

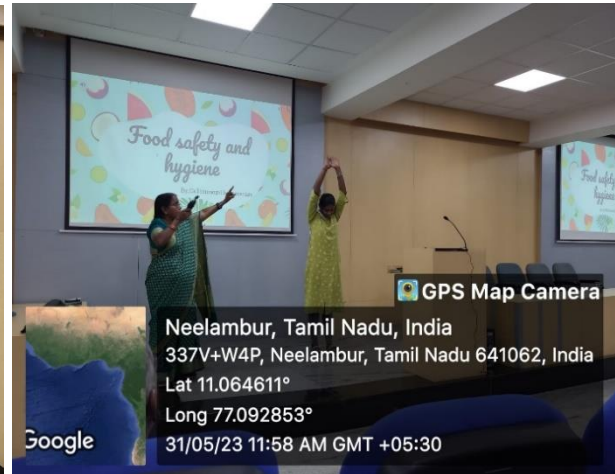


PSG Institute of Technology and Applied Research
Neelambur, Coimbatore 641062
National Service Scheme



Report on Health & Hygienic practices for youngsters

As a part of Health and Hygienic practices, NSS club conducted an event on 31st May 2023 at 11:15 AM in ECE Seminar Hall. Students from all departments took part in this event. The chief guest of the event is Dr. Thenmozhi Subramanian. She gave a brief speech on the health practices we have to follow in daily life. She explained the various yoga practices to be followed regularly to lead a healthy and peaceful life. Finally the event came to end by honoring the chief guest.



Health and Hygienic practices by Dr. Thenmozhi Subramanian