



In this century we realise that Yoga has united the world
-PM Narendra Modi

International Yoga Day & International year of Millets @ SCTIMST 2023



Public Yoga Function @ Kanakakunnu
associated with Heartfulness Institute



"Meet our millets" @ SCTIMST
associated with SCT Ayush Yoga Clinic & NCC AA







"Ayush Yoga Clinic" proposed "Millets" @ SCTIMST dietary & staff canteen

United Nations has taken the decision of both International Yoga Day and International Year of Millets after India's proposal. Secondly, yoga is also related to health and millets also play an important role in health. The third thing is more important – a revolution is on the way because of public participation in both campaigns.

