

Wellness[✦]

*It will never be achieved until our body and
mind are kept healthy at all times.*



Dear Members

This initiative by the Indian Society of Pedodontics and Preventive Dentistry (ISPPD) is envisioned to foster a culture of fitness, wellness, and preventive health among pediatric dentists and aspiring pediatric dental professionals. Aligned with the national, the program seeks to inspire practitioners to prioritise their physical, mental, and emotional well-being alongside their professional commitments.

"Fit India Movement", the program seeks to inspire practitioners to prioritise their physical, mental, and emotional well-being alongside their professional commitments.

Please [click here](#) to fill out the Google form.

With Best Wishes

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Embracing Wellness Beyond Clinical Practice



**FIT PEDIATRIC
DENTISTS**



FIT INDIA



An initiative of Indian Society of Pediatric & Preventive Dentistry to promote fitness and wellness among Pediatric Dentists



Download the STRAVA App, join our WhatsApp community and become a part of the team now!



Dr. Sudhindra Baliga M
President

Dr. Varinder Goyal
Secretary General

PROGRAM FACILITATORS

Dr. Brinda Godhi Dr. Swati Karkare Dr. Rupesh Suresh Dr. Dhananjaya G

YOUR WELLNESS

Bingo!

Yoga	Drink 8 glass of water	Wake up early
Fitness	Take a nap	Breakfast
Jogging	Take a new workout	Enoght sleep
Swimming	Drink a smoothies	Breath deeply

www.isppd.org.in