



MGM SCHOOL OF BIOMEDICAL SCIENCES, NAVI MUMBAI
(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES)

(Deemed University u/s 3 of UGC Act 1956)

Grade “A” Accredited by NAAC

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Yoga is not only about doing just a few Asana, but it is about how aware you are about yourself, your body movements, mind and body-mind connection. Through that connection, you can learn a lot and there is tranquility or mindfulness. Proper mind control is true yoga.

With this concept of spreading the thought of mindfulness, MGM School of Biomedical Sciences, Kamothe, Navi Mumbai celebrated International Yoga Day on 04.04.2018 by conducting Yoga and Meditation session from 2:30 pm to 4:30 pm for the Faculty and students. Session was initiated by a welcome speech by Mrs. Renuka Bhosle followed by welcoming the guests for the session- Mr. Vijay (HEARTFULNESS Yoga trainer) and Mrs. Gitanjali Saini (HEARTFULNESS Meditation trainer).

Mr. Vijay gave an effective introduction for importance of Yoga and Dhyan .An impressive demonstration of Asana was demonstrated and practiced by students and faculty members along with the Director under direct guidance of Mr.Vijay. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students. In the present day when students face stress, tension, fear, etc. simple Asana can help dispel these.

Students were taught various Asana such as Padahastasana, Kati Chakrasana, Vrikshasana, Shashakasana, Ushtrasana, Ardchakrasana, Vajrasana, Wakrasana, Makarasana, Pawanmuktasana, Swasasana Nadi Shodhan, Kapal Bhati and Bhramari, Anulom Vilom and Shitali Pranayam. Mr.Vijay also motivated the students to make Yoga an important part of their daily routine to stay fit and healthy.

Next session was conducted by Mrs. Gitanjali Saini (HEARTFULNESS Meditation trainer).She said that most people don't realize the practice of Yoga. Yoga includes holistic set of practice for overall self-development of body, mind and soul. In the light of the modern day, Yogic practice of Heartfulness shows us how to integrate inner spiritual practice in the world and refining our personality. Heartfulness is a science of Raj-Yoga whose purpose is to observe internal state of inner self. The guests also explained remedies for personal health problems to the participants with lot of patience.

Session ended with a meditation session for 30 minutes.

21st June 2018: YOGA by the Bay, Marine Drive 2018

YOGA by the Bay, Marine Drive, Mumbai and HEARTFULNESS Institute along with The Times of India conducted YOGA and Meditation event organized by Shaina NC's NGO I Love Mumbai, holistic health guru Mickey Mehta for thousands of Mumbaikars eager to try their hand at different asanas. The Chief Guest of this event was **Shri Prakash Javadekar, Hon. Union Minister HRD** who actively became a participant for this event.

MGM School of Biomedical Sciences, Kamothe is in collaboration with HEARTFULNESS Institute from past 04 years and an active member of the same. The students and faculty of MGM School of Biomedical Sciences, Kamothe actively participated in this wellness activity of YOGA by the Bay.

The Event started at 6:00 am and ended at 7:45 am.

Thanking you,

I/C Director

MGM School of Biomedical Sciences

MGMIHS, Navi Mumbai



Yoga and Meditation session on International Yoga Day held on 04.04.2018

YOGA by the Bay, Marine Drive 2018 held on 21.06.2018

