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PRAKASH SHIKSHAN MANDAL'S

LOKNETE RAJARAMBAPU PATIL AYURVEDIC MEDICAL COLLEGE, HOSPITAL, P.G.INSTITUTE AND RESEARCH CENTER, ISLAMPUR

Date: 19 Feb. 21

Jagtik Suryanamaskar Din

Title of Event / Activity: Jagtik Suryanamaskar Din

Date: 19 Feb. 21

Time: 6.30am

Duration of the activity: - 1hr

Venue: - Prakash Public School

Name of Secretary/Coordinator/s: Dr.Rahul Nakil

Objectives to attend the Event / Activity:-

1.To get interest in suryanamaskar

2.To aware about exercise

Guest faculty with designation (if applicable):-Dr.Pramod Kanap

Event / Activity report:-

Surya namaskar were performed by NSS volunteers at sunrise time. Yoga teacher Shashikant Mane was guided volunteers for performing Suryanamaskar. Dr. Pramod Kanap and Dr. Rahul Nakil were present for program.

Outcome of Event:-

1. Volunteers got trained in Suryanamaskar.