



SRI VENKATESHWARAA DENTAL COLLEGE

Ariyur, Pondicherry – 605 102.

Date: 05.03.2022

CHIEF PATRON

Mr.B.Ramachandran
CHAIRMAN, SVGI

CHIEF PATRON

Mrs.B.Vidya,
Chief Operating Officer, SVGI

PATRON

Prof.Dr.S.Senthilnathan., MDS
PRINCIPAL, SVDC

ADVISORY COMMITTEE

Chief Advisor
Dr.Sudhakar.R

Student Advisor
Dr.Yuvaraj

Cultural Advisor
Dr.Gayathri.H
Dr.Marie Asha Ambroise

Sport Advisor
Dr.Rajab Ali

Editorial Advisor
Dr.Abdul Khader

President : Vishnukumar. V
Vice President : Yogeshwaran. R
General Secretary : Sam Beniel. S
Joint Secretary : Rubini. M, Shruthi. S
Editorial Secretary : Abirami. A.R
Joint Editorial Secretary: Merlin Maria. A,
Thejaswini. R
Cultural Secretary : Shanmugapriyan. S
Joint Cultural Secretary : Anitha. B
Sports Secretary : Sangeetha. R
Joint Sports Secretary : Sabarish. S
Secretary (Hospitality) : Shanmugapriyan. K.R
Treasurer : Vishwath. V
Joint Treasurer : Thrisha. R

Standard Operating Procedure (SOP)

STUDENT COUNCIL 2022-23

YOGA AND WELLNESS CLUB

This is to inform that the following faculties & Interns are assigned under Yoga and wellness club

Staff coordinator - Dr.Yuvaraj

Dr.Ahila.E

Club secretary - Harivarthni. M

Club Members – Janani. R

Hemavadhani. N

Shifa. M

Ruthrapriya. A

Sevanthi. M

PRINCIPAL
SRI VENKATESHWARAA DENTAL COLLEGE
ARIYUR, PUDUCHERRY - 605 102.

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STUDENT COUNCIL 2022-23

YOGA AND WELLNESS CLUB

AIM:

To spread awareness about the importance of yoga among the students as well as the staff members. To conduct various yoga activities that develop their body and mind on conscious and sub-conscious levels.

OBJECTIVES:

- To enable the student to have good health.
- To Practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.
- To train the learners with the fundamental of Ashtanga yoga
- To educate the students about the importance and significance of yoga practices

ACTIVITIES OF YOGA AND WELLNESS CLUB:



- ❖ Motivates students to practice yoga and exercises every day
- ❖ Organizes various sessions that help the students to improve their physical and mental health
- ❖ Programs are organised to enhance the students mental wellness

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EVENTS:

- 7.4.22 - Promoting health on world health day [yoga]
- 21.6.22 - international yoga day celebration
- 2nd week of nov - cycling, pranayamas
- Dec - swachhta abhivan (karma yoga)
- 31.12.22- world peace meditation day celebration

DR. YUVARAJ - 
Dr. AHILA 



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