

GOVERNMENT SIDDHA MEDICAL COLLEGE CHENNAI 106

**AN AWARENESS CAMP AND TRAINING PROGRAM ON YOGA- 09.08.24 BY PG DEPT OF SIDDHER YOGA
MARUTUVAM**

VENUE: SENGALVARAYAN POLYTECHNIC COLLEGE VEPERI CHENNAI.

Under the permission of our principal **Prof Dr K Kanakavalli MD(S)** ,9.08.2024 department of P.G Siddhar yoga maruthuvam conducted an awareness camp and training programme for 250 students in **Sengalvarayan Polytechnic College (TN govt undertaking) at Veperi, Chennai**. Food habits, yoga, mudra, pranayama practices were explained and demonstrated by CRRRI ,P.G Students and faculties.

Programmed by Dr C. LAKSHMANA RAJ . MD(S) HOD pg. dept of siddhar yoga maruthuvam GSMC Chennai and Dr C Meenakshi. MD(S). Lecturer GSMC Chennai.

