



**SCIENTIFIC  
AND  
ACADEMIC  
FORUM**

...to captivate, motivate and inspire!

**INDIRA GANDHI INSTITUTE OF DENTAL SCIENCES  
SRI BALAJI VIDYAPEETH (Deemed to be University)  
Accredited by NAAC with A++ Grade**

**28/11/2022  
Puducherry**

**CIRCULAR**

SBV/IGIDS/SAF/2022

Scientific and academic forum, IGIDS is pleased to inform that a lecture on "SENSITIZATION ON THE SCIENCE OF BREATH" by DR S. Selvanathan, BDS, FGD (CMC), Managing Director & Chief Dental Surgeon, Swasthya Dentique, Puducherry & Chennai, has been organized on 01-12-2022 (Thursday). All the Interns, under graduates, Post graduates and interested Faculty are hereby invited for the same.

Venue: Maulana Abul Kalam Azad Hall, Babuji Central library.

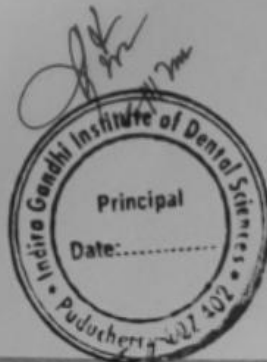
TIME: 2:00 PM to 4:00 PM

Thanking you

=> circulated to all departments & faculty to attend

MEMBER SECRETERY

**HEAD OF THE DEPARTMENT  
ORTHODONTICS & DENTOFACIAL ORTHOPAEDICS  
Indira Gandhi Institute of Dental Sciences  
Sri Balaji Vidyapeeth  
Puducherry - 607 403.**





# INDIRA GANDHI INSTITUTE OF DENTAL SCIENCES



SRI BALAJI VIDYAPEETH  
ACCREDITED BY NAAC WITH 'A++' GRADE  
(DEEMED TO BE) UNIVERSITY

SCIENTIFIC AND ACADEMIC FORUM , IGIDS.  
Cordially invites you to the guest lecture by



**Dr. S. Selvanathan**, BDS, FGD (CMC)

Managing Director & Chief Dental Surgeon  
Swasthya Dentique,  
Puducherry & Chennai.

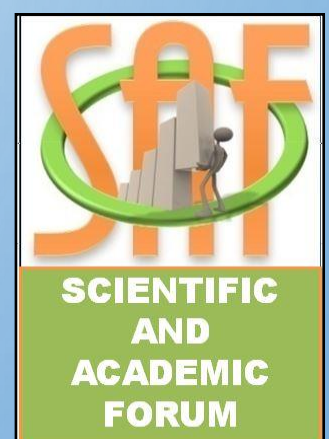
on

## “Sensitization on The Science of Breath”

VENUE : MAULANA ABUL KALAM AZAD HALL,  
GROUND FLOOR,  
BAPUJI CENTRAL LIBRARY.

Date : 01-12-2022

TIME : 2:00 - 4:00 PM





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## EVENT REPORT

### SAF GUEST LECTURE - "Sensitization on the Science of Breath"

#### Type of the Program

*Student Enrichment Program / Institutional*

Conducted by SAF, IGIDS

Date/ Time/ Venue: 1st Dec 2022/14:00 - 16:00/ Bapuji Central Library

Target Audience/ Stakeholders: CRRIs of IGIDS

Number of participants registered / attended: 39 participants attended

Program sponsors: SAF

Credit points/ hours: NA

#### Objectives of the Program

- The objective of the program was to expose the participants to the Importance of proper breathing
- The participants will be given a overview on how to deal with stress
- participants will be briefed on how the breathing can Influence the emotion of the Individual

#### Activities conducted in the Program

- Welcome address & Introduction of Speaker - Ms Vishma Sai, Intern, IGIDS, SBV
- Guest lecture by Dr. S. Selvanathan, BDS, FGD (CMC) Managing Director & Chief Dental Surgeon Swasthya Dentique, Puducherry & Chennai.



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## Detailed report of the program

The Scientific and Academic Forum, IGIDS, conducted a Student Enrichment Program on Yoga & Wellness on Wednesday, 1<sup>st</sup> Dec 2022, between 14:00 and 16 hrs. The resource person was by **Dr. S. Selvanathan, BDS, FGD (CMC)** Managing Director & Chief Dental Surgeon Swasthya Dentique, Puducherry & Chennai. The target audience were the CRRIs and Post graduate scholars of IGIDS who were to start their private practice.

The program started with playing of the IGIDS anthem following which Ms Vishma Sai, Intern, IGIDS, welcomed and addressed the gathering and introduced the speaker to the audience. The speaker delivered the lecture "**Sensitization on the Science of Breath**". The participants were briefed on the present-day stress levels encountered by all, the speaker presented the different ways by which the breathing pattern alters according to one's emotional status. He went on describing the ways by which the participants can control and even alter their emotion by proper breathing techniques.

The participants interacted with the speaker clarifying their views and thoughts about the lecture. Following the completion of the lecture the speaker was felicitated by **Dr Santha Devy**, Vice Principal, IGIDS, SBV with a certificate of appreciation. The program concluded with a high tea.

## Summary of the report

*(in minimum 150 words, in a prose format for web information, social media and press)*

The Scientific and Academic Forum, IGIDS, conducted a Student Enrichment Program on Thursday, 1<sup>st</sup> Dec 2022, between 14:00 and 16:00 hrs. The resource person was **Dr. S. Selvanathan, BDS, FGD(CMC)** Managing Director & Chief Dental Surgeon Swasthya Dentique, Puducherry & Chennai. The target audience were the CRRIs and Post graduate scholars and faculty of IGIDS. After speaker Introduction the lecture "**Sensitization on the Science of Breath**" was delivered. The speaker gave a glimpse on how the breathing pattern Influences one's emotions and vice versa. The talk was well received and interactive with the participants.

## Feedback analysis/ interpretation and future action plan for further improvement in Quality

The program received a mixed response.



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## Resource Persons involved

S no	Name	Designation	Affiliation	Email id/ Phone numbers	Topic taken
1	Dr Selvanathan BDS, FGD (CMC)	Managing Director & Chief Dental Surgeon.	Swasthya Dentique, Puducherry & Chennai.	+919629546817 selva1985nathan@gmail.com	Sensitization on the Science of Breath



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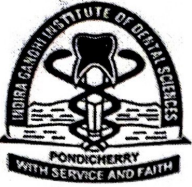


Please ensure if the following enclosures have been attested and attached.

Enclosures Check List			
Invitation/ Brochure/ Circular in PDF format	✓	Analyzed feedback report	✓
Sample certificate in PDF format	✓	Geo-tagged good quality photographs as JPEG only	✓
Participants list (Certified by the Head of the Department and Organizing Secretary)	✓	Any other (Please type here)	

Compiled by:  
Dr PAVITHRANAND A

Endorsed by:  
Dr SARAVANA KUMAR R

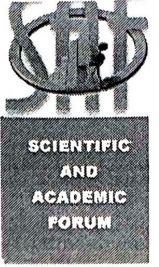


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ATTENDANCE SHEET

TOPIC: Sensitization On The Science Of Breath				
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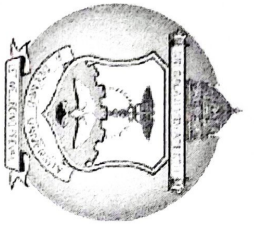
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4.	Athira T.R	Intern	athirathira@gmail.com 8078790805
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	Dr. A. Paribramal	Faculty	docanandparib@gmail.com 7443187550





**INDIRA GANDHI INSTITUTE OF  
DENTAL SCIENCES**  
Pillaiyarkuppam, Puducherry - 607 402

**Certificate of Participation**

Awarded to

Miss./ Mr./ Dr. ....

For attending a guest lecture on

“Sensitization on the Science of Breath”

on 1<sup>st</sup> December 2022 at Indira Gandhi Institute of Dental Sciences,

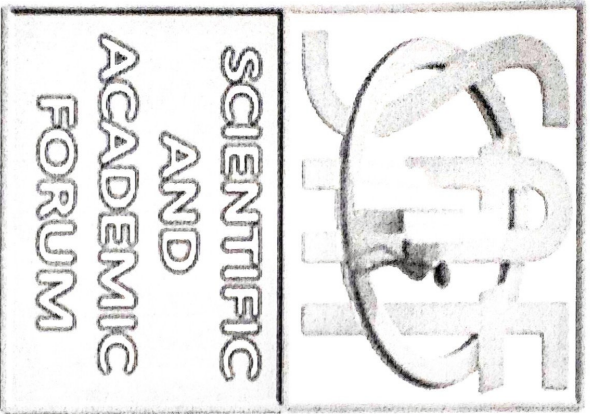
Sri Balaji Vidyapeeth, Puducherry.

Handwritten signature of Dr. Pavithranand A.

**Dr Pavithranand A**  
Secretary of SAF  
IGIDS

Handwritten signature of Prof. Dr. Saravana Kumar R.

**Prof. Dr. Saravana Kumar R**  
Principal,  
IGIDS, SBV



*"To educate, motivate and empower"*



GPS Map Camera

**Pillayarkuppam, Puducherry, India**

**Mahatma Gandhi Medical College and Research Institute**

**Rd, Pillayarkuppam, Puducherry 607402, India**

**Lat 11.81199°**

**Long 79.777668°**

**01/12/22 02:19 PM GMT +05:30**





What You'll Get From This Session

Save your spot  
in this session and in just  
**60 minutes,**  
get an inside

- 1. 3 ways the mind works and how you can make it work for you
- 2. How to **instantly de-stress** with a 5-minute powerful breathing technique
- 3. A 5-layer deep meditation that will aid in managing anger, anxiety, and fear



**GPS Map Camera**



**Pillayarkuppam, Puducherry, India**

**Mahatma Gandhi Medical College and Research Institute**

**Rd, Pillayarkuppam, Puducherry 607402, India**

**Lat 11.811852°**

**Long 79.777733°**

**01/12/22 02:18 PM GMT +05:30**