

## Social and Awareness Activities conducted for School Students on 2.3.22

### 1. Awareness lecture

Dr Amol Patil has delivered the lecture on Aahar according to Ayurveda to the students of Z. P. School, Gore Budruk, Tal- Purandar, Dist- Pune on 02.03.2022 for celebration of Azadi Ka Amrit Mohotsava. He explained the importance of Aahar in the developing age. Total 80 students, 06 teachers and 01 other staff got the benefit of the lecture.



### 2. Yoga break training

In other program Yoga demonstration and conduction for the students of Z. P. School, Gore Budruk, Tal- Purandar, Dist- Pune on 02.03.2022 was arranged.

Dr Amol Patil has demonstrated the various Yogasan and Pranayam for the students, then students followed him. Students participated enthusiastically in the program as it was a very unique experience for them.

