

# 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

**Varinder Goyal**

Secretary General, ISPPD

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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	Enough sleep
Swimming	Drink a smoothies	Breath deeply

[www.isppd.org.in](http://www.isppd.org.in)