

## Social and Awareness Activities conducted for School Students on 22.02.2022-

### 1. Awareness lecture at Karmaveer Bhavurao Patil Shala

While celebrating the Azadi Ka Amrit Mohotsava, Bharati Vidyapeeth deemed to be University, college of Ayurved Pune has arranged a awareness lecture at Karmaveer Bhavurao Patil Shala Pune, on 22.02.2022 at 12.30pm.

The awareness lecture was delivered by Dr Lata Patil for the students of std 8<sup>th</sup>. The topic of the lecture was 'Home remedies in Ayurveda.' Total 35 students, 02 teachers and 02 staff were present for the program. It was a informative lecture for the students and they were interestingly interacted with Dr Lata Patil.



## 2. Yoga break Training Session in Karmaveer Bhavurao Patil Shala

A Yoga demonstration and conduction for the students of Karmaveer Bhavurao Patil Shala, Pune. was also arranged by our dedicated team. Dr Amol Patil demonstrated different Asana and Pranayam for the students of 8<sup>th</sup> standard. The students followed all the instructions and participated enthusiastically. Total 35 students, 02 teachers and 02 staff were present for the program.

Students have been introduced to the different Asana and Pranayam and their benefits. Students have been asked to practice Yoga in their daily life.

