

Girivihar Trust's

Shree RMD Ayurved College and Hospital, Waghaldhara, Dist-Valsad, Gujarat

REPORT OF YOGA AWARENESS PROGRAM

In connection with celebration of "Azadi Ka Amrit Mahotsav" Shree RMD Ayurved College and Hospital, Waghaldhara, Dist-Valsad, Gujarat organized "**Yoga Awareness Program**" in Rotary Club, Bilimora, Dist-Navsari, Gujarat on 8-6-2022. Dr. Aditya Bhat, Associate Professor and Head, and Dr. Prajakta Karale, Assistant Professor, Department of Swastahvritta and Yoga, Shree RMD Ayurved College and Hospital delivered talks on common Yoga practices to the members of Inner Wheel Club. Dr. Yashesh Patel, NSS Program Officer was present on the occasion.