

REPORT OF EVENT ON RATHASAPTHAMI – 07.02.2022

On the auspicious occasion of “**Rathasapthami**”, under the banner of Azadika Amrit Mahotsav the principal Dr. Chitta Ranjan Das has instructed to Head of the Department of Swasthavritta and Yoga, Sri Jayendra Saraswathi Ayurveda College and Hospital, Department of Ayurveda under Sri Chandrashekarendra Saraswathi Viswa Mahavidyalaya to organize mass Suryanamaskara campaign on 7th February 2022, between 9.30 am to 11.00 am.

To mark this occasion all teaching and non teaching staff, students, Internees and post graduation scholars attended the event and performed Suryanamaskara. Appropriate to Covid circumstances this program was conducted in batch wise. Here with beneath it is mentioned batches and timing of Suryanamaskara event.

9.30 am to 9.45 am – Staff (Teaching and non teaching).

9.45 am to 10.00 am – I Year students.

10.00 am to 10.15 am – III Year students.

10.15 am to 10.30 am – IV Year students.

10.30 am to 10.45 am – Internees and PG scholars.

This event is organised and coordinated by Dr Guruprasad K, Professor, Department of Swasthavritta and yoga and Dr Vijay Shankar M R, Assistant Professor, Department of Agada Tantra and Vyavahara Ayurveda.

