

## SESSION 1 SUMMARY

Thursday - 21.06.2021

A special event celebrating **INTERNATIONAL YOGA DAY** was conducted by the Final year Regular Batch F in the presence of **Dr. Jagannatha GV sir** and **Dr. Nagaland sir** via E session through Zoom app.

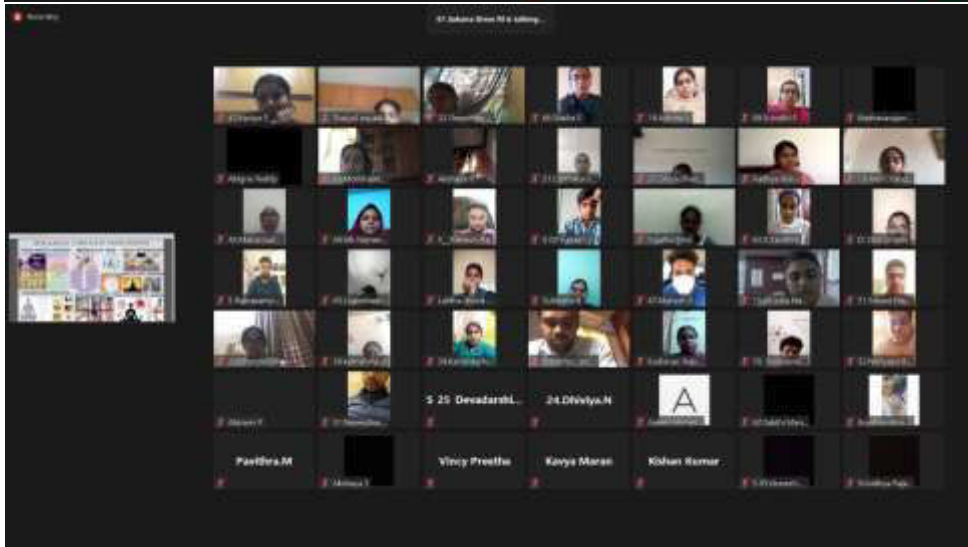
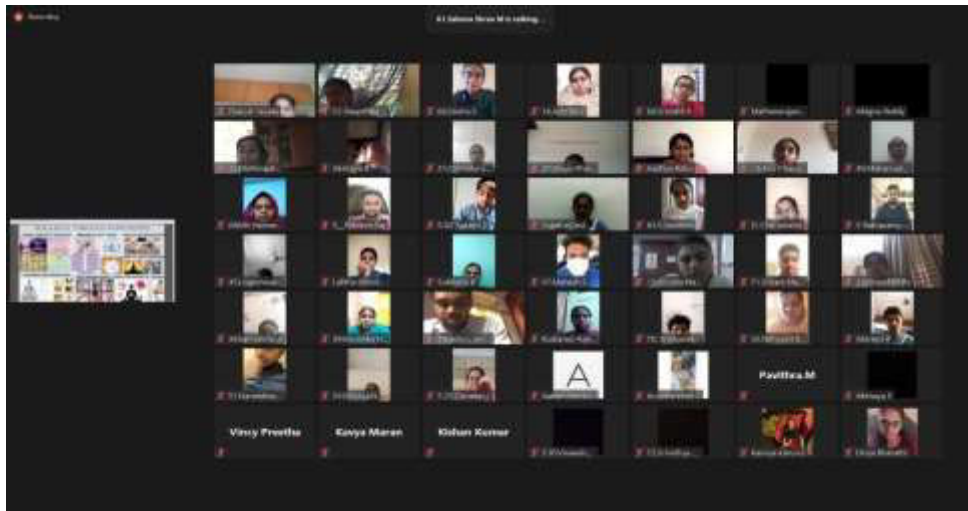
Student incharge : **G.Pavithra**

- \* The event started with Welcome address and brief introduction on **INTERNATIONAL YOGA DAY** day by **Priyadarshini.A**
- \* Hand drawn logo was presented by **Priyadarshini.G**
- \* Poster presentation on the topic **Yoga : Heal through movements** by **Sahana Shree.**
- \* Video on yoga demonstration by **M.Pavithra,G.Pavithra** and **S.Santhini.**

### Title slide



# PARTICIPANT VIDEO TILE





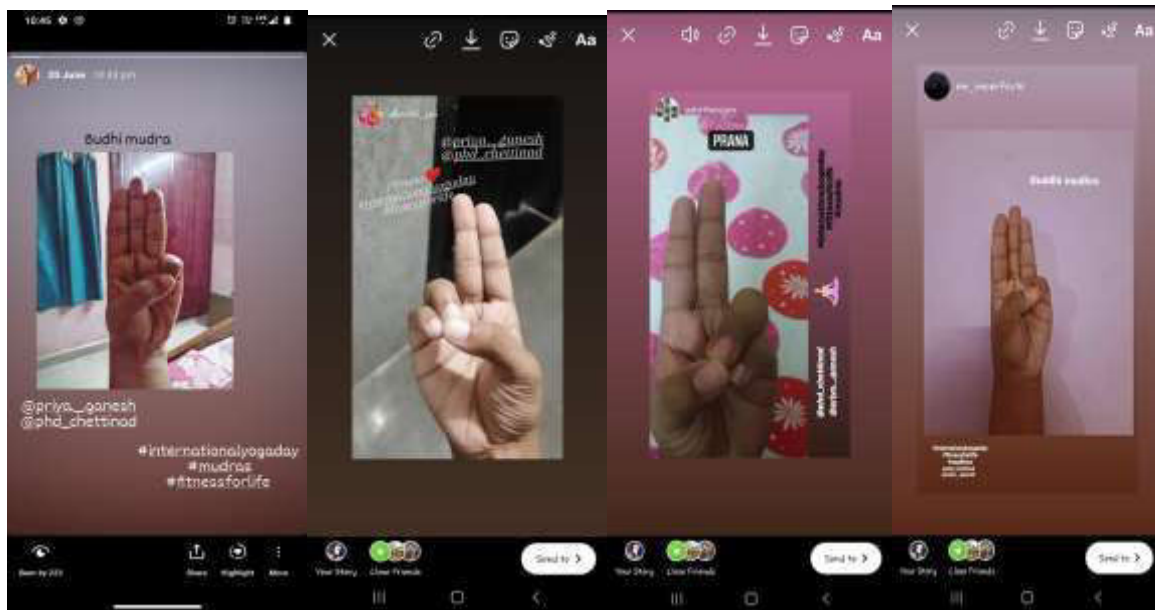
Session 2 - 3:40 -4:00PM

PARTICIPANTS NO.:100

### SESSION-2 SUMMARY

- \*Speech given by Dr.G.V.Jagannatha.
- \*Pranayama demonstration by G.Pavithra.
- \*Breathing yoga demonstration by M.Pavithra.
- \*Insta cover
- \*Pledge
- \*Conclusion and vote of thanks was given

### INSTA COVER





**Chettinad**

Dental College & Research Institute

### PRANAYAMA DEMONSTRATION



**Integrate and Encourage  
Yoga through Life**

7th International Yoga day

## PLEDGE

- I pledge to integrate Yoga in my life by practicing it regularly along with my family and encourage friends too to take up Yoga for a healthier lifestyle.



## PARTICIPANT LIST

The image displays four separate Zoom participant list windows, each showing a list of participants with their names, IDs, and status icons. The windows are titled 'Participants (99)', 'Participants (99)', 'Participants (100)', and 'Participants (100)'.

**Top Row Windows:**

- Participants (99):** Lists participants from ID 1 to 30, including names like Mathanarajan A., Mukilan S C., Ravithra M., and S. 02 Aakash V.
- Participants (99):** Lists participants from ID 1 to 30, including names like Logesh Ram, M.Lakshminya, and S. 02 Aakash V.
- Participants (100):** Lists participants from ID 01 to 47, including names like Dr. Jagannatha Gy, Gowtham PD, and S. 02 Aakash V.
- Participants (100):** Lists participants from ID 28 to 47, including names like 28 Gayathri T., 29 Gayathri S A, and 47 Mahesh S.

**Bottom Row Windows:**

- Participants (100):** Lists participants from ID 48 to 69, including names like 48 Sridharan P., 49 Sriyashankar N, and Aatef Ahmed A.
- Participants (99):** Lists participants from ID 60 to 29, including names like 60 Subhakarathu E (M), 61 Subana Shree M, and 29 Gayathri S A.
- Participants (100):** Lists participants from ID A to 69, including names like Aatef Ahmed A, Abhinav P, and 69 Sridharan P.
- Participants (100):** Lists participants from ID 46 to 69, including names like 46 Mahavishnu A, 47 Mahesh S, and 69 Sridharan P.

Each window includes a search bar at the top, a list of participants with their names and IDs, and 'Invite' and 'Unmute Me' buttons at the bottom.

## PARTICIPANT VIDEO TILE

