



**R.N. KAPOOR MEMORIAL AYURVEDIC MEDICAL
COLLEGE & HOSPITAL, INDORE
DR. A.P.J. ABDUL KALAM UNIVERSITY, INDORE (M.P.)**



75
Azadi Ka
Amrit Mahotsav

Activity Report	
INSTITUTE	R.N. Kapoor Memorial Ayurvedic Medical College & Hospital
ACTIVITY TYPE	Pranayam Session For School Students
DATE	24 July 2023
YEAR/CLASS	9 th & 10 th Class
NO. OF STUDENTS	470
CO-ORDINATOR	Dr. Rinku Chouhan
FACULTY CONTACT DETAILS	8602743746

Details about the activity:

As a part of Azadi Ka Amrit Mahotsav, R.N. Kapoor Memorial Ayurvedic Medical College & Hospital, Indore, had organized a Pranayam session for students of school on 24/07/2023, at the **Matusree Public, School** Sulakhedi, Dist. Indore.

Dr. Rinku Chouhan, Assistant Professor in Swasthavritta and Yoga department from R.N. Kapoor Memorial Ayurvedic Medical College & Hospital Indore, inaugurated the Session.

The inaugural program followed by the explained the importance of Yoga and Pranayama to the students and the practice of Pranayama, which helps to improve their personality. Also instructed to the children to practice Anulom-Vilom Pranayam, Bhramari Pranayam, and Om Chanting and explained the benefits of it. By this practice self-directed consciousness, concentration and mental function will be improved. From this technique, entire body will get rejuvenated and will improve muscle tone and increased blood flow. Student with great interest enjoyed this session. 470 students benefitted by this session.

On the behalf of our institute, Principal of the Matusree Public School, Sulakhedi expressed her gratitude to our institute, principal, organizers for their service. She requested the organizers to conduct more such session in the future.

PRINCIPAL

DR. MANISHA DUNGHAV

CO-ORDINATOR

DR. RINKU CHOUHAN

ASSISTANT PROF. SWASTHAVRITTA & YOGA



GLIMPSES OF PRANAYAM SESSION UNDER THE AZADI KA AMRIT MAHOTSAV

