

NANDHA AYURVEDA MEDICAL COLLEGE AND HOSPITAL

ERODE - 638 052

“AZADI KA AMRIT MAHOTSAV”

GLOBAL SURYANAMASKARA DEMONSTRATION

Venue: Nandha Ayurveda Medical College and Hospital Campus,
Erode

On the occasion of Makara Sankranti celebrations, Students of Nandha Ayurveda Medical College took part in the Global Suryanamaskara Demonstration conducted by Ayush Ministry as a part of Azadi Ka Amrit Mahotsav. The programme was conducted on 14-01-2022 at 7.30 am and the event took place at Nandha Ayurveda Medical College campus, Erode. The event started with a prayer and meditation followed by 12 rounds of Suryanamaskara. Dr.Parvathy Raj, Assistant Professor, Dept. of Swasthavritta addressed the gathering with a brief explanation about the importance and benefits of Suryanamaskara and the purpose of performing Suryanamaskara during Makara Sankranti. More than 200 students participated and performed all the postures with utmost dedication and concentration with the supervision by the staffs of Nandha Ayurveda Medical College and Hospital which turned the whole event a great success.

The day continued with the Pongal Celebration which started with traditional Pongal preparation followed by Vannam - 2022, the cultural, Literary and Fine arts competitions held at the campus by strictly following the Covid protocol. The function came to an end by awarding the winners of the competition.

National Youth Day has been celebrated with the participation of students by Poster making and delivering eye opening speech on the importance of celebrating the Youth Day.



