

**CHETTINAD DENTAL COLLEGE & RESEARCH INSTITUTE**  
**PUBLIC HEALTH DENTISTRY**  
**DEPARTMENT**

**NATIONAL YOGA DAY CELEBRATIONS**

**20 JUNE 2019**

- We attended the special programme organized by Dr MGR Medical University about yoga and healthy lifestyle on 20.06.19

**STAFF INCHARGE:**

1. DR.NAGAPPAN
2. DR.NAGALAND



- On 20.06.2019, We E batch students attended a conference on INTERNATIONAL YOGA DAY in Dr. MGR University, Guindy.



- We attended a lecture given by the HOD of YOGA AND NATUROPATHY MEDICINE.
- He enlightened us by giving various tips regarding healthy diets and the foods we must avoid and he also mentioned about the importance of doing yoga and the importance of adequate physical exercise in our day to day lifestyle.
- He gave us the benefits of doing yoga in our daily practice.
- He oriented us through various spiritual practice of yoga which was performed earlier.
- He gave us such a wonderful dietary tips about the diet should be followed and ended his speech by saying the famous quotes that is,

**“A kings breakfast, Middle man’s meals ,Poor man’s breakfast”.**



- Various ASANAS were demonstrated and we also took part in it



- Followed by various yoga performance
- There were yogasanam performed to us by TN .Govt.Siddha And Ayurvedic college.



- We E BATCH thank Dr. Jagannatha for giving us the wonderful opportunity to attend the program
- It empowered the vision of doing Yoga and the benefits of practicing yoga
- We thank Dr. Nagaland and Dr. Nagappan for accompanying and guiding us throughout the program







