

YOGA DAY
21-06-2021

List of participants
Feedback

TAGORE DENTAL COLLEGE & HOSPITAL

PROGRAMME CATEGORY	VALUE ADDED PROGRAM
NAME OF THE PROGRAMME	INTERNATIONAL YOGA DAY
DATE	21/06/2021
DAY	MONDAY
VENUE	TAGORE DENTAL COLLEGE
ORGANISERS	SPORTS AND FITNESS CLUB OF TDCH
NUMBER OF PARTICIPANTS	80
RESOURCE PERSON	MR. THANIGAIKUMARAN

J. Venk

Dr. C.J.VENKATA KRISHNAN, M.D.S., Ph.D.,
PRINCIPAL
TAGORE DENTAL COLLEGE & HOSPITAL
Rathinamangalam, Vandalur Post,
Mambhallayur, Chennai - 600 127.



Tagore Dental College & Hospital

Fitness Club cordially invites you for the workshop on

**'Exploring and connecting to one's inner self
with deeper awareness of intelligent movement
as a meditative art'**

In the view of celebrating

International Yoga Day on 21st June 2021



Yoga Instructor

Mr. Thanigaikumar K

Recipient of the

YOGA BISHMACHARIYA AWARD



Scan the QR code
to attend the
workshop virtually



Time: 9:00 am to 10:00 am

Virtual Link: <http://bit.ly/yogaworkshop2021>

Venue: TDCH auditorium with social distancing norms

Interested staff members are requested to kindly register and
come prepared with suitable attire and yoga mat.



TAGORE DENTAL COLLEGE & HOSPITAL

Rathinamangalam, Melakkottaiyur Post, Chennai -600 127, Ph: 30102222

Recognized by The Dental Council of India, New Delhi

Affiliated to the Tamilnadu Dr. M.G.R. Medical University, Chennai.

SPORTS COMMITTEE

Email: sports@tagoredch.in

TDC&H/SPC/2021/02

DATE: 17.06.2021

CIRCULAR

INTERNATIONAL YOGA DAY


The FITNESS CLUB of TAGORE DENTAL COLLEGE & HOSPITAL cordially invites all the staffs and Intern students for a workshop on "*Exploring and connecting to one's inner self with a deeper awareness of intelligent movement as a meditative art*" as a part of the International Yoga Day Celebration on the 21st of June,2021. We are happy to have **Mr.K Thanigaikumar**, recipient of the **YOGA BHISMACHARIYA AWARD** accept our invite.

Virtual Link : <https://meet.google.com/fbn-ommf-nit> (2nd year google classroom)

Physical: TDCH auditorium with social distancing norms, staffs interested kindly

Register and come prepared with suitable attire and yoga mat.

Time: 9:00 am to 10:00 am (1 hour)


SPORTS SECRETARY


PRINCIPAL 18/06/21

Dr. Sunil Chandy Varghese
Member Secretary

Mr. Raghunath
PT Staff

Dr. Sri Ganesh
Member

Dr. Praveen
Member

Dr. Sarath Sarathy
Member

Dr. Charanya
Member

Dr. Shanthini Priya
Member

TAGORE DENTAL COLLEGE AND HOSPITAL
Near Vandalur, Melakkottaiyur Post, Rathinamangalam, Tamil Nadu 600 127



Certificate of appreciation



This certificate is presented to

MR THANIGAIKUMAR K

For sharing his knowledge as a speaker during

"INTERNATIONAL YOGA DAY" *which took place*

on 21.06.2021



SPORTS SECRETARY

PRINCIPAL

Report

The fitness club of Tagore dental college had organised a live workshop on “ Exploring and connecting to ones inner self – art of Yoga” in account with the **International Yoga Day** on the 21st June 2021 at Dr. AJ Abdul Kalam Auditorium, Tagore dental college & Hospital from 9:00 am to 10:00 am .

Maintaining all social distancing norms, the participants were restricted to 17 Staff members physically and rest of the students and staffs participated through a virtual link online.

The Principal Dr. C J Venketakrishnan had addressed the gathering , the sports secretary and fitness club incharge , Dr.Sunil Chandy had introduced the guest Mr. Thanigaikumaran recipient of YOGA BISHACHARIYA AWARD. Dr. S Balagopal Vice principal Academics gave the vote of thanks.

The meeting witnessed active participation of over 80 members and all the participants who actively participated in the workshop personally felt this programme would help them in the longer run and were willing to participate if such programmes were conducted often.

