

Girivihar Trust's

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

REPORT OF YOGA CHIKITSA SHIBIR

In connection with celebration of "Azadi Ka Amrit Mahotsav" Department of Swasthavritta and Yoga, Shree RMD Ayurved College and Hospital, Wagaldhara, Dist-Valsad, Gujarat organized "**Yoga Chikitsa Shibir**" in Rotary Club, Bilimora, Dist-Navsari, Gujarat on 8-6-2022. Students of fourth professional B.A.M.S. namely Miss. Komal Trivedi, Miss. Pinal Patil and Miss Priya Patil under the guidance of Dr. Aditya Bhat, Associate Professor and Head, and Dr. Prajakta Karale, Assistant Professor, Department of Swastahvritta and Yoga, Shree RMD Ayurved College and Hospital demonstrated various Asanas and Pranayamas to the members of Inner Wheel Club, Bilimora. Along with this, health benefits of these Yoga practices were explained and queries of the audience related to yoga practice were addressed.

