

REPORT ON AYUSASTRA-2020

Ayusastra-2020, a National Workshop on Sports Medicine was organised and conducted at “Arya Vaidya Pharmacy”, Coimbatore. It was a two days programme and was held on 14.02.2020 and 15.02.2020. 67 students studying final year at JSSINYS participated in the symposium. Dr.Dinesh and Dr.Vijayaraghavan guided the students and accompanied them.

There were a number of sessions on the Physiology, Pathology and treatment modalities of Sports injury. There were also few practical demonstrations. Dr.Naveen G Halappa, Principal, JSSINYS presented a paper on “Importance of Yoga and Naturopathy in Exercise and Sport Science”. All the participants were provided with a Participation certificate.

