5.3.3 Average number of sports and cultural activities/competitions organized by the Institution during the last five years

PRIYADARSHINI
DENTAL COLLEGE AND HOSPITAL

(Approved by Dental Council of India, New Delhi & Affiliated to The Tamilnadu Dr. M.G.R Medical University, Chennai - 32.)

Fit Right club

PDCH Fit Right club celebrated the International Yoga Day under the theme "Yoga for Vasudhaiv Kutumbakam" (Yoga for 'The World is One Family') at Priyadarshini Dental College and Hospital on 21st June 2023.

The program was attended by Dr. B. SivapathaSundharam, Principal, Dr. R. Veera Kumar, Vice principal, Dr. M.R.C Rajeswari, Dr. R. Ganesh Rajendran, Dr. T. Sridhar, Dr. Abby Abraham, Dr. Gomathi GD, Dr. Vijayalakshmi, CRIs and First BDS students.

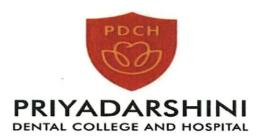Mr. D. Rajesh was the Yoga trainer for the program.

The program started with Tamizh Thai Vaazthu, welcome address followed by a brief introduction on origin of International yoga day. Dr. Gomathi.G.D, Fit Right Club coordinator introduced the yoga instructor. Dr. B.Sivapathasundharam felicitated the yoga instructor and addressed the gathering. Mr. Rajesh emphasized the importance of Yoga and demonstrated yoga protocol for a duration of one hour.

Dr. Vijayalakshmi, Sport club Secretary addressed the gathering and motivated the students to actively participate in sports and fitness programs. Dr. Ganesh briefed his experience in yoga practice and motivated the students to learn and practice yoga on daily basis. The program was concluded with a vote of thanks.
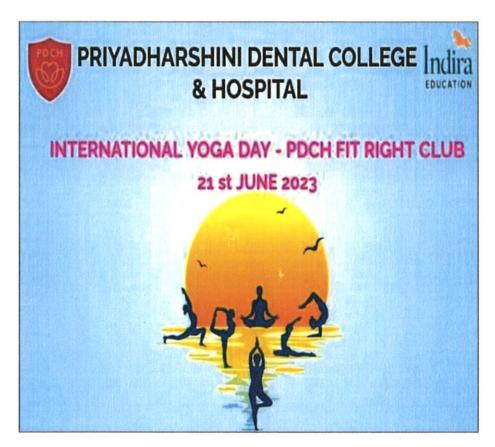
PRINCIPAL
PRIYADARSHINI DENTAL COLLEGE & HOSPITAL,
PANDUR - 631 203.
THIRUVALLUR TK & DIST. TAMIL NADU

PRIYADARSHINI
DENTAL COLLEGE AND HOSPITAL

(Approved by Dental Council of India, New Delhi & Affiliated to The Tamilnadu Dr. M.G.R Medical University, Chennai - 32.)

PRIYADHARSHINI DENTAL COLLEGE & HOSPITAL

Indira EDUCATION

INTERNATIONAL YOGA DAY - PDCH FIT RIGHT CLUB

21 st JUNE 2023

PRINCIPAL
PRIYADARSHINI DENTAL COLLEGE & HOSPITAL,
PANDUR - 631 203.
THIRUVALLUR TK & DIST. TAMIL NADU.