

**NANDHA AYURVEDA MEDICAL COLLEGE AND HOSPITAL**

**ERODE - 638 052**

**"AZADI KA AMRIT MAHOTSAV"**

**YOGA FOR CHILDREN**

VENUE: THOTTANI

TIME: 09.00AM

DATE: 20.07.2022

The students of Nandha Ayurveda Medical college and Hospital, Erode instructed the children of the village Thotani some yoga asanas and explained their benefits. The kids eagerly participated and did the yoga postures. They also explained about the importance of yoga in maintaining the health of the individual. Yoga brings about calmness, mental peace and stability of the person. This session was refreshing as the kids felt energetic at the end of the session.

Place: ERODE

Date: 28.07.2022

