



Shri V. M. Mehta Institute of Ayurved

Smt. T.V. Mehta Charitable Foundation

Date: - 12/01/2022

Expert Session – Yoga Karmasu Kaushalam

Shri V. M. Mehta Institute of Ayurved, Anandpar has organized the expert session on “Yoga Karmasu Kaushalam”, as a part of “Azadi Ka Amrut Mahotsav” dated on 12/01/2022 in our college.

Swami Nikhileshwaranand, Head of Shri Ramkrishna Mission, Rajkot has delivered speech on importance of “Karma Kaushalya” by practicing yoga in day to day life and its impact on mind and body. This session was followed by question-answer. Total 111 students, 30 faculties and other staff were benefitted.



N. B. Kapadia

Principal

PRINCIPAL

SHRI V.M. MEHTA INSTITUTE OF AYURVEDA
GARDI VIDYAPITH - ANANDPAR

Attached Hospital : Late R. S. Shah Ayurved Hospital

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