

Report on 5th International Day of Yoga Shree Coimbatore Gujarati Samaj, Coimbatore

Held on: 21- June-2019;

Held at: Shree Coimbatore Gujarati Samaj

To make Yoga a mass movement in Coimbatore for people to be benefitted from Yoga, JSS Institute of Naturopathy & Yogic Sciences & Hospital, Navakkarai, Coimbatore had commemorated **5th International Day of Yoga – 2019 on 21.06.2019**, in association with Shree Coimbatore Gujarathi Samaj.

The program was inaugurated official with prayer and lighting lamp by the Chief Guest Dr.Pyush Patwa, Laparoscopic and bariatric surgeon, Chairman JSSINYS Institutional Ethics Committee, and other guest Mr.Jayesh Doshi, Chairman Medical wing, Shree Coimbatore Gujarati Samaj, Mr. Vipul Joshi, Incharge Medical wing, Shree Coimbatore Gujarati Samaj, Mr.Jawahar, Managing Director, Positive Pulse lab, Coimbatore and our Principal Dr. Naveen GH.

Morning Mass Yoga for General Public and students was taken by Dr.Dinesh, nearly 110 public and students were participated. The yoga session was followed by Awareness health talk on “Stress and lifestyle management for Healthy Heart” through Yoga and Naturopathy by Dr.Dhilip and Dr.Dinesh. One day Free Yoga and Naturopathy health camp was held for general public. Dr.Ravi kiran, Dr.Syam Kiran, Dr.Chippy, Dr.Naresh kumar, ad Dr. Dhilip consulted the patients, around 25 patients had been consulted and provided with diet counseling, therapeutic Yoga, vital checkup etc. For the benefit of public Free Therapeutic Yoga classes for public will be held daily twice for 10 days till 30th June.

The following are the activities to be held for people to utilise the benefits of Yoga

Venue : Shree Coimbatore Gujarati Samaj, RS Puram Coimbatore		
Program	Time	Date
Mass Yoga for General Public	7:00 – 8:00 am	21st June 2019
Awareness health talk on “Stress and lifestyle management for Healthy Heart” through Yoga and Naturopathy	8:00 – 9:00 am	
Free Yoga and Naturopathy health camp	9:30 – 5:00 pm	
Free Therapeutic Yoga classes for public	7:00 am – 8:00 am 5.30 pm – 6.30 pm	21 st to 30 th June

Prepared by: Dr. Naresh Kumar
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