

REPORT ON YOGA DAY PROGRAM



On account of INTERNATIONAL YOGA DAY on June 21st, Dr. Kalyani, ND, Dean of Yoga and Naturopathy Department, Dindigul organized a Yoga session for 20 nursing students maintaining community social distancing at Government Hospital Dindigul. The occasion was presided by Dr. Rafiq Ahamed, District Siddha Officer, Dindigul and Mrs. Prema Kumari, Principal of Nursing College. Due to solar eclipse on June 21st, the program was planned to be conducted on June 20th from 10:00 am to 12.30 pm. Dr. Kalyani gave instruction and the Yoga postures were demonstrated by Ms. Shuruthy of I year: Part II. The Yoga practices which will regulate the immunity to prevent Covid-19 infection were taught in a systematic manner. An exhibition was arranged to create awareness among the visitors on the importance of Naturopathy and Yoga which also included the treatments and the diet provided for the patients. Nearly 50 people participated in the program and were benefitted.

Report submitted by

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I year: Part II BNYS,

JSSINYS.