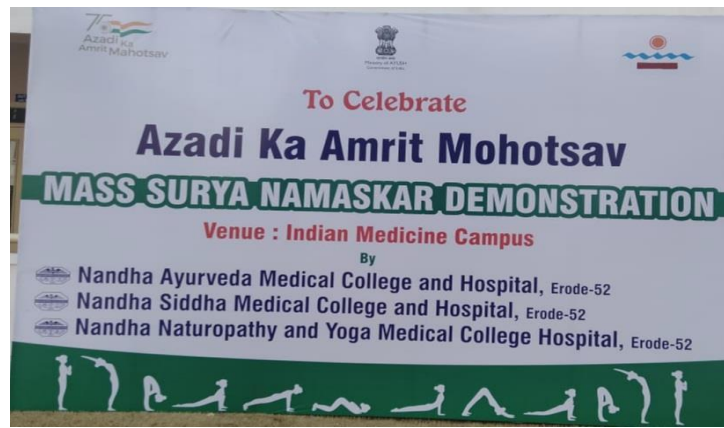


MASS SURYA NAMASKAR

(DEMONSTRATION)

PROGRAMME REPORT

As a part of **Azadi ka Amrit Mahotsav** celebration, on behalf of **Holy Mahar Sankranti** festival, **Ministry of AYUSH** recommends to conduct a **Mass Surya Namaskar** programme in ASU&S colleges.



Based on the guidance of Ministry of AYUSH, we had conducted Mass Surya Namaskar Programme in our Indian Medicine Campus on **January 12, 2022** at Pitchandampalayam, Erode, Tamilnadu. On that day, we conducted a large scale of Surya Namaskar Programme demonstrated by **Dr.S.Deepa,M.D(S)**., Asst. Professor, Nandha Siddha Medical College and Hospital.



Overall view of the Mass Surya Namaskar Programme

Surya Namaskar Steps done by students



She gave a detailed explanation of the **12 steps** one by one to the students. And she also described the scientific importance of Surya Namaskar, which has been known to develop immunity and improve vitality to our health during **pandemic conditions**. This occasion commemorates **Thanks giving to Mother Nature** for bestowing health, wealth and happiness.



Meditation done by students

