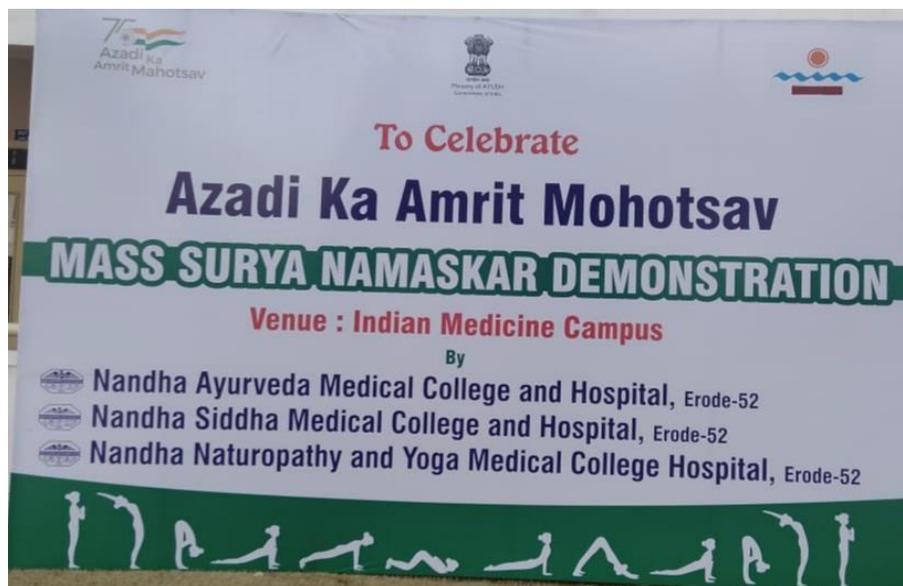


# VIRTUAL SURYA NAMASKAR

(DEMONSTRATION)

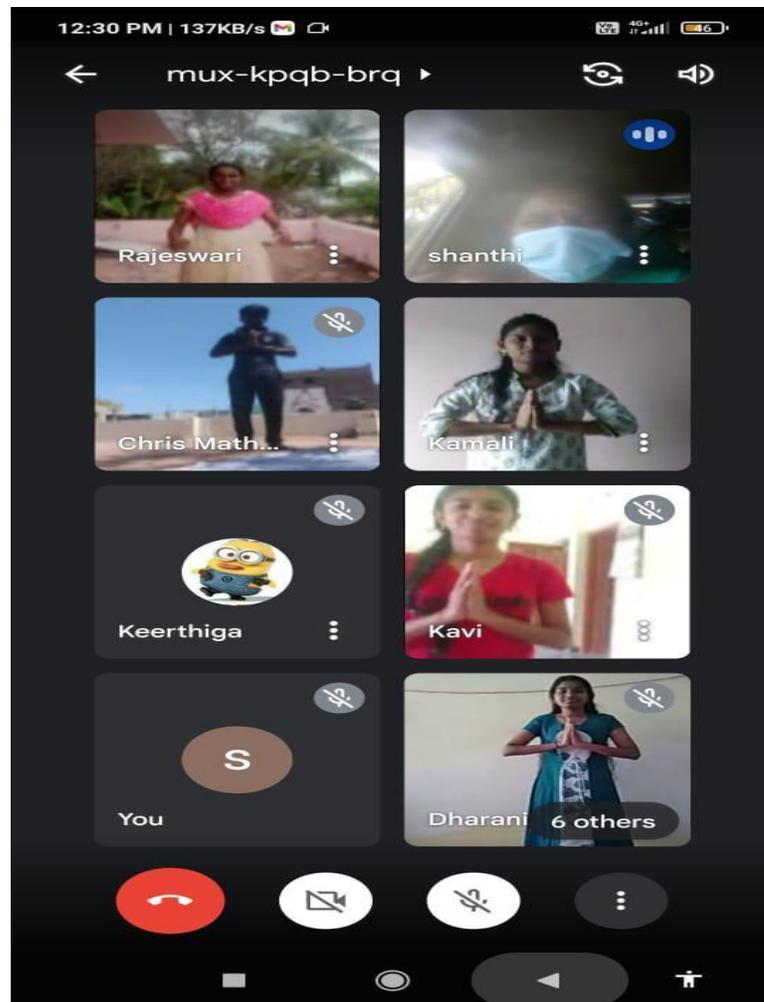
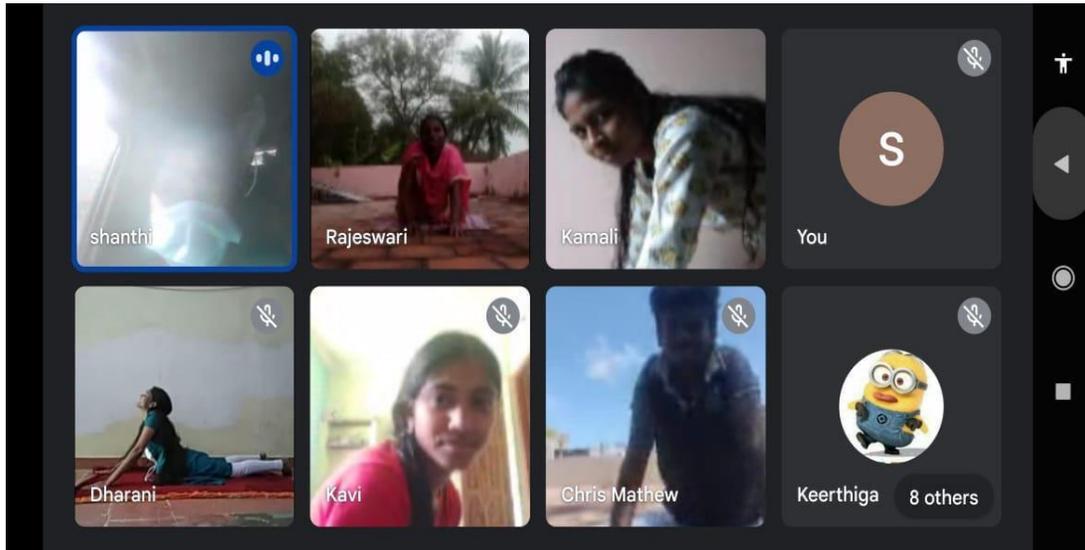
## PROGRAMME REPORT

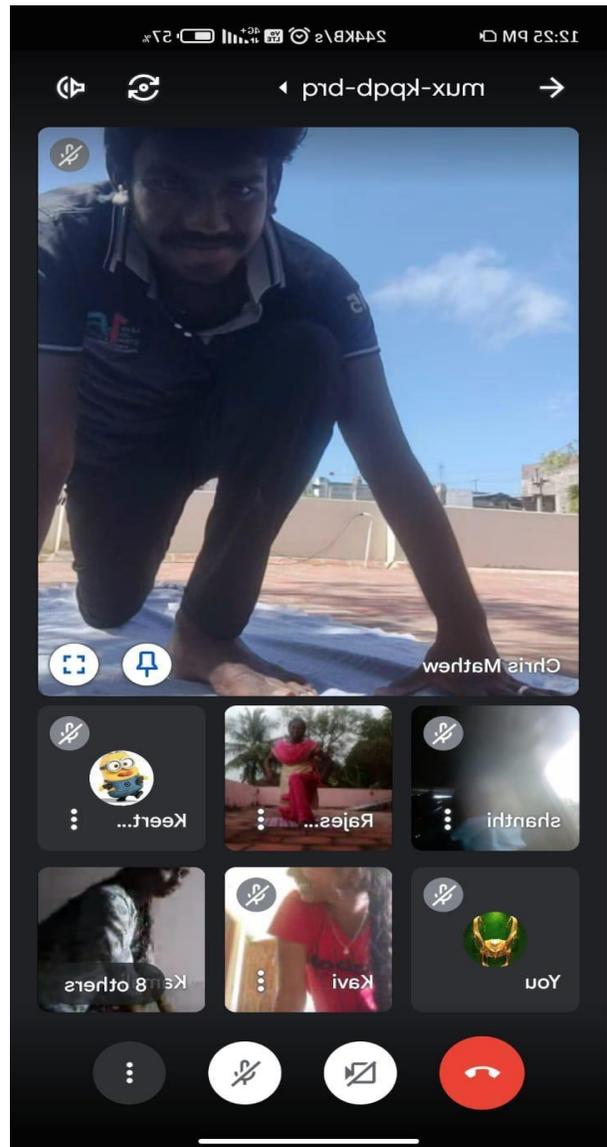
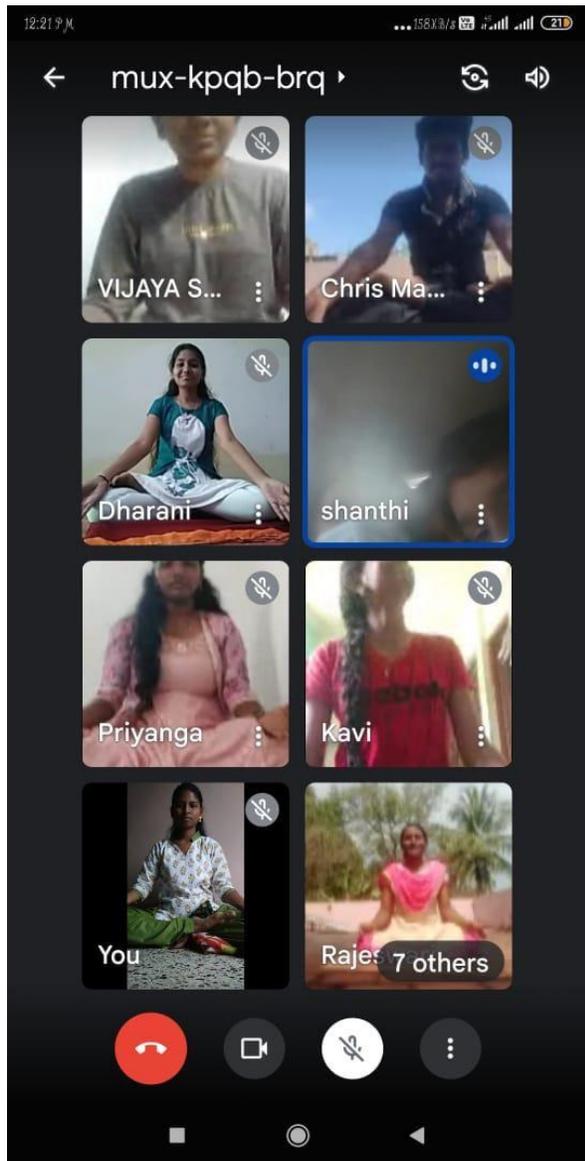
As a part of **Azadi ka Amrit Mahotsav** celebration, on behalf of **Holy Mahar Sankranti** festival, **Ministry of AYUSH** recommends to conduct a **Virtual Surya Namaskar programme** in ASU&S colleges.

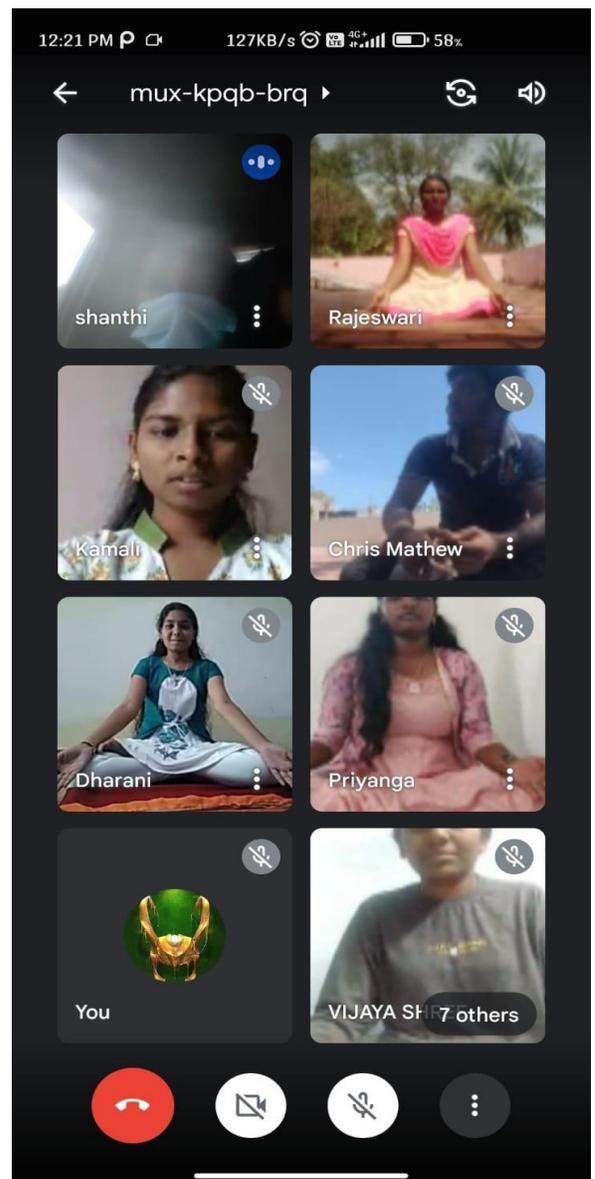
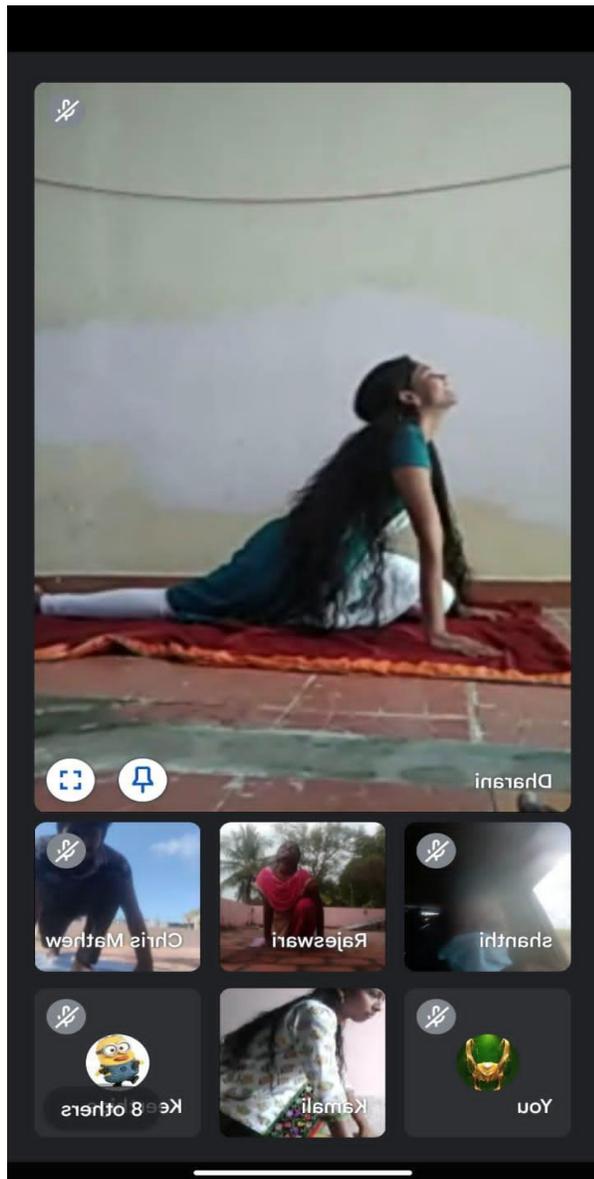


Based on the guidance of Ministry of AYUSH, we had conducted Virtual Surya Namaskar Programme on **January 14, 2022** through Google meet. On that day, students virtually participated through the link given by the institution. The programme was demonstrated by **Dr.S.Deepa,M.D(S).**, **Asst. Professor, Nandha Siddha Medical College and Hospital.**

## Overall view of Virtual SuryaNamaskar

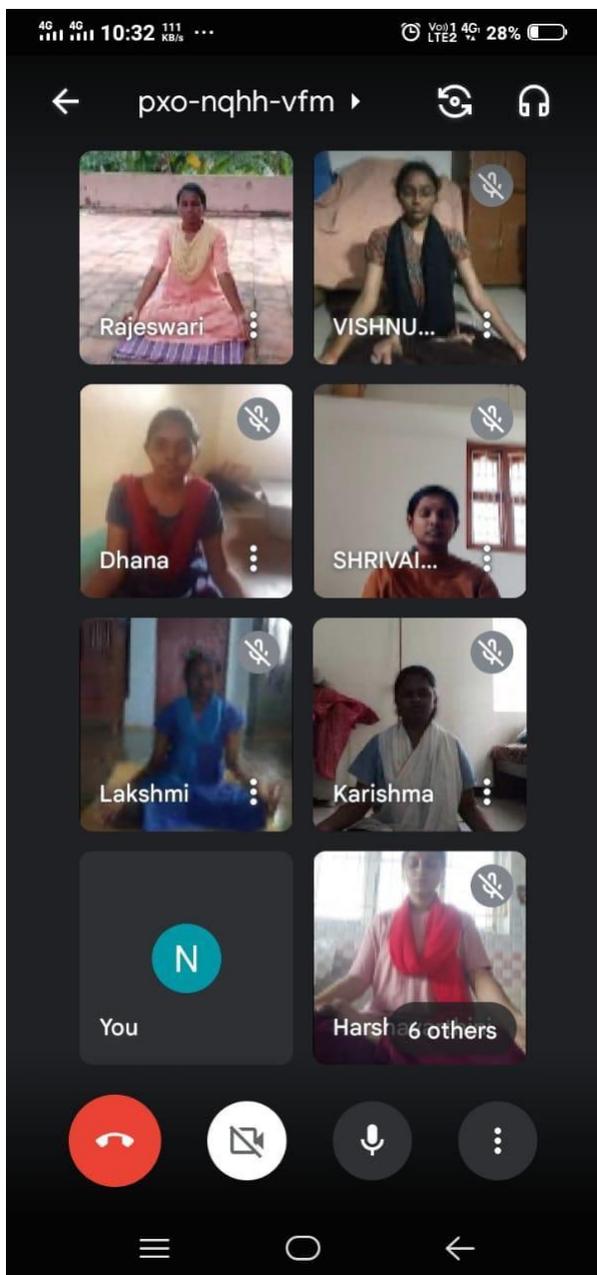
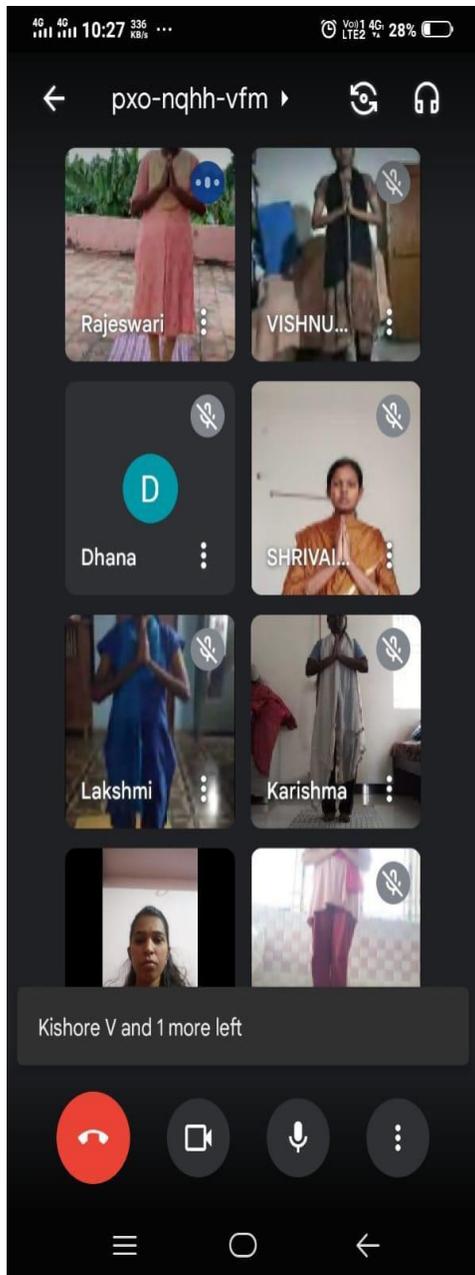






**Steps of Surya Namaskar**





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.