

**NANDHA AYURVEDA MEDICAL COLLEGE AND HOSPITAL**

**ERODE - 638 052**

**"AZADI KA AMRIT MAHOTSAV"**

**INTERNATIONAL YOGA DAY CELEBRATIONS**

Venue: Kodaveri Dam

Date: 21.06.2022.

International Yoga Day was celebrated on June 21, 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 visited the Kodaveri dam and performed yoga . The yoga practice was lead by Dr. Kurisil Muthu, Associate Professor, Department of Swasthavritta. An introduction to yoga and its importance in Ayurveda was given. The session started with Surya Namaskara, offering their gratitude and devotion to the Lord Surya followed by asanas of sitting position, standing position, supine position and prone position. Next in line was the practice of different pranayamas. The session came to an end with the mentioning of the yoga for humanity advantages of yoga over the different life style disorders that we face today. The students enjoyed their yoga practice in such a nature friendly environment

Place: Erode

Date: 24.06.2022





