

FACULTY OF PARAMEDICAL SCIENCES

INTERNATIONAL YOGA DAY

Department of Physiotherapy, Faculty of Paramedical Sciences, under the guidance of the convenor Dr. Brijendra Nigam [Principal & Dean] organized INTERNATIONAL YOGA DAY on 21/06/2023 in LT -5 basement, Rama medical college.

International Yoga Day is celebrated every year on June 21. It serves as a global platform to raise awareness about the various benefits of practicing yoga.

This event was successfully completed with students from Faculty of Paramedical Sciences along with teaching faculties Dr. Nidhi Agarwal, Dr. Nidhi Shukla, Dr. Sulwish Sadique and Dr. Minhaj Tahir, Dr. Manjit Kumar, Dr. Apoorva Srivasatav, Mr. Satyendra Sachan, Ms. Meghna Verma, Mrs. Swastika Singh Chandel, Mrs. Kirti Gaur who explained the benefits and importance of Yoga to students.

Yoga is an old practice that combines physical postures, meditation, breathing exercises, and ethical principles to promote the overall well-being of people. International Yoga Day 2023 will encourage individuals and communities to incorporate yoga into their daily lives and experience its positive impact on their physical and mental health.

Approx. 100 students from department of Paramedical Sciences, participate in SURYA NAMASKAR and YOGA.

Students used their mat for performing AASANS and ppt was run on project demonstrating SURYA NAMASKAR. Students participated in the event with zeal and enthusiasm.


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