

MEASI INSTITUTE OF MANAGEMENT

CHENNAI-600 014

AN AWARENESS PROGRAM ON ACUPUNCTURE AND YOGA - YOUTH RED CROSS

The motto of Youth Red Cross is “**HEALTH, SERVICE & FRIENDSHIP**”. To live up to the motto of Youth Red Cross society MEASI Institute of Management organizes various events relating to health, service & friendship. In tune with it Youth Red Cross unit of MEASI Institute of management organized an awareness program on Acupuncture & Yoga on 16th March 2017 at Mohamed Sathak Auditorium, MEASI Institute of Management. Dr. R.S. Himeshwari, Head of the Department, Department of Acupuncture and Energy Medicine, Government Yoga and Naturopathy Medical College graced the occasion. She was accompanied by Dr. Karthik and Dr. Sridevi to enlighten our students on acupuncture and Yoga.



Our Director Dr.D.Nisar Ahmed Felicitating
Dr.RS.Himeshawari



Our Director Dr.D.Nisar Ahmed with the chief guest
Dr.RS.Himeshawari

Dr. R.S. Himeshawari highlighted the side effects of various medicines and how it affects our future generations. She also said that there are lots of medicinal values in herbs that our

available in our country which we are ignorant about. She said that there are certain pressure points in our body which when treated with acupuncture needles it relieves from the pain and disease without any medication. But she also highlighted that when we go for naturopathy it takes some time to cure but it surely cures.



Dr.R.S.Himeshwari and Dr.Sridevi addressing our students on awareness program on acupuncture & Yoga

Dr. Karthik and Dr. Sridevi highlighted about the yoga and the power of yoga that stimulates our positive energy in our body. They also gave some practical exercises to our students and said the benefits that can be derived through those yoga exercises. Our Director Dr. D. Nisar Ahmed felicitated our guest with a memento. Programme was organized by Mrs. D.Charumathi, Assistant Professor and Youth Red Cross Programme Officer of MEASI Institute of Management.