

**KRISHNADEVARAYA COLLEGE OF DENTAL SCIENCES & HOSPITAL
BANGALORE – 562157.**

Ref : KCDS/ 246 /2023 – 24

Date : 19.06.2023

CIRCULAR

The World 9th International Yoga Day will be celebrated on 21.06.2023 (Wednesday) at 9.30 am at Table Tennis Court in the sports complex adjacent to Badminton court of our college campus by the Department of Public Health Dentistry. The demonstration and workshop will be held by Dr.Rashmi, Reader, Department of Periodontia and Dr.Spandana, Intern.

All the interested staff, PG students and interns are hereby informed to participate in the Yoga event by following few instructions for the workshop :

- 1) To have a light breakfast preferably 2 hours before the workshop
- 2) Wear comfortable and stretchable attire (Tracks and T shirts)
- 3) Carry a Yoga mat, small spread or a large towel
- 4) Carry a small water bottle and a napkin.

Sd/-
(Dr.Ponnanna.A.A)
PRINCIPAL