



# Sri Aurobindo College Of Dentistry

[NAAC Accredited]

## Department Of Public Health And Dentistry

### International Yoga Meet - 21st June, 21

On the Occasion of International Yoga Day on 21st June 2021, Organizing Committee of Department of Public Health Dentistry, Sri Aurobindo Institute of Dentistry hosted an "International Yoga Meet" which focused on adding Yoga practice in our day to day life in which UG, PG and Faculties of Sri Aurobindo College of Dentistry participated online and the Yoga Instructors, Dr. Binti Rani Chand and Dr. Aanchal Sharma with the help of few volunteers instructed it on a Microsoft meeting keeping all the covid guidelines in focus.

The event turned out to be a success in imparting guiding and enlightening everyone about the importance of physical fitness in our lives.

