

NANDHA AYURVEDA MEDICAL COLLEGE AND HOSPITAL

ERODE - 638 052

“AZADI KA AMRIT MAHOTSAV”

AWARENESS ON VYAYAMA

VENUE: THOTTANI

TIME: 10.30AM

DATE: 22.07.2022

The students of Nandha Ayurveda Medical college and Hospital, Erode conducted an awareness program on vyayama. The students were accompanied by Dr. Kurusil Muthu and they visited the village Thottani and they educated the people about the importance of vyayama and its uses. The students and the teacher explained about the indications and contraindications of vyayama along with contraindications of doing ativyayama. This awareness program was very successful and it reached out the villagers.

Place: ERODE

Date: 28.07.2022

