

Event report

Date: 05-03-2025

Time: 10:00 AM to 11:00 AM

Topic: YOGA AND MEDITATION PRACTICES FOR MENTAL WELLNESS.

Target group/audience: All the girl students of I BDS

Number of participants: 70

Our curriculum includes the physical, social, and environmental elements that influence health in individuals and society. On March 5th, 2025, the women's empowerment cell of St. Joseph Dental College organized a special event to celebrate International Yoga Day. The event aimed to promote the practice of yoga among students and faculty to enhance overall health and well-being.

The event commenced at 10 a.m. in the college auditorium with 70 enthusiastic participants. The resource person for the event was Dr.G.Srilatha, an Associate professor of the EEE department, Sir. C.R.R. College of Engineering, who is also a renowned yoga teacher. The guest speaker highlighted the health benefits of practicing yoga and motivated all the participants to practice Yoga and meditation as a regular routine. Also, students were made to do yoga asanas (Surya Namaskar) for enlightenment of their mental health. The attendees appreciated and gave a positive feedback at the end of the session. Dr. P.D.L. Haneesha thanked and felicitated Dr. Srilatha as a gesture of respect and gratitude for sharing her expertise with the attendees. The program was concluded with a vote of thanks by Dr.S.Rojy.