

CHETTINAD DENTAL COLLEGE & RESEARCH INSTITUTE

DEPARTMENT OF PUBLIC HEALTH DENTISTRY

INTERNATIONAL YOGA DAY - 2018



- We the students of BDS celebrated international yoga day at chettinad dental college and research institute on 20.6.18.
- It was conducted by the department of public health dentistry, which was held at Sigapi Aachi convention centre.



BENEFITS OF YOGA:

- Yoga has been studied and may be recommended to promote relaxation, reduce stress and improve some medical conditions such as premenstrual syndrome.
- Yoga is considered to be a low-impact activity that can provide the same benefits as "any well-designed exercise program, increasing general health and stamina, reducing stress, and improving those conditions brought about by sedentary lifestyles".
- It is particularly promoted as a physical therapy routine, and as a regimen to strengthen and balance all parts of the body.

INTERNATIONAL YOGA DAY-2018

