



ALUMNI ASSOCIATION OF SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION AND RESEARCH

DEPARTMENT OF PATHOLOGY

INTERNATIONAL DAY OF YOGA 2020 -June 21st 5-6pm Alumni talk

On the International Day of Yoga 2020, we had a separate FREE online session for the alumni. 20 participants joined us for the Yoga, Pranayama and Meditation session.

Ms.Priya from the Art of Living and Dr.Archana from the Department of Pathology facilitated the session. Dr.Pavithra from the Alumni Association coordinated the entire event.

They were taught simple yoga, bhastrika pranayama and Panchakosha Meditation. They immensely benefitted and had very relaxing experiences.

