



SRI VENKATESWARA DENTAL COLLEGE & HOSPITAL



(A unit of VELS Group, Pallavaram)

Approved by Government of Tamilnadu (Lr. No. TN35013/MCA-2/2003; dt.7.9.2006) Approved by Dental Council of India, New Delhi
Approved by Government of India Vide. F. No. V.12017/3/2003-DE, dt. 14.07.2007 & dt.08.11.2011. Ministry of Health & Family Welfare
Affiliated to the Tamil Nadu Dr.MGR Medical University

NAAC ACCREDITED

Off OMR, Near Navalur, Thalambur, Chennai - 600 130

Phone.:7449000052 / 53 / 54 Fax : 044 -2743 5770 E-mail : info@svdentalcollege.com www.svdentalcollege.com

YOGA AND WELLNESS PROGRAM

ACTIVITIES REPORT

SUMMARY:

It has been a known fact that yoga for a few minutes every day can have a positive impact on mental and physical health by reducing the stress levels, depression and anxiety. In view of this sri venkateshwara dental college and hospitals planned to have a yoga session for every Week Friday from 2017. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students and teachers conducted by **HEARTFULNESS EDUCATIONAL TRUST** and staff incharge by **Dr. senthil kumar**.



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A. J. Jeyaraj

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