



# **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

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## **ACTIVITY REPORT FOR YOGA AND WELLNESS PROGRAM 2017-2022**



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## 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 2017-2022**. 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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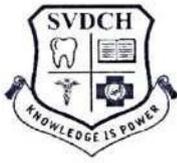


Yoga and Wellness  
Program guided by  
Heartfulness Education  
Trust in 2017

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*A. J. Hudson*

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2022

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# **BROCHURE AND CIRCULAR FOR YOGA AND WELLNESS PROGRAMME**

**2017-2022**



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**Date:11/07/17**

## CIRCULAR 2017-2018

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## SCHEDULE FOR YOGA AND WELLNESS

### 2017 - 2018



AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY
04	*	06	03	01	05
11	09	13	10	08	12
18	16	20	17	15	19
*	26	27	24	22	*
				29	

FEBUARY	MARCH	APRIL	MAY	JUNE	JULY
02	02	07	04	01	06
09	09	*	11	08	13
16	16	21	18	*	20
23	23	28	25	22	27
				29	

 **Every Week FRIDAY\***

 **Time : 4.00 - 4.30 pm**



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**Date:05/07/2018**

## CIRCULAR

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## SCHEDULE FOR YOGA AND WELLNESS

### 2018 - 2019



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03	07	05	02	07	04
10	14	12	09	14	11
17	21	*	16	21	18
24	28	26	23	28	25
31			30		

FEBUARY	MARCH	APRIL	MAY	JUNE	JULY
01	01	05	03	07	05
08	08	12	10	14	12
15	15	*	17	21	19
22	22	26	24	28	26
	29		31		

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**Date:22/07/19**

## **CIRCULAR**

### **2019-2020**

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## SCHEDULE FOR YOGA AND WELLNESS

### 2019 - 2020



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02	06	04	01	06	03
09	13	11	08	13	10
16	20	18	15	20	*
*	27	27	22	27	24
30			29		31

FEBUARY	MARCH	APRIL	MAY	JUNE	JULY
07	06	03	*	05	03
19	13	*	08	12	10
21	20	17	15	19	17
28	27	24	22	26	24
			29		31

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**Date:23/11/20**

## **CIRCULAR**

### **2020-2021**

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## SCHEDULE FOR YOGA AND WELLNESS

### 2020 - 2021



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07	04	*	06	04	*
14	11	09	13	11	08
21	18	16	20	18	*
28	25	23	27	*	22
		30			29

FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY
05	05	*	07	04	02
12	12	09	*	11	09
19	19	16	21	18	16
26	26	23	28	25	23
		30			30



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**Date:02/07/21**

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