

**Girivihar Trust's Shree RMD Ayurved College and Hospital, Waghaldhara, Dist-
Valsad, Gujarat**

REPORT OF YOGA TRAINING PROGRAM

In connection with "**Azadi Ka Amrit Mahotsav**" and International Day of Yoga 2022 a 7 day yoga training program was organized by Department of Swasthavritta and Yoga in Shree RMD Ayurved College and Hospital, Waghaldhara, Dist-Valsad, Gujarat on 13-6-2022 to 20-6-2022. In the program, students of the institution were trained in common yoga protocol designed by Ministry of AYUSH. Morning sessions from 7.30 AM to 8.15 AM were carried out to impart training to students in common yoga protocol.

