Yog samiti were the wellness coach for the workshop on yoga. Yoga workshop was organized for the first to final year B.D.S students in batches and for teaching and non-teaching faculty.

This workshop was organized in the Auditorium. Token of appreciation along with certificate was handed over to all the trainers on closing day.

To promote awareness regarding yogic practice a debate session was conducted in the auditorium on the occasion of international yoga day on 21st June 2025 from 2 to 3 pm. It was between 2nd and 3rd year B.D.S students. The Topic for debate was Yoga Vs Gym. The debate was very interesting and participants shared brief knowledge on Yoga and Gym.

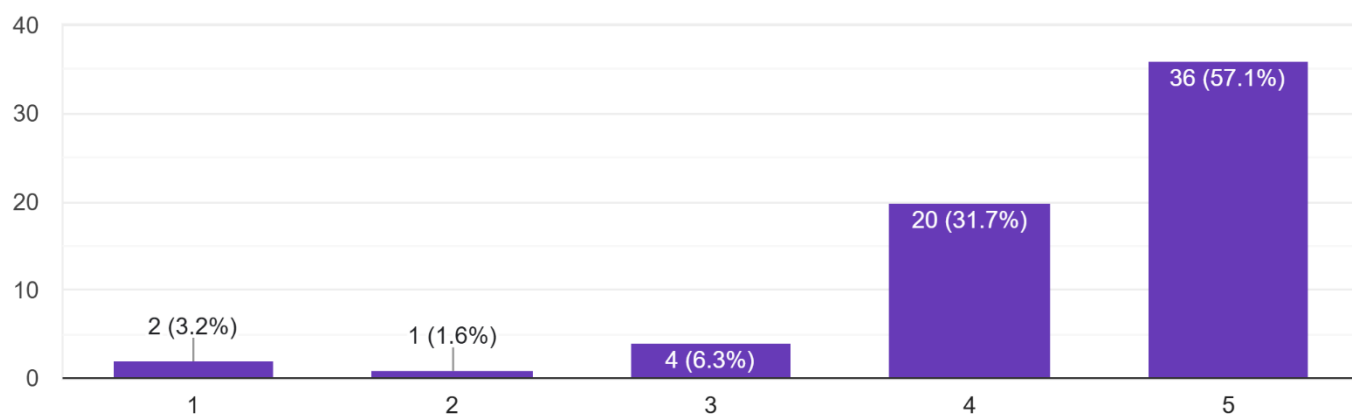
Dr. Vinit Kini and Dr. Bharat Gupta were the judges for the Debate Competition. The program was hosted by the yoga and wellness committee and NSS Unit under the guidance of Dr. Pankaj Londhe and Dr. Aishwarya Patil. Feedback was taken from all the participants after completion of the workshop.

Sign:

FEEDBACK FORM

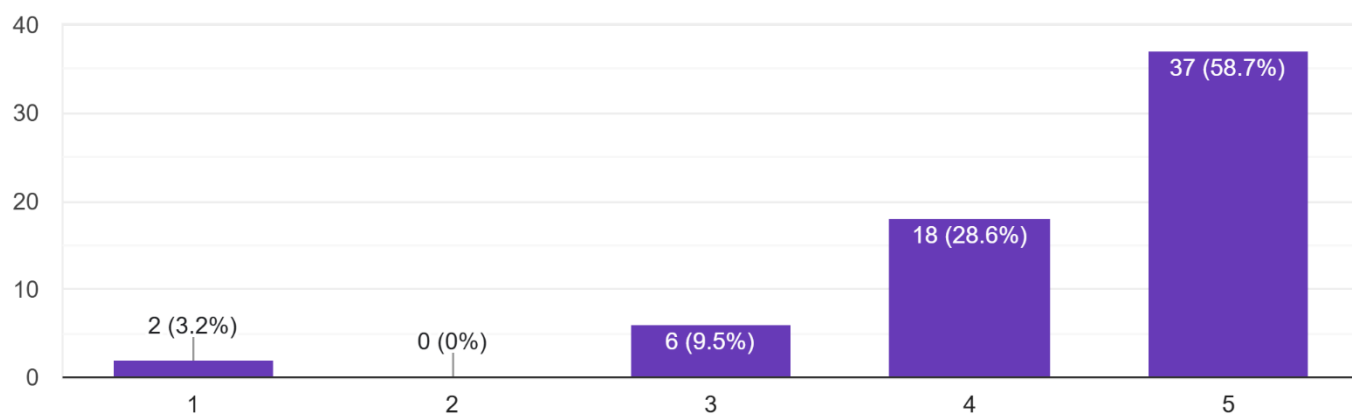
Rate the session on yoga on the scale 1-5

63 responses



Rate the quality of the yoga instructors on a scale 1-5

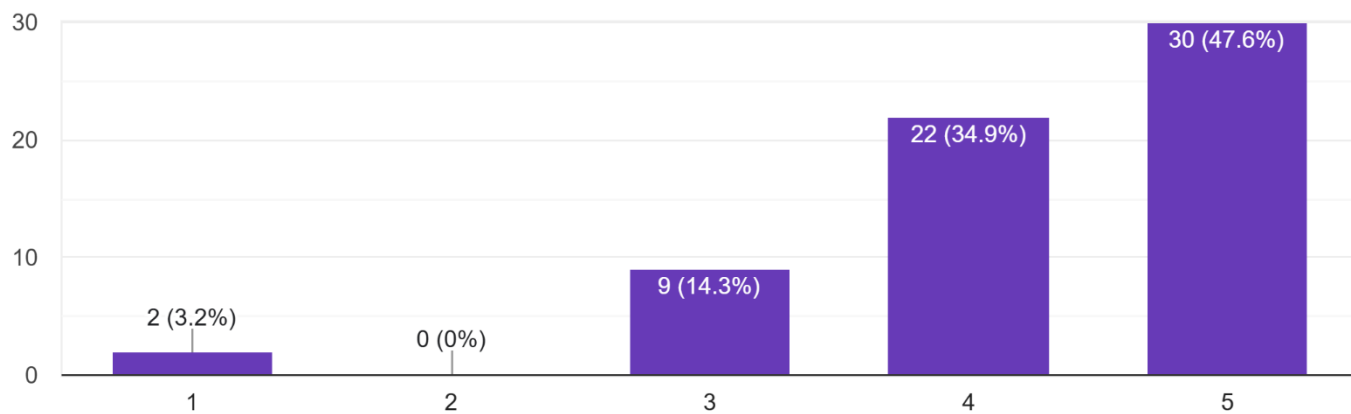
63 responses



Sign:

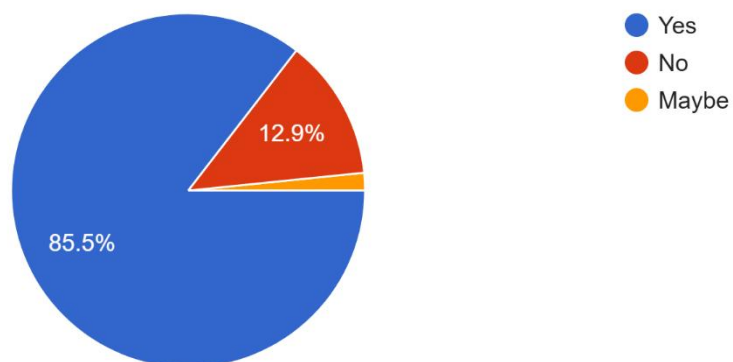
Rate the management of time during yoga session on a scale 1-5

63 responses



will you cultivate the Habit of doing yoga on daily basis

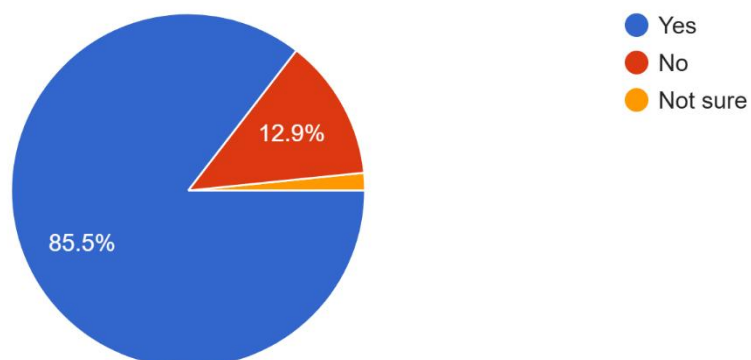
62 responses



Sign:

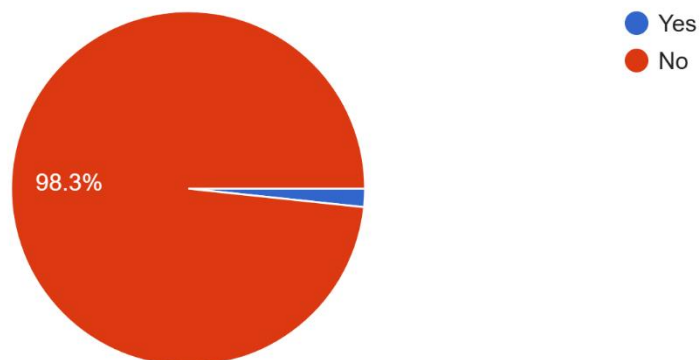
would you like to attend such yoga sessions in future

62 responses



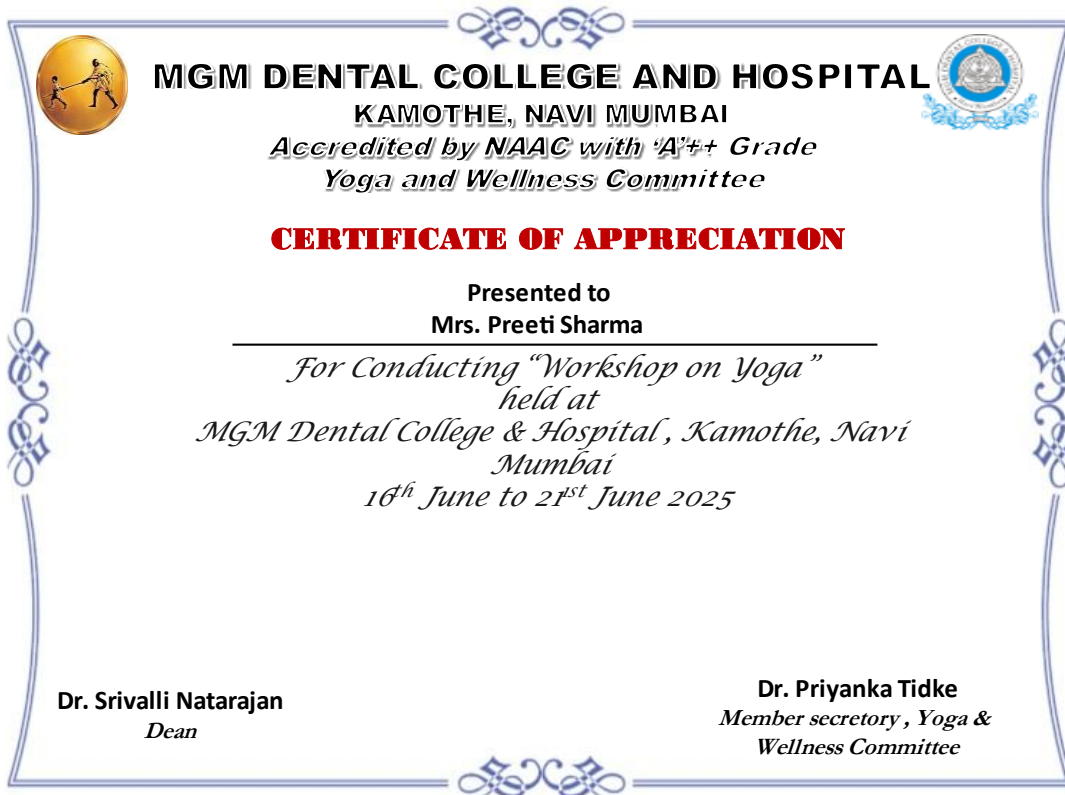
any suggestions

60 responses



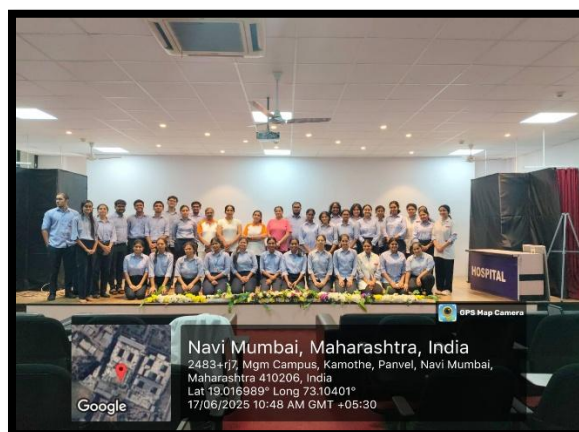
Sign:

Certificate of Appreciation:



Sign:

Geotagged Photos:



Sign:



Sign: