



MANSAROVAR DENTAL COLLEGE

Mansarovar Campus, Rani Avanti Bai Marg, Village- Hinotia Aalam,

Ward No. 84, Kolar Road, Bhopal (M.P) 462042

Tel: +91-9111777225, 761158888. Website: www.mansarovardentalcollege.com

PROGRAMME REPORT

Name of event	YOGA AND WELLNESS
Date of event	2017-2018
Participants	118
Resource person	Mr Rahul Pandey
Aim and objective of visit	Yoga is a holistic and integral science of life dealing with physical, mental, emotional and spiritual health of an individual and society. Now, Yoga is being practiced as an alternative healthcare practice. Mansarovar Dental College conducted a program on YOGA AND WELLNESS
Report	Yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. Mansarovar Dental College conducted a program on 21/06/2017 YOGA AND WELLNESS. The yoga teacher of the session was mr Rahul pandey. There were 118 participants present in the programme.



Handwritten signature
Dr. B. Gurudatt Nayak
Principal
Mansarovar Dental College
BHOPAL



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PROGRAMME REPORT

Name of event	YOGA AND WELLNESS
Date of event	2018-2019
Participants	105
Resource person	Mr Rahul Pandey
Aim and objective of visit	Yoga is a holistic and integral science of life dealing with physical, mental, emotional and spiritual health of an individual and society. Now, Yoga is being practiced as an alternative healthcare practice. Mansarovar Dental College conducted a program on YOGA AND WELLNESS
Report	Yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. Mansarovar Dental College conducted a program on 21/06/2018 YOGA AND WELLNESS. The yoga teacher of the session was mr Rahul pandey. There were 105 participants present in the programme.




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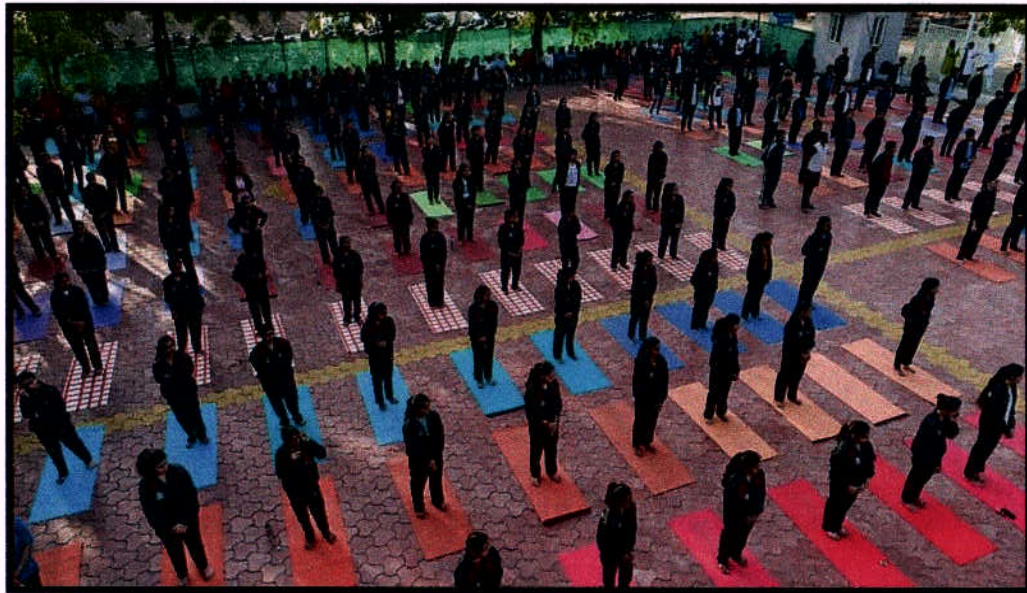
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PROGRAMME REPORT

Name of event	YOGA AND WELLNESS
Date of event	2019-2020
Participants	132
Resource person	Mr Manoj Kumar Sharma
Aim and objective of visit	Yoga is a holistic and integral science of life dealing with physical, mental, emotional and spiritual health of an individual and society. Now, Yoga is being practiced as an alternative healthcare practice. Mansarovar Dental College conducted a program on YOGA AND WELLNESS
Report	Yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. Mansarovar Dental College conducted a program on 21/06/2019 YOGA AND WELLNESS. The yoga teacher of the session was Mr Manoj Kumar Sharma . There were 132 participants present in the programme.



Bow
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PROGRAMME REPORT

Name of event	YOGA AND WELLNESS
Date of event	2021-2022
Participants	140
Resource person	Mr Manoj Kumar Sharma
Aim and objective of visit	Yoga is a holistic and integral science of life dealing with physical, mental, emotional and spiritual health of an individual and society. Now, Yoga is being practiced as an alternative healthcare practice. Mansarovar Dental College conducted a program on YOGA AND WELLNESS
Report	Yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. Mansarovar Dental College conducted a program on 21/06/2021 YOGA AND WELLNESS. The yoga teacher of the session was Mr Manoj Kumar Sharma . There were 140 participants present in the programme.



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