

VIRTUAL INTERNATIONAL YOGA DAY 2020 REPORT

The Interns Monitoring Committee and Wellness Centre of VSPM Dental College & Research Centre, Nagpur has celebrated **Virtual International Yoga Day** (Theme: **Yoga at Home : Yoga with Family**) in collaboration with NKP SIMS, VSPM College of Physiotherapy & VSPM College of Nursing from 19th June to 21st June 2020. All Teaching, Non- teaching staff, PG Students, UG Students & Interns were invited to celebrate “International Yoga Day” on 21st June 2020 on virtual platform due to COVID-19 pandemic situation. There was overwhelming response by more than 573 faculty members, P.G. Students, UG Students and Interns of all four Institutes of VSPMAHE in all the events.

Inter-collegiate E-Poster (Theme: Importance of YOGA in COVID -19 Pandemic), E-slogan (theme: YOGA: Healthy Mind, Healthy Body), Video making (Theme: YOGA for My Healthy Life) competitions were held on this occasion.

Intercollegiate Online Quiz with Theme: “Youth & YOGA” for Interns through Google Form on 19th June 2020 at 11:00 a.m. onwards on “Awareness about Ancient Yoga - history & details of Yogasan, Pranayam, Sadhana in Contemporary situation”, was conducted by Dr. Jaishree Chahande. All the interns expressed their enthusiasm and enjoyed this different and innovative quiz.

Webinar on 20th June 2020 at 10:30 a.m. on “Yoga for Eternal Health: Battle against COVID-19” by Dr. Abhijeet Deshmukh, Associate Professor, Department of Neuro-Physiotherapy, VSPM’s College of Physiotherapy was organized and conducted by Dr, Jaishree Chahande on Google meet. Dr. Usha Radke, Dean, VSPMDCRC delivered a welcome speech and encouraged all the participants to include yoga in daily life as a mandatory practice by sharing her own experience about the benefits of Yoga in her own life. Then Dr Abhijeet Deshmukh enlightened all about the importance of Yoga in current the situation for all the age groups and demonstrates modified yoga techniques like chair yoga, wall yoga, aqua yoga etc.

Dr. Maneesha Deshpande, Principal of VSPM’s College of Physiotherapy, Dr. Asha Shimgekar, Principal of VSPM’s College of Nursing has also attended the Webinar. More than 150 faculties of all four Institutes registered for the webinar. Dr. Jaishree Chahande delivered Vote of Thanks to all the Heads of the Institutes, Judges, HOD’s, senior faculties, all the attendees and participants.

Dr. Usha Radke, Dean, VSPM DCRC, Dr. Maneesha Deshpande, Principal, VSPM's College of Physiotherapy, Dr. Manish Sawane, HOD, Department of Physiology and Dr. Anagha Kherkar, HOD, Department of Child Nursing were Judges of various competitions. Dr. Bhavana Bhirud (NKPSIMS), Dr. Jaishree Chahande (VSPMDCRC), Dr. Abhijeet Deshmukh (VSPM's College of Physiotherapy), Mrs. Bincy K.P. (VSPM's College of Nursing) and Mr. Chetan Deshmukh (A.O. Dental) were coordinators for the programme.

As per the guidelines given by AYUSH Ministry due to pandemic situation, all the staff members performed "*Yoga at Home: Yoga with Family*" on Sunday on 21st June 2020 and practiced Yoga taught by Dr. Abhijeet Deshmukh.

All the winners were felicitated with E-certificates and result was displayed on the college website. Deans of all the institutes of VSPMAHE enthusiastically supported all the events. The program was organized by the Chairperson of Interns Monitoring Committee of VSPM DCRC, Dr. Surekha Rathod and Wellness Centre in-charge Dr. Jaishree Chahande, and it was a grand success.