

# AZADI KA AMRIT MAHOTSAV

“Hamara Ayush Hamara Swasthya”

## 8<sup>TH</sup> INTERNATIONAL YOGA DAY

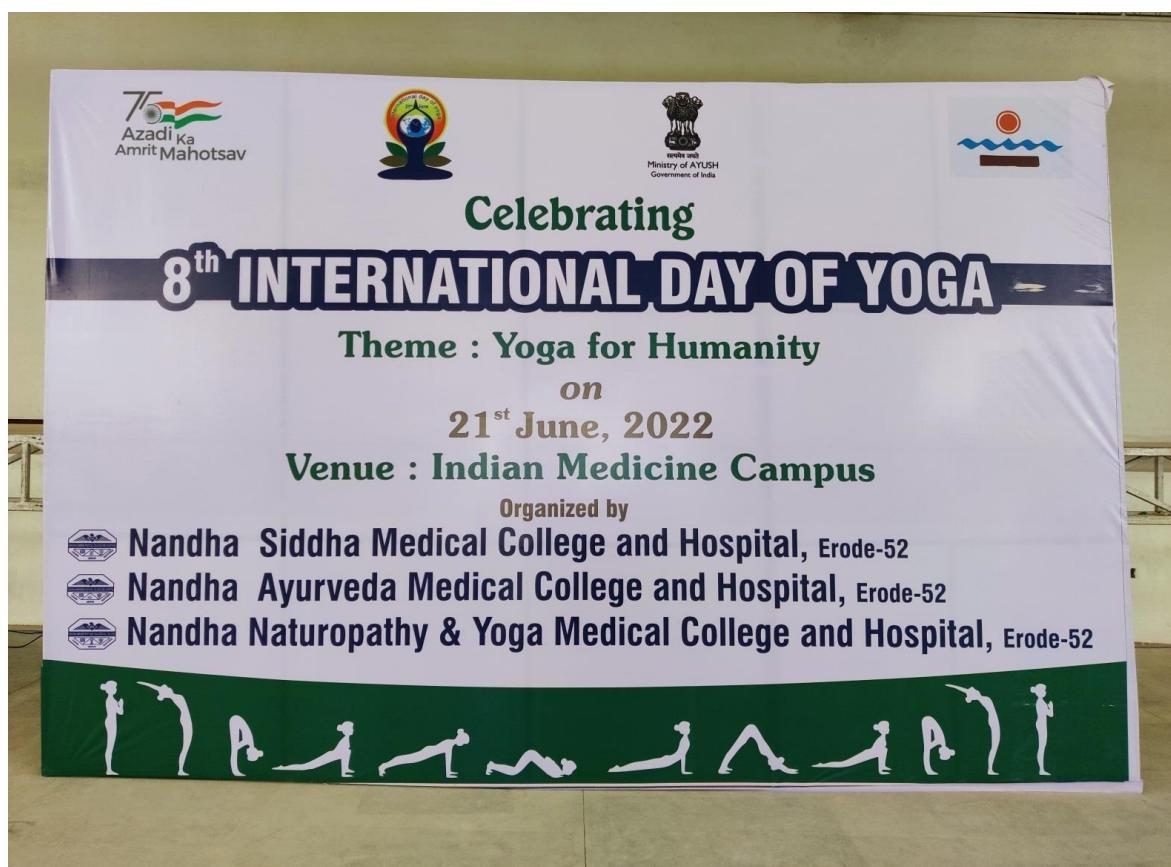
### PROGRAMME REPORT

Venue : Nandha Indian Medicine Campus

Date : 21<sup>ST</sup> JUNE 2022 @7.00am

Chief guest : Dr.Reeves Justlind Dhas, Principal, Nandha Naturopathy and Yoga Medical College and Hospital.

Resource Person : Dr.Renjish,  
Medical Superintendent,  
Nandha Naturopathy and Yoga Medical College and Hospital.



**“Yoga is the practice of quieting your mind”**

## **2022 Theme: Yoga for Humanity**

The practice of yoga brings joy, health and peace from within and deepens a sense of connection between an individuals inner consciousness and the externalworld.

Yoga brings balance between body, soul and mind. It helps us to understand thepurpose of life and how to survive in the changing environment.

About 230 students celebrated the 8<sup>th</sup> international yoga day.





