

NANDHA AYURVEDA MEDICAL COLLEGE AND HOSPITAL

ERODE - 638 052

"AZADI KA AMRIT MAHOTSAV"

INTERNATIONAL PRE YOGA DAY CELEBRATIONS

Venue: Placement Auditorium

Date: 18.06.2022.

International Pre Yoga Day was held on June 18th, by the students of Nandha Ayurveda Medical College and hospital. The theme for celebration for 2022 is "yoga for humanity". As a part of the celebration the students performed yoga. The yoga practice was lead by Dr. Kurisil Muthu, Associate Professor, Department of Swasthavritta. A small session on introduction to yoga and its importance in Ayurveda was given. The session started with a prayer song, The principal of our college Dr.M.Krithiga welcomed the gathering and handed over the diaze to the chief guest Mr.T.Goutham who has completed NSNIS (Yoga) training in govt. College of Patiala Punjab and has received award in all India Inter University Yogasana Championship. The session was informative theoretically and practically. The session came to an end with a guest of honor to the chief guest followed by vote of thanks by Dr.Kurisil Muthu ,Associate professor department of Swasthavritha.

Place:Erode

Date: 24.06.2022





