

INTERNATIONAL YOGA DAY -2022

THEME: YOGA FOR HUMANITY

DATE: 20.06.2022 to 21.06.2022

VENUE: DEPARTMENT OF PUBLIC HEALTH DENTISTRY,E BLOCK,
CHETTINAD GENERAL HOSPITAL ,POONJERI
GOVERNMENT ADW PRIMARY AND HIGH SCHOOL MELAKOTTYUR

Introduction:

The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in ancient India. The Indian Prime Minister Narendra Modi, in his UN address in 2014, had suggested the date of June 21, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

2022 Theme: Yoga for humanity

People around the world embraced yoga to stay healthy and rejuvenated and to fight social isolation and depression during the pandemic. Yoga is also playing a significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. It is particularly helpful in allaying their fears and anxiety.


In addition to the human suffering, the COVID-19 pandemic has also highlighted several key vulnerabilities of the economic and developmental models of countries around the world.


The essence of yoga is balance - not just balance within the body or that between the mind and the body, but also balance in the human relationship with the world. Yoga emphasizes the values of mindfulness, moderation, discipline and perseverance. When applied to communities and societies, Yoga offers a path for sustainable living.

Yoga can be an important instrument in the collective quest of humanity for promoting sustainable lifestyle in harmony with planet Earth. In keeping



with this spirit, the theme for this year's Yoga Day celebrations is "Yoga for Humanity."

 **Chettinad**
Dental College & Research Institute

 International Day of Yoga
21 June

**DEPARTMENT OF PUBLIC HEALTH
DENTISTRY**

CELEBRATES

“INTERNATIONAL DAY OF YOGA 2022”
(Theme – ‘*Yoga for Humanity*’)
at
CHETTINAD DENTAL COLLEGE AND RESEARCH INSTITUTE
Date: 21st June 2022

INTERNATIONAL YOGA DAY 2022 BANNER



Program Schedule Yoga day Celebration -20th June 2022

YOGA DEMONSTRATION AT E BLOCK DEPARTMENT OF PUBLIC HEALTH DENTISTRY .

- 1.VARIOUS YOGASANAS AND THEIR BENEFITS WERE EXPLAINED.
2. VARIOUS POSES OF YOGA was Demonstrated.
- 3.PRACTICE ON PRANAYAMA BREATHING EXERCISES WAS GIVEN.
- 4.HEALTH BENEFITS OF EACH ASANAS WAS EXPLAINED

INTERNATIONAL YOGA DAY CELEBRATION AT CHETTINAD GENERAL HOSPITAL POONJERI.

1. BENEFITS OF YOGA
2. ELEMENTS OF YOGA
3. FACIAL YOGA AND EXCERCISES

4. YOGA FOR STRESS

5. Do and don'ts About YOGA

6. POSES IN YOGA

ALL THESE THINGS WERE EXPLAINED TO RURAL
POPULATION.

Yoga Demonstration - Surya Namaskar was done by Chithaluru Pranathi (CRI) and yogasana was done by CRI students





Various Yogasanas was demonstrated and Performed



PRANAYAMA BREATHING EXERCISES DEMONSTRATED by
PAVITHRA G (CRI)



VARIOUS YOGASANAS AND THEIR BENEFITS WERE EXPLAINED



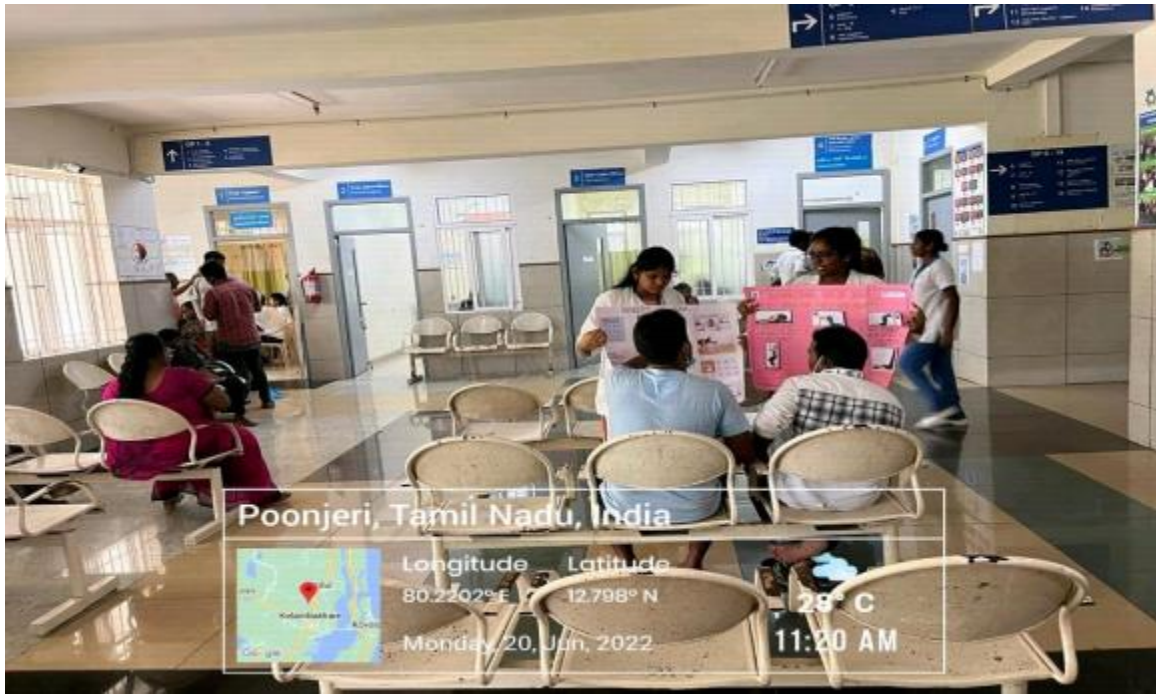


BENEFITS OF YOGA AND FACE YOGA EXERCISES WAS EXPLAINED





YOGA FOR STRESS AND ANXIETY WAS EXPLAINED



SURYA NAMASKAR STEPS AND ITS BENEFITS



YOGA FOR STRESS EXPLAINED



INTERNATIONAL YOGA DAY CELEBRATION 2022 - TEAM PUBLIC HEALTH DENTISTRY



**INTERNATIONAL YOGA DAY CELEBRATION 2022 - AT SPECIAL CAMP
GOVERNMENT ADW PRIMARY AND HIGH SCHOOL , MELAKOTTAIYUR -
21ST JUNE 2022**

PROGRAM SCHEDULE

1. Introduction speech by Dr. Cyril
2. Logo Designing and Presentation
3. Benefits of Yoga
4. Do's and Don'ts of Yoga
5. Yoga for Stress and Anxiety
6. Benefits of Prayanama
7. Benefits of Surya Namaskar
8. Elements of Yoga
9. Importance of Face Yoga and its Demonstration
10. Eye exercise Demonstration
11. Breathing Exercise Demonstration

ORAL SCREENING CAMP AT GOVERNMENT ADW
PRIMARY AND HIGH SCHOOL MELAKOTTAIYUR



DENTAL SCREENING DONE





Oral hygiene instructions



ORAL HYGIENE INSTRUCTIONS GIVEN





Kanchipuram, Tamil Nadu, India



Longitude 80.2168° E
Latitude 12.7974° N
Tuesday, 21, Jun, 2022

31°C
11:13 AM



ORAL HYGIENE INSTRUCTIONS GIVEN





ORAL HYGIENE INSTRUCTIONS GIVEN





PRANAYAMA BREATHING EXERCISE WAS DEMONSTRATED

BENEFITS OF YOGA EXPLAINED



FACE YOGA EXERCISE DEMONSTRATED



DO'S AND DONT'S OF YOGA EXPLAINED



BENEFITS OF PRANAYAMA EXPLAINED



ELEMENTS OF YOGA EXPLAINED



YOGA FOR STRESS AND ANXIETY EXPLAINED



SURYA NAMASHKAR STEPS AND BENEFITS EXPLAINED



LETTER OF APPRECIATION



The events commemorating INTERNATIONAL YOGA DAY 2022 spanned for 2 days and ended with the Dental screening camp on 21ST JUNE 2022. The importance of YOGA as an integral part of general health has been aptly imposed upon by the team Public Health Dentistry, headed by Prof.Dr.Jagannatha.G.V and our other supportive staff members. All the Interns and students participated in the event learnt and experienced participative learning as one of the many cornerstones of honing the subject of Public Health. The importance of regular YOGA practices throughout the year and not only on special occasions of importance were capably stressed by the organizing team to the general public and the event participants.



Team Public Health Dentistry, Chettinad Dental College and Research Institute