



Report On
INTERNATIONAL YOGA DAY

21ST JUNE 2021

Organized by

Department of Public Health Dentistry
Bapuji Dental College and Hospital, Davangere

“#Be with Yoga Be At Home”



COLLABORATIONS

RAJIV GANDHI UNIVERSITY OF HEALTH
SCIENCES



BDCH-PHD ALUMNI
ASSOCIATION



BACE



BEAUIDEAL



INDIAN DENTAL ASSOCIATION
DAVANGERE BRANCH



INDIAN YOUTH RED CROSS SOCIETY



PROGRAMME DETAILS

A Webinar Organised By

Department of Public Health Dentistry
Bapuji Dental College and Hospital, Davangere

Date: 21st June 2021, Time: 8.30 -9.30 am

Topic: “Yoga for Healthy Living”

GUEST SPEAKER: Dr Rohit A

MD in Community Medicine

Assistant Professor at JJM Medical College

Davangere

Volunteer for Art of Living and other NGOs

Health Care Research Consultant at

Vishwayush Health Care Private Limited



Registration link:

<https://forms.gle/AzNBpku2HhtAcNWf7>

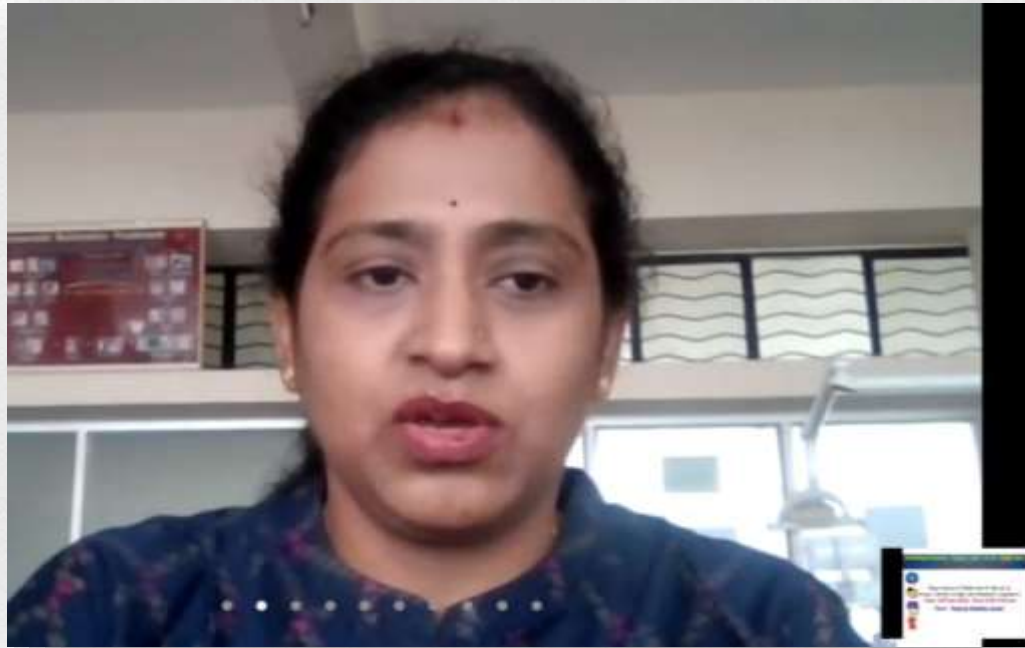
Zoom Meeting ID:

830 7357 1272

Passcode: BDCH



PHOTOS OF THE PROGRAMME



Welcome address by Dr.Sapna.B

Professor and Head, Public Health Dentistry

BDCH, Davangere



Moderated by Dr.Puja C Yavagal

Professor, Public Health Dentistry

BDCH, Davangere

Dr.Rohit A, Guest speaker, Talking about Yoga for Healthy Living

Benefits

- Yoga improves strength, balance and flexibility. ...
- Yoga helps with back pain relief. ...
- Yoga can ease arthritis symptoms. ...
- Yoga benefits heart health. ...
- Yoga relaxes you, to help you sleep better. ...
- Yoga can mean more energy and brighter moods. ...
- Yoga helps you manage stress.



Dr Rohit A's screen



Dr Rohit A



Dr. Rohit A, Guest speaker, Talking about Yoga for Dental Professionals

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Benefits Of Yoga For Dental Professionals

Dr. Nooraja Turagam, Dr. Durga Prasad Mudrakola, Dr. Jeevan Matada Basavarajiah, Dr. Mandava Deepthi, Dr. Ravi Shankar Babu Yelamanchi

Abstract: Dental profession is very demanding in terms of ergonomics and imprecisions required while performing any procedure or operation. Due to inconvenient sitting postures attributable to limited working area and even more restricted access inside the oral cavity, dentists tend to exhibit the characteristic postures that lead to the long-term neck pain. The dental professionals should be aware of the importance of yoga in their profession.

CHAIR SIDE YOGA STRETCHES	HOME YOGA STRETCHES
Neck stretches - Right and left side neck stretches Extension and forward flexion	Bhujangasan or cobra pose
Chest expansion arm stretch	Padmasana or lotus pose
Wrist bending	Trikonasana or Triangle pose
Seated alternate arm raise	Sirshasana or head stand pose
	Vairasana or Diamond pose

Dr Rohit A's screen



Dr Rohit A



Dr.Rohit A, Guest speaker, Talking about benefits of different yogasanas




Dr Rohit A's screen






Dr Rohit A

Dr.Rohit A, Guest speaker, Appreciating the Participants

INTERNATIONAL YOGA DAY-21ST JUNE 2021
"Be with Yoga Be At Home"



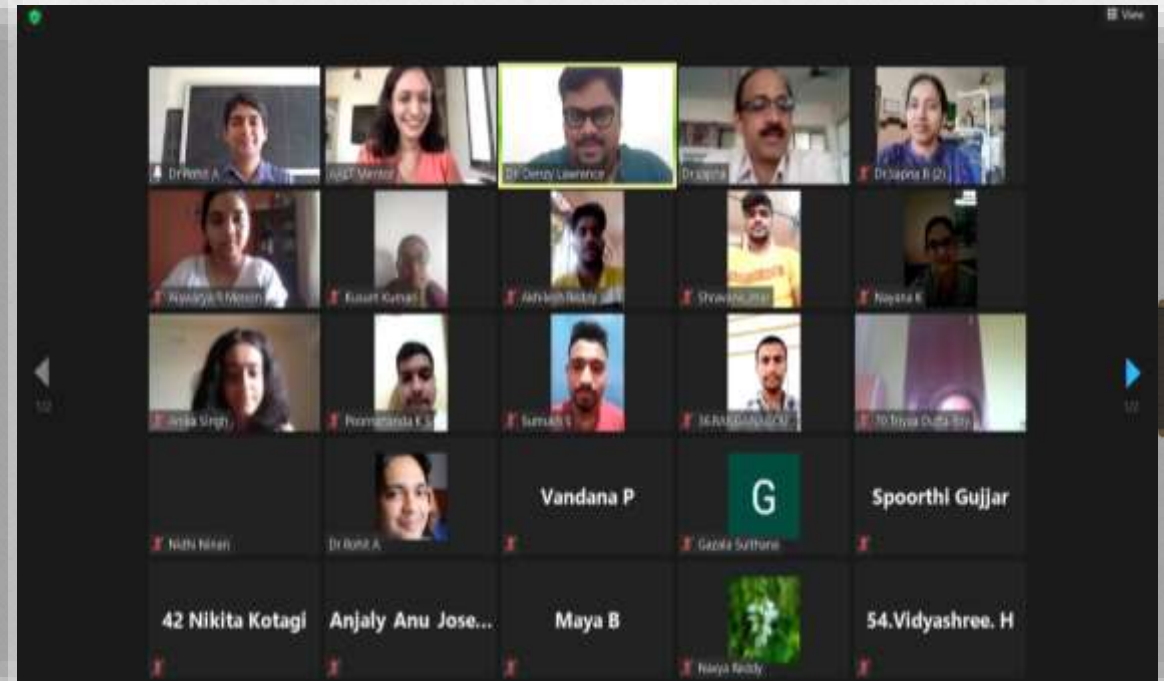
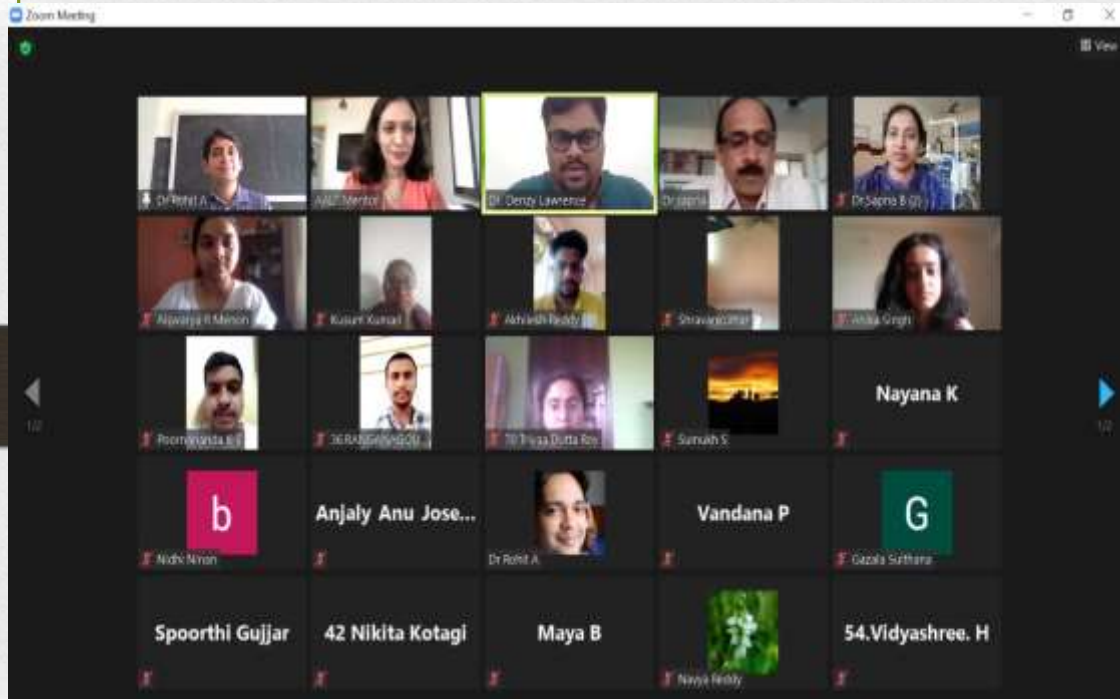
Department of Public Health Dentistry
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Thank you 😊



PARTICIPANTS OF THE PROGRAMME



PHOTOS OF THE PROGRAMME



Vote of thanks by Dr.Veeresh DJ
Professor , Public Health Dentistry
BDCH, Davangere



Concluding note by Dr.Denzy Lawrence
Senior Lecturer, Public Health Dentistry
BDCH, Davangere

Certificate of Appreciation to Guest Speaker

Zoom Meeting You are viewing Dr.sapna's screen View Options

Photos - Dr.Rohit.jpg

See all photos + Add to: Edit & Create Share

BAPUJI DENTAL COLLEGE AND HOSPITAL
DAVANAGERE
ACCREDITED BY NAAC WITH 'A' GRADE ISO 9001:2008 CERTIFIED INSTITUTION

DEPARTMENT OF PUBLIC HEALTH DENTISTRY
INTERNATIONAL YOGA DAY-JUNE 21ST 2021
CERTIFICATE OF APPRECIATION
presented to
DR.ROHIT A
for delivering a guest lecture on the topic: "Yoga for Healthy Living" on
account of International Yoga Day-2021

DR.SAPNA.B
PROFESSOR AND HEAD

DR.K SADASHIVA SHETTY
DIRECTOR

"#Be with Yoga Be At Home"

Dr. Rohit A AALT Mentor Dr. Denzy Lawre...

Dr. sapna Dr. Sapna B. (2) Kusum Kumari

Nayana K Dr. Rohit A Vandana P

Anika Singh Aiswarya R Me... Gazala Sultha...

Spoorthi Gujjar 42 Nikita Kotagi Nidhi Ninan

ACKNOWLEDGEMENT

