



Chettinad

Dental College & Research Institute

CHETTINAD DENTAL COLLEGE & RESEARCH INSTITUTE

PUBLIC HEALTH DENTISTRY DEPARTMENT

INTERNATIONAL YOGA DAY 21 JUNE 2015

YOGA DAY:

- Yoga is an ancient, physical, mental and spiritual practice that originated in India.
- The word 'yoga' derives from Sanskrit and means to join or to unite symbolizing the union of body and consciousness.





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- International Yoga Day was celebrated by the students and teachers at chettinad dental college and research institute with great enthusiasm.
- We participated in the international yoga day celebrated in our college by the department of public health dentistry on 22.06.2015 at the sigappi aachi conventional centre.
- Warm up exercises were taken and all the students performed sitting and standing Asanas, importance of these were explained simultaneously.
- The celebration concluded with synchronized recitation of shlokas and speech by our Principal. He encouraged students to practice regular yoga to remain fit and improve concentration.





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SESSION :1



SESSION :2

