



COLLEGE OF DENTAL SCIENCES



INTERNATIONAL YOGA DAY

“THEME: YOGA FOR HUMANITY”

Tuesday, 21st June 2022 @ 7AM

Yoga Session by Sri. **AJJAPPA J.S**, Yoga Chetana, Davangere



Demonstration of yoga by Sri. AJJAPPA J.S to staff and students of College of Dental Sciences



Yoga is essentially a practice for your soul, working through the medium of your body.



Yoga is not a work-out; it is a work-in. And this is the point of spiritual practice, to make us teachable, to open up our hearts, and focus our awareness so that we can know what we already know and be who we already are.



Every day is a great day for yoga.