

Report on 5th International Day of Yoga Sidhdhar gnana Peedamtrust ,sivankudil Coimbatore

Held on: 21- June-2019;

Held at: Sidhdhar gnana Peedamtrust

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 **Sidhdhar gnana Peedamtrust ,sivankudil**

The program was inaugurated swamiji with prayer and lighting lamp by the Chief Guest Swamiji ,PRINCIPAL , JSSINYS, and other guest.

Morning Mass Yoga for students was taken , public and students were participated. The yoga session was followed by Awareness health talk on “Yoga and naturopathy lifestyle management for Healthy Heart” through Yoga and Naturopathy by Dr.vijayaraghavan and Dr venkatesan. One day Free Yoga and Naturopathy health camp was held for general public. Dr.vijayaraghavan and Dr venkatesan ,Dr.Sharmila,Dr.manupradeesh, and Dr.Preethi consulted the patients, around 39 patients had been consulted and provided with diet counseling, therapeutic Yoga, and Free Acupuncture treatment , 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 STUDENTS	11.45 TO 12.30 am	21st June 2019 23 TH June 2019
Awareness health talk on “Lifestyle management for Healthy Heart” through Yoga and Naturopathy	11.00 TO 11.45 am	
Free Yoga and Naturopathy health camp	9:30 – 5:00 pm	
Free general Yoga classes for students	11.30 am – 12.30 am	21 st to 30 th June
Free Therapeutic Yoga classes for public	5.30 pm – 6.30 pm	

Prepared by: Dr.Venkatesan

Date: 24 June 2019