

## **A.M.SHAIKH HOMOEOPATHIC MEDICAL COLLEGE CONDUCTED SURYA NAMASKAR AS A PART OF AZADI KA AMRIT MAHOTSAV CAMPAIGN.**

As per the Directions of Government of India under Azadi ka Amrit Mahotsav Campaign, Surya Namaskar was conducted by the Department of Materia Medica & Therapeutics and was accordingly Practiced by The Staff, PG's and Interns at A.M SHAIKH HOMOEOPATHIC MEDICAL COLLEGE & PG RESEARCH CENTRE.

As an awareness of the Holy festival of Makar Sankranti i.e thanks giving to Mother Nature for spreading Health, Wealth and Happiness around, Govt of India has directed that a large scale virtual Surya Namaskar programme be organized to mark the Holy Occasion on 14<sup>th</sup> January 2022 under Azadi ka Amrit Mahotsav celebrations. It was Planned that 75 lakh people (participants) will practice Surya Namaskar on 14/1/2022 observing Covid Appropriate behavior.

