

## INTERNATIONAL WOMENS DAY CELEBRATION 2025

Date: 5&07/03/2025

On the occasion of International Women's Day 2025, the Internal Complaints Committee (ICC) of Sri Jayendra Saraswati Ayurveda College and Hospital organized an exciting indoor sports event on 5/3/25 and Yoga session for girl students on 7/3/25. Both the events were coordinated by Dr. K. P. Roshini, Chairperson, ICC, and Dr. Indushree Susheelan, Member, ICC and yoga session was coordinated by Dr. Bindu. V The atmosphere was filled with enthusiasm as the girls participated in games like chess, carrom, and table tennis, showcasing their skills and sportsmanship. Girl students participated in yoga session with great interest which provided them relaxation and peace of mind by performing various asanas. The women's day celebration was a resounding success, providing the participants with not just a fun-filled experience but also an opportunity to unwind, bond, and celebrate the strength and resilience of women.