

EVENT REPORT ON A SOCIAL AWARENESS PROGRAM ON CORONA VIRUS BY PATANJALI WELLNESS HOSPITAL

Date of the Event : 28-12-2023

Venue : CMRTC

Organizer : NSS CMRTC

Program Officer : M. SAAHUL

Number of Participants : 1000+

Description of the Event : On 28-12-2023, the NSS Unit, in collaboration with Dr. Gupta's Patanjali Hospital, organized a social awareness and wellness programme on COVID-19 to promote preventive healthcare and healthy lifestyle practices among students and volunteers. The session focused on maintaining overall health and immunity in the post-pandemic period. Resource persons shared practical guidance on yoga, pranayama, and breathing exercises to improve respiratory health and strengthen immunity, and also emphasized the importance of natural, balanced food habits for long-term wellness. Students and NSS volunteers actively participated in guided breathing exercises and interactive discussions, making the programme both engaging and informative. The initiative reflected the commitment of NSS towards community health awareness and encouraged participants to adopt disciplined and sustainable health practices in their daily lives.



Signature of Program Officer



Signature of Head