



AVIT
AARUPADU VEEDU INSTITUTE OF TECHNOLOGY



**VINAYAKA MISSION'S
RESEARCH FOUNDATION**
(Deemed to be University under section 3 of the UGC Act 1956)



Mental health and Meditation awareness

The Nss unit of Avit ISR cell conducted Mental health awareness and Meditation awareness to the Girls student regarding stress free environment. YOGA K. DURAI PANDI YOGA INSTRUCTOR DELIVERED and give demonstration live of different ashanas to the students. 50 Girls Students Participated and Benefited in the Awareness Program.





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Paiyanur, Tamil Nadu, India 
M54j+p3j, Paiyanur, Tamil Nadu 603104, India
Lat 12.657006° Long 80.180189°
Thursday, 19/02/2026 02:14 PM GMT +05:30



Paiyanur, Tamil Nadu, India 
M54j+p3j, Paiyanur, Tamil Nadu 603104, India
Lat 12.657015° Long 80.180111°
Thursday, 19/02/2026 02:32 PM GMT +05:30



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Lat 12.657018° Long 80.180158°

Thursday, 19/02/2026 02:29 PM GMT +05:30