

Yoga and Ayurveda jagrookta shivir was organised in village Dhandedi on dated 2/9/2021

On the occasion neem , pippal and vata plants were also distributed among villagers





Yoga shivir was organised in primary school of village Beldi on dated 3/ 9/2021. on the occasion, tree plantation was also done.Importance of yoga ,it's beneficial effects with special reference to corona were also taught to them.Yogacharya dhakti singh and Dr saurabh kumar, Associate prof swasthvritta along with Sanjay sainya and other staff if Quadra institute if Ayurveda organised the program.

