

WORLD HEALTH DAY

7th April, 2023

Department of Public Health Dentistry celebrated World Health Day by conducting a “Yoga session”, in the campus for college students and faculties, on 7th April 2023.

Yoga plays an important role in promoting holistic health and well-being. Yoga offers a powerful combination of physical postures, breath work & meditation that helps to reduce stress, build strength and flexibility, and cultivate inner peace. A trained, Avid Yoga and Kalaripayattu practitioner, Mr Anuj Sharma, took the session and also explained about the potential of Yoga in transforming the lives. To educate the gathering about the diverse aspects of health, a riveting lecture was also taken by our principal, Dr. C M Marya. The event was made successful effortlessly with great enthusiasm.





